



UNGOOROO

ABORIGINAL CORPORATION

news



JULY 2020

Ungooroo Aboriginal Corporation acknowledges the traditional owners, the Wanaruah people. We pay our respect to the elders past, present and future for they hold the memories, traditions, culture and hope of Indigenous people in Australia.

UNGOOROO vs COVID-19



▲ Clinical Team left to right – Brooke Turner RN & Pandemic Coordinator, Dr Leah Byrne, Hayley Waugh RN & Mariah Hall Aboriginal Health Practitioner.

Welcome to a special feature in this addition of the Ungooroo Aboriginal Corporation Newsletter.

Like many organisations and businesses, the last few months have been extremely challenging, and sadly some have not weathered the COVID-19 Pandemic storm well.

The impact on Ungooroo meant that many changes had to be made in order to meet the restrictions placed on us by Government authorities in order to protect our members from the potential consequences of contracting the COVID-19 virus.

For example, the WATTAKA Café had to close for a period until social distancing guidelines allowed them to re-commence and gradually return to full service.

Our social programs also had to redefine the way in which they operated to ensure that services

continued, and valuable support could be maintained.

The management of Ungooroo wish to thank all of our staff and express our appreciation and gratitude for the way in which they adapted by working from home and implementing other flexible work practices to ensure that the community and clients were still able to stay connected and receive much needed support.

And although all of our staff have done us proud, special mention must go to our fantastic Medical and Administrative team. Following the direction from Dept. of Health, Aboriginal Health & Medical Research Council (AH&MRC) Primary Health Network, Hunter Primary Care, LHD and other Government authorities to close the doors in order to deal with the potential risks associated with the COVID-19 outbreak our Medical and Administrative staff quickly

implemented policies and procedures that would enable them to continue working, ensuring that the safety of Ungooroo members, patients and community members was paramount.

While the COVID-19 outbreak has, and continues to pose serious health risks and cause grave concerns for communities around the world, the Ungooroo Medical and Administrative staff willingly stayed on the front line, putting their own wellbeing at risk for the benefit and protection of our community.

So as we work toward once again providing a full and open service, be mindful that while many out of necessity closed both their doors and their services, like other front line workers in the health, cleaning and support industries the Ungooroo medical and Administrative team have stayed on the job through what we hope is the worst of the COVID-19 Pandemic.

For this we are both extremely grateful, proud, and most importantly thankful for the willing and self-sacrificing effort they have put forth to ensure that our community, particularly those at most risk have had access to essential medical and support services.

As has been mentioned many times in both the mainstream and social media circles, not all super heroes wear capes, some of them work in medical facilities and community organisations.



Aboriginal
Health & Medical
Research Council
of NSW

"The management and staff, patients and also members would like to thank AH&MRC for supporting Ungooroo through this pandemic and in providing much needed telehealth equipment of which has been invaluable in both keeping frontline workers safe and providing continuity of care to all our valued patients and members. I would also like to extend a massive thankyou to BHP in providing PPE supplies in both masks and gloves etc. to ensure our frontline workers are safe whilst treating patients and community during COVID19".

Taasha Layer – CEO Ungooroo

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Mount Pleasant Operations

GLENCORE

YAN COAL
北煤澳大利亞有限公司

NSW
GOVERNMENT

THIASS

BHP

Vital
Resources
Fund

Ungooroo Board of Directors and Management would like to thank our industry supporters for investing in and assisting in building capacity in our social venture to support community and service provision especially in regards to health and supporting the "closing the gap" initiative. Without your support, we would not be able to provide these much needed essential services to communities of the Hunter and Upper Hunter areas.

www.ungooroo.com.au

Welcoming **LEE-ANNE**

Lee-Anne is our new NDIS Coordinator at Ungooroo and will assist any member or NDIS participant with their plans.

Lee-Anne will be able to provide support to members and community with any questions they have also about accessing NDIS and your journey through NDIS.



UNGOOROO CAN SUPPORT YOU THROUGH YOUR NDIS JOURNEY

Ungooroo can provide:

- Yarning about NDIS
- Assistance with access to the NDIS
- Coordination of supports
- Occupational Therapy
- Speech Therapy
- Physiotherapy
- Individual Supports
- Supported Employment Options
- Day Programs

Call our mob and let's have a yarn about NDIS.

Do you have any questions about NDIS? Are you self-managing or plan managing your NDIS plan? Is it all too confusing and you just want to yarn with someone?

**10:00AM – 12:00pm
WEDNESDAYS Q&A**

WATTAKA CAFÉ
157-159 John St, Singleton, Shop 22,
(opposite Ungooroo Medical Centre)
ndis@ungooroo.com.au

**MEET Lee-Anne AND HAVE A
YARN ABOUT YOUR NDIS**

GP DOCTORS CLINIC AND HEALTH SERVICES SINGLETON & MUSWELLBROOK



Due to COVID-19, Ungooroo GP & Health Services have expanded our services to include Telehealth services for eligible patients per the new Medicare criteria to ensure continuity of care to all of community during this pandemic. During COVID-19 we have closed our outreach clinics in schools and in Muswellbrook until further notice. We do ask patients, clients, and team members displaying cold or flu like symptoms to refrain from coming to Ungooroo.

- ▶ Experienced providers in
Aboriginal Health & General Practice
- ▶ Accredited General Practice – AGPAL
- ▶ Endorsed through AH&MRC
- ▶ Open to the GENERAL PUBLIC
- ▶ **ALL SERVICES BULK BILLED**

Kindly supported by

MACHEnergy **GLENCORE**
Mount Pleasant Operations

SINGLETON & MUSWELLBROOK

Open Monday to Friday 8:30am – 5:00pm

UNGOOROO OFFERS THE FOLLOWING SERVICES IN OUR GENERAL PRACTICE:

- | | | |
|------------------------------|------------------------|-------------------------|
| ▶ Skin Check | ▶ Geriatric Medicine | ▶ Health Assessments |
| ▶ Pap smear/cervical screens | ▶ Workers Compensation | ▶ 715 Health Checks |
| ▶ Pregnancy/Antenatal Care | ▶ Paediatric Care | ▶ Basic wound care |
| ▶ Baby Check | ▶ Child Immunisations | ▶ Physiotherapy weekly |
| ▶ Chronic Disease Care | ▶ Adult Immunisations | ▶ Dietician fortnightly |
| | | ▶ Speech Therapy weekly |

If you would like to make an appointment,
please contact the office on 6571 5111

LOCATION:
Shop 1-4, 157-159 John Street,
The Singleton Centre, Singleton NSW 2330

If you would like to make an appointment,
please contact the office on 6524 5522

LOCATION:
2 Francis Street, Muswellbrook NSW 2333

SPEECH THERAPIST



Speech Therapy is for children and adults who may be experiencing any of the following;

- ▶ Speech sound errors - the pronunciation of words and sounds
- ▶ Language difficulties e.g. memory issues, difficulties following directions or understanding instructions, late talkers
- ▶ Reading difficulties
- ▶ Voice issues e.g. it hurts when you speak, your voice is very quiet
- ▶ Stuttering
- ▶ Swallowing and feeding difficulties for children e.g. picky eaters, trouble transitioning between textures
- ▶ Swallowing and feeding difficulties for adults e.g. takes longer to chew food, maybe coughing and choking when eating, excessive saliva production
- ▶ Oral-motor issues e.g. tongue ties, lip ties, reduced tongue and/or jaw strength
- ▶ Ungooroo's Speech Therapist can also assist patients suffering from Autism Spectrum Disorder, Post-Stroke Therapy & Parkinson's Disease



SPEECH THERAPIST

9am – 4pm Weekly

If you would like to make an appointment,
please contact the office on

6571 5111

or email admin@ungooroo.com.au

SINGLETON

The Singleton Centre
Shop 1-4, 157-159 John Street
Singleton NSW 2330

admin@ungooroo.com.au
6571 5111



Introducing our NEW **PSYCHOLOGY SERVICE**

In our current environment there is a multitude of information about the medical effects of the COVID19 virus but less information and publicity about the psychological consequence of the virus.

It is known that social isolation, home confinement and uncertainty will definitely affect our mental wellbeing. To address this issue for community and our mob, Ungooroo Aboriginal Corporation have been successful in their application to BHP Vital Resource fund to support a psychologist at Ungooroo Aboriginal Medical Service.

We can provide assessment and therapeutic services to assist clients of varying ages with the following:

- Anger Management
- Anxiety and Adjustment Difficulties
- Attention Deficit Hyperactivity Disorder
- Autism Spectrum Disorder
- Bereavement, Grief and Loss
- Bullying
- Conduct Disorder and Oppositional Defiant Disorder
- Depression
- Emotional Regulation Difficulties
- Mood Disorders
- Obsessive-Compulsive Disorders
- Personality Disorders
- Post traumatic Stress Disorders
- Relationship and Family Therapy
- Self-confidence and Self-esteem issues
- Self-harm Behaviours
- Sleep Disorders
- Social Skills Training

- Substance-Related Disorders
- Work Place Conflict

We also offer the following therapeutic procedures:

- Cognitive Behaviour Therapy
- Acceptance and Commitment Therapy
- Individual Adolescent Therapy
- Individual Child Psychotherapy
- Individual and group Adult Psychotherapy
- Parenting Skills
- Grief and Loss interventions
- Schema Therapy

Now available to Ungooroo patients and clients.

Eligibility criteria applies.

For referral under NDIS, please call 6571 5111 and ask to speak with a member of Ungooroo's NDIS Team.

Email: ndis@ungooroo.com.au



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Vital Resources Fund

Welcoming **MARIAH**

Mariah is in charge of delivering our 715 Health Assessments. These checks assist in early detection, diagnosis, and intervention for common and treatable conditions that cause a disease. It involves a holistic check of your health including your; physical, social, and emotional well-being.

Mariah is also leading a program called SISTAQUIT which is (Supporting Indigenous Smokers to Assist Quitting): A Toolkit to Aid the Management of Smoking with Pregnant Aboriginal and Torres Strait Islander Women. The aim is to offer assistance in quitting to pregnant smokers, measured by prescription of nicotine replacement therapy

(NRT), and a client checklist measuring overall quality of smoking cessation care. We also aim to improve the quit rates of pregnant smokers, measured by carbon monoxide testing during pregnancy and after birth. And we are seeking to improve birth weights of babies and respiratory outcomes of babies in the first six months of life.



Mariah's biggest role is to provide comfort, education, empowerment & confidence that is culturally appropriate for our valued community.

The November dates follow the decision by the National NAIDOC Committee (NNC) to postpone NAIDOC Week from the original July dates due to the impacts and uncertainty from the escalating Coronavirus (COVID-19) pandemic across our communities and cities. As cooler weather approaches the need to protect our most susceptible and vulnerable community members remains.

The postponement was aimed at protecting our elders and those in our communities with chronic health issues from the disastrous impacts of COVID19.

National NAIDOC Week 2020 celebrations will now be held from the 8-15 November 2020.



**Always Was,
Always Will Be.**

8-15 NOV 2020



**ELDERS
MORNING
TEA!**

Ungooroo's Elder Morning Teas will also be postponed until further notice to ensure safety for Elders in our community during COVID19 as per Public Health and Community Health guidelines. As soon as restrictions ease, we will determine a date later in the year for our Elder Morning Tea and will notify community members of the date.

FIRST AID TRAINING FOR THE STAFF OF UNGOOROO

First Aid Training for the staff of Ungooroo. To ensure our staff are trained & up to date in their first aid skills, the Ungooroo team successfully completed accredited first aid training with Aspire Training and Development.

Well done team . . .



715 ABORIGINAL HEALTH CHECKS

Ungooroo has now commenced face to face appointments for 715 Aboriginal Health Checks. These checks assist in early detection, diagnosis, and intervention for common and treatable conditions that cause a disease. It involves a holistic check of your health including your; physical, social, and emotional well-being.

Ungooroo have partnered with Aboriginal Health and Medical Research Council to develop custom designed cultural shirts 'Step up for a Check Up' to encourage community to have your 715 Health Check. If you call and make an appointment with Ungooroo GP & Health Services, each family member receiving the 715 Health Assessment will receive the custom culturally designed shirt.



Aboriginal
Health & Medical
Research Council
of NSW



WATTAKA CAFÉ

A Fresh Approach to Food

Wattaka Cafe offers a patisserie style experience with great coffee, fresh food and a complete infusion of Australian native produce.

Located inside the Singleton Centre
157-159 John Street, Singleton NSW 2330

For further information:

Phone: 6527 3770

Email: info@wattakacafe.com.au



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SHS PROGRAM

Specialist Homelessness Service Upper and Lower Hunter Valley

Ungooroo provides strengths-based, client-focused casework and support. Ungooroo's aim is to empower young people with choices and options. Ungooroo provide pathways for our youth to build their skills to address their homelessness in a supportive environment. Referrals can be made by support services, schools, family, friends or self referral.

For further information:

Email: community@ungooroo.com.au

or ghsh@ungooroo.com.au



'Supported by
Family and
Community
Services'

AEDO PROGRAM

Aboriginal Enterprise Development Officer

The Aboriginal Enterprise Development Officer (AEDO) Program is a FREE program for Aboriginal people considering starting up their own business or expanding their current business.

For further information:

Phone: 0448 233 817

Email: aedo@ungooroo.com.au



NCAP PROGRAM

New Careers for Aboriginal People

The New Careers for Aboriginal People (NCAP) Program is a free program for Aboriginal people seeking employment and training advisory support services.

For further information:

Phone: 0408 460 771

Email: ncap@ungooroo.com.au

