



Acknowledgement of Country

Danila Dilba Health Services (DDHS) acknowledges the Larrakia people, the Traditional Owners of the land we live and work on and pay our respects to their Elders past and present.

Become a Member

Danila Dilba is a community-controlled organisation. We have a Board elected by Biluru (Aboriginal and Torres Strait Islander) in the Yilli Rreung (greater Darwin) region.

Our Board and members provide essential guidance on the services we provide to the community.

Please visit our website or phone us if you are an Aboriginal or Torres Strait Islander person living in the Yilli Rreung region and would like a membership form.

www.daniladilba.org.au

Message from the Chair

DDHS would like to acknowledge the sad passing of several of our clients and community members this year and extend our sincere condolences to the families and communities affected.

In mid July, Board Director Shannon Daly and I attended a National Aboriginal Community Controlled Organisations (NACCHO) workshop in Sydney where all Aboriginal Community Controlled Health Organisations (ACCHOs) and their affiliates met to discuss



streamlining and amending the NACCHO Constitution which has taken nearly three years to endorse. The updated Constitution will be tabled and voted on at the NACCHO AGM

this November in Darwin. The flu season started earlier this year and some people have had to go to hospital. Children and older people are at a higher risk. If you haven't had your vaccine this year, make an appointment at your local clinic. We can lessen the spread of the flu by getting

vaccinated, washing our hands well and staying home from work when we're sick. We are now offering flu vaccinations to the staff of Aboriginal organisations.

Please get in touch if your organisation is interested in

this service. The Board would also like to acknowledge the hard work of staff over the last six months. Your perseverance and commitment does not go unnoticed. Best wishes, Carol.

Middle left: Chairperson Carol Stanislaus and Director Shannon Daly at the NACCHO workshop in Sydney. Bottom right: Aboriginal Health Practitioner Casey Manhire with clients receiving their flu vaccination.



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Danila Dilba launches new 'Direct Dial' phone system

On 2 July, a new direct dial phone number, 8942 5400, was launched across all DDHS clinic locations. This change will help clients make a direct call to their local clinic. It will also help our receptionists to manage incoming calls with some of our busier clinics receiving up to 150 calls a day. There will be an automatic redirect on the old number so if clients ring the old number, their call will be redirected. If you have feedback about the new direct dial number, please download a feedback form from our website or provide feedback in person at one of our clinics.



Phone Us: **8942 5400** Listen to the voice prompts and press the number for your local clinic

Do we need Vitamin D supplements?

Although low vitamin D levels may increase the risk of health problems, taking a vitamin D supplement has not been shown to prevent these problems. Many people may be taking a vitamin D supplement (colecalciferol) that they do not need. The main source of vitamin D is from sunlight on the skin. Please talk to your doctor about whether you need vitamin D supplements and the recommended safe time to spend in the sun to get enough vitamin D.

Child Health Specialist Service

Some children have special development needs and may need extra support in areas like speech, behaviour and learning. This need is even more significant among Aboriginal and Torres Strait Islander children.

Through our ABCD (Assessment of Behaviour and Child Development) clinic, DDHS is committed to supporting families and children who have learning, behaviour and development issues through an assessment and management process.

DDHS is working with the Top End Health Services (TEHS) paediatrics (child health) department to help kids to get specialist appointments.

Families and carers with questions about ongoing specialist services can make an appointment at their local clinic and their GP will be able to help. We acknowledge the hard work of staff who are continuing to support children and families to access the care they need.



Fintona Girls School continues cultural exchange at Danila Dilba

One of Melbourne's leading independent girls schools, Fintona Girls School sent a group of students to Darwin in July as part of an annual school excursion that has been running for the last 11 years.

In the past, the Fintona Girls School has been active in fundraising efforts to provide toys, books and other resources for our clinics.



Maia Edwards, Alannah Bailey and Dashielle (Dash) Reid spent the week touring the DDHS clinics, meeting staff and learning about how primary health care is delivered in an Aboriginal community-controlled health service.

The three girls attended NAIDOC week celebrations and Cultural Awareness Training.

One of the highlights of the trip was a visit to Kakadu National Park.

Danila Dilba Mobile Clinic at Larrakia Nation's Road Safety BBQ

Mobile Clinic Team Leader Malcolm Laughton and Dr Jamila Priore took the mobile clinic to Larrakia Nation's Road Safety Barbeque at Mindil Beach in June. Larrakia Nation cooked breakfast and the *Arts in the Grass* program was there to provide a creative outlet. NT Remote Alcohol and Other Drugs provided education, Orange Sky was there with their free laundry and shower service van and OneDisease came along to engage with the community. It was fantastic to see all of these services coming together to provide support to the community.



Above: Fintona Girls School students Maia, Alannah and Dashielle with their teachers and DDHS staff Alain, Rosemary, Naomi, Cecilia and Della.

Bottom: David Simmonds and Trepalina Sultan from Larrakia Nation and Dr Jamila Priore and Mobile Clinic Manager Malcolm Laughton.

Danila Dilba celebrates World No Tobacco Day with the community

World No Tobacco Day week in May saw the Community Services team partner with the Department of Health's Alcohol and Other Drugs team to deliver information in shopping centres and DDHS clinic locations around Darwin and Palmerston. The focus was on how tobacco smoke affects the body's organs. A 'smokelyser' (similar to a breathalyser) measures the levels of carbon dioxide in people's lungs. This



tool generated interest and interactions with clients and the community to discuss the benefits of quitting smoking. Staff also provided brief interventions and referrals to support services such as the clinics and Quitline.

On 18 May, DDHS partnered with NRL Touch Football to deliver a World No Tobacco Day Family Touch Carnival. Anula Park saw five teams come together to play but it was FORWAARD Aboriginal Corporation winning the medals at the end of the day. DDHS provided tobacco information and a BBQ lunch.



Community Services team members Theresa Paterson, Patricia Raymond and Joseph Fitz attended the Darwin High School Health Expo on 31 May to provide health promotion information and resources. More than 80 young people attended, with DDHS delivering tobacco education and prizes.

If you want more information or support to Quit smoking, talk to your GP.

Top: Bruno Long, Theresa Paterson and David Parfitt (DoH AOD). Middle: The winning team at the World No Tobacco Day Family Touch Carnival.

Bottom: Darwin High School students Shauntae and Tamsin at the Darwin High School Health Expo.

Deadly Choices partnership with the Hawthorn Football Club

In February, Deadly Choices launched a new partnership with the Hawthorn Football Club at the Malak Clinic. Students from Casuarina Senior College, Sanderson Middle School and Malak Re-engagement Centre came along for a meet and greet with some of the Hawthorn Football Club players. Hawthorn defender Jarman Impey said he hoped the partnership would encourage more young Aboriginal and Torres Strait Islander people to prioritise their health.

“Our goal is to ensure all Indigenous kids across Australia are well and healthy” Impey said.



Deadly Choices and Tackling Indigenous Smoking Programs partner with National Rugby League

In June, the Deadly Choices and Tackling Indigenous Smoking teams represented Danila Dilba at the Parramatta Eels Vs Canberra Raiders game at TIO Stadium.

Manunda Primary School students who completed the Deadly Choices Program were invited to attend the game. Deadly Choices students demonstrating leadership skills and positive behaviours were rewarded with a game of pass the ball with Bo De La Cruz and Tracey Thompson (former Indigenous All Stars player and Captain) and had the thrill of running out onto the field with the Eels players before the game started.



Above: Tracey Thompson and Kirra Muggeridge with Deadly Choices students. Middle Kirra, Tracey and David Precoma at the game. Right: the students getting ready to run out onto the field at the game.



New Men's Clinic Location

In April, the DDHS Men's Clinic relocated to a new location. The new clinic address is Suite 3, 9 Keith Lane, Fannie Bay. This Clinic is operated by an all-male team who aim to provide a culturally appropriate health service for men. The Men's Clinic team includes GP's Dr Nathan Zweck and Mark Myerscough, Aboriginal Health Practitioner and Team Leader David Adams, Psychologist Paul Fong and Receptionist Wes Carolin.



Men's Camp

Reflecting our commitment to men's health, two members of the DDHS Community Services team, Bruno Long and Joseph Fitz, worked with the Darwin Indigenous Men's Service to deliver a men's camp in May at Gunn Point.

The camp saw nine men from across the Northern Territory come together to connect and socialise with each other in a supportive, safe and natural environment.

The camp was carried out with respect to the old people and the act of asking for beautiful food from the land certainly paid off with respect to fishing and crabbing efforts.

A sense of togetherness and community was created by respecting differences within the group, working as a team, doing simple things together like fishing, collecting fire wood and sharing cultural knowledge and stories. "I really enjoyed the spear making workshop, and sharing stories about the cultural history of

the area" said one of the participants. The sense of comfort and community generated helped to create a healing experience where the men felt safe to relax and reflect on their lives.



Above: Men's Clinic staff David Adams, Nathan Zweck and Wes Carolin.

Below: DDHS staff Joseph Fitz and Bruno Long with the Darwin Indigenous Men's Service and men's camp participants at Gunn Point.

Danila Dilba Celebrates Staff Milestones

We've been fortunate to have many long term members of staff which we celebrated in April with staff members who were recognised for more than 25, 20, 15 and 10 years of service.

"Long serving staff are a great asset to the organisation," said CEO, Olga Havnen. "Their dedication is reflected in the way we provide quality care for our clients and there is a shared passion and sense of purpose, together with pride to work with this dynamic organisation."

As a local, expanding Aboriginal community-controlled organisation in the greater Darwin region, DDHS is growing its workforce and invests heavily in the professional development of staff.

"We aim to be an employer of choice, attract and retain talented staff and increase professionalism and capability of staff at every level of the organisation" said Deputy CEO Rodger Williams.



At DDHS, professional development and a strong learning culture are central strategies for strengthening staff, offering career development and providing high quality services.

Malcolm Darling, who has worked with Danila Dilba for thirteen years, began as an Aboriginal Health Practitioner (AHP) trainee. "After graduating, I started as Aboriginal Health Practitioner at the Darwin clinic, then progressed to become the Men's Clinic Coordinator, and today I am General Manager. I wanted to make a difference in the community and the organisation I work with," he said.

GP, Emma Fitzsimons has worked with DDHS for 17 years, where she found a fulfilling and diverse career. "I was a newly qualified GP when I started. The role of a GP here is so varied. I have done lots of specialised clinics within Danila Dilba – children's clinic, aged care, renal, women's clinic" Emma said.

"What keeps me here is the clients, who are so diverse, with different life stories. So many have complex health needs, so the work is always interesting and challenging. I like the team approach, working alongside AHPs, RNs and pharmacists. The two-way learning culture means I might be passing on knowledge to students, but I'm also learning all the time about Aboriginal culture and experiences," she said.

DDHS is committed to the world's best practice and has a passion to make a difference to the wellbeing of Aboriginal people. We are dedicated to providing accessible, holistic healthcare and are always seeking professionals who have the skills, work ethic and personality to help us deliver the highest standard of care.

Long serving Danila Dilba Health Services staff from left: David Adams, Chiquita Bin-Saris, Emma Fitzsimons, Maida Stewart, Margaret O'Brien, Stephenie Johnstone, Shelly Hampton and Malcolm Darling.

Back to School Health Checks at Palmerston Indigenous Village

On 17 July, our Mobile Clinic spent time with the Palmerston Indigenous Village to provide back to school health checks for kids. A BBQ lunch, face painting and a jumping castle made the day fun for everyone.

“Usually when we provide mobile clinic services, the kids miss out as they are at school. The community asked us to come and provide this service so the kids feel fresh and ready to go back to school” said Mobile Clinic Manager Malcolm Laughton.

Children were offered a full health check including hair, skin, eyes, ears and teeth. Once they finished their health check, they received a new backpack to take with them to the next school semester.

Danila Dilba Mobile Clinic and Community Services staff with some of the Palmerston Indigenous Village community. DDHS received consent to use this photo.



Men's Clinic

Suit 3, 9 Keith Lane
Fannie Bay
Ph (08) 8942 5495

Malak Clinic

Shop 3, 1 Malak
Place, Malak
Ph (08) 8920 9500

Darwin Clinic

32-34 Knuckey St
Darwin
Ph (08) 8942 5444

Palmerston Clinic

Unit 1/7 Rolyat St
Palmerston
Ph (08) 8931 5700

Women's Clinic (Gumileybirra)

Unit 1/7 Rolyat St
Palmerston
Ph (08) 8931 5711

Rapid Creek Clinic

Shop 35, 48 Trower
Road, Millner
(08) 8942 5350

CONTACT US

28 Knuckey St, Darwin NT 0800

GPO Box 2125, Darwin City NT 0801

Tel: (08) 8942 5400

Fax: (08) 8981 7567

info@daniladilba.org.au

www.daniladilba.org.au

These numbers will be phased out over the coming months and all clinics are now contactable on 8942 5400.

Please call 8942 5400 for the Corporate Office or Community Programs.