

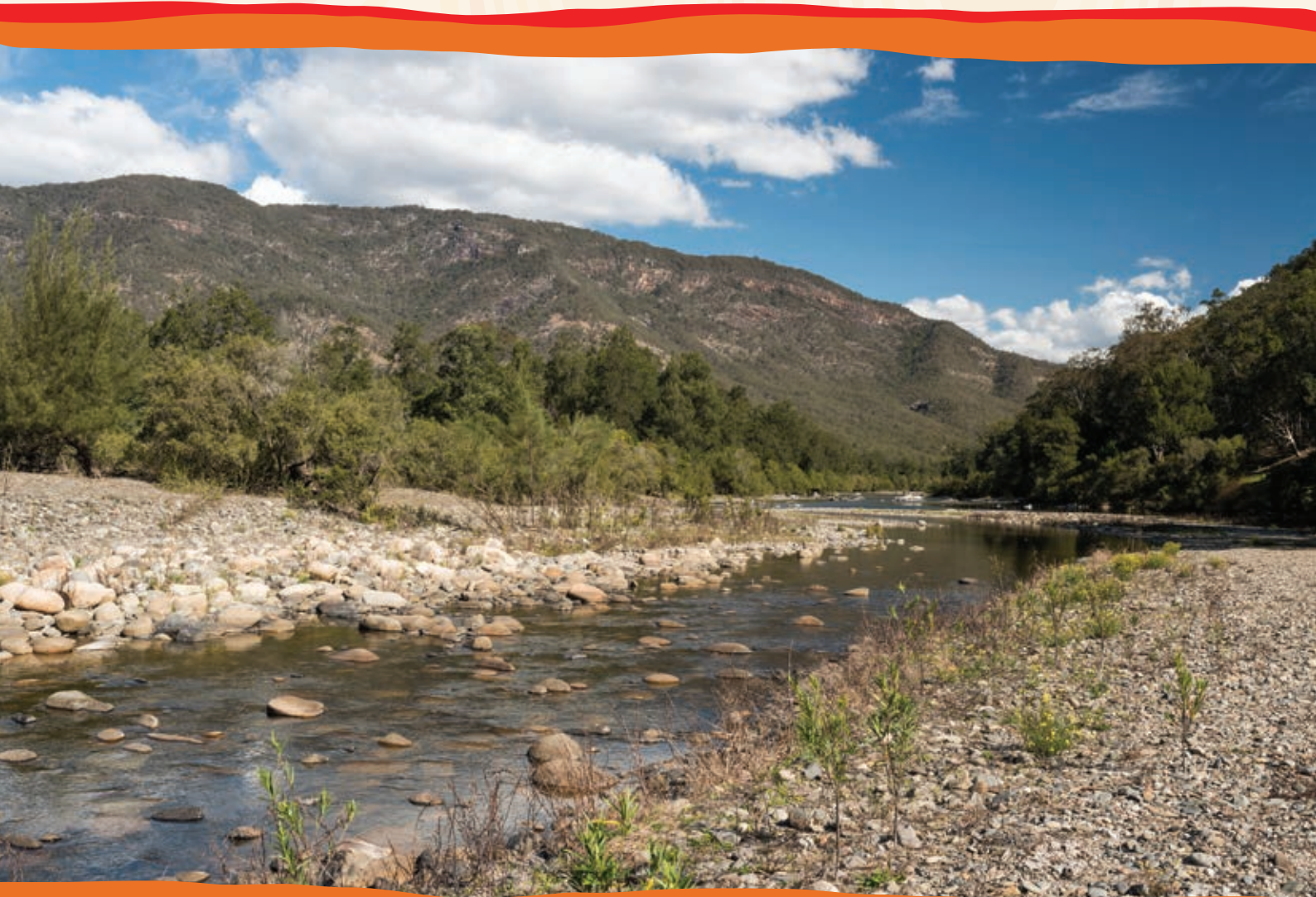
# Durri Health Matters

Winter 2020



## Durri

Aboriginal Corporation Medical Service  
ICN 27



## What's Inside This Issue

- Welcome message
- An important message about COVID-19
- Health Promotion Highlights
- NAIDOC Week 2020
- Diabetes Awareness
- Winter Warmer Recipe
- Move Well
- Get to Know a Durri Staff Member
- Wellbeing Yarning Line
- Kid's Corner



## Welcome to Durri ACMS's Winter newsletter!

As you would well and truly know (if the cold feet, hands and slightly cold air hitting you in the face every morning doesn't tell you) winter is here and it's only expected to get colder.

It's time for the mob's cooks to break out the big pots, peel the veggies, add the meat and all the secret spices, and the little bit of extra tender love and care, to start with cooking the soups that as we all know many will be lucky to have any leftover (we all know it tastes better the next day!) and don't forget the damper and fried scones.

During these cool winter months it's also important for our mob to get your flu vaccinations and, due to the recent developments in Victoria and the south-western Sydney areas, to keep COVID-19 safe.

You will find that Durri has prepared a 'Community Communique' in this newsletter about changes to our service due to COVID-19 and what types of questions we will be asking when you come into see us (please ring first) to try and keep our mob safe and get your help in doing this.

Remember to like our Facebook page to stay updated with any changes to our service.

Growing with you in good health,  
**The Durri ACMS team**

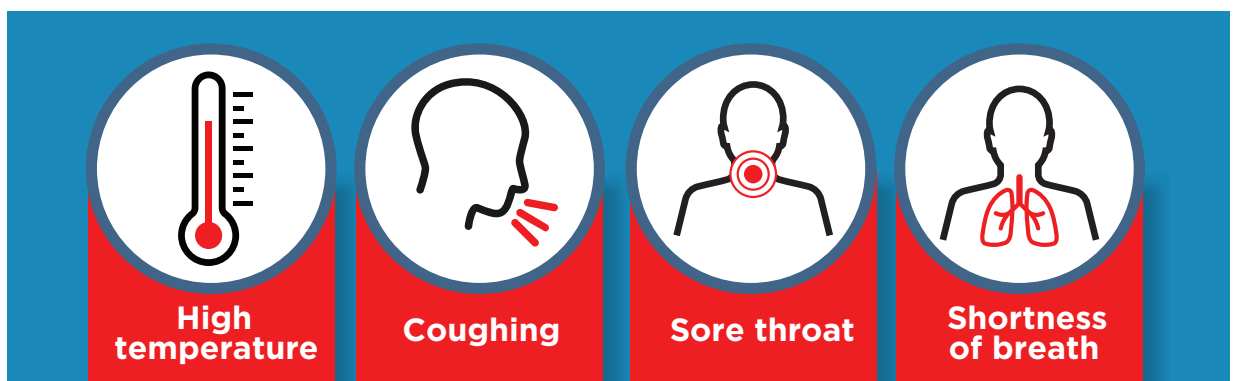




# Do you have cold or flu-like symptoms?

If you have cold or flu-like symptoms or think you may be infectious, please do not enter our Clinics.

Call us on **02 6560 2300** and our staff will instruct you on what to do next.



For more information:  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)



*Please put this on your fridge so you have our number. If you have these symptoms, please go to the nearest COVID clinic for testing.*





## An Important Message about COVID-19

Dear Community Members,

Throughout the COVID-19 Pandemic Durri ACMS has been dedicated to keeping all its community members safe and healthy.

Durri ACMS acknowledges the cooperation and support it has received from Community throughout this time, and the results up to now have been excellent.

However, as you may be aware the COVID-19 situation has recently become more serious with significant outbreaks of new cases of infections in Melbourne and in the Liverpool and Campbelltown areas in south-western Sydney. In response Durri ACMS must take precautions to ensure your safety.

Avoiding exposure to the virus remains our top priority to keep everybody safe.

Durri ACMS Clinics have taken the following precautions to ensure the safety of the community:

**1.** If you have Cold and flu like symptoms which include:

- Fever • Sore throat • Cough
- Shortness of breath • Runny nose

Please ring Durri ACMS Kempsey on **6560 2300** or Nambucca on **6598 6800**.

We will help you as soon as you call. If you cannot get through straight away please try again in a few minutes.



2. If you have travelled to Victoria or south-western Sydney (especially in the Liverpool or Campbelltown areas) in the past 14 days or have come in contact with a person that has travelled to those areas in the past 14 days; or have come into contact with a COVID-19 Positive or suspected case: **PLEASE DO NOT COME TO THE CLINIC** – Ring Durri ACMS Kempsey on **6560 2300** or Nambucca on **6598 6800**.

We will help you as soon as you call. If you cannot get through straight away please try again in a few minutes.

3. Please do not present as a Walk-In patient without calling first.

When you call our clinics to book an appointment our staff will be asking a series of triage questions to figure out the best triage journey for you:

- This could be a consult over the phone with one of our doctors.
- This could be a consult in a designated area of our clinic.
- We may also ask you to wear a face mask.
- We may limit transport to patients who need a face to face clinic appointment and have no other means of getting to the clinic.

**To help keep you and your loved ones safe please take these precautions:**

1. Wash your hands with warm soapy water, especially before eating
2. Avoid touching your face
3. Cough and sneeze into a tissue and put it into a bin straight away
4. If you have family member visiting please make sure they follow these precautions as well.

*We are doing our best to keep the community safe and healthy and we need your support. If you have any questions please feel free to ring your local Clinic for more information.*



# Health Promotion Highlights

## Get Ya Flu Jab

As we made note of in the Autumn newsletter, the Flu season in Australia usually coincides with the cooler months, with a spike in Influenza cases normally reported from May through to September.

We currently find ourselves right in the middle of that period, which means it's more important than ever to make preventative choices to help you remain healthy during Winter.

There are many things we can do prevent the spread of the flu and reduce our risk of catching it ourselves, not least of which being by getting your flu jab through one of Durri's clinics.

Getting your annual flu jab is one of the most effective ways to fight off the flu. It's important to get this every year, as it wears off after 3 to 4 months.

Help protect yourself and your family from the flu this season and book in your free flu jab at Durri ACMS. We currently have a clinics in Kempsey and Nambucca where you can get your free jab.

Don't forget, if you get your free flu jab at Durri ACMS or Darrimba Maarra Health Outpost between now and the 30th of October, you can enter our draw for the chance to win one of these deadly prizes:

As of the end of July **1,325 clients** have had their flu jab at Durri and Darrimba Maarra!

## 6 months – 4 years

A red Little trikes cozy coupe ride-on (boys draw) & a pink little trikes cozy coupe ride-on (girls draw).



## 5 – 14 years

A Rebel gift card to the value of \$150.00.

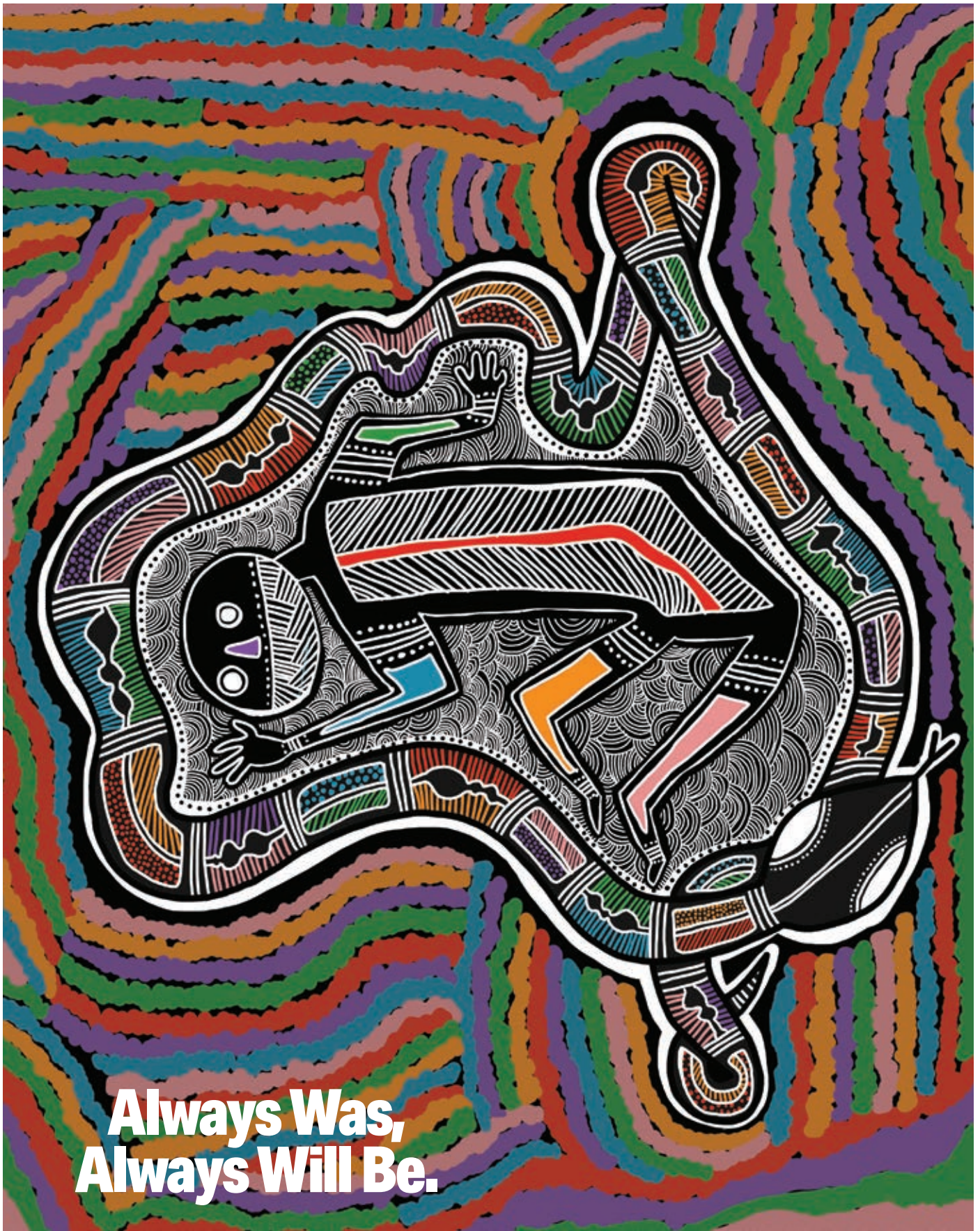


## 15 years and older

An LED smart TV.



*Conditions: Single ticket per patient. Patients aren't allowed to enter on behalf of another patient. Staff are excluded from draw entry. Patients who have already received their flu vaccination prior to campaign launch, will have their details written out on a ticket and placed in the draw box on their behalf by a nominated Durri staff member. Campaign and included prizes are being promoted at Durri ACMS and Darrimba Maarra Health Outpost.*



**Always Was,  
Always Will Be.**



[naidoc.org.au](http://naidoc.org.au)

**NAIDOC WEEK**

**8-15 NOV 2020**

#NAIDOC2020

#AlwaysWasAlwaysWillBe

Artwork: Shape of Land by Tyrone Waigana

The Rainbow Serpent came out of the Dreamtime to create this land. It is represented by the snake and it forms the shape of Australia, which symbolises how it created our lands. The colour from the Rainbow Serpent is reflected on to the figure to display our connection to the Rainbow Serpent, thus our connection to country. The overlapping colours on the outside is the Dreamtime. The figure inside the shape of Australia is a representation of Indigenous Australians showing that this country - since the dawn of time - always was, and always will be Aboriginal land.

[facebook.com/NAIDOC](https://www.facebook.com/NAIDOC)

[@inaidocweek](https://www.instagram.com/inaidocweek)

[@inaidocweek](https://www.tiktok.com/@inaidocweek)

# NAIDOC Week 2020

## What NAIDOC means

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians.

## NAIDOC 2020 Theme

*Always Was, Always Will Be.*

*Always Was, Always Will Be* recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

We are spiritually and culturally connected to this country.

This country was criss-crossed by generations of brilliant Nations.

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Australia has the world's oldest oral stories.

The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies.

We built and engineered structures – structures on Earth – predating well-known sites such as the Egyptian Pyramids and Stonehenge.

Our adaptation and intimate knowledge of Country enabled us to endure climate change, catastrophic droughts and rising sea levels.

*Always Was, Always Will Be* acknowledges that hundreds of Nations and our cultures covered this continent.

All were managing the land – the biggest estate on earth – to sustainably provide for their future.

Through ingenious land management systems like fire stick farming we transformed the harshest habitable continent into a land of bounty.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 – with the arrival of the Dutch on the western coast of the Cape York Peninsula.

The very first footprints on this continent were those belonging to First Nations peoples.

Our coastal Nations watched and interacted with at least 36 contacts made by Europeans prior to 1770.

Many of them resulting in the charting of the northern, western and southern coastlines – of our lands and our waters. For us, this nation's story began at the dawn of time.

NAIDOC 2020 invites all Australians to embrace the true history of this country – a history which dates back thousands of generations.

It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country – which is Australian history.

We want all Australians to celebrate that we have the oldest continuing cultures on the planet and to recognise that our sovereignty was never ceded.

*Always Was, Always Will Be.*



**Always Was,  
Always Will Be.**

**8-15 NOV 2020**

Due to COVID-19, NAIDOC Week 2020 has been moved to 8-15 November 2020, but Durri ACMS still marked what would have been the normal celebration of the week with a special flag raising ceremony. Video is on our Facebook page – [facebook.com/watch/?v=2555806924730406](https://www.facebook.com/watch/?v=2555806924730406)





## Healthy eating tips to prevent diabetes

- Add more vegetables to your meal. This could be a side salad or side of cooked vegetables, or it could be mixed into the meal.
- Snack on fruit throughout the day. Aim for 2 pieces per day.
- Choose high fibre breads and cereals.
- Cut down on sugary drinks.
- Drink plenty of water. Aim for at least 8 cups per day.
- Cut down on the amount of lollies, cakes and biscuits you eat. Try not to eat these every day.
- Including low fat milk, yoghurt and cheese.
- Eat to your hunger levels and try not to overeat.
- Eat a well-balanced meal which includes vegetables, protein and some starchy food.

*Visit [diabetesnsw.com.au](http://diabetesnsw.com.au) for more information about diabetes and ways to prevent it. See your doctor for a referral on to the Durri Dietitian, Sarah, if you would like to learn more about healthy eating to prevent diabetes.*





## Winter Warmer Recipe – *Pumpkin Soup*

### Ingredients

- 750 g Jap pumpkin diced
- 250 g potatoes diced
- 2 onions diced medium
- 3 chicken stock cubes crumbled
- 3 1/2 cups water
- 250 ml thickened cream
- 1 pinch salt and pepper to taste

### Method

1. Place all ingredients, except the cream, into a large saucepan.
2. Simmer until vegetables are tender.
3. Remove from heat.
4. Blend with a stick blender until smooth.
5. Add cream and stir through (do not boil after adding cream).
6. Season to taste.





## Winter Exercise

Finding motivation to exercise in winter can be difficult. It's cold and we would prefer to stay indoors and hibernate.

Exercise can help to regulate our blood sugars, blood pressure, sleep, improve our heart health and mood and has many other health benefits. When we slow down and are not as regular with our exercise this can cause a spike in blood sugars, blood pressure and leaves us more susceptible to injury and aches and pain as our muscles and joints aren't getting the exposure to movement and load that they should.

We should be continuing to aim for 30-60min of exercise on most days of the week.

Some tips for keeping up some type of exercise in winter:

- Taking the stairs (or doing some step up and down exercises on a single step around the house).
- Join a gym or take up an indoor/winter sport (such as soccer, netball, hockey or football).
- Choosing a warmer time of day while the sun is out to go for a walk or play with the kids at the park.
- If working indoors go for a short walk on your lunch break.
- Blast some music and dance (dancing can burn up to 90 to 266 calories per half an hour!).
- Find a ball and head down to the nearest field or basketball/netball courts to burn some energy.
- Take the kids for a bike ride while you enjoy a walk.
- Use your own body weight or find some items around the house (such as baked bean tins) and do a home workout in your lounge room.
- Finally getting out in the garden or chores like mowing the lawn can also be great exercise.

**Jade Fraser**  
*Accredited Exercise Physiologist*

# Get to know a Durri Staff Member



*Meet Renee Widders, Receptionist and Transport Officer at Durri ACMS*

## Your mob:

Dunghutti and Anaiwan

## Tell us a little bit about what your role involves:

Receptionist / Transport Officer

## What made you want to work for Durri ACMS?

To work and give back to my community.

## What is your favourite thing about working at Durri ACMS?

The comradery between work colleagues and being able to learn about health knowledge, that I can assist my family and community members.

## Tell us a little bit about yourself:

I am happy go lucky, very family orientated person, honest and reliable.

## Who inspires you and why?

My mum for her resilience and always encourages me to strive to be the best in whatever I do or achieve.

## Wellbeing Yarning Line

Feeling stressed or worried? Not coping so well at the moment?

Call and have a yarn with Mid North Coast Health Aboriginal Mental Health and Drug and Alcohol staff on **0408 985 916**.

This line is available 9am to 4pm weekdays and is not for emergencies.



## Coronavirus Word Search

Q	O	C	I	M	E	D	N	A	P	X	Y	T	K	K	O	O	R	I	O
L	A	B	O	L	G	E	V	I	E	O	R	E	S	I	C	R	E	X	E
D	I	U	C	I	G	O	C	U	L	A	N	K	N	T	N	E	R	U	C
E	R	E	O	M	A	N	A	N	N	I	F	O	A	B	A	O	O	M	S
R	R	N	R	P	M	T	G	S	A	R	I	D	Z	F	T	Q	V	C	N
I	U	E	O	O	E	U	M	J	I	T	D	I	P	A	H	L	O	G	E
T	M	I	N	P	S	I	L	E	A	I	S	R	L	S	P	N	A	B	E
S	G	G	A	D	S	M	N	L	T	Z	O	I	A	T	N	M	A	T	Z
K	H	Y	V	S	N	D	O	K	B	T	T	W	D	E	M	W	U	I	E
I	I	H	I	O	S	S	P	U	E	N	D	J	C	I	S	Y	A	L	P
N	I	O	R	L	I	A	D	C	E	N	I	T	N	A	R	A	U	Q	K
D	N	M	U	V	L	D	T	V	A	R	E	X	S	T	R	O	N	G	S
N	F	U	S	A	A	I	X	H	D	D	Q	N	O	O	N	G	A	R	S
E	E	M	W	D	O	C	T	O	R	H	O	S	P	I	T	A	L	Y	Y
S	C	A	L	N	H	Y	A	W	H	C	I	H	W	E	L	C	N	U	M
S	T	O	C	A	R	I	N	G	C	O	M	M	U	N	I	T	Y	J	P
C	I	B	E	V	I	T	I	S	O	P	O	S	I	C	K	A	V	O	T
F	O	T	I	S	S	U	E	I	D	B	R	N	D	E	A	D	L	Y	O
D	N	V	B	A	T	H	N	Y	H	T	L	A	E	H	X	A	F	W	M
J	H	C	F	A	M	I	L	Y	L	O	O	H	C	S	E	R	A	C	S

- |          |          |           |              |          |            |
|----------|----------|-----------|--------------|----------|------------|
| Care     | Play     | Cough     | Isolation    | Gammin   | Deadly     |
| Happy    | Games    | Sneeze    | Quarantine   | Murri    | Mob        |
| Mum      | Family   | Sick      | Transmission | Whichway | Doctor     |
| Dad      | Friends  | Tired     | Symptoms     | Koori    | Nurse      |
| Nan      | Healthy  | Handwash  | Hygiene      | Noongar  | Swab       |
| Pop      | Caring   | Positive  | Coronavirus  | Palawa   | Ventilator |
| Bath     | School   | Connected | Protection   | Yolngu   | Pandemic   |
| Fun      | Exercise | Strong    | Distance     | Bunji    | Hospital   |
| Love     | Soap     | Uncle     | Community    | Budda    | Cure       |
| Kindness | Tissue   | Aunty     | Infection    | Tidda    | Vaccinate  |

## Staying Safe at Home Activities

### Numbers 1-9 Puzzle

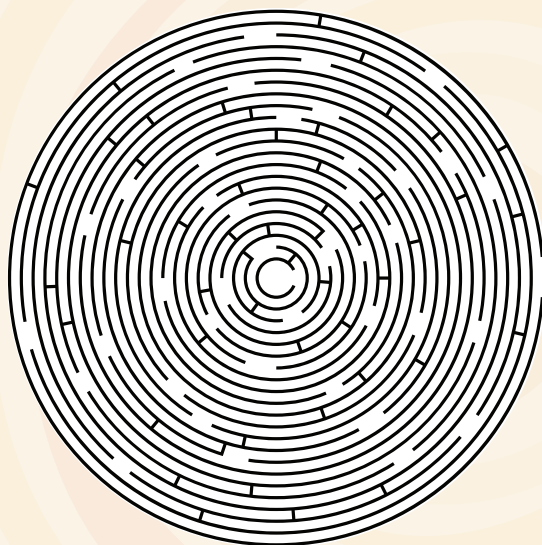
4		3			1		2	8
2			3	9		1		4
	1	5	8	2				3
1	5	7		8			4	
		4	5		7	6		2
		2		4	3	7	1	
			6		2	8	5	1
8	2	6	1			4		
5	7			3	8			9

Each column must contain all of the numbers 1-9 and no two numbers can be the same.

Each row must contain all of the numbers 1-9 and no two numbers can be the same.

Each block must contain all of the numbers 1-9 and no two numbers can be the same.

### Whichway Walkabout?



### Mathamazing!

Find your way from top to bottom by solving the maths problems correctly.

### COVID Codebreaker

Break the code using the key below:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
M	J	I	C	Y	G	F	X	Z	E	B	R	N	W	T	D	Q	L	S	O	V	H	K	P	A	U

SYGJ YMP SOLTMF DTA AZMCOE

WJ JX ATK SYGJ GLTA

DTL TMYUCLZS KE SOYECMF

YO VTAJ

