



UNGOOROO  
ABORIGINAL CORPORATION

# news

AUGUST 2023

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 Health and Wellbeing Expo a Huge Success!



Back Row: Denise Hedges, Allen Paget, Jarome Luai ,  
David Paget, Taylan May, Shaq Mitchell and Cody Walker  
Front Row: Annette Dunstan, Latrell Mitchell and Tallis Duncan.

**What happens when you combine live music, food tastings, giveaways, over 30 stallholders, hundreds of visitors and some of the biggest names in rugby league? You create an event that exceeded even our expectations!**

Ungooroo's 2nd annual Health and Wellbeing Expo last month brought community together with a contagious energy and enthusiasm.

Seeing the excitement on the faces of young (and not so young) footy fans as they met their league heroes was priceless. A huge thanks to South Sydney's Latrell Mitchell, Cody Walker, Shaq Mitchell and Tallis Duncan and Penrith Panther's Jarome Luai, Taylan May for coming along and putting smiles on so many faces.

The Expo promotes the health and wellbeing of all First Nations community and is a chance for people to access all the service providers and stakeholders Ungooroo works with. We appreciate all the service providers and stakeholders for bringing your services to the community at the Expo.

Thanks to our event partners, the Ministry of Health, and Power FM. Your ongoing support for the Expo and promotion across the community is invaluable. Thanks also to Richie Lawton for his traditional didgeridoo playing and to The Last Kinection for getting everyone moving!



Richie Lawton

And finally, thanks to everyone who attended the Expo. The people of Singleton and surrounding areas have faced unbearable tragedy in the past months, and it was an honour for us to host an event that not only brought people together but created true community connection.

If you haven't already seen it, check out the amazing Expo video on our Facebook page and stay up to date with everything happening at Ungooroo. The bar has been set pretty high for next year and plans are already underway!



# UNGOOROO Health and Wellbeing Expo



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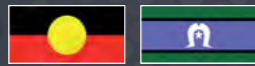
# BOOK YOUR 715 Health Check

If you haven't already, now is the time to book in for your **715 Health Check** and get yourself a free shirt!

A **715 Health Check** is an annual health assessment that helps ensure Aboriginal and Torres Strait Islander people get the primary health care they need. The assessment usually takes less than an hour and is a chance to chat about any health concerns you might have and helps with early detection, diagnosis, and intervention for common and treatable conditions.

As a bonus, all patients who complete their **715 Health Check** will receive a free limited edition shirt featuring artworks by local artists. Give us a call and book your health check today!

"Every one that completes the 715 Aboriginal Health Assessment with Ungoороо, will be gifted one of our uniquely designed shirts."



Please call Ungoороо on 02 6571 5111 to make an appointment today and check your eligibility to book in for a 715 Aboriginal Health Assessment.

## GP Management Plan



If you have a complex or chronic condition, you may have a GP Management Plan (GPMP).

A chronic condition is broadly defined as conditions that last a year or more and require ongoing medical attention or impact your day-to-day activities.

If your doctor thinks you would benefit from a GP Management Plan, they will discuss it with you and the practice nurse and put together information about what to do to best manage your condition.

For patients with complex care needs requiring treatment from two or more health care providers, your GP might suggest a Team Care Arrangement (TCA). This arrangement helps keep all your health care providers up to date to give you the best ongoing treatment and care.

It's important that you follow the recommendations in your management plan to ensure your best health outcomes. If you have any questions about the plan, have a chat with your GP.

Please book in to see Ungoороо's clinic team and ask about a GPMP. If you complete your GPMP you will receive an item from Ungoороо for your completion. Call us on 65715111 or email [admin@ungooroo.com.au](mailto:admin@ungooroo.com.au)

## WELCOME

Dr Nicole

Our GP clinic is growing, and we're thrilled to welcome our new Indigenous GP **Dr Nicole Payne** to the team. Dr Nicole will be available to see patients 3 days per week, Tuesday, Wednesday, and Thursday from 8:30am-5pm.

She will join Dr Liz Milla, Dr Joel Wenitong, Dr Catherine Palmqvist and our Aboriginal Health Practitioner Rose McBride.



We also welcome

## WELCOME Stephen McBride

As Ungoороо Aboriginal Medical Service is growing – we welcome Stephen McBride our new Practice Manager to the Team. Stephen has over 15 years experience in working in clinical and hospital environments and will assist our GP's and clinical team to provide an awesome service for our mob and community. Welcome Stephen



I'm a proud Wailwan man, born and raised in Coonamble, after school I did studies at TAFE and graduating with a Diploma in Business Administration and also journeyed onto Dubbo and completing Certificate 3 in Commercial Cookery before going onto pursue a career in administration with employment at Dubbo Base Hospital as a Receptionist/Telephonist.

After several years of working at Dubbo Base Hospital, I journeyed onto the Hunter where I now call home for the past 16 years. During those years I was blessed in gaining employment at The Maitland Hospital Emergency Department as a Communication Officer then went onto another role in the same discipline as Clinical Support Officer for the Critical Services of the Emergency Department.

I then overtime decided that a change would be great and wanted to give something back to our people and our community, so pursued working in Aboriginal Health gaining work through an AMS Health Service at Port Stephens for a short while before working with our great team here at Ungoороо as Practice Manager and loving what we do.

**Ungoороо Medical Service is an Aboriginal community-controlled health service.**

## GRADUATION Day

The Barranggirra team were recently invited to attend the graduation ceremony for participants in the Multiplex training and employment program. Working with Multiplex, Department of Communities and Justice and Joblink Plus, the Barranggirra team has supported these students as they undertook training and work placement at the John Hunter Hospital site. The team couldn't have been prouder of the graduates and how much they have grown and achieved and will support them as they explore future learning and employment opportunities.



Find out more about how the Barranggirra team can help you with training and employment at our website <https://ungooroo.com.au/services/corporate-services/barranggirra/>





WUPA



Ungooroo

## NEW LOOK Websites

We're giving our websites a bit of a spring clean and freshen up and we've love to know what you think!

Check out the new look pages at [www.ungooroo.com.au](http://www.ungooroo.com.au) and [www.wupaatwanaruah.com.au](http://www.wupaatwanaruah.com.au).

## SPEAKING IN Colour

Community elders at our most recent morning tea took part in a possum skin workshop with the team from Speaking in Colour. Our elders discussed the cultural significance of possum skin cloaks, their role in society, how and why they were made and then made their own possum skin armbands.



WATTAKA CAFÉ



## Wattaka Café CLICK & COLLECT

Did you know you can now order your Wattaka coffee online so it's ready to pick up at a time that suits you?

Simply click 'Order online' at [wattakacafe.com.au](http://wattakacafe.com.au), place your order and the time you want to pick up and we'll have everything ready to go.

If you're grabbing a breakfast wrap on your way to work, ducking out for a mid-morning coffee or a enjoying a salad for lunch, click and collect has never been tastier!



Scan the QR Code  
or order at:  
[wattakacafe.com.au](http://wattakacafe.com.au)

## CATERING with Flavour

Whether it's a celebratory lunch for the team, morning tea for a meeting or dessert for a party, Wattaka Café is the only local caterer offering you the freshest seasonal produce infused with traditional native flavours.

From cheese and antipasto platters with Tasmanian pepper berry quince paste to savoury kangaroo pies, vegetable quiches and dessert platters loaded with lemon myrtle cheesecake and chocolate wattle seed cookies, Wattaka has your catering covered.

Our team will work within your budget and dietary requirements to give your guests a unique taste of Australia.

Give us a call today on 6527 3770 or email: [info@wattakacafe.com.au](mailto:info@wattakacafe.com.au)





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# GP DOCTORS CLINIC and HEALTH SERVICES SINGLETON & MUSWELLBROOK

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



## SINGLETON & MUSWELLBROOK

Open Monday – Thursday 8:30am – 5:00pm and Friday 8:30am – 3:00pm

### UNGOOROO OFFERS THE FOLLOWING SERVICES IN OUR GENERAL PRACTICE:

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

If you would like to make an appointment, please phone 6571 5111

**SINGLETON LOCATION:**

Shop 1-6, 157-159 John Street,  
The Singleton Centre, Singleton NSW 2330

**MUSWELLBROOK LOCATION:**

2 Francis Street,  
Muswellbrook NSW 2333

[www.ungooroo.com.au](http://www.ungooroo.com.au)