



Putting the 'healing' into health

Creating a trauma-informed, healing-aware service and the positive impacts that can have on staff working at Gurriny, as well as how the community overall can participate in this new approach, was the focus of Victorian consultant Karen Milward's series of workshops held here in Yarrabah last month.

"Over five days we worked through a series of workshops which discussed the four stages of trauma with real life examples," Ms Milward said.

"Then we talked about The Healing Foundation report on becoming a trauma informed, healing aware organisation. Lots of stories and examples were shared about what that actually means and how that can be put in place in Yarrabah."

Over the five days staff were introduced to a set of skills aimed at improving their understanding of healing as well as looking at areas such as mindfulness, the cultural loads, lateral violence, cultural safety, etc in an organisational context.

"We looked at what makes up a healthy and unhealthy organisation,

how to become a healthy organisation and how Gurriny might also respond to these challenges," she said. "It was great to see staff, board and management working creatively together over the five days to identify values and values statements.

"We also identified and agreed on the healing approaches that need to be considered for future policies and processes for self-care as individuals, teams and the organisation when working towards becoming a trauma-informed, healing aware organisation.

"It was a real pleasure and honour to be invited to work with wonderful people who have this incredible insight to want to try a different

approach to how business is done and, most importantly, to look after the health and wellbeing of board, management and staff as individuals, employees and community members.

"I wish Gurriny all the best on its journey to becoming a trauma-informed, healing-aware organisation."

Gurriny CEO Sue Andrews said there was more to be done.

"There are more steps to take internally to support this type of approach and with the commitment of the Board over time I am confident we will become a service that reflects an understanding of how trauma impacts on lives and how we can better care for ourselves and our community," she said.



Dad's Playgroup



James Noble with daughter Cheralyn Noble; Bernard Fourmile & dad Lyle Murgha; Nikeisha-Leen Fourmile & Dad Marshall Fourmile; Jayden Kynuna Snr with his son; Terry Hill with sons Cameron & John Hill. Pics thanks to Dixie Hari.





The best possible outcome for a delayed Close the Gap Day in Yarrabah was several people starting to ask questions about their own health, Health Promotion Officer Alicia (Dixie) Hari says.



"Closing the Gap Day is all about healthy lifestyle choices, and we were encouraging people to have their health checked out," she said.

"We also had a handful of chronic disease clients come through for their three-monthly review, so people are starting to take control of their health.

"They're coming back for results and it shows that they actually care about their health and wellbeing, I think it's a positive thing that they are asking questions."

Health Check Worker Nanette Sands agreed it was encouraging to have people asking questions.

"Some of them came in wanting to know about their blood pressure, why it was high, so we explained the systolic and well as the diastolic.

"It was good when we started to get questions like that because it indicates people are starting to take an interest in their own health and care for themselves."

Dixie said they also had Playgroup there during the day as well as Easter activities for the kids including a jumping castle.



Health Promotions Team



The Health Promotion Team is Childcare Links Coordinator Christella Flanders; Health Promotion Officer Alicia (Dixie) Hari; Media and Public Relations Officer David Baird; Project Officer for the fledgling Committee for Children Gillian Bann, Chronic Disease Medical Receptionist Lynese Hari and on leave at the moment is Healthy Lifestyle and Activities Officer Lucretia Willett.

The Health Promotion Team:

- runs Healthy Lifestyles Programs for all members of the community to participate in;
- Playgroup for children 0-4-years-old;
- health promotions within the community on different health conditions and hosting events such as Under-8s and Sugar Baby Day; and,
- a gym at Workshop Street which is open for clients to use.

Project Officer for Yarrabah's Committee for Children Gillian Bann said this new project was funded by Mission Australia and was aimed at bringing together a reference group under Gurriny's umbrella.

"We're still in the early stages of establishing our terms of reference but what we hope to do is bring together coordinated solutions for children and families who have health and wellbeing issues," she said.

"Every program funded by Mission Australia will be on board, so that includes things from the Healthy Hearts Program to the Dad's Playgroup to the School's breakfast program.

"The committee will oversee those programs and work together."

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<http://www.gyhsac.org.au>

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