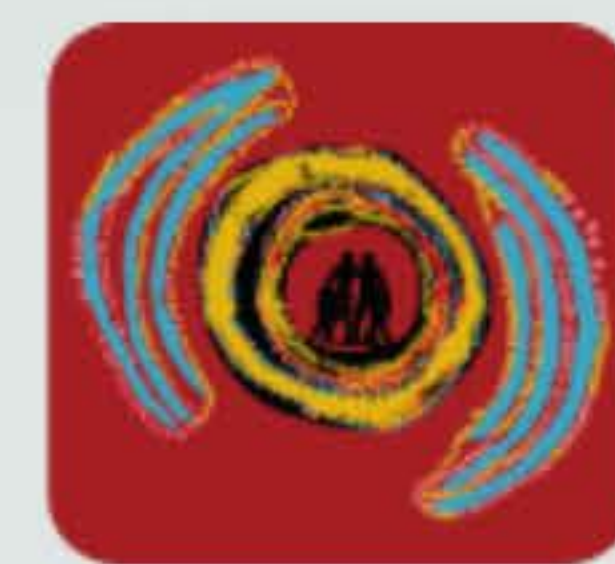


# OUR VOICES

Anyinginyi Health Newsletter



Edition 6  
June 2025



## Meiliana's Nomination in NT Health Awards for NT Nurse of the Year 2025.

A big congratulations to Ms Meiliana Silva, who was recently nominated for this year's NT Health Nurse of the Year Award. Mei was recognised for her excellence, dedication and hard work at Anyinginyi Health, particularly within the General Clinic and Integrated Team Care (ITC) Program. Mei works with compassion, always helping others, going above and beyond to ensure our clients receive the best possible care. Her calm, professional presence and commitment to improving health outcomes for Warumungu in the Barkly Region are deeply valued by both clients and colleagues.

One colleague fondly refers to her as "The Book of Mei", a testament to her incredible knowledge and her constant willingness and ability to mentor others.

Anyinginyi Health is incredibly proud of her achievements and the example she sets every day. Thank you, Mei, for everything you do – your dedication truly makes a difference.



## Introducing Our New Interim CEO

My name is Janelle Collins. I am from Cunnamulla in Southwest QLD. I have worked in health for over 30 years, and although coming to Anyinginyi Health as a Policy and Governance Manager I started off as an Aboriginal Health Worker moving onto Nursing and eventually the role of CEO. I have six children and love being around family. I have worked in many areas throughout, not only QLD but also in the Kimberley WA.

I look forward to working and living in Tennant Creek as it reminds me of my hometown and makes me feel at home and comfortable.

All the best,

*Janelle Collins*



## Anyinginyi Health News Update

- The Anyinginyi Health, Family Fun Day is coming up on the 26th June at Tennant Creek Primary School. Everyone is welcome and super excited about the extravaganza events on the day. We are all looking forward to the animals at the petting zoo, the fire truck, ball games, colourful face painting (if we can find someone to do it) and give aways. Please note, the community has been so supportive of this event. A BBQ will provide free food and Tennant Creek will provide a bubbly crowd.
- Another exciting feature around town is our ten-seater bus. Especially useful for bush trips, with a 4wd capability. Let's hope the 4WD is never really needed. Speaking of being 'out bush,' Anyinginyi Health has reaffirmed its commitment to servicing outreach areas through the purchase of a purpose-built ambulance. This converted Mercedes is well known for its capabilities in rural settings.
- The 66 Schmidt St FIFO accommodation is now up and running with all the necessary certificates. And the Chittock Crescent locum staff development is well progressed – a builder has signed a contract and the building should be completed by Christmas. – Look out for it on google maps, anytime soon.



# Connected: How We Engage on Social Media



## Boosting Community Connections

Facebook is a great quick and easy way to help Tennant Creek know the services we offer and see the events that Anyingini Health has been directly involved in. Most recently, two such events have overwhelmed the Facebook statistics, reaching around 2,000 hits. The events were the Elders' Luncheon at PKK and the Women's Day Celebrations at Peko Park. But what really went viral was the introduction of nurse Achok and her work on Rheumatic Heart Disease - Over 5,000 Facebook hits. This collection of popular posts was great to have along side our most important health messaging. Things like good diet, exercise, and all the best ways that we can avoid illnesses like rheumatic heart disease and diabetes. *Closing the Gap* is the imperative mission and good diet and exercise is a great way to avoid a lot of the illness that affect the community.

The community is responding well to Anyingini's Facebook page. Check it out - feel free to Like, Comment and Share.  
[www.facebook.com/AnyinginiHealth](http://www.facebook.com/AnyinginiHealth)

**Staying healthy involves regular exercise and eating nutritious food. The education and promotion of these principles play an important role, particularly within the Public Health Section.**



**No easy task!**

**Congratulations Shalee on the Charles Darwin qualification**



- Congratulations to our IT staff member - Shalee James. She been awarded the Information and Communications Technology Certification III in the essential subject of 'Information Technology' from Charles Darwin University.
- The Certificate is a nationally recognised qualification that educates in advanced digital skills. The course covers subjects like hardware and software support, including Microsoft Office, cybersecurity, digital communication, troubleshooting, data entry, safe online practices and ICT projects. As we all know, tech has become more and more a part of Anyingini Health. Today, the IT at Anyingini Health is not just about - "Have you tried turning it on and off again."
- As technology becomes more important in delivering quality health care, Shalee's skills will help Anyingini Health bridge digital gaps and support our Tennant Creek services. Her achievement not only boosts her career but also strengthens the entire organisation. It's inspiring to see local talent like Shalee grow, thrive, and be part of the community. Well done once again, Shalee—your success shows how education can empower individuals, give them "purpose" and make a real difference to Anyingini Health ...
- **It's great to celebrate an education milestone and feel the transformative power of education. Well done, Shalee!**





# Public Health Section and Julalikari Get Together with a "Kidney Health Pop-Up"

Another Day of Connection and Impact

## World Kidney Day Pop-Up Event!

The Public Health Team are out and about again with a great pop-up event in the centre of town promoting the idea of regular testing and pointing out the early symptoms of kidney disease.

These events are well liked in Tennant Creek. People love the direct contact and respond well to the personal touch that Anyinginyi Public Health Section and Julalikari offer. And so, the World Kidney Day pop-up event was a real success.

## How do they get across those important messages?

It is well known that kidney disease can progress silently with few or no symptoms in the early stages, making regular check-ups essential. Since symptoms often appear late, regular screening is key, especially if you have diabetes, high blood pressure, or a family history of kidney disease. The community love having a yarn with the Public Health team and understanding how to keep kidneys healthy and strong.



## 2025 World Kidney Day in The Barkly

World Kidney Day was celebrated here in the Barkly. The event at Peko Park raised awareness about kidney disease through health checks and talking directly to community to reduce the rates of kidney problems.

## Eat well, drink Water

Conversations encouraged the community to eat fresh vegetables, bush foods and eat less salt. Drinking plenty of water in the desert is essential. Cutting out coke helps to protect kidneys and overall health.

## Check-Ups and Care

Community members were urged to get regular kidney check-ups, especially those with diabetes or high blood pressure. Being culturally responsive at Anyinginyi Health continues to play a big role in preventing kidney disease in Tennant Creek and the Barkly Region.

*"The highlight of the event was the thoughtful items and resources which were a big hit among attendees with many expressing gratitude for the practical tools and information provided."*

## Remember The Three

1. Exercise regularly
2. Eat a balanced diet with less sugar
3. Maintain a healthy weight



**A Great Day for Kidney Health**





# Thrilled to introduce staff members

## Achok

### **Cardiac and Rheumatic Heart Disease Coordinator**

Introducing Anyinginyi Health's rheumatic heart nurse who works from the clinic. - Say "hello" to Achok - who is managing 175 clients, mostly children, they need monthly penicillin injections to prevent complications. Achok emphasizes education in her work, stating, "Informing people is very important, as well as adding a human touch to clinic patients."

She highlights overcrowded housing as a key factor in rheumatic heart disease, which stems from untreated bacterial infections, leading to conditions like rheumatic fever and long-term heart damage. In her spare time Achok like knitting.



## Desmond

### **Rural & Remote Aboriginal Health Practitioner**

Welcome Desmond Lyons back to Tennant Creek! A survivor of Cyclone Tracy, Desmond has many fascinating stories about life in the Territory. Coming from Darwin, he brings valuable experience from his work with Danila Dilba and offers a wealth of skills in the mental health space. Desmond has joined the Allied Health team and is connecting with the community at Mungkarta and Ali Curung. All the best Desmond!



## Harvey

### **Children and Family Intensive Support (CaFIS)**

Introducing Harvey Williams, a local Warumungu, running with TM (Tony Miles) at Stronger Families. Harvey is working in the counselling area and has seen the benefits of Yarning. He says, "There is no right or wrong way, (of doing something) if you know something works then put it to use." Furthermore, he states, "We are all natural counsellors, just having a yarn will go a long way."

Harvey says that "trauma is complicated," and that he is, "trying to simplify the message." He prefers a casual approach because it gets results.

Harvey has hobbies outside of his Stronger Families workload; he enjoys walking, boxing, and staying active. Although he hasn't followed in his father's footsteps to become an artist, many of us at Anyinginyi Health are familiar with his father's work. Harvey's father is the artist, Joseph Williams, who designed our 40-year logo and personally painted the mural logo on the wall of the Anyinginyi Health Clinic. - Nice to meet you, Harvey! Good luck with your work at Anyinginyi Health.



## HR Roundup

Over the previous quarter in 2025, we saw 16 new staff join Anyinginyi Health. We would like to say a big thank you to all who have updated their mandatory WHS training modules. There's a few more to go- keep an eye for reminder emails from the P&C (People and Capabilities) Team!

## Innovating by investing in new technologies

We expect our new HR Information System, E- Connect, to 'go live' in the coming weeks. This will be a one stop shop for managers and staff to access and edit their details in the respective portals (completed training, certificates and licenses etc.) Your section P&C representative will be in touch with all line managers to book some time in to take the staff through the employee portal and answer any questions you may have.

## Enterprise Bargaining Agreement 2025

We had our first Enterprise Agreement (EA) meeting on Thursday 17th April with all bargaining representatives. Introductions were made and the 'rules of engagement' were explained. We expect all representatives to attend these meetings with the staff's best interests in mind. Keep an eye out for an update from the Acting P&C Executive Manager from the EA email address; [ea@anyinginyi.com.au](mailto:ea@anyinginyi.com.au).





# ALLIED HEALTH CLINIC

# FOOT DOCTOR

71-73 Schmidt St \*Entrance on Irvine St

**Foot and Ankle Help**

**Diabetic foot care**

**Treatment for foot pain**

**Expert Foot Care Available**

**NAIL AND SKIN CARE ADVICE**

**BOOKINGS PHONE**  
**89 622 633**

25th MARCH 26th MARCH 27th MARCH 2025

# Need a Reason to QUIT?

**Mouth Health**

- Yellow brown teeth, tooth loss and sensitivity
- Bad breath
- Gum Disease

**Seeing/Vision Loss**

- Higher risks of developing cataracts - quitting can reduce chances of needing surgery

**Skin and Hair**

- Early ageing and wrinkles
- Skin sagging (loses elasticity)
- Acne
- Dermatitis and psoriasis
- Damaged and dull hair that loses shine

**Pregnancy Problems**

Higher risks and rates of:

- Miscarriage
- Ectopic pregnancy
- Pregnancy complications
- Preterm delivery (50% higher risk)

**Infection & Immunity**

- Increased susceptibility to respiratory infections - flu, tuberculosis, pneumonia, COVID-19
- Bacterial Vaginosis (BV) is twice as common in women who smoke
- Impaired immune response - longer infections, delayed healing, worse symptoms than others

**Mental Health**

- Women who smoke have higher rates of depression, anxiety and other mental health conditions
- Mothers who smoke are twice as likely to develop post-natal depression

**Other Cancers**

- Higher risk of cervical cancer
- Cancers of mouth, nose, voice box, oesophagus, blood cells, liver, stomach, kidney, pancreas, mucinous ovary, ureter, colon, bladder

**Lungs & Lung Cancer**

- Chronic Obstructive Pulmonary Disease - women in remote areas have higher rates than men
- Lung Cancer rates in women increasing
- Lung Cancer deaths in women increasing

**Heart & Blood**

- Women on oral birth control who smoke have 20x higher risk of coronary heart disease
- Heart attack, blood clots which can lead to amputation
- High rates of stroke, especially for women aged 40 to 44

**Reproductive**

- Painful and irregular periods
- Low estrogen leading to mood swings & fatigue
- Earlier menopause and worse symptoms
- Trouble getting pregnant
- Increased risk of Pelvic Inflammatory Disease

**Musculoskeletal**

- Smoking is a risk factor for osteoporosis (weak & brittle bones)
- 55% of women have this condition compared to 11% of men

40 years 1984-2024

ANYINGINYI HEALTH ABORIGINAL CORPORATION

# ANYINGINYI HEALTH

# RHEUMATIC HEART DISEASE

- Wash yourself
- Do sport and sleep well
- Eat Healthy Food
- Avoid sharing - bottles and towels
- Treat a Sick Throat Early
- Keep the house clean

**EVERYBODY CAN HELP WITH THIS**

40 years 1984-2024

# ANYINGINYI HEALTH ABORIGINAL CORPORATION

Culturally Responsive

# JOIN US FOR

# FAMILY FUN DAY AND CONCERT

## THURSDAY 26TH JUNE

GATES OPEN 9AM-4PM

BBQ FOOD PROVIDED | WATER | FRUIT  
TRADITIONAL DANCERS YOUTH FEMALES AND MALES | PETTING ZOO | FIRE TRUCK  
| ST JOHN AMBULANCE | BALL GAMES | GIVE AWAYS & PRIZES | BEST DRESSED BABIES 0-4 YEARS | COWBOY AND COWGIRL 5-10 YEARS | OPEN 11-15 YEARS

**TENNANT CREEK PRIMARY SCHOOL**  
**31 PATERSON STREET**  
**NORTH END OVAL ENTRANCE**

**ALCOHOL & SMOKE FREE EVENT!**

40 years 1984-2024



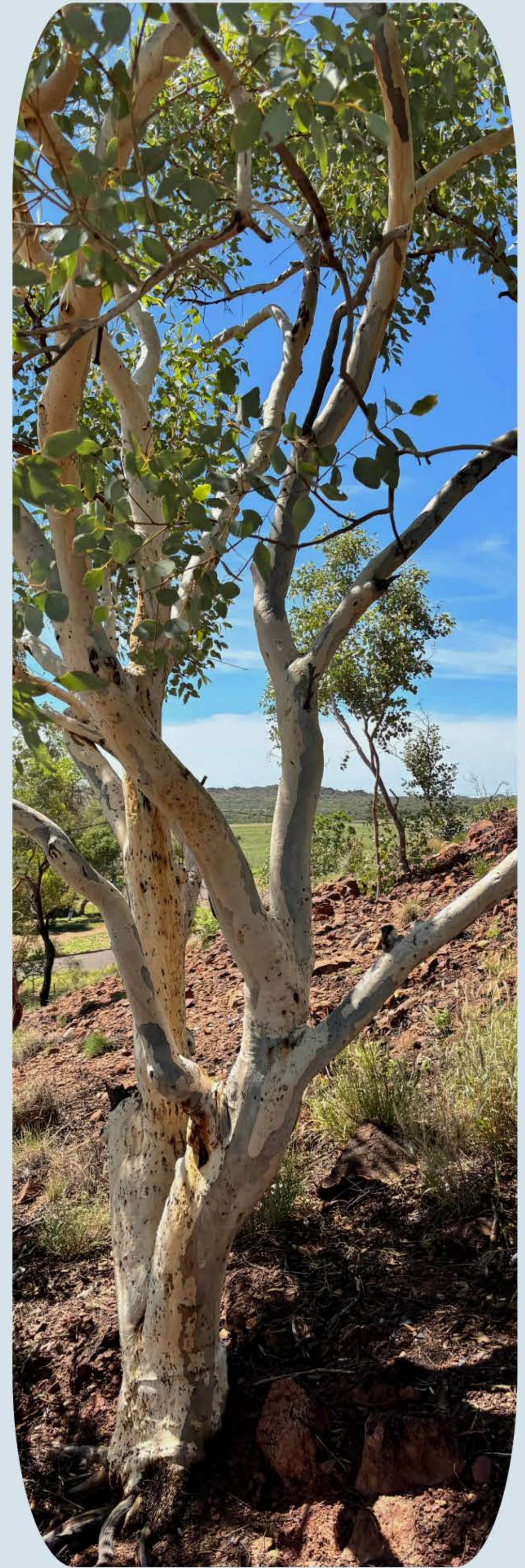
# TREE OF THE WEEK

## Ghost Gum The Winner



The ghost gum is renowned across Australia and widely recognised as a symbol of the outback. This particular tree (pictured left and right) is located on Irvine St Tennant Creek, literally outback of the Business Services offices (up the hill). Its splendor across the landscape has not gone unnoticed. Albert Namatjira, a renowned Arrernte artist, frequently depicted the ghost gum tree (*Corymbia aparrerinja*) in his watercolor landscapes, highlighting its significance in the Central Australian scenery. One notable example is his 1956 painting *Ghost Gum, Central Australia* (pictured lower right). You can see a number of his trees still alive today, along Namatjira Drive - 100km out of Alice Springs. The painting pictured here is out near Heavitree Gap, not far from Alice Springs centre.

*Corymbia aparrerinja* is a unique variant of the ghost gum, found only in Central Australia—specifically in and around Alice Springs and as far north as Tennant Creek. "The Waramungu have traditionally used parts of this tree to treat colds.



Presenting the finest foliage Tennant Creek has to offer: the Ghost Gum, *Corymbia aparrerinja*. 'Corymbia' is derived from the Latin word meaning 'cluster' or 'bunch', while 'aparrerinja' is an Arrernte term, possibly meaning 'found around red river gums'.

Please forward your Tree of the Week photos to - [media@anyinginyi.com.au](mailto:media@anyinginyi.com.au)





# The Northern Territory Administrator drops in to say hello at our clinic

## Another Day of Community and Health

Anyinginyi Health was honoured to welcome Honourable Professor Hugh Heggie AO PSM to our Tennant Creek Health Centre. His lifelong dedication to public health, particularly for Indigenous communities, is truly inspiring. We thank him for his leadership and commitment to improving health outcomes in the Northern Territory.



Danny Niddrie, the Clinical Service Manager, had a good chat with the honorable professor. He was much impressed by our bush medicines on display. Anyinginyi is fortunate enough to have staff at hand to direct and source these ancient remedies and make them available for public demand. The Honorable Professor took a close look at the display in the Anyinginyi Health clinic reception. Now available in the form of a cream and ready to use is Kunjamarra, derived from a eucalyptus plant traditionally used to treat scabies, among other ailments. Ilpengk is the Alyawarre name for a medicine made from the emu bush, using its grey-green leaves to treat wounds and provide relief from colds. Also on display are Jungarrayi Jungarrayi, and Kuntija-kuntija."



**Featuring the Anyinginyi Health board and Leadership across the Sections**





# SAVE THE DATE



ANYINGINYI  
HEALTH  
ABORIGINAL  
CORPORATION  
CELEBRATING 40 YEARS OF ELDER  
VISION FOR A HEALTHY FUTURE



You are invited to participate in a workshop

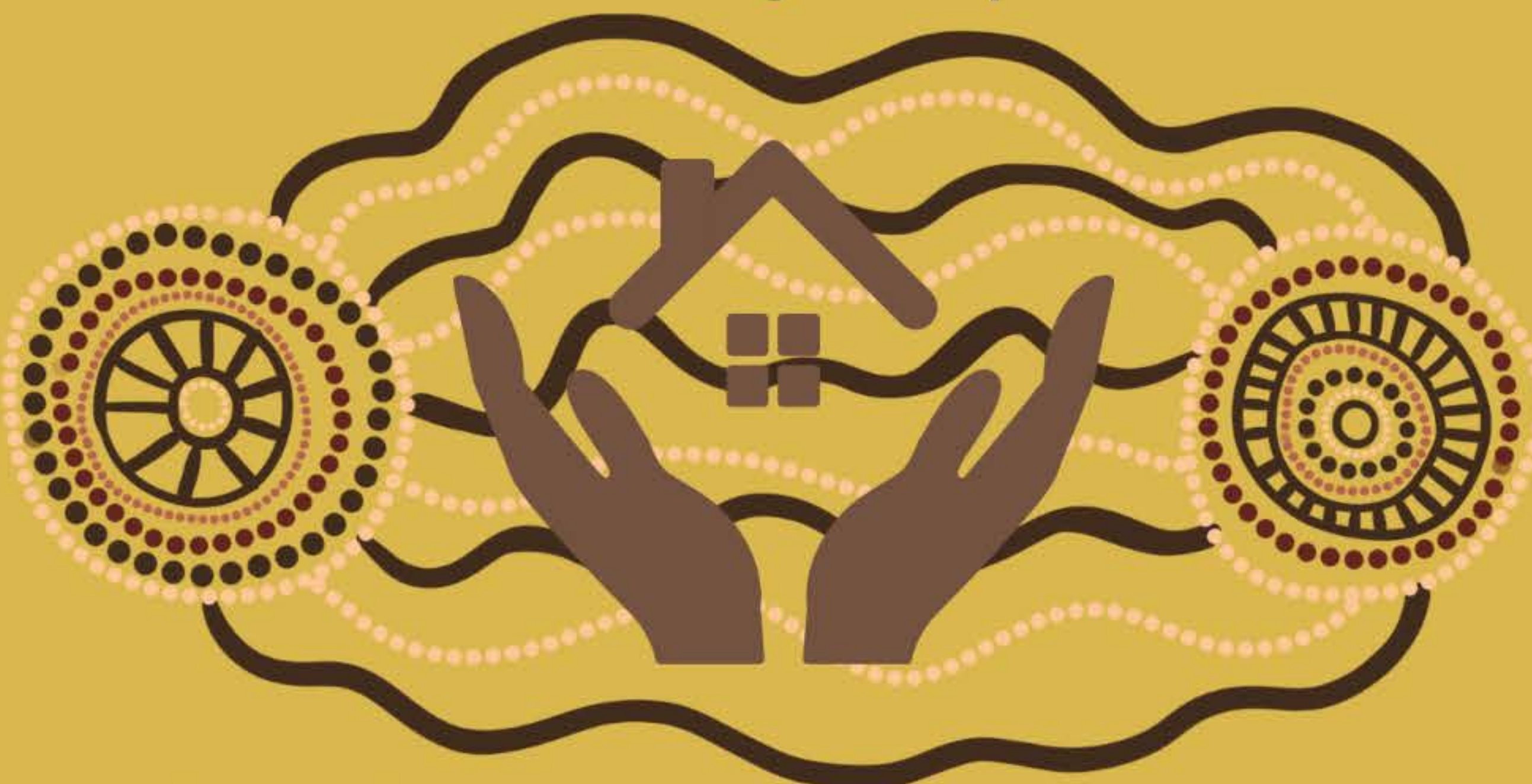
## "WORKING TOGETHER FOR HEALTHY HOMES"

To be held at Anyinginyi Health Public Health Building  
9 Paterson Street Tennant Creek

**Tuesday 1st April** (all day workshop)

followed by a meeting on the morning of

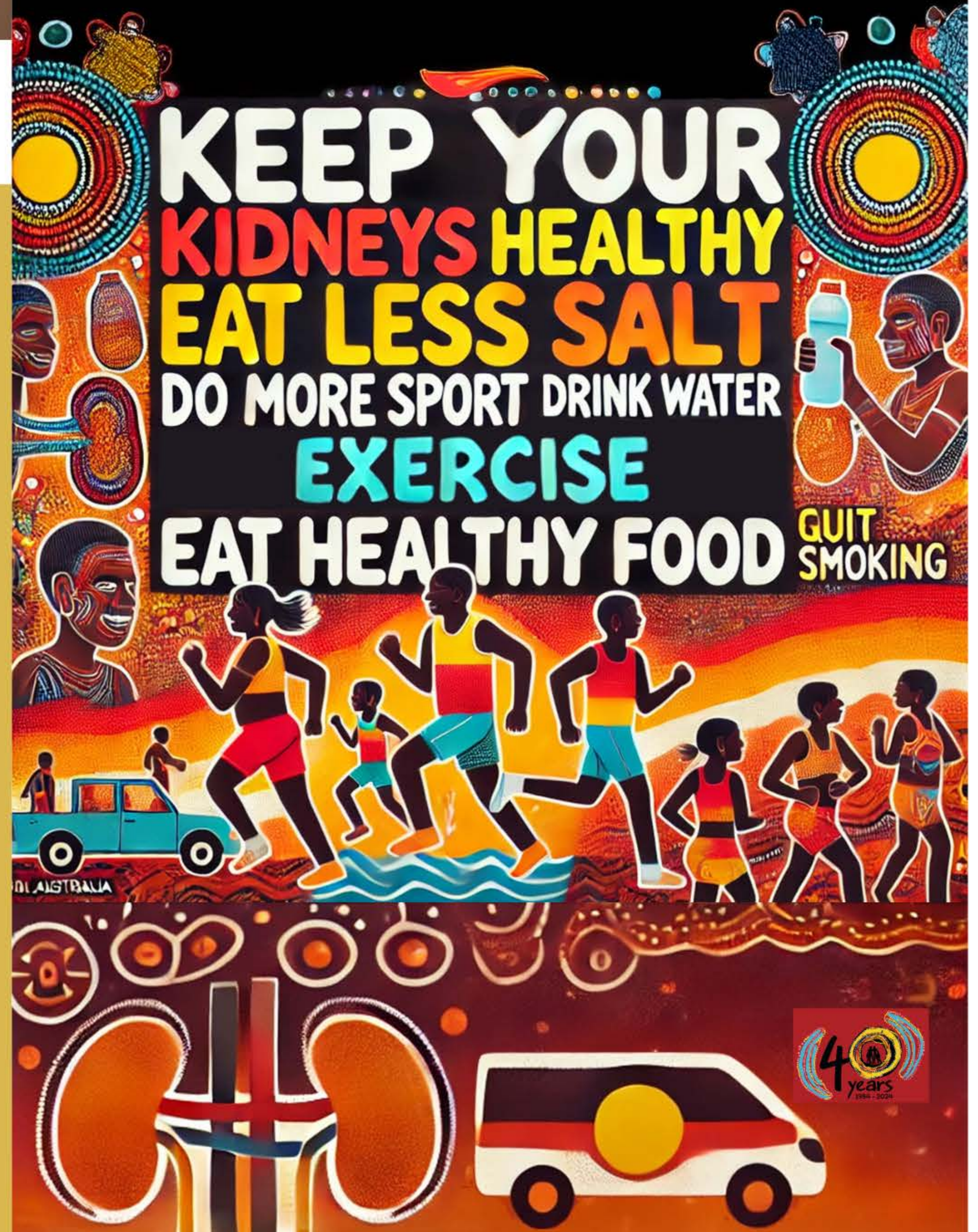
**Wednesday 2nd April**



For further information please contact Karen Kairupan on email:  
karen.kairupan@anyinginyi.com.au or phone 08 8962 2633 option #4

Hosted by Anyinginyi Health Aboriginal Corporation and supported by  
Minum Barreng: Indigenous Eye Health Unit, The University of Melbourne

## ANYINGINYI HEALTH



## PILIYINTINJI-KI STRONGER FAMILIES

### ACTIVE LIFESTYLE PROGRAM



## SCHOOL HOLIDAY'S KIDS SOFTBALL & T-BALL

### PURKISS OVAL

BOYS &  
GIRLS

Bring HATS &  
SHOES

Skills & Basics

Equipment  
Supplied

#### Session 1

7th JANUARY 2024  
8.00 AM - 11.00 AM

#### Session 2

14th JANUARY 2024  
8.00 AM - 11.00 AM

#### Session 3

21st JANUARY 2024  
8.00 AM - 11.00 AM

### FRUIT AND SANDWICHES

Contact : JudyKaye or John at STRONGER FAMILIES



## EYE DOCTOR

### WALK IN

7TH 8TH 9TH 10TH  
APRIL



## ALLIED HEALTH

71-73 SCHMIDT ST  
PH 89 622 633





# Yes! We are Still Celebrating 40 Years at Anyinginyi Health with an Elders' Luncheon

The Elders' Luncheon in February was a real winner. Pulkapulkka Kari Aged Care (PKK) kindly collaborated and provided so much of the day, - including the venue. 50 Peko Rd was adorned in considerable decorations of flags, balloons, and more balloons and more balloons. And let's not forget the handmade ornaments made by the *Stronger Families* women.

On the day, some standout musicians took the lime light - Jimi Friday knocked out some of his hits. This local, singer/song writer, was very much appreciated. Next up was the duo country style musicians, Joseph Shannon and Brayden Ward - playing an instrumental set.

What was evident on the day, was the fine atmosphere of the home of PKK. Pat Braun best explained this; saying "Look at the residents and how good they all they looked and what a great job ARRCs (Australian Regional and Remote Community Services) was doing." This was a great opportunity to have an open day and get a feel for the good work ARRCs are doing.



In the photo above is **Jenny Kitching**, and a few local characters. Jenny was the grand MC for the day and organiser of this fine event. All worked together from Anyinginyi Health and PKK. Thank you!



Pulkapulkka Kari Flexible Aged Care facility - or PPK, is a 25 bed facility with a registered nurse on site 24/7. In addition there is a range of allied health facilities; physiotherapy, occupational therapy, podiatry and speech pathology. Meals are planned by a dietitian with individual tastes taken into account. No wonder the clients are happy!





# Selena Uiibo - Leader of the Opposition Visits Anyinginyi Health

## Selena mingles with the Anyinginyi Health leadership.

Selena was very at home, discussing our issues and meeting our leadership team. Selena is the former health minister for the Northern Territory Government and her latest rise to prominence made her the first Indigenous woman to lead a major political party in Australian history.

Selena's social media is complementary of our organisation, she says "It's great to meet with the leadership at Anyinginyi Health Aboriginal Corporation. For the past 40 years Anyinginyi has been a pillar to the people of the Barkly." And great to hear Selena go on to give unreserved support for Anyinginyi Health - "Our Labor team will continue to support Aboriginal Health services to help bridge the gap in Aboriginal health."



## Advocating Beyond Our Backyard

It's a positive achievement to be able to voice concerns about issues that lie outside the authority of Anyinginyi Health. Recognising and speaking up about these matters is an important step in advocating for the broader wellbeing of our community.

## Disability Patient Travel Challenges

Patricia Frank from Stronger Families spoke with Selena Uiibo, raising the question of whether any progress can be made regarding concerns about disability patient travel to Alice Springs via the Greyhound bus. It is well known that neither the government nor Anyinginyi Health currently has the capacity to facilitate good accessible transport for these patients.

## Urgent Need for a CT Scanner

Another major health concern for all Tennant Creek patients is the lack of a CT scanner in town. At present, neither Anyinginyi Health nor the Tennant Creek Hospital is equipped with this essential diagnostic tool. The purchase of a CT scanner would eliminate the need for patients to travel over 1,000 km to access a service that is readily available to most Australians.



Selena Uibu on the left and Anyinginyi Health Leadership team

