



## Save money now!

You will save money if you quit smoking. If you smoke 20 cigarettes a day, and pay \$20 a packet, you'll save:

- \$140 a week
- \$600 a month
- \$7,300 a year
- \$328,500 over a lifetime!

If you would like help to quit smoking, let your doctor or Aboriginal Health Practitioner know. Quitline Northern Territory offers Indigenous Quit Counsellors if you call **13 78 48**.

## Walking with champions



Steven Motlop (centre left) and Mathew Stokes (centre) kick off Walking with Champions.

**More than 200 people joined local Geelong stars Steven Motlop and Mathew Stokes at Danila Dilba's inaugural *Walk with Champions* to highlight the effect of tobacco on Aboriginal and Torres Strait Islander people.**

Steven Motlop said there is "absolutely no way I could play at the elite level or any level for that matter if I was a smoker, even a social smoker. I say no to tobacco."

Danila Dilba Chair Paddy Stephensen said that while the smoking rate for Indigenous people is slowly going down, "it's still nearly triple the national average and one-in-five Indigenous people will die from smoking-related illness".

"Almost one in two Indigenous people smoke and one of the best things we can do is to give up smoking, and support our family and friends to give up too," he said.

The World no Tobacco Day event started at Mindil Beach with the walk ending at Lake Alexander.

A free breakfast was served at Lake Alexander, with AFL NT hosting a hand ball competition and Darwin City Council letting people mix their choice of drink on its 'smoothie bike'.

The Danila Dilba mobile clinic provided free tests for height, weight, sugar and blood pressure.

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## Will I have to pay more for the doctor?

**You might have heard that the government wants to start making people pay extra money for medical services.**

The government wants us to pay seven dollars every time we see a doctor, five dollars for medicines and extra payments for things like blood tests and X-rays.

Danila Dilba Chair Paddy Stephensen says there are very real concerns that these extra payments will stop Aboriginal people in Darwin coming to see us.

A recent national survey found that the GP co-payment would deter 40% of people from seeing a GP.

“This may be even higher for Aboriginal people who generally have much lower incomes and poorer health outcomes than other Australians,” Mr Stephensen said.

“It could mean the difference between



*Danila Dilba Chair, Paddy Stephensen.*

seeing a doctor or other essential spending for families.”

If the government’s proposals go ahead, Danila Dilba will look at how to help low income earners with these payments, but that will be money which we would otherwise put into our core primary health care services.

## Doctor Jim's health tip

**Heart disease is one of the biggest killers of Aboriginal men and women. It's a big part of why many Aboriginal men and women don't reach 60, and a lot of the time we can prevent it.**

What we eat, how much exercise we do, whether or not we smoke are three things that we can control in our lives. Most of the problem comes from damage done to the arteries of the heart hardening and blocking up.

Healthy food and exercise like fishing, hunting, regular walks and sports can help keep the arteries healthy.

Chest pain is often the first sign that something is not right but you may get other signs like shortness of breath or neck and arm pain. If you have any of these problems then get it checked out before it's too late.

Otherwise ask your Aboriginal Health Practitioner or doctor about getting a heart check. That's the heart of the matter.



*Dr James Stephen is Danila Dilba Health Service's Senior Medical Officer.*

## Celebrating Aboriginal staff

### Sharni Cardona, Clinic Coordinator

**In the middle of the Knuckey Street's busy and fast-paced clinic is the calm and hardworking Clinic Coordinator, Sharni Cardona.**

After high school, Sharni juggled work and study and began her nursing degree, but was able to focus on her studies when she received a university scholarship.

She first came to Danila Dilba as a student and had such a positive experience that she hoped one day to work for us.

After finishing her degree in 2010, Sharni began working in the fast-paced, adrenaline-pumping Royal Darwin Hospital Operating Theatre, dealing with daily life-and-death scenarios as an anaesthetics and recovery nurse.

When a position as a nurse was advertised

at Danila Dilba in 2013, she jumped at the chance to work with us.

She was attracted to Danila Dilba, because as “Darwin’s community-controlled, affordable and accessible health service, it gives the Indigenous community what they want and need to live better lives”.

Sharni finds the complex cases and daily challenges of Danila Dilba Health Service both rewarding and demanding.

When Danila Dilba needed a Knuckey St Clinic Coordinator in February, it was clear that she was the right person.



### Tiana McCoy, Aboriginal Health Practitioner

**The support of her husband and family made the difference for Tiana McCoy in completing her Aboriginal Health Practitioner course with Batchelor College while juggling two young children and a part-time job.**

Tiana says it was “intense” with the travelling back and forth between home in Jabiru and Batchelor to study over 18 months.

“It was the hardest thing that I’ve ever done,” she said. She almost didn’t complete the course, but Lesley Woolf (the then Palmerston Clinic Manager) jumped at the chance to have her finish her clinic hours with us, and this enabled Tiana to complete her studies.

Tiana has a passion for working in a clinical setting, which delivers a service that

the clients need and want, and says this makes coming to work every day enjoyable.

The team that Tiana works with are positive and professional and she says “they’re a friendly bunch to be around”.

Tiana says having the family centre and the maternal health service in the one building “ensures a seamless transition from antenatal care right through to adulthood in the one building”.

“Clients get to build relationships with staff and know that they are in a culturally safe and supportive environment that meets their health needs.”



## Celebrating Aboriginal staff

### Dr Olivia O'Donoghue

**It's unfortunate for animals, but good for people that Dr Olivia O'Donoghue decided on a career in medicine rather than as a veterinarian.**

Olivia began working with Danila Dilba three weeks ago and is working in the Child Health Program at our Palmerston Health Centre.

She is passionate about Indigenous medical services and knew that Danila Dilba was a great community-controlled organisation after being convinced to do a six-week trial with us earlier this year.

Olivia always knew that she would go to university and although it wasn't easy at first because she had to work part-time, she was selected as one of two people in her year to receive the coveted Puggy Hunter Scholarship.

The National Aboriginal Community Controlled Health Organisation scholarship meant that she could focus on the incredibly time-consuming study of medicine.

The challenges of being an Aboriginal woman living away from home and family in the not-so-culturally-safe environment of university was difficult, but with her drive to succeed, she "just got on with it" and completed her degree.

Working in the clinical hospital environment in Adelaide made Olivia disillusioned with the health care system because there was no provision for continuity of care. So, she returned to the Northern Territory to be closer to family, enjoying the warm weather and be part of providing culturally appropriate, primary health care.

She believes that mainstream health services don't work for Indigenous clients, and there needs to be a culturally-safe environment for our Aboriginal and Torres



Strait Islander clients.

"Danila Dilba is perfect for that," Olivia said.

She wants to start by giving "gold-standard health screening to the antenatal clients, then provide good developmental care in childhood that will lead to decreasing the incidence of chronic diseases later in life".

Her grandfather is from the Yankunytjatjara clan on the Pitjanjara lands around the Alice Springs area, and her grandmother is from the Narrungga Nations in the Yorke Peninsula area of South Australia.

According to the Australian Indigenous Doctors Association, there are around 180 Aboriginal and Torres Strait Islander Doctors and 260 medical students studying in Australian universities,

Charles Darwin University offers places to study a medical degree while living in the Northern Territory.

## Celebrating Aboriginal staff

### David Adams, Clinic Coordinator

**Through personal tragedy came David Adam's desire to help others from suffering the same preventable fate.**

David is the Danila Dilba Men's Clinic Coordinator and has worked in men's health and sexual health for around nine years. He came to Danila Dilba five years ago to "help my people out".

Before that, he spent 25 years doing various labouring jobs and working in mines.

Danila Dilba has operated the Men's clinic since 1999 and David says that it "has to be separate from the other clinics; it's all about culture".

The clinic is so popular there is a three-week waiting list for appointments. David says clients appreciate being able to see the same doctor so that they don't have to repeat their health story every time they come in.

"The men are happy to come into the clinic to see the same friendly, local faces," he said.

David is a life-long learner, having achieved more than 11 qualifications, including

Certificates III and IV in Primary Health Care (Aboriginal Health Practitioner), Bachelor of Applied Science (Indigenous Community Management and Development) and most

recently completing a Certificate IV in Training and Assessment.

David found study to be challenging because of family and work commitments, but the support of family and friends helped him get through.

He is contemplating doing more study in nursing or getting his Masters in Public Health.

In the back of David's mind is the possibility of becoming a doctor and, with his obvious passion for men's health and his interest in education, there's no doubt he will be able to achieve anything he sets his mind to!



### Lynette Hoffman, Aboriginal Health Practitioner

**Lynette began working at Danila Dilba in May 2009 as the women's bus driver, but after a series of family and personal health problems, decided that she wanted to know more about health to help her family and community.**

Studying to be an Aboriginal Health Practitioner was not easy. There was the commute to Batchelor, the study and a household of kids to take care of.

Lynette says her lecturer Pilar Cubillo provided incredible support to her, and believed and encouraged her to finish the course.

The other Batchelor lecturers, Teresa Raines and Dawn Daly were also very supportive.

While it was difficult to do, Lynette recommends it to everyone - her eldest daughter, Sophia is studying to become an Aboriginal Health Practitioner too.

Lynette is looking forward to working in the clinic to make a difference in peoples' lives.



## Celebrating Aboriginal staff

### Andrea Roe, Aboriginal Health Practitioner

**Andrea began her Aboriginal Health Practitioner traineeship at Katherine's Wurli-Wurlinjang Health Service and travelled to Batchelor every couple of months to complete her studies.**

She said that the support she received from her tutor while working at Wurli-Wurlinjang was instrumental in completing her studies.

Andrea was fortunate enough to have a very supportive family who encouraged and supported her during her two years of studying for the Certificate IV in Primary Health Care to become an Aboriginal Health Practitioner.

Andrea has two roles at Danila Dilba: one is to do home visits to families with children from the age of 0-14 years, and the other is to be in the Palmerston clinic helping out with child health checks, immunisations, checking

for anaemia and weight checks for 'failure to thrive' babies.

She enjoys helping families and children learn how to take care of themselves for better health outcomes.

Andrea is passionate about providing education and information on good nutrition, and Child Health Checks for improving the lives of children in the community.

She says that the only way to do this properly is by "listening to the community's voices and hearing what they want and need".

Families come from all around Darwin to have their appointments at the Palmerston Health Centre, with free transport when children have appointments.



### Charmaine Starr, Registered Nurse

**The seed to be a nurse was sown early for Charmaine Starr: as a young child her grandmother told her that she would make a great nurse one day as she was helping with her diabetes treatment.**

Fast forward many years and Charmaine was running around after her three small children when one day she saw in the NT News that Batchelor Institute was offering nursing studies.

She remembered what her grandmother had said and thought that she would give it a go.

She has also completed a unit of renal studies at Charles Darwin University.

As a condition of her nursing degree Charmaine was employed at Royal Darwin

Hospital for one year. After that she worked in the Medical and Infectious Diseases ward, doing the inevitable late nights and early starts of shift work.



While she really enjoyed working on the ward in the challenging, yet fulfilling, role the unpredictable hours made it too difficult to be available for her children.

Charmaine had heard of Danila Dilba and knew that the hours were better suited to having a family, so she applied to work with us and began a few months ago.

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## Building a stronger service

**As part of our efforts to build a stronger health service, the Danila Dilba Board recently adopted a new constitution and some important policies.**

The new constitution includes allowing the Board to appoint directors who are not members of Danila Dilba, and who might have special skills in areas like medicine, the law or finances to build on the skills of current directors.

Mr Stephensen said the constitution has served the organisation well for many years as the basis for successful operation.

“To maintain our goal of being a best-practice organisation, and a leader in health delivery, the Board wants to improve how we

perform across the organisation,” Mr Stephensen said.

This includes the adoption of a Board Charter, which explains the Board's responsibilities and how it should work, and a Director's Code of Conduct that sets out the values and behaviour expected of Board members.

These new requirements are in addition to Board members having to declare conflicts of interest.

An Open Disclosure policy has also been passed, which commits Danila Dilba to providing an open, consistent approach to communicating with the patient and their support person following a patient-related incident.

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## New medical services

**Over the past few months the *Living Well, Staying Well* chronic disease team has been working to enhance the services it provides, particularly those that will support clients at risk of developing or living with a chronic disease.**

These include the introduction of two more General Physician clinics a month. This will shorten waiting lists for clients waiting to see the physician, and also allow DDHS clients more access rather than attending these clinics at the hospital.

Other service enhancements include a Cardiac Educator who works with the Cardiologist one day a week to provide much needed cardiac education to people attending the Cardiology clinics, and one day a week service by a Physiotherapist.

These services combined with the one day visit a week by the dietician and the introduction of weekly podiatry clinics will see a much improved service for chronic disease clients, particularly those living with diabetes and cardiac disease.

### Inside updates

- **Palmerston upgrades**

Staff and clients now have improved facilities at Palmerston following some long-awaited upgrades. Two new clinic rooms for an Aboriginal Health Practitioner and doctor, and new staff offices have been finished, with the old staff offices to become a resource room for training, teleconferencing, community education programs, etc.

- **Support funding**

Danila Dilba has received funding to support people affected by the Royal Commission into Institutional Responses to Child Sexual Abuse. The three-year funding from the Federal Government will be used for counselling services and specialised training for staff to support victims.

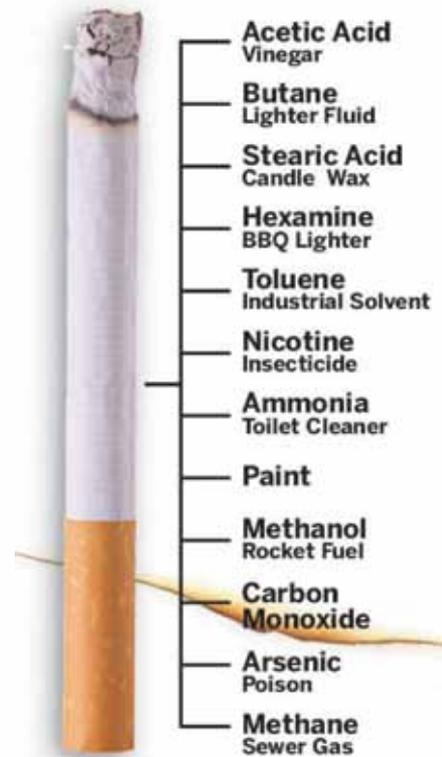
## Smoking in cars with children



**Think about who else  
you're hurting.**



## Know your poison!



## Danila Dilba Health Service locations

**Corporate services**  
36 Knuckey St,  
Darwin NT 0800

GPO Box 2125,  
Darwin City NT 0801

Tel: (08) 8942 5400  
Fax: (08) 8981 7567  
info@daniladilba.org.au

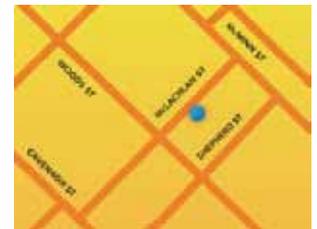
www.daniladilba.org.au



### Knuckey St clinic

32-34 Knuckey St,  
Darwin NT 0801

8942 5444



### Men's clinic

42 McLachlan St,  
Darwin NT 0800

8942 5495



### Palmerston health centre

Unit 1/7 Rolyat St,  
Palmerston NT 0831

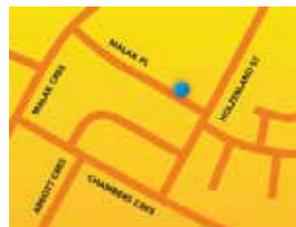
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### Dental clinic

Unit 4/7 Rolyat St,  
Palmerston NT 0831

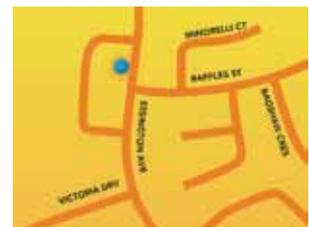
8931 0879



### Community services

15/1 Malak Place  
Malak NT 0812

8920 9500



### Youth service

Shop 9/10 Gray shopping centre,  
Essington Avenue, Gray NT 0830

8932 3166