



East Metropolitan Community and Population Health Unit

Aboriginal Community Health Team, Term 3 Calendar 2022

July/August 2022				
Mon	Tues	Wed	Thu	Fri
18	19	20	21	22
<p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge 10am-2pm</p>	<p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton Exercise – Como Fitness 10am – 2pm</p>	<p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>Healthy Lifestyle Program Beananging Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	
25	26	27	28	29
<p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton Exercise – Como Fitness 10am – 2pm</p>	<p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>Healthy Lifestyle Program Beananging Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	
1 August	2	3	4	5
<p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton Exercise – Como Fitness 10am – 2pm</p>	<p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>Healthy Lifestyle Program Beananging Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 10am – 2.00pm</p>



August/September 2022

Mon	Tues	Wed	Thu	Fri
<p>8</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>9</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p>	<p>10</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>11</p> <p>Healthy Lifestyle Program Beanangng Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>12</p>
<p>15</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>16</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>AMHFA Community Room @ Ebenezer Church 4 Penrith Place Balga 10am – 2pm</p>	<p>17</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>18</p> <p>Healthy Lifestyle Program Beanangng Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>19</p> <p>Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 10am – 2.00pm</p>
<p>22</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>23</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>AMHFA Community Room @ Ebenezer Church 4 Penrith Place Balga 10am – 2pm</p>	<p>24</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>25</p> <p>Healthy Lifestyle Program Beanangng Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>26</p>
<p>29</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>30</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>AMHFA Community Room @ Ebenezer Church 4 Penrith Place Balga 10am – 2pm</p>	<p>31</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>1 September</p> <p>Healthy Lifestyle Program Beanangng Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>2</p> <p>Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 10am – 2.00pm</p>



September 2022

Mon	Tues	Wed	Thu	Fri
<p>5</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>6</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>AMHFA Community Room @ Ebenezer Church 4 Penrith Place Balga 10am – 2pm</p>	<p>7</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>8</p> <p>Healthy Lifestyle Program Beananging Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>9</p>
<p>12</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>13</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>AMHFA Community Room @ Ebenezer Church 4 Penrith Place Balga 10am – 2pm</p>	<p>14</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>15</p> <p>Healthy Lifestyle Program Beananging Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>16</p> <p>Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 10am – 2.00pm</p>
<p>19</p> <p>Wadjuk Elders Yarning Group-JLWD 2 Finchley Crescent Balga 10am-2pm</p> <p>Healthy Lifestyles Program Community Centre Sail Terrace Heathridge Exercise – Como Fitness 10am-2pm</p>	<p>20</p> <p>Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>AMHFA Community Room @ Ebenezer Church 4 Penrith Place Balga 10am – 2pm</p>	<p>21</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p>	<p>22</p> <p>Healthy Lifestyle Program Beananging Kwuurt Institute Treasure Rd Queens Park 10am-2pm</p> <p>Langford Aboriginal Men's Shed 15 Imber Turn Langford 10am – 2pm</p>	<p>23</p> <p>LAST DAY OF TERM 2</p>



Program Outline:

Journey of Living with Diabetes - delivers culturally appropriate diabetes prevention, education and self-management skills. The aim is to increase health literacy to empower participants to take control of their own health. Lunch is provided. *Contact: Delma Balchin 9278 9902 or Doreen Turvey 9278 9901*

I'm Moordidjabinj – Becoming Stronger: is a healthy lifestyle, nutritional education program designed to help community members change unhealthy lifestyles, improve fitness and make healthy food choices. The program includes education and cooking sessions. *Contact: Ursula Swan 0407 479 345 or 9278 9923*

Healthy Lifestyle Program - nutritional education program designed to help community members make better choices to improve fitness and make healthier food choices. The program includes exercise, education and cooking sessions. *Contact: Ursula Swan 0407 479 345 or 9278 9923*

Cockburn Men's Group - Males Yarning Group: is a male specific group which meets at Moorditj Koort Cockburn fortnightly to discuss health issues, spiritual, emotional and physical wellbeing of participants. Activities are organised for the group and individual health checks are completed. Lunch is supplied.

Contact: Cyril Yarran 9278 9904 or Chilton Yarran on 9278 9905

Kworpadding Koort – Healthy Heart: meets at the Ottey Centre, South Lake each Wednesday, health education sessions are organised, with other visiting health services providing information for participants. Lunch is prepared by the group. *Contact: Doreen Turvey 9278 9901*

Langford Aboriginal Men's Shed – male yarning group meets to discuss health issues, spiritual, emotional & physical wellbeing. Individual health checks are completed.

Contact – Cyril Yarran 9278 9904 or Chilton Yarran 9278 9905

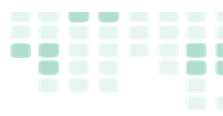
Wadjuk Elders Yarning Group: meet each Monday during the school term. Individual health checks are completed. Lunch and morning tea is provided.

Contact: Delma Balchin 9278 9902

Aboriginal Mental Health First Aid: This course has been broken down to cover 6 weeks for this term. Participants receive a manual, workbook and a certificate on completion of the course.

General enquires or referrals concerning all of our programs please email: EMHS.HealthyLifeStylePrograms@health.wa.gov.au





Community and Population Health Services EMHS

Aboriginal Healthy Lifestyle Programs

East Metropolitan Health Service, Healthy Lifestyle Programs are culturally appropriate to suit the needs of the Aboriginal community. All Programs are delivered by trained Aboriginal facilitators and community consultation is sought for the appropriateness of the programs. Healthy Lifestyle Programs are adapted to suit individuals and we incorporate information on all participants' health requirements.

Through the delivery of the Healthy Lifestyle Programs, participants are encouraged to actively self-manage their chronic conditions, take control of their health and encourage family members and friends to participate in the programs. Participation in the programs helps build capacity within the community in health literacy, self-resilience and self-determination to take control of their health outcomes and to prevent hospitalisation.

Our programs include:

- **Journey of Living with Diabetes (JLWD)** program delivers culturally appropriate diabetes prevention, education and self-management skills. The aim is to increase health literacy to empower participants to take control of their own health in partnership with health service providers and to ensure participants understand Diabetes and how to look after their own health. Lunch is provided.
- **I'm Moordidjabinj (Becoming Strong):** is a healthy lifestyle, nutritional education program designed to help community members change behaviours, to improve fitness and make healthy food choices. The program includes education and cooking sessions. This program runs for the school term.
- **Cockburn Men's Group:** Males Yarning Group is a male specific group which meets at Moorditj Koort Cockburn each fortnight during the term to discuss health issues, spiritual and emotional and physical wellbeing of participants. Activities are organised for the group and individual health checks are completed.
- **Healthy Lifestyle Programs:** these programs are specifically designed to meet the needs of participants. Topics can include nutrition, understanding the benefits of exercise, preparing food to share and gaining skills to improve health literacy. External agencies may attend to deliver information to participants.
- **Walyup Kworpading Koort:** Healthy Heart meets at the Ottey Centre, South Lake every Wednesday. Health education sessions are organised, and other visiting health services attend to provide information for participants. A healthy lunch is prepared by the participants to share.
- **Langford Aboriginal Men's Shed group** provide education and discuss issues that affect men's health. Individual biometrics are completed.

General enquires or referrals concerning all of our programs please email:

EMHS.HealthyLifeStylePrograms@health.wa.gov.au