

a quick word from the harp team

Feb
2018

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QUOTE OF THE MONTH



Ships don't sink because of the water around them.
They sink because of the water that gets in them.

Unknown

USEFUL FACT OR STATISTIC

12 Tips to keep you healthy



12 tips to be healthy.

Which ones do you follow?
Which ones would you like to do better?

CLICK HERE for more information

INTERESTING WEBSITE

Women's Wellbeing Project



Women's Wellbeing Project

Do you worry about whether your relationship is healthy?
Do you sometimes wonder if you are safe?
This website is for women who feel unsafe or afraid of a current or ex-partner.

CLICK HERE for more information

FREE - Dried Blood Spot Test Now Available



The Dried Blood Spot (DBS) test is a free, easy, confidential and private way to test for HIV and Hepatitis C.

You order the DBS test online and it arrives by post, take a few drops of blood and you return the DBS HIV test in the mail, it will get analysed and you will get the results by phone, text or email in one week by a nurse.

CLICK HERE to order a kit.

CLICK HERE to watch a 6 minute video on how to do the test - or call the Sexual Health Infolink on 1800 451 624.

KEY EVENT

Connie makes a Comeback...



Headspace Nowra were one of the successful organisations to get Connie Condom Dress for youth week 2017. At the time, the community development officer worked with the Headspace youth reference group to plan, design and start the creation of "Connie".

The reference group were very clear on their message from the beginning. Instead of creating a condom dress, they wanted to create a condom suit that was non gender specific, symbolising that condom use is important for both males and females. "Condom use is something every young person needs to talk about, and everyone has a part to play when it comes to condom use" the group agreed.

Due to staff changes at Nowra headspace, Connie had some idle time, before being reinvigorated, bought to life and completed in November 2017. During the project, 15 young people and headspace staff were involved. They are now all happily covered in glittery sequins and are very proud of the end result, as are we.

"Connie" will tour Grand Pacific Health over summer, before a possible tour in 2018 in the lead up to youth week. Thank you to the staff and young people of Headspace Nowra for their creativity and role modelling for other young people.

WHO ARE THEY AND WHAT DO THEY DO?

Joanna Buckskin: Aboriginal Liaison Worker for ISLHD



Who is your cultural group? I am a Nunga Woman from SA but have lived on the South Coast since 2000.

Tell Us about yourself? Well I am a mother of 5 children who are all mostly grown up and making positive contributions to their communities. I also have a gorgeous grandchild Imogen-Rose who is nearly one and lives in SA with her parents. My paternal family mainly reside in the Adelaide region which is the land of the Kurna people. My maternal family reside in the Riverina country along the Murray River which is Wiradjuri Country.

I was recently appointed as the Principal Aboriginal Health Worker for ISHLD and my working base is the Wollongong and Northern Hubs hospitals. I work with many people across our Local Health District who inspire and challenge me to grow professionally.

I am slowly building meaningful relationships with the people I work with as team work is critical to achieving my key performance indicators each year. My hobbies include reading, watching documentaries, being creative and home making. I not really good at domestics but I try to be as organised as possible.

What do you think makes positive outcomes for Aboriginal Health in our local district? Working in partnership with our Non-Aboriginal ISHLD Colleagues to deliver culturally safe models of Health Care in our Acute Hospitals and wider community settings. I also think that Aboriginal Health is about Country, Economics, History, People and Self-determination.

What are you working on? Developing practical Aboriginal Health resources for our Hospital staff and Aboriginal In-patients. I am also working on the Principal Aboriginal Health Strategic Plan Planning for 2018 in consultation with all of the key stakeholders and guiding Policy documents.

Email: Joanne.Buckskin@health.nsw.gov.au

OUT AND ABOUT

CyberParent



CyberParent

The Australian Multicultural Foundation has developed a web app called CyberParent which encourages safe and healthy internet use in Australian homes.

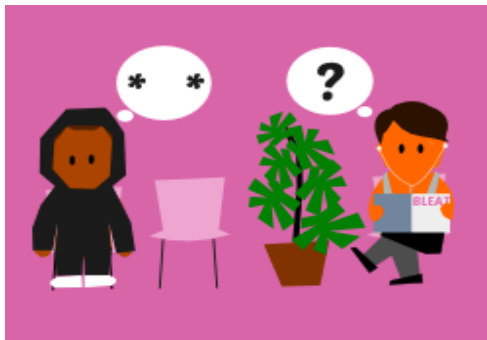
CyberParent equips parents with the knowledge and confidence to identify early warning signs and seek appropriate support from Australian service providers.

CyberParent is available in a total of 17 different languages, including: English, Arabic, Chinese, Dari, Dinka, Farsi, German, Greek, Hindi, Indonesian, Italian, Pashto, Spanish, Somali, Turkish, Urdu and Vietnamese.

CLICK HERE to access the CyberParent Web App.

RESOURCES

“Working With Young People Around Sexual Health” Resource Kit

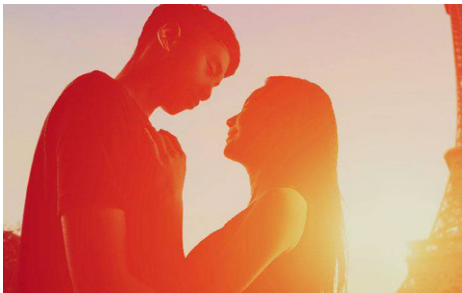


NSW Health has released a new resource kit - titled “Working With Young People Around Sexual Health” The kit contains all the tools, fact sheets, activities and protocols for working with young people around sexual health.

CLICK HERE for more information on the kit or to download PDF’s of the kit resources.

THE LAST WORD FROM THE CLINIC

Feeling a Little Hot Under the Collar?



Does summer make you hot under the collar or “hot to trot”?

There’s a scientific reason for this. Sunshine makes us happy and a happy person has happy genitalia!

Sunlight also increases serotonin, a chemical in the brain that affects our ability to experience pleasure.

More sun equals more fun. Stay safe this summer, put a hat on both heads!

DIARY DATES: February

01 - 28 Feb	Heart Research Month
01 - 28 Feb	Feel Good February (Do something to make someone feel good)
01 - 28 Feb	Don’t Wait Until It’s Too Late (Bowel Cancer Awareness Month)
01 - 28 Feb	Ovarian Cancer Awareness Month
05 - 11 Feb	Tinnitus Awareness Week
06 Feb	International Day of Zero Tolerance to Female Genital Mutilation
13 Feb	Apology Anniversary
14 Feb	National Condom Day
14 Feb	Valentines Day
28 Feb	Teal Ribbon Day (Ovarian Cancer Awareness)

Training Coming Up in Early 2018

Sticky Stuff

Tuesday 13th February - Coolangatta Estate, Shoalhaven

Sticky Stuff is for youth workers, health workers, teachers, coaches or anyone who is in contact with young people and wants to be able to help them make healthy decisions about sex and sexuality. We focus on helping workers ask (and answer) the hard questions! A collaborative initiative between HARP and YFoundations. **CLICK HERE** to register

'On the Couch' - Sex and the NDIS

Thursday 22nd February: Wollongong Nan Tien Institute, 231 Nolan Street (Unanderra)

'On the Couch' aims to get up close and personal with a panel of speakers hosted by a facilitator around the subject area of Sex and the NDIS. Our intention is for this to be a safe space, but nonetheless, one where the audience can ask questions and engage freely. 'On the Couch' is designed for people working in the voluntary, youth and community sector who have a passionate interest in the area. **CLICK HERE** to register

The Talk: Wollongong

Thursday 01st March - Wollongong Nan Tien Institute, 231 Nolan Street (Unanderra)

The Talk takes participants on a journey through sex in society, current HIV & sexually transmissible infections update, LGBTI perspectives and an HIV positive speaker. Now it's in seventh year, The Talk continues to change to meet the ever evolving needs of workers. Refreshments and lunch are provided. **CLICK HERE** to register

SEXUAL HEALTH FOR THE CULTURALLY & LINGUISTICALLY DIVERSE (CALD) COMMUNITY

Tuesday 20th March - Coolangatta Estate, Shoalhaven

This training will provide practical skills when working with people from CALD backgrounds around fertility, childbirth and motherhood; Sexually Transmissible Infections including HIV. **CLICK HERE** to register

Service Directory

Service	Address	Opening Hours	Contact
First Step Program	Port Kembla Hospital Fairfax Rd Warrawong	Monday - Friday 8.30AM - 5.00PM	PH: 4275 1529 PH: 0411 408 726
Illawarra/Shoalhaven Sexual Health Service	Port Kembla Hospital Fairfax Rd Warrawong	Free and confidential appointments available at Wollongong, Warrawong and Nowra	PH: 4223 8457 CLICK HERE for more info
ACON Regional Outreach Services		Monday - Friday 9.00AM-5.00PM	jc Casey@acon.org.au regionaloutreach@acon.org.au PH: 9206 2113 CLICK HERE for more info
Liver Clinic	Level 3 Wollongong Hospital, Crown street	Monday & Friday 7.00AM-4.30PM	PH: 4222 5181
HIV Outreach Team		Monday - Friday 9.00AM - 4.00PM	PH: 9382 8660 PH: 0400 777 309 CLICK HERE for more info
Illawarra/Shoalhaven Local Health District			CLICK HERE for more info

If you would like to receive Quickword direct to your Inbox, please email:
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The HARP Unit acknowledges permission received from all contributors featured.

February 2018 edition of Quickword collated by Jennifer Farinella and compiled by Scott Lockhart.

the harp team