



East Metropolitan Community and Population Health Unit Aboriginal Community Health Team, Term 4 Calendar 2021

October 2021				
Mon	Tues	Wed	Thu	Fri
11	12	<p style="text-align: center;">13</p> <p>Midland Healthy Lifestyles - Moorditj Djena 18 Helena Street Midland 10am-2pm</p> <p>Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p>	14	<p style="text-align: center;">15</p> <p>Moorditj Maaman Men’s Group Lot 574 Cockman Cross Stratton 10am – 2pm</p>
<p style="text-align: center;">18</p> <p>JLWD – Wadjuk Centre 2 Finchley Crescent, Balga 10am-2pm</p>	<p style="text-align: center;">19</p> <p>I’m Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm</p> <p>JLWD – Moorditj Keila 2/7 Bradshaw Cres. Manning 10am – 2pm</p>	<p style="text-align: center;">20</p> <p>Midland Healthy Lifestyle - Moorditj Djena 18 Helena Street Midland 10am – 2pm</p> <p>Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p>	21	<p style="text-align: center;">22</p> <p>Cockburn Men’s Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 9am – 2.00pm</p>
<p style="text-align: center;">25</p> <p>JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm</p>	<p style="text-align: center;">26</p> <p>I’m Moordidjabinj – Champion Centre 76 Champion Dr. Seville Grove 10am – 2pm</p> <p>JLWD – Moorditj Keila 2/7 Bradshaw Cres Manning 10am – 2pm</p>	<p style="text-align: center;">27</p> <p>Midland Healthy Lifestyle - Moorditj Djena 18 Helena Street Midland 10am – 2pm</p> <p>JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm</p> <p>Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm</p>	28	<p style="text-align: center;">29</p> <p>Moorditj Maaman Men’s Group Lot 574 Cockman Cross Stratton 10am – 2pm</p>

November 2021

Mon	Tues	Wed	Thu	Fri
1 JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm	2 I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	3 No groups	4	5 Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 9am – 2.00pm
8 JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm	9 I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	10 Midland Healthy Lifestyle - Moorditj Djena 18 Helena Street Midland 10am – 2pm JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm Stratton Healthy Lifestyle Program Lot 574 Cockman CrossStratton 10am – 2pm	11	12 Moorditj Maaman Men's Group Lot 574 Cockman Cross Stratton 10am – 2pm
15 JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm	16 I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	17 Midland Healthy Lifestyle - Moorditj Djena 18 Helena Street Midland 10am – 2pm JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm	18	19 Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 9am – 2.00pm
22 JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm	23 I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	24 Midland Healthy Lifestyle -Moorditj Djena 18 Helena Street Midland 10am – 2pm JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm	25	26 Moorditj Maaman Men's Group Lot 574 Cockman Cross Stratton 10am – 2pm

November/December 2021

Mon	Tues	Wed	Thu	Fri
29 JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm	30 I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	1 December JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm	2	3 Cockburn Men's Group Moorditj Koort 1/28 Hammond Rd Cockburn Central 9am – 2.00pm
6 JLWD – Wadjuk Centre 2 Finchley Crescent Balga 10am-2pm	7 I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	8 JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm	9	10 Moorditj Maaman Men's Group Lot 574 Cockman Cross Stratton 10am – 2pm
13	I'm Moordidjabinj – Champion Centre 76 Champion Dr Seville Grove 10am – 2pm JLWD – Moorditj Keila 2/7 Bradshaw Crescent Manning 10am-2pm	22 JLWD – Ottey Centre 2A South lake Drive South Lake 10am – 2pm Stratton Healthy Lifestyle Program Lot 574 Cockman Cross Stratton 10am – 2pm	23	24 LAST DAY OF TERM 4

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 9416 3107 or Doreen Turvey 9416 3110

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 exercise, education and cooking sessions. *Contact: Ursula Swan 0481 909 703 or 9224 3778*

Healthy Lifestyle Program - nutritional education program designed to help community members make better choices in their lifestyle in regard to improving fitness and make healthier food choices. The program includes exercise, education and cooking sessions. *Contact: Ursula Swan 0481 909 703 or 9224 3778*

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.

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 9416 3110*

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 exercise, education and cooking sessions. This is a 6 - 8 week program.
- **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 Kworpadding Koort:** Healthy Heart meets at the Ottey Centre, South Lake every Wednesday. Health education sessions are organised as well as exercises and other visiting health services attend to provide information for participants. A healthy lunch is prepared by the participants to share.
- **Moorditj Maaman Men's Group:** Male's Yarning Group held alternate Fridays in the Midland area. Discussions around health issues, physical wellbeing and other topics that the men identify.

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

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