

# Albury Wodonga Aboriginal Health Service

## Newsletter



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**DECEMBER 2018**

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## Welcome

**Well the joy of Christmas is almost here....**

AWAHS Board, CEO, Senior Management and all staff would like to wish you all a **VERY MERRY CHRISTMAS** and a **HAPPY NEW YEAR**  
 Check out our Closure hours over the Christmas Holidays on page 5.

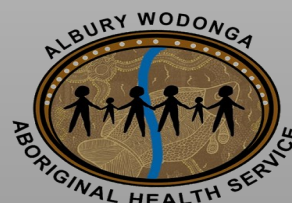
Enjoy one of our simple and favorite dishes with a twist perfect for summer.  
 Check out the Summer Spaghetti Bolognese **recipe** on page 4.

Since food is on the menu,  
 AWAHS **Community** Christmas Lunch will be held this month,  
 all welcome to come along and have a yarn and enjoy a feast.  
 See page 6

Our boorai's need a good feed too.  
 Breastfeeding gives your **baby** the best start in life!  
 If your having trouble breastfeeding  
 or intend to breastfeed  
 talk to your midwife or child and family workers at AWAHS

If you would like to see your programs, stories, pictures/paintings, poems or local news published in the AWAHS newsletter please contact:

**Selina Clark** or **Matthew Stewart** at AWAHS  
 on PH: 0260 401 200 or 1800 421 640  
 Post: 644 Daniel St, Glenroy, NSW 2640 or  
 PO BOX 3040, Albury, NSW 2641.



Promoting longer, healthier living  
 for our local Indigenous community

[www.awahs.com.au](http://www.awahs.com.au)

## Staff in focus

AWAHS would like to introduce you to:

**Lyn Allen**

**Casual Transport Driver**

**WHERE YOU FROM?** North Queensland

**WHO'S YOUR MOB?** Bidjara and Kukuylangi  
and Waka Waka

**WHAT YOU DO AT AWAHS?** Casual Transport  
Driver

**BEFORE JOINING AWAHS YOU WERE?** Boarding  
House Supervisor

**FAVOURITE HOBBY?** Fishing



Say 'hi' to Lyn when you see her around.

## Service in focus

**As of January 2019  
all Drs appointments  
will be for  
20 minutes only.**

**Extra-long appointments  
are available on request.**





## What's Happening @ AWAHS



Join our  
**Team**

### POSITION AVAILABLE at AWAHS

*Our Vision is to provide comprehensive quality health and family services based on respect for Aboriginal & Torres Strait Islander Culture.*

*We achieve this vision through various dedicated teams that support holistic health outcomes in a culturally safe organisation.*

*We offer employees professional development, salary packaging, a modern, purpose built facility, an organisation with a social conscience and a real opportunity to contribute to the Aboriginal and Torres Strait Islander community.*

#### POSITIONS ADVERTISED LAST MONTH ARE NOW CLOSED INCLUDING:

- Cultural Mentor
- Alcohol and Other Drug (AOD) Support Worker
  - Aboriginal Health Worker
  - Transport Driver

AWAHS would like to thank everyone who applied.  
POSITIONS FILLED WILL BE PROMOTED SOON

## Tucker Tip #25

Perfect for summer, one of our favourite dishes with a twist “Light Summer Bolognese”.

If you would like further advice about how to be **healthy** from eating good food, you can come and see the AWAHS Dietician Susie Summons. For an appointment, ask your Doctor or call 6040 1200.

*“The lemon and feta is an excellent added flavour.”*

### Ingredients:

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 500g beef mince
- 4 tomatoes, chopped
- 1/3 cup chopped fresh flat-leaf parsley, plus extra leaves to serve
- 1 garlic cloves, crushed
- 500ml Massel beef stock
- 500g spaghetti
- 1/2 cup pitted kalamata olives
- 150g fetta, crumbled



### Light Summer Bolognese

Serves: 4   Cooks in: 20mins

### Method

1. Heat oil in a large frying pan over medium heat. Cook onion, stirring, for 5 minutes or until soft. Increase heat to high. Add beef and cook, stirring to break up any lumps, for 3 minutes or until browned. Add tomato, parsley and garlic and cook, stirring, for 1 minute. Stir in stock and bring to the boil. Gently boil for 10 minutes to reduce and for flavours to infuse. Tear the bread into a food processor, then peel, chop and add the garlic, and blitz into fairly fine crumbs.
2. Meanwhile, cook spaghetti following packet directions. Drain and return to pan with beef mixture and olives. Toss to coat. Serve topped with fetta, zest and extra parsley leaves.



# CHRISTMAS HOLIDAYS

**Albury Wodonga Aboriginal Health Service**

**Board, CEO , Senior Management and all Staff**

**would like to wish you all a**

**VERY MERRY CHRISTMAS and a HAPPY NEW YEAR**

**AWAHS Christmas closure hours:**

Monday 24<sup>th</sup> of Dec - 12.30pm - 5pm

Tuesday 25<sup>th</sup> of Dec - Christmas Day

Wednesday 26<sup>th</sup> of Dec - Boxing Day Public Holiday

Thursday 27<sup>th</sup> of Dec - NSW Public Services Public Holiday

Friday 28<sup>th</sup> of Dec - OPEN (limited service)

Monday 31<sup>st</sup> of Dec - OPEN (limited service)

Tuesday 1<sup>st</sup> of Jan - New Year's Day Public Holiday





All welcome to:

# **AWAHS COMMUNITY CHRISTMAS LUNCH**

**WHEN: Wednesday 12th of December 2018**

**WHERE: AWAHS, 644 Daniel Street, Glenroy**

**TIME: 12noon - 2pm**

Albury Wodonga Aboriginal Health Service





NOW AVAILABLE ON REQUEST  
CONTACT AWAHS reception on 0260 401200



# Who's Your Mob?

Family, Heritage and Culture  
GUIDE

# Hume Riverina Community Legal Service

## Introducing

Karen Keegan, Lawyer from the Hume Riverina Community Legal Service.

Karen visits two days a week at AWAHS, providing FREE legal advice, assistance and representation for people on family, civil and criminal law.

The most common family, civil and criminal law that people come to see Karen about include:

Debts you can't pay, Motor vehicle accidents, Fines for speeding or DUI, unlicensed driving or unregistered driving, Guardianship, Criminal offences, Employment, Breach of privacy, Child contacts, Child protection, Family violence orders, Divorce, Tenancy – repairs, Centrelink debts – overpayments, Discrimination, Complaints against police, Complaints against government agencies or schools, Funeral funds and life insurance, Injuries and Victims of Crime applications.

Karen is here from  
**10am to 3pm on Wednesdays and  
9am to 1pm on Thursdays.**

If you want an appointment to have a chat with her, just call reception at AWAHS to make one.

Christmas & New Year: Due to HRCLS office closure over the festive season, Karen's last day at AWAHS for 2018 will be Thursday 20 December and she will return to AWAHS on Wednesday 9 January 2019.





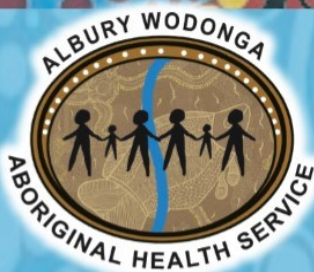
# Passport to Better Health



Come along have a  
health screen done and  
receive a free shirt  
and have some lunch  
Between 12:30 & 1:30pm

**RESCHEDULED to EARLY JANUARY**  
**due to unforeseen circumstances,**  
**Sorry for any inconvenience, AWAHS**

**When : TBC - JANUARY 2019**  
**Time: 10:30 until 2:30**  
**Welcome to Country at 10:15am**  
**Where : Albury Wodonga**  
**Aboriginal Health Service**  
**644 Daniel Street, Glenroy**





Albury Wodonga Aboriginal Health Service



# Clinic Outreach Van

Albury Wodonga Aboriginal Health service is running an Outreach Service at Wangaratta and Benalla.

For Aboriginal and Torres Strait Islanders in the Wangaratta and Benalla areas.

Our Clinic Outreach Van will be staffed by a GP and an Aboriginal Health Practitioner

## Benalla SERVICES

**WHEN:** Every Tuesday

**WHERE:** Waminda Community House,  
19 Ballantine St, Benalla, VIC 3672

**TIMES:** 10am-3.30pm

### PLEASE NOTE:

Benalla Outreach Van Services will finish  
with the last visit being on the 18<sup>th</sup> Dec 2018 &  
recommences on Wednesday 5<sup>th</sup> February 2019

## Wangaratta SERVICES

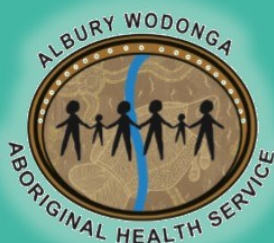
**WHEN:** Every Wednesday

**WHERE:** NESAY, 86-90 Rowan St,  
Wangaratta, VIC 3677

**TIMES:** 10am-3.30pm

### PLEASE NOTE:

Wangaratta Outreach Van Services will finish  
with the last visit being on the 12<sup>th</sup> Dec 2018 &  
recommences on Wednesday 16<sup>th</sup> January 2019



**For more information or to  
BOOK IN contact AWAHS on  
02 6040 1200 or 1800 421 640  
or just drop by**





## GOOD ORAL HEALTH CARE FOR CHILDREN UNDER 5

### EAT WELL

- ✓ Offer your child healthy snacks like fruit, vegetable sticks, cheese and plain yoghurt.
- X Limit your child's frequent snacking on sugary and sticky food like cakes, chips, biscuits, pastries, lollies and chocolate.

### DRINK WELL

- ✓ Give your child fluoridated tap water or milk to drink between meals.
- X Avoid giving your child sugary drinks like fruit juice, cordials, flavoured milk, energy drinks and soft drinks.

### CLEAN WELL

- ✓ Brush your child's teeth morning and night as soon as their first tooth appears.  
After 18 months old, use an appropriate fluoride toothpaste.
- ✓ Use a small, soft brush with a small 'pea-sized' amount of toothpaste.
- ✓ Help your child with their brushing until they are 8 years old.

### STAY WELL

- ✓ Have your child's teeth checked at ALL child health visits, or at least every 6 months.
- ✓ Parents are encouraged to gently lift their child's lip to look for early signs of holes.
- ✓ Have your child's teeth checked by a dental professional by 2 years of age.
- ✓ Make a dental appointment before your child starts school.

### GOOD ORAL HEALTH CARE FOR BABIES 0 - 2 YRS OF AGE

- ✓ Teach your baby to drink from a cup from 6 months of age.
- ✓ Clean your baby's teeth as soon as they appear with a soft brush and water or a damp cloth.
- X Putting a baby to bed with a bottle full of something sweet such as juice, milk, formula, soft drink or cordial can increase the risk of holes in their teeth.  
It is best to put your baby to bed without a bottle, and water only throughout the night if need be.
- X Sucking on a dummy or bottle dipped in something sweet is also harmful for their teeth.



# *yinaagirbang* *Ngumbadalbit* *Women's Circle*

*Come Join Us*

**Every Tuesday's**

**@ Glenecho Neighbour Centre,  
Burrows Road, Glenroy  
FROM 10AM UNTIL 3PM**

**DECEMBER ACTIVITIES:**

**MAKING SOME CHRISTMAS  
DECORATIONS or PRESENTS  
& YUMMY COOK UPS  
with Susie our Dietician**

**Albury Wodonga Aboriginal Health Service**  
**PHONE: 0260 401200**



# Breastfeeding gives your baby the best start in life!

Breast milk is easy to digest and provides a complete meal for your newborn as it contains all the necessary nutrients to help your baby grow.

Breastfeeding has health benefits for you as well as protecting your baby against infections and other illnesses.

## Breastfeed babies have less risk of developing:

- Allergies
- Asthma
- Diarrhea
- ear and respiratory tract infections (the common cold)
- Sudden Infant Death Syndrome [SIDS](#)
- some childhood cancers and or diabetes

## Breastfeeding helps reduce a woman's risk of:

- pre-menopausal breast cancer
- ovarian cancer
- Osteoporosis

Breastfeeding is free, saves you time and has many natural health benefits.

Your baby needs no other food or drink except breast milk for the first 6 months of life. At around 6 months old, your baby is able to eat home-made family foods along with continued breastfeeding until 2 years of age and beyond.

If your having trouble breastfeeding  
or intend to breastfeed  
talk to your midwife or child and family workers  
at AWAHS



# Albury Wodonga Aboriginal Health Service



**U AND ME  
CAN STOP  
HIV**



# **U AND ME AND HIV – we can stop this**

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**HIV is increasing among our mob**

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**FREE & CONFIDENTIAL  
TESTING AVAILABLE NOW**

**PHONE AWAHS reception on 0260 401200  
to book an appointment**

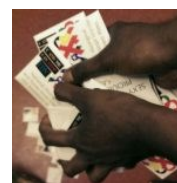


## All of us have a role to play in stopping HIV in our communities by:

### Using condoms

One way to protect yourself and your partners from HIV and most STIs is to use condoms and water-based lubricant during sex

- \* Sex with condoms is called safe or protected sex because condoms keep people safe from HIV and most other STIs.
- \* Sex without a condom is called unsafe or unprotected sex because it can put you or your partner at risk of getting HIV or other STI.
- \* It's best to use condoms every time with a new partner, or when you start a new relationship



### Using your own sterile drug injecting equipment

U and me can stop HIV by using new clean injecting equipment or by not sharing equipment between people who inject drugs. Injecting equipment includes: needles, syringes, spoons, swabs, filters and tourniquets.

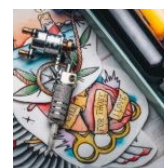
- \* A needle or syringe may look clean but there could be a tiny amount of blood you can't see – enough for getting HIV.
- \* You can get new needles and syringes in needle and syringe program services, some chemists, health clinics and community centres.



### Using sterile tattoo and piercing equipment

HIV transmission from body piercing or tattooing is highly unlikely, but it is possible for the blood of an infected person to be left on a needle that is later used to pierce or tattoo another person.

- \* Other blood-borne illnesses, such as hepatitis B and C, can be transmitted by sharing tattooing and piercing equipment.
- \* The best way to avoid HIV through tattooing or piercing is to have these done professionally.



### Knowing about PrEP

- \* PrEP stands for Pre-Exposure Prophylaxis or taking a tablet daily to prevent HIV
- \* PrEP is for people who don't have HIV and want to prevent HIV
- \* PrEP is available by prescription from any Doctor or Clinic
- \* Some people take PrEP because they know their partner has HIV and they want extra protection
- \* Other people take PrEP because they want to enjoy sex without the worry of catching HIV

Talk to your doctor about PrEP if you are worried about HIV.

### Knowing about PEP

PEP IS DIFFERENT TO PREP

PEP can also prevent HIV

PEP stands for post-exposure prophylaxis. PEP means taking HIV drugs **after you think** you may have been exposed to HIV for example after having sex without a condom, having unwanted sex, or after sharing injecting or tattooing equipment with someone who may have HIV.

PEP involves taking HIV drugs for a month after the incident, but the most important thing about **PEP** is it needs to be started **within 72 hours of the incident** where you think you may have been exposed.

**PEP is available from sexual health clinics, hospital emergency departments or GPs- don't waste time.**

### Looking out for cuts

HIV can be transmitted through open cuts. If you have an open cut on your body cover it up, especially when playing contact sports.

### Is there a vaccine against HIV?

No. There's no vaccine to protect people from getting HIV yet. Scientists are working on this.



Community Info

# Strong identity, strong spirit

Koori kids need a birth certificate for a great start in life, in school and in their community. Adults need them too.

You need a birth certificate to get:

- a driver's licence
- a tax file number
- government services and payments.

It's never too late to register a birth.

Ask us more by emailing [bdmindigenoussaccess@justice.vic.gov.au](mailto:bdmindigenoussaccess@justice.vic.gov.au)



**BIRTHS DEATHS AND MARRIAGES VICTORIA**

Recognising the significance of life events





The Department of Justice and Regulation acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of the land and acknowledges and pays respect to their Elders, past and present.


The featured gum leaf artwork, painted by leading Victorian Indigenous artist Theodora Morris, symbolises the gum leaves used in the 'Welcome to Country' ceremony. The gum leaf is a symbol of cleansing and welcoming.


[www.bdm.vic.gov.au](http://www.bdm.vic.gov.au)

Proudly brought to you by

 Junction Support Services

 THE SALVATION ARMY

 VICTORIA State Government

 Health and Human Services

Wodonga Police & St Stephen's Uniting Church

1 in 3 women have experienced physical violence

Take a stand against family violence



#Wodonga16Days  
#OrangeCard

**Wear orange to show support**



# Breakfast club



**Woomera Aboriginal Corporation and Albury Lands Council Breakfast club**

**Drop in have breaky and a yarn before you start your day**

**Community workers available to chat with if needed**

**Where: Lands Council**  
**917 Chenery Street Glenroy**

**When: Every Wednesday**  
**Time: 8am-930am**  
**Cost: Gold coin donation**

**All welcome**

More information please contact Kellie McGrath Hub Coordinator Woomera Aboriginal Corporation 60577400 or Sam Kirby CEO Lands Council 60257075



**FREE EVENT**

**2018 Family Festival**  
*Albury-Wodonga*

**Albury Botanic Gardens**

**Saturday 8th Dec 4-7 pm**



Come along and enjoy a free day of family activities including entertainment, free BBQ, music, local services and information.

Feel free to bring a picnic to share with friends and family! This event aims to promote an environment which encourages respectful relationships free from family violence.

*Everyone welcome!*

Supported by Albury Wodonga Family & Domestic Violence Committee

**ALCOHOL FREE EVENT**



# Community Info



Friday 7th December 2018  
6 - 9pm (Entry from 5pm)

North Albury Sports Ground  
Bunton Park

Free Entry

**MISSION SONGS PROJECT**

featuring Jessie Lloyd multi award winning singer/song writer. Mission Songs Project is performed as a quartet with a range of Indigenous performers from around Australia. Plus support acts

**Market Stalls/ Promotional Stalls**

**Activities:**  
jumping castles, ochre painting, hair beading & paint workshops, spear throwing, AFL, NRL, & Cricket Clinic.

**MC - Riley-Rose & Seamus**

**Food stalls**  
Native, Congolese, Indian, Thai food  
Coffee van  
Canteen/BBO  
Slushies  
Popcorn  
Icy poles

Food on sale starting from \$1

Photo and video footage taken on the night, byo chair, blanket, insect repellent  
Drug, alcohol and gambling free

**Thank you to our partners and sponsors:**



## FREE TAFE FOR PRIORITY COURSES

**More opportunities for Victorians to study at TAFE**  
The Victorian government has prioritised these courses because they may lead to occupations in high growth industries as well as important areas for Victoria. Free TAFE for Priority Courses will start on 1 January 2019. Free TAFE for Priority Courses is a Victorian Government program that covers your tuition fees to study in selected courses at TAFE, if you're eligible.\*

**FREE TAFE FOR PRIORITY COURSES at Wodonga TAFE**

- Certificate II in Agriculture AHC20116
- Certificate II in Agriculture AHC30116
- Certificate III in Allied Health Assistance HLT33015
- Certificate III in Civil Construction RIL30915
- Certificate III in Horticulture AHC30716
- Certificate III in Hospitality SIT30616
- Certificate III in Individual Support (Ageing, Home and Community) CHC33015
- Certificate IV in Accounting and Bookkeeping FNS40217
- Certificate IV in Agriculture AHC40116
- Certificate IV in Allied Health Assistance HLT43015
- Certificate IV in Building and Construction (Building) CPC40110
- Certificate IV in Community Services CHC42015
- Certificate IV in Disability CHC43115
- Certificate IV in Education Support CHC40213
- Certificate IV in Engineering MEM40105
- Diploma of Community Services CHC52015
- Diploma of Nursing HLT54115
- Diploma of Accounting FNS50215\*\*

**FREE TAFE FOR PRIORITY COURSES: Pre-apprenticeship pathways at Wodonga TAFE**

- Certificate II in Automotive Vocational Preparation AUR20716
- Certificate II in Construction Pathways CPC20211
- Certificate II in Furniture Making MSF20313
- Certificate II in Horticulture AHC20416
- Certificate II in Printing and Graphic Arts (General) ICP20115

**Contact us for further information, and to apply**  
Phone 1300 MYTAFE (1300 698 233) | Email [info@wodongatafe.edu.au](mailto:info@wodongatafe.edu.au)

\*Eligibility criteria apply. Free TAFE on selected courses only. Other fees and charges may apply. See [www.freetafe.vic.gov.au](http://www.freetafe.vic.gov.au)

\*\*This qualification will be replaced in 2019 and the information provided here is indicative only.

All courses run subject to minimum enrolments. Courses may lead to an Australian Qualification Framework (AQF) qualification or statement of attainment. Information is correct at time of publication and subject to change. Training may be delivered with funding from the Victorian and Commonwealth Governments upon individual application. Eligibility criteria apply if funding is utilised, this may affect opportunities to access additional funding in the future. RTIO: 3097



## WEAVING WORKSHOP

FREE EVENT FOR OUR  
LOCAL ABORIGINAL  
COMMUNITY!

Sunday 9 December - 10am- 4pm  
burraja gallery

For more info contact Bethany Thornber  
[curator@murrayarts.org.au](mailto:curator@murrayarts.org.au)



**COLEAMBALLY CENTRAL SCHOOL**

**POSITION VACANT**

**Tirkandi Inaburra Campus**



**Permanent School Learning Support Officer**

**(Job Reference 00006H8S)**

A permanent School Learning Support Officer position is currently being advertised online through the NSW Government's I work FOR NSW job website.

This position is based at Tirkandi Inaburra Cultural Development Centre, an Aboriginal community run centre offering Aboriginal boys aged 12-15 a culturally-based fully residential program. Schooling is provided on site by the NSW Department of Education through Coleambally Central School. The Centre is located on a 780 hectare rural property between the townships of Coleambally and Darlington Point in the Riverina district of south-west NSW.

Duties focus primarily on assisting teachers in the implementation of individual educational programs and individual transition programs and also assisting teachers in providing opportunities for children with special needs to develop personal, social, domestic and pre-vocational skills and attending to the personal care needs of children. Duties may also include the operation of audio-visual aids, duplicating, issuing of learning materials and minor clerical duties.

Applicants will be required to address the following selection criteria:

**Position Criteria:**

1. Awareness of the needs of students with disabilities
2. Ability to work with students with emotional, physical or intellectual disabilities
3. Effective communication skills

**Enquires should be made to:**

Mr John Breen (Head Teacher)

Tirkandi Inaburra Campus – Coleambally Central School

Phone: 0432 304 519

**ALL APPLICATIONS FOR THIS POSITION MUST BE MADE ONLINE THROUGH THE I WORK FOR NSW WEBSITE AT**  
<https://iworkfor.nsw.gov.au/job/school-learning-support-officer-full-time-ongoing-coleambally-central-school-134397>

**APPLICATIONS CLOSE AT 4.00PM ON 5 DECEMBER 2018**

**Alternatively, go to the I Work for NSW website and search 'School Learning Support Officer Coleambally'**

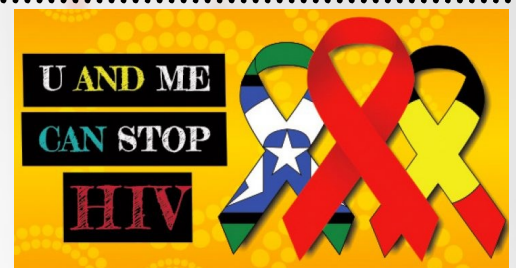
Please note:

- ❖ The successful applicants will be paid according to the SASS (School Administrative & Support) award and level of experience. The salary range for this position is \$19.02 - \$31.81 per hour. The total salary package will include employer's contribution to superannuation and leave loading
- ❖ Applicants will be required to apply for/ or possess a current Working with Children Check (WWCC) clearance

Telephone: (02) 6954 4131



## WORLD AIDS DAY (1st of December) & ABORIGINAL & TORRES STRAIT ISLANDER HIV AWARENESS WEEK (27th November to 5th December)



Each year in the first week of December, to coincide with World AIDS day, we host  
**Aboriginal & Torres Strait Islander HIV Awareness Week (ATSIHAW).**

The inaugural ATSIHAW was held in November 2014 to get a conversation going in our communities  
about **HIV prevention and the importance of regular testing for HIV.**

**The theme of ATSIHAW is “U AND ME CAN STOP HIV”.**

ATSIHAW has proven itself to be a popular event - engaging our communities, as well as  
HIV researchers, doctors, health workers and policy-makers.  
Each year ATSIHAW events that aim to promote awareness of HIV are run in local community based organisations.  
ATSIHAW community events and activities are held across Australia - **check out the ATSIHAW facebook page.**

### What is HIV?

“HIV” is short for “Human Immunodeficiency Virus”. It is a virus that affects the human body.

### How do you get HIV?

In Australia the most common way of getting HIV is having sex with someone who has HIV, and not using a condom.

- \* You can also get HIV by sharing injecting drug equipment – syringes or needles – with someone who has HIV, or by sharing tattoo or body piercing equipment.
- \* HIV can be transmitted from mother to baby during pregnancy, childbirth, or while breastfeeding if the mother is not taking HIV medication.
- \* HIV can also be transmitted if the blood from a person with HIV gets directly into an open cut on another person.

**You can't get HIV from ordinary day to day contact with people who have HIV. You can shake hands, share food and cutlery, use the same soap, sit on the same toilet – and give them a kiss and hug.**

### How do I tell if I have HIV?

- \* People usually have some symptoms soon after getting HIV – within days or weeks. These seem like flu symptoms. They can then feel quite well for months or years before getting very sick.
- \* HIV is most infectious in the few weeks after you get it. That's why it's so important to test regularly – especially if you haven't always used a condom or you've shared injecting equipment.



HIV Free Generation: Street Art Project - AWAHS YOUTH Mural, 2016

The only way to tell is to  
**GET TESTED!**  
(see page 14-15 for more  
information on testing)

Sources: <https://www.atsihiv.org.au/hiv/about-hiv/>



**AWAHS NEWSLETTER SUBSCRIPTION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

I would like to receive AWAHS Newsletter via EMAIL ☐

I would like to receive AWAHS Newsletter via POST ☐

**Tick both boxes if you would like to receive both email and post**

**PLEASE RETURN YOUR COMPLETED SUBSCRIPTION AND FEEDBACK FORM TO AWAHS RECEPTION**

**AWAHS NEWSLETTER FEEDBACK**

**1. How did you hear about the newsletter?**

☐ Attend AWAHS      ☐ friends/family      ☐ word of mouth      ☐ other: .....

**2. a) Would you share the newsletter with anyone?**

☐ YES (go to next question)      ☐ NO

**b) if you answered yes, who would you share with?**

☐ Friends/family      ☐ work mates      ☐ Community      ☐ other: .....

**3. What information do you like in the newsletter?**

☐ Child and family services      ☐ Chronic Disease Services      ☐ Social and Emotional Wellbeing  
☐ Healthy eating/cooking      ☐ Calender events  
☐ Other: .....

**4. What information would you like to see in the newsletter?**

.....  
.....

**5. other information/comments/suggestions:**

.....  
.....

AWAHS would like to thank you for your time and support ☺

tear along the line

*Albury Wodonga Aboriginal Health Service Inc. – Rules of Association*

**APPENDIX 2**  
**APPLICATION FOR MEMBERSHIP**  
**Albury Wodonga Aboriginal Health Service Inc.**

Please ensure that you attach your Confirmation of Aboriginality to this application.

Full Name of Applicant:.....

Date of Birth:.....

Address:.....

.....  
 I hereby apply to become a member of the above-named Association. In the event of my admission as a member, I agree to be bound by the Rules of the Association.

Signature:.....Date:.....

**Nomination**

Each applicant for membership is to be nominated by two current members of the Association.

**Nominees:**

Full Name of First Nominee:.....

Address.....

.....  
 I hereby nominate the above applicant for membership of Albury Wodonga Aboriginal Health Service Inc.

Signature:.....Date:.....

Full Name of Second Nominee:.....

Address.....

.....  
 I hereby nominate the above applicant for membership of Albury Wodonga Aboriginal Health Service Inc.

Signature:.....Date:.....

Application presented to the AWAHS board meeting on \_\_\_\_/\_\_\_\_/\_\_\_\_

Moved:..... ☐ Confirmation of Aboriginality Sighted

Seconded:.....

*The annual membership fee is \$2. This must be paid within 28 days of advice from the Board of Management of acceptance of membership application and thereafter by 30<sup>th</sup> June each year.*

Membership Fee Received by:.....Date:.....

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tear along the line