

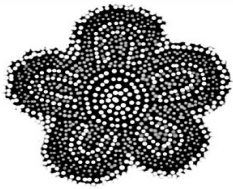
# **WAMINDA SOUTH COAST WOMEN'S HEALTH & WELFARE ABORIGINAL CORPORATION**

## **“Our Vision Statement”**

**“Waminda aims to empower and support Women and their Aboriginal Families of the Shoalhaven to make decisions about their own health & reduce the high rate of ill health among Aboriginal/Torres Strait Islander women in the Shoalhaven Community”.**

## SCOPE OF PRACTICE FOR SOUTH COAST WOMEN'S HEALTH & WELFARE ABORIGINAL CORPORATION (WAMINDA)

- ◉ *“The advancement of women’s health requires the promotion of physical, mental and social well being, following the broad definition of health adopted by the World Health Organisation. Women’s Health issues are defined as social conditions, illnesses and disorders unique to, more prevalent among, or more serious in women, or for which there are different risk factors, interventions or strategies for women than for men.” (Reference WHNSW)*
- ◉ As a women’s health and welfare service Waminda is actively involved in strategies to change and adjust the social structure that negatively impacts upon women’s health. It is critical that services like Waminda which focus on women’s health and wellbeing, within the Aboriginal context, are funded autonomously within communities to allow for the appropriate gender based services to be provided to individuals, groups and communities.
- ◉ *“Aboriginal and Torres Strait Islander women are collectively sicker, poorer, less educated, more unemployed, less skilled, face greater numbers of their families and self in gaol, die younger, attend a greater number of funerals in any one year, are subject to higher levels of violence, racism, sexism and are regarded as marginal and a minority more than non-Aboriginal women”*
- ◉ Given this fact Waminda adopts a “whole of life” view which includes the cyclical concept of “life-death-life”. Health for Aboriginal and Torres Strait Islander women is linked to the restoration of Aboriginality, dignity, respect, roles, responsibilities, self-determination, participation, coming to terms with law, Lore and culture and to regaining a state of wellbeing at least equal to that which existed prior to colonisation.
- ◉ Waminda believes that Aboriginal and Torres Strait Islander women must be supported to become empowered and to be reaffirmed as women in their own right, if there are going to be gains in their health status. If Aboriginal and Torres Strait Islander women continue to have their identity marginalised and eroded, to have their gender considered as insignificant, to be further disempowered they will continue to have the poorest health of anyone in Australian society. (Reference Awhn)
- ◉ *“Waminda aims to improve the health status of Women by providing a unique women’s centered approach to primary health care”*

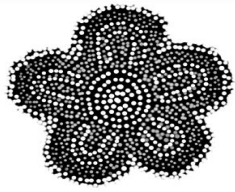


# SERVICE VISION

Waminda is a culturally safe and holistic service, providing women and their Aboriginal families an opportunity to belong and receive quality health and wellbeing support. Our key focus is on providing tailored strength based care.

## Service Goals:

- ◉ To raise the health, wellbeing and spiritual status of women and their Aboriginal *and Torres Strait Islander* families on the South Coast area
- ◉ To provide a holistic range of quality and culturally safe tailored health and wellbeing services in an inclusive environment within an Aboriginal Community Controlled Health Framework.
- ◉ To facilitate communication and encourage collaborative decision making between clients, team members and appropriate services.
- ◉ To achieve and move into our own purpose built facility and to become a centre of excellence.
- ◉ To continue to be a learning organisation for Staff and the Community.
- ◉ To increase our service's profile in the community regionally, nationally and internationally and highlight our core philosophy;
- ◉ To be economically and environmentally sustainable in the short, medium and long term.



# PROGRAMS & CASE MANAGEMENT NEW DIRECTIONS - MUMS & BUBS

## Program's

Dead or Deadly  
Tai Chi  
Play Group  
School's Program  
Pamper Day's  
SOS - Save Our Sister's  
Women's Group  
Cultural Women's  
Group  
Healing house Art  
Group

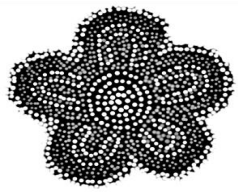
## New Directions Mums & Bubs

Antenatal / Postnatal Care  
Antenatal / Parenting guide  
Health Checks  
Chronic Disease Management  
Care Plan's  
Care Co-ordination &  
Supplementary Services (CCSS)  
Pathology  
Pregnancy  
Immunisations

## Case Management

Drug & Alcohol  
Sexual Assault Support  
Family Support  
Domestic Violence  
Support  
Social Emotional  
Wellbeing  
Co-morbidity  
Justice health  
Women's Health





# "DEAD OR DEADLY" - WELL-BEING PROGRAM

