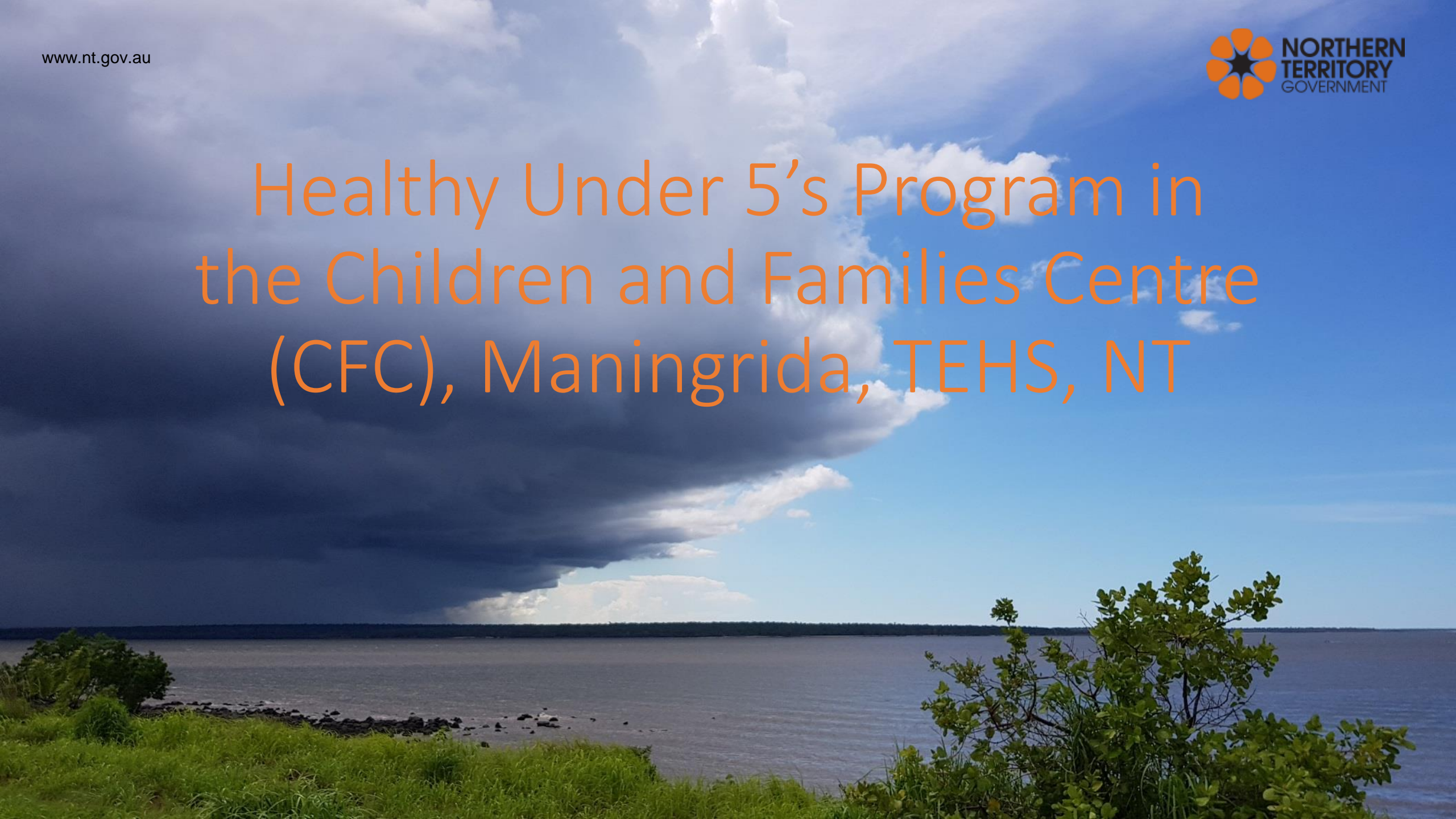


Healthy Under 5's Program in the Children and Families Centre (CFC), Maningrida, TEHS, NT



Healthy Under 5's Program in Maningrida Children and Family Centre

Sarah Royans and Jess Abbott

Top End Health Service – Primary Health Care Branch

Acknowledgment of Country

Introduction of Jess and Sarah

- » History of HU5 in development
 - » HU5 at Children and Family Centre
 - » Where the program is now
 - » The future



Acknowledgment of Country



MANINGRIDA

We acknowledge the Arrernte people as the Traditional Owners of the Alice Springs region (Mparntwe) and pay our respects to Arrernte elders past and present and emerging.

Who Are We

Sarah Royans
Now in Outreach Child Health
Role for all 5 West Arnhem
communities

Jess Abbott
» Current Healthy Under 5's
Child Health Nurse in
Maningrida

- The past, present and future Child Health Team for Maningrida:
- Original – Felicity Marwick (5 years) and Bridie Jessica Young (3 years)
- Sarah Royans (ongoing support now in Outreach role)
- Christine Barden (6 months)
- Jess Abbott (ongoing)
- Sarah Sim (ongoing)



MANINGRIDA

An aerial photograph showing a tropical coastline with a winding river and lush greenery. In the foreground, the white wing of an airplane is visible, featuring red and blue stripes. The sky is blue with scattered white clouds.

Maningrida is an indigenous community in the heart of the Arnhem Land region of Australia's Northern Territory. Maningrida is 500 km east of Darwin, and 300 km north east of Jabiru.

In 2018 from our CQI facilitator's data – The Aboriginal and Torres Strait Islander population:

Maningrida = 2720

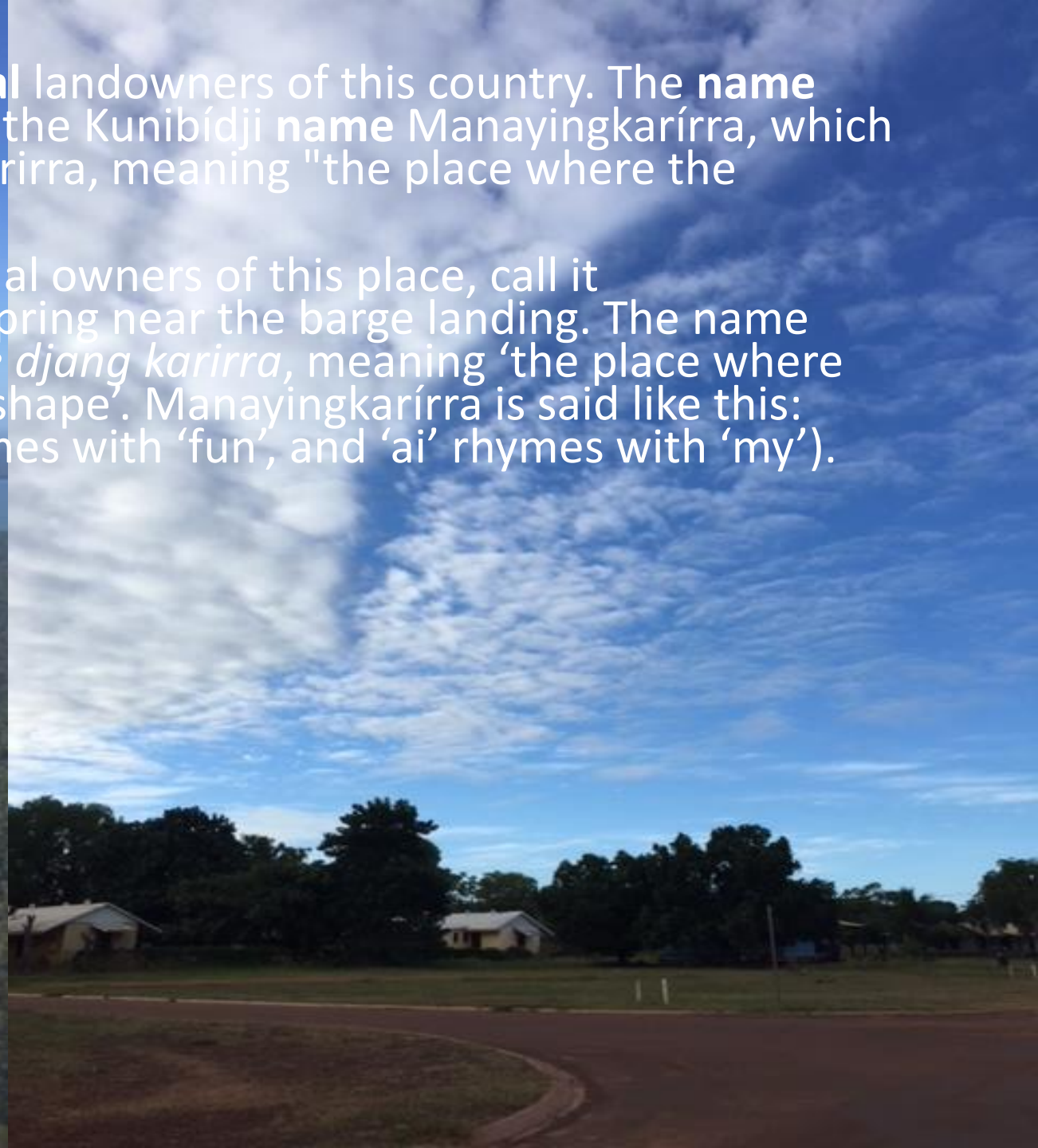
Maningrida is accessible in the dry season by road. In the wet season the roads are completely cut off and so only able to be accessed via daily Air North flights, or by the barge that brings in all supplies for the community.

The HU5 Nurse's fly in every Monday and out every Thursday afternoon.

The HU5 Nurse's have an admin office day each Friday involving many meetings in Darwin.

We believe that the FIFO lifestyle of the program (Maningrida for 4 days and Darwin for 1 day each week) has created a sustainable and appropriate balance for both the community and the individual Nurse's – which is reflected in the longevity of the HU5 team member's commitment to the program and Maningrida Child Health.

- The Kunibídjí people are the **traditional** landowners of this country. The name **Maningrida** is an Anglicised version of the Kunibídjí name Manayingkarírra, which comes from the phrase Mane djang karirra, meaning "the place where the Dreaming changed shape."
- Kunibídjí people, who are the traditional owners of this place, call it Manayingkarírra, the name of a little spring near the barge landing. The name comes from the Kunibídjí phrase *mane djang karirra*, meaning 'the place where the ancestral totemic beings changed shape'. Manayingkarírra is said like this: man-ai-ying-ga-rida (where 'man' rhymes with 'fun', and 'ai' rhymes with 'my').



<https://www.bawinanga.com/about-us/history/>

- **Place names: Manayingkarírra, Manawukan and Maningrida**
- Manayingkarírra, Manawukan and Maningrida are all names attributed to the country near the mouth of the Liverpool River in northern Arnhem Land, some 300 kilometres north-east of Darwin.
- Kunibídjí people, who are the traditional owners of this place, call it Manayingkarírra, the name of a little spring near the barge landing. The name comes from the Kunibídjí phrase *mane djang karirra*, meaning 'the place where the ancestral totemic beings changed shape'. Manayingkarírra is said like this: man-ai-ying-ga-rida (where 'man' rhymes with 'fun', and 'ai' rhymes with 'my').
- The neighbouring Kuninjku people call this place Manawukan, a name associated with a wetland area to the north-east of Maningrida. Manawukan is said like this: man-a-woo-gun (where 'gun' rhymes with 'fun').
- Maningrida is a name that has come into use only in the recent past. It is an English-language version of Manayingkarírra. Maningrida is said like this: man-in-gri-da.
- **The township of Maningrida**
- A trading post was set up at Manayingkarírra / Manawukan in 1949, and it was made into a permanent settlement called Maningrida by the Northern Territory's welfare department in 1957.
- The Federal Government's welfare and assimilation policies brought Aboriginal people from surrounding clan estates in to the settlement, quickly and drastically altering the demographics of the area, and straining traditional rivalries. Further tensions were sparked by the rapidly growing presence of Balanda (non-Indigenous people), who were given modern housing, jobs and other benefits.
- The government envisaged forestry, fishing and mining industries in the region and rapidly embarked on setting up enterprises with minimal or no consultation with the Aboriginal people whose land was co-opted. Within four years, an ill-conceived forestry industry was in operation, the legacy of which – the rusting conical stack of its saw mill – remains in the township.



Healthy Under 5's Development – and where it is now...



HU5

The beginning

- New Directions funding post the Intervention
- Mum's and Bub's program development
- Healthy Under 5's program rolled out remotely

Maningrida

- » HU5 Nurse's employed and a local G.P in Maningrida at the time, had a key interest in Child Health
- » Through collaboration with the GP, HU5 Nurse's and the Children and Family Centre (CFC), the idea of the HU5 program being run from the CFC was born
- » Initial set up was slow – as new concept to community – so initial phase was focused on relationship building and making connections, and also gaining input and agreement from traditional owners and community stakeholder groups

The HU5 Nurse's live together in a 2 bedroom unit in Maningrida – so the team becomes social outside of work hours also in community!



One of the Midwives - Chloe

Jess A and Sarah S



The Maningrida HU5 Team: Past and Present

Felicity and Jess Y



Work Life balance is important for the HU5 team – and everyone has made great connections within Maningrida so it becomes a second home

One of the Midwives - Sophie



Sarah R, Jess A and Chris



Felicity's Maningrida Baby





Families and children become familiar in the space and with the Nurse's – due to regular checks in the HU5 Clinic rooms in the CFC





The HU5
Clinic
rooms have
toys, a
table for
colouring
and space
for extra
family
members
to be
involved

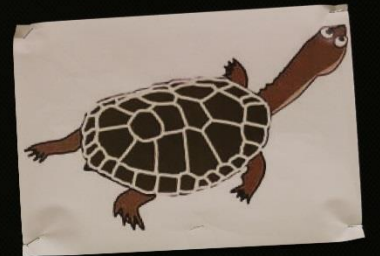
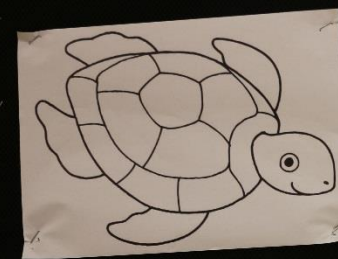


Children and Family Centre – Families As First Teacher’s Playgroup Activities



	CHILD	FAMILIES	COMMUNITY
Objective PURPOSE	Blue, Yellow, Green sticky notes		Blue, Pink, Yellow sticky notes
Strategy PLAN OF ACTION	Blue, Pink sticky notes		Yellow, Pink sticky notes
Indicators MEASURE OF CHANGE/SIGNS	Blue sticky notes		Blue, Pink, Yellow sticky notes

How SHOULD SERVICES KNOW TOGETHER IN MANAGING OUR CFC IN MANTINGA?
 → Sharing information
 → respectful of the local



The CFC and Crèche leadership team – Michelle, Thmoasina and Samantha







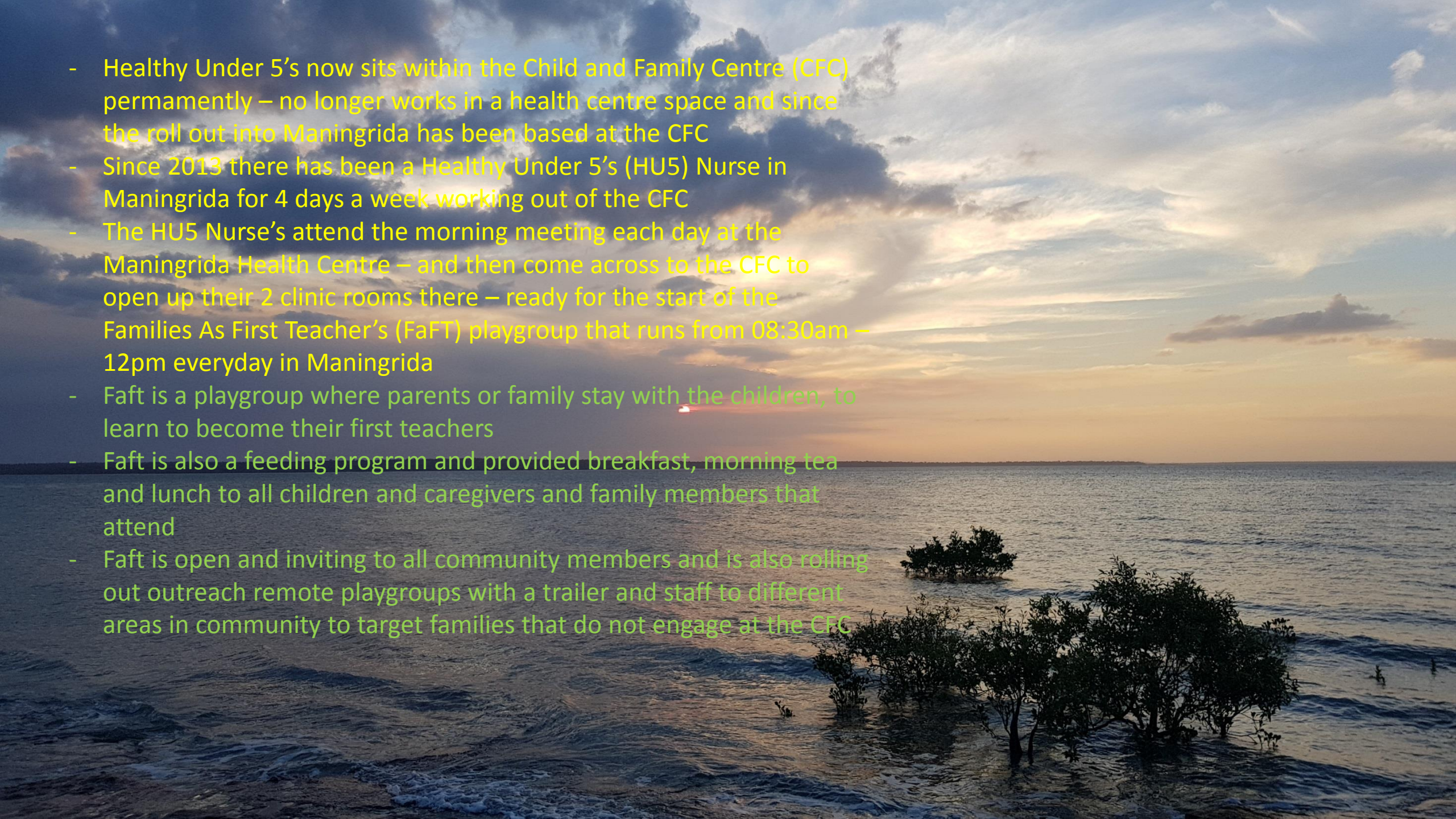
Creche and Deadly Dad's Playgroup/Cooking

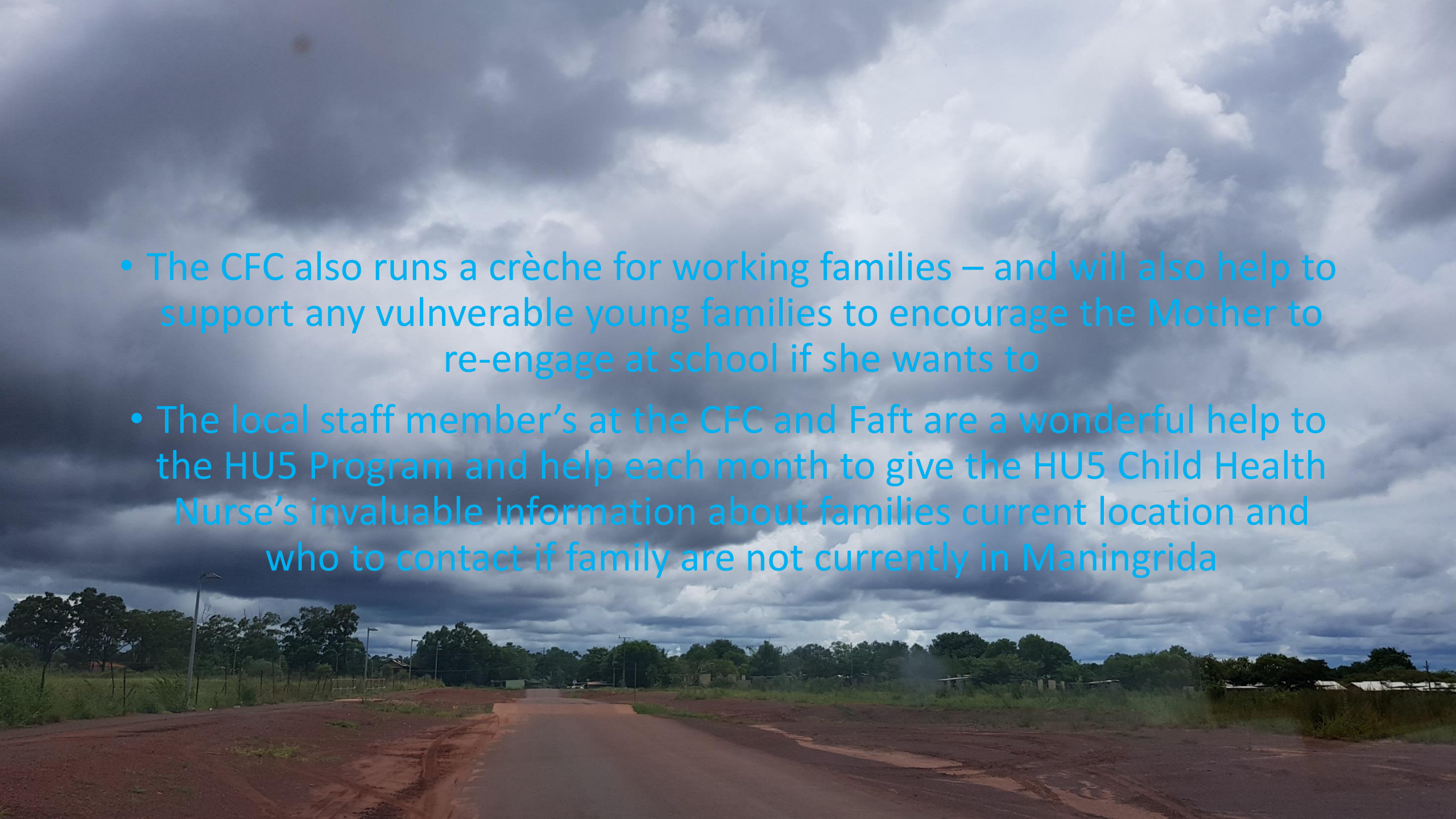


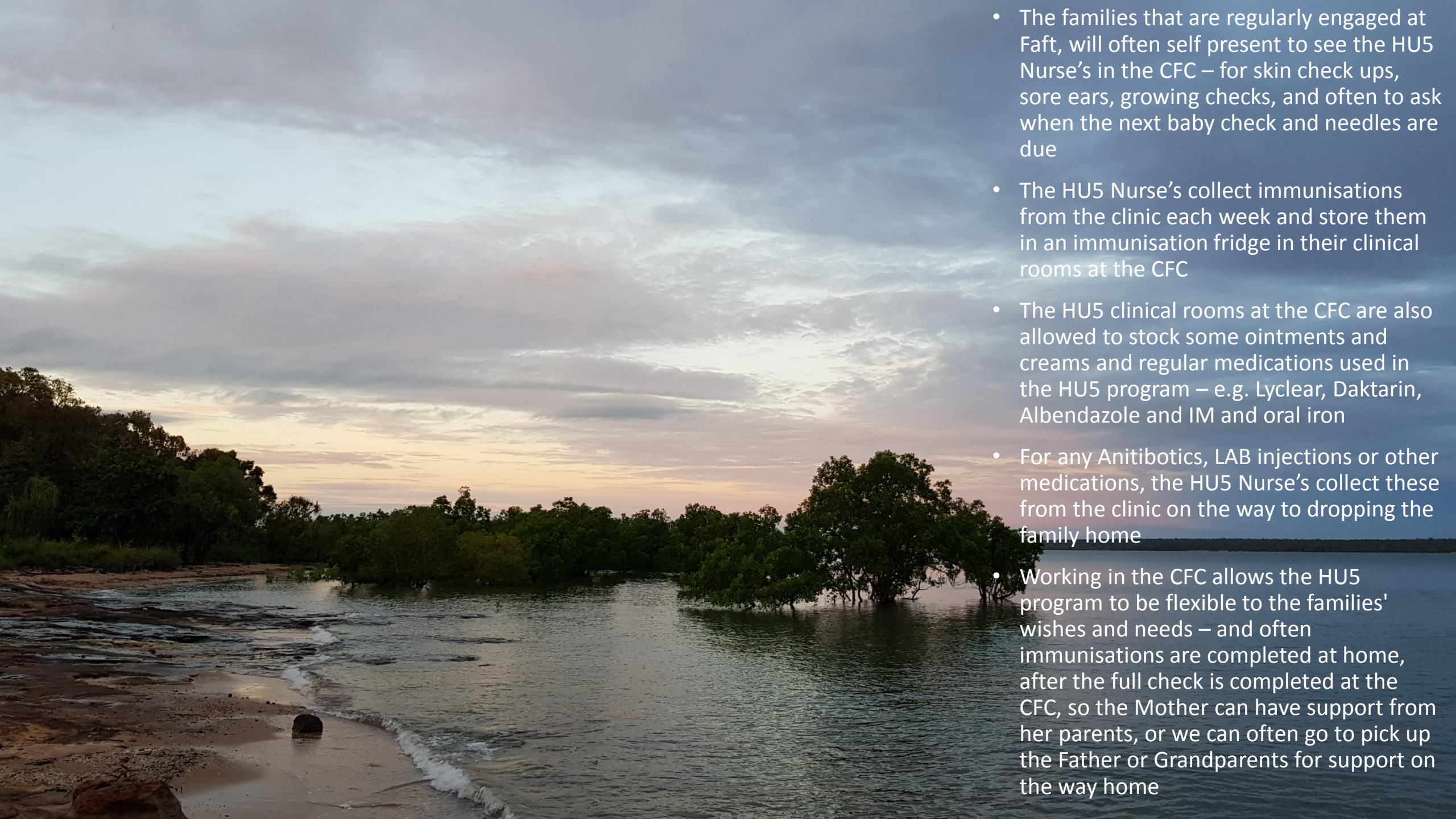


CFC, Faft,
ANFPP
and One
Disease –
Healthy
Skin
Sessions

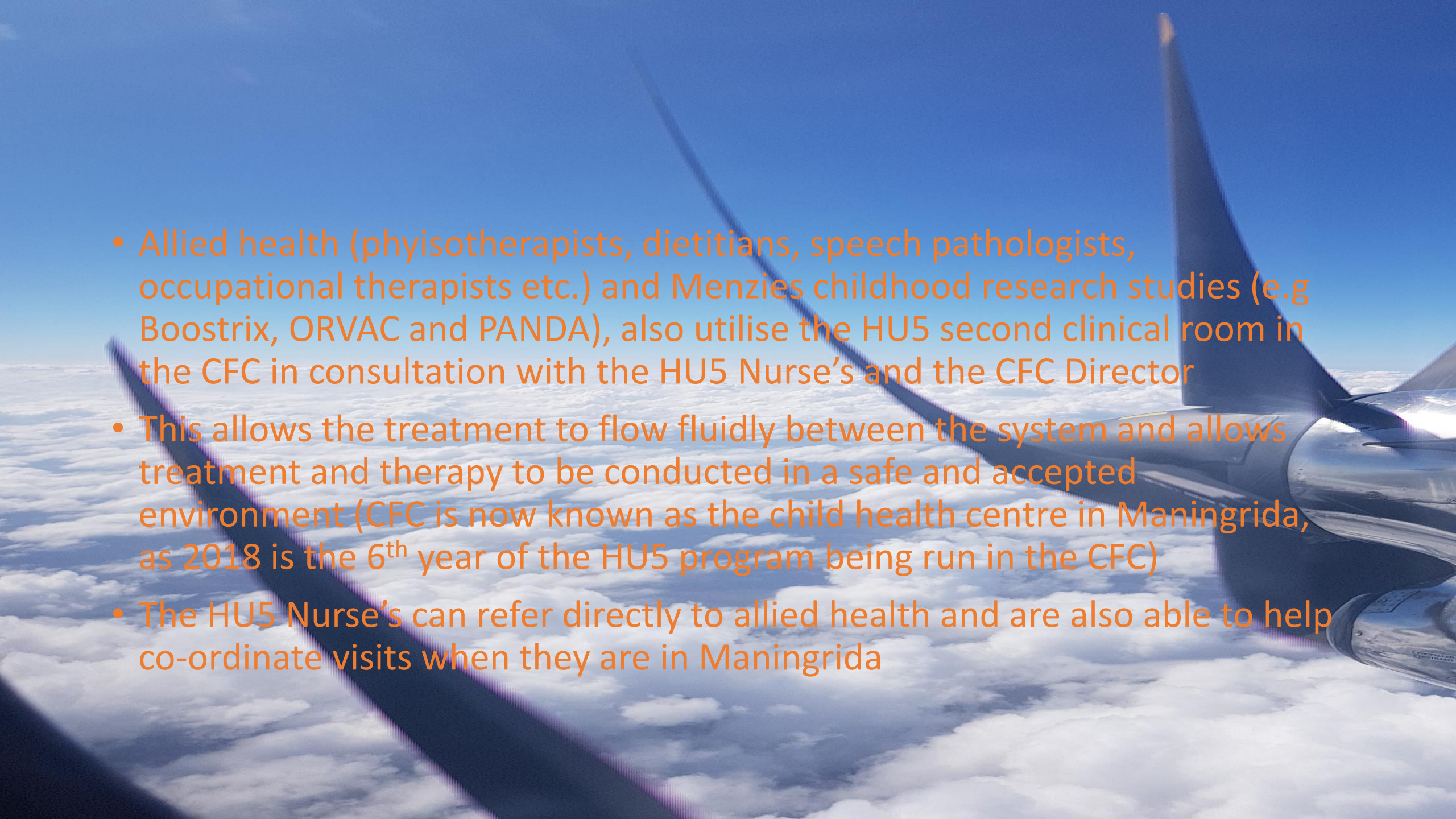
- Healthy Under 5's now sits within the Child and Family Centre (CFC) permanently – no longer works in a health centre space and since the roll out into Maningrida has been based at the CFC
- Since 2013 there has been a Healthy Under 5's (HU5) Nurse in Maningrida for 4 days a week working out of the CFC
- The HU5 Nurse's attend the morning meeting each day at the Maningrida Health Centre – and then come across to the CFC to open up their 2 clinic rooms there – ready for the start of the Families As First Teacher's (FaFT) playgroup that runs from 08:30am – 12pm everyday in Maningrida
- Faft is a playgroup where parents or family stay with the children, to learn to become their first teachers
- Faft is also a feeding program and provided breakfast, morning tea and lunch to all children and caregivers and family members that attend
- Faft is open and inviting to all community members and is also rolling out outreach remote playgroups with a trailer and staff to different areas in community to target families that do not engage at the CFC



- 
- A wide, unpaved dirt road stretches into the distance under a heavy, overcast sky. The road is flanked by sparse vegetation and utility poles. In the background, there are some simple buildings and more trees. The overall atmosphere is somewhat somber due to the dark clouds.
- The CFC also runs a crèche for working families – and will also help to support any vulnerable young families to encourage the Mother to re-engage at school if she wants to
 - The local staff member's at the CFC and Faft are a wonderful help to the HU5 Program and help each month to give the HU5 Child Health Nurse's invaluable information about families current location and who to contact if family are not currently in Maningrida



- The families that are regularly engaged at Faft, will often self present to see the HU5 Nurse's in the CFC – for skin check ups, sore ears, growing checks, and often to ask when the next baby check and needles are due
- The HU5 Nurse's collect immunisations from the clinic each week and store them in an immunisation fridge in their clinical rooms at the CFC
- The HU5 clinical rooms at the CFC are also allowed to stock some ointments and creams and regular medications used in the HU5 program – e.g. Lyclear, Daktarin, Albendazole and IM and oral iron
- For any Antibiotics, LAB injections or other medications, the HU5 Nurse's collect these from the clinic on the way to dropping the family home
- Working in the CFC allows the HU5 program to be flexible to the families' wishes and needs – and often immunisations are completed at home, after the full check is completed at the CFC, so the Mother can have support from her parents, or we can often go to pick up the Father or Grandparents for support on the way home

- 
- Allied health (physiotherapists, dietitians, speech pathologists, occupational therapists etc.) and Menzies childhood research studies (e.g Boostrix, ORVAC and PANDA), also utilise the HU5 second clinical room in the CFC in consultation with the HU5 Nurse's and the CFC Director
 - This allows the treatment to flow fluidly between the system and allows treatment and therapy to be conducted in a safe and accepted environment (CFC is now known as the child health centre in Maningrida, as 2018 is the 6th year of the HU5 program being run in the CFC)
 - The HU5 Nurse's can refer directly to allied health and are also able to help co-ordinate visits when they are in Maningrida



Bodyfit (physiotherapists) have also created a developmental therapy space with input from the Maningrida Child Health team – this is a space for allied health to conduct assessments and therapy – but also a space for families to continue their own therapy in between visiting service’s visits. This space flows directly behind the HU5 clinic rooms at the CFC and the Faft educator is also able to utilise this space to complete ASQ-TRAKS. The FaFT educator and family liaison officer work in conjunction with HU5 – any children identified by HU5 can have a ASQ-TRAK completed by Faft and with family permission – results shared closing the loop back to health – this stops double ups and enhances the relationships between the CFC.

Services that HU5 work closely with and who all also utilise the CFC space:

- Families As First Teacher's Playgroup
- Crèche
- Preschool
- Remote Family Support Services
- Chronic Children's Nurse (CK) from the Health Centre
- Healthy School Aged Kids Nurse (works at the main school building)
- Australian Nurse Family Partnership Program

HU5 Team attend these meetings monthly in Maningrida:

- Little Kids Safety Meeting (RFSS, HU5, CFC, Faft, CK, Health Centre and occasionally Paediatrician's)
- Early Years Hub Meeting (CFC, Faft, HU5, Preschool, Early Years Teachers, Family Liaison workers, Health Centre)

HU5 Team attend the daily morning meeting at the clinic – to stay a part of the health team and to also pick up recalls and discuss clients as needed.



HAPPY CHILDREN'S DAY

HAPPY CHILDREN'S DAY!

child care

Smoke Area

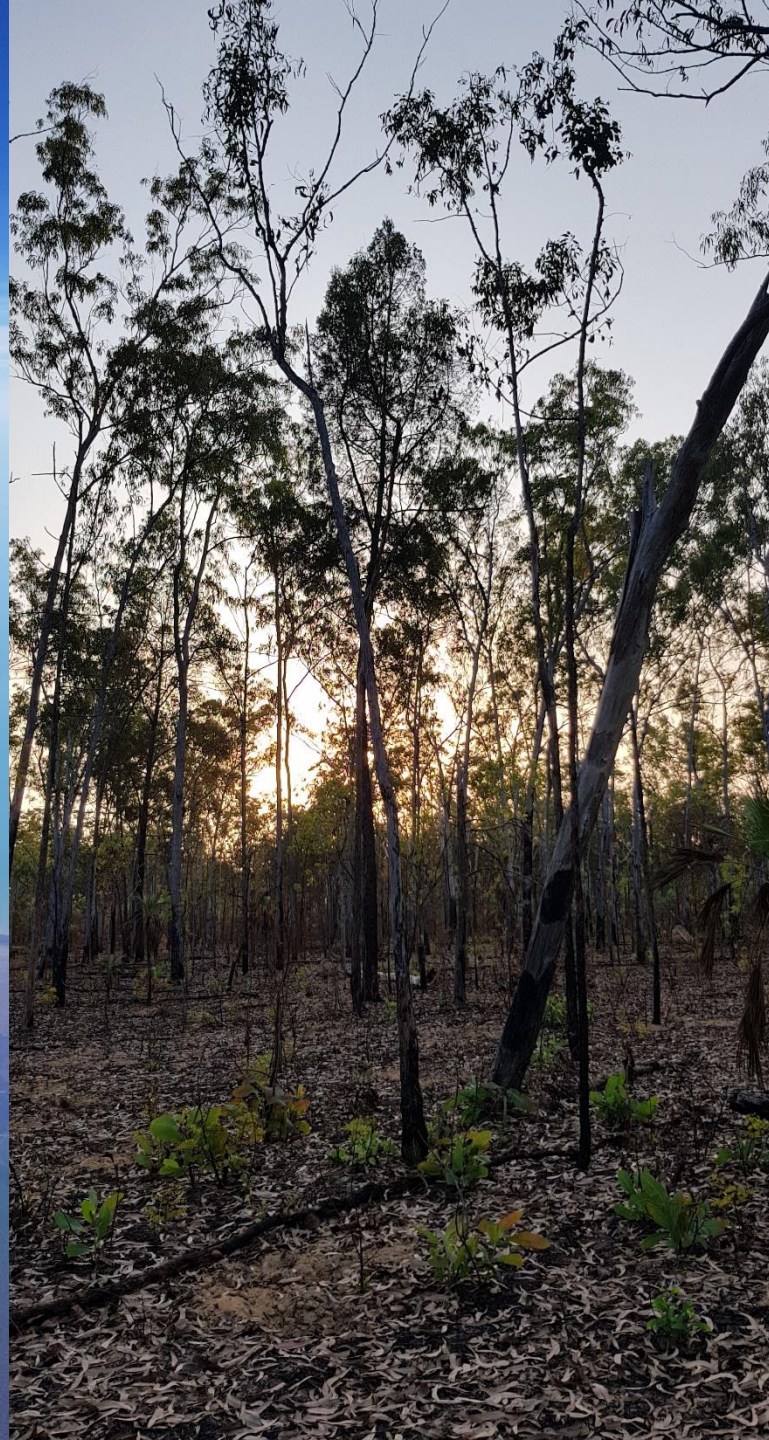
video & app

Enquire

Crèche and CFC Local Work Force (Thomasina and Samantha) are now supporting the HU5 Program with family engagement/liaison – whilst HU5 are trying to recruit the ACW positions – they are supporting with family pick ups and engagements at the CFC for the month's list for HU5

- Samantha is also starting a CFC newsletter – and each instalment will have photos of the HU5 Nurse's and a little spill about a child health topic

- The local workforce at the CFC and Faft are invaluable – they support HU5 with the monthly list and also help to find families or get messages to family member's that babies' checks are due



Malabam (Mala'la) Health Board Aboriginal Corporation

- Mala'la Stronger Communities for Children Program supports the HU5 Program by donating a weekly \$20-25 purchase order, which enables the HU5 Nurse's to purchase fresh fruit, and hard boil eggs, to give to the children and families after each health check at the CFC

- The HU5 checks are long and tiresome, and this food at the end of a visit is often a big help in ensuring the full check and immunisations are completed in a timely manner and mostly in the one visit

<https://www.malabam.com.au/programs/stronger-communities-children>

One Disease and HU5

- HU5 has a close working relationship with One Disease (Crusted Scabies and Scabies prevention)
- HU5 directly refer to the One Disease clinician that supports Maningrida, with any recurrent scabies in children under 5 years, especially within the first 12 months
- HU5 gain permission from the family and are able to begin initial discussions and treatments for scabies and around hygiene and home conditions – and through the direct referral process, One Disease are able to spend quality time at home with the family to support and advise as needed – earlier in 2018 2 local training ACW's from the clinic were trained to complete the second Lyclair treatment for scabies and conduct home visits – these clinicians have since left but we are hopeful for what 2019 has in store
- One Disease and HU5 are also directly liaising with the Environmental Officer



The Future.....

- Currently recruiting for 2 ACW positions with HU5
- Magnets are being developed to attach to the outside of the 'baby bus' (HU5 car) to identify the team
- Monthly Doctor Day at the CFC have begun



The 'Baby Bus' – as it is referred to in community





Influenza Drive Outreach
at the Local Football
Mid-week



Ante-natal checks

- HU5 works closely with the midwife from the health centre
- In 2016/2017 there were weekly ante-natal classes conducted in conjunction with midwife, HU5 team and physiotherapists and ANFPP Nurse – also included invited guests e.g. money management, Malabam Wellness counselling, Faft educators to introduce their program
- The classes were alternating with one week based in the CFC (to get used to that space) and one week in the community pool (physio ran these for strengthening and fun)
- We are hopeful that 2019 may see another midwife recruited long term and these classes may be re-created – they only stopped after the long term midwife left community

Introduction to Solids Program

- Current discussions are taking place with the CFC, HU5 and the Malabam funded public health Dietitian (funded for a few days a month through the Stronger Communities for Children Program)
- - Child Health stakeholders are meeting to discuss all of the carried cooking and nutrition programs currently running in Maningrida (currently approx. 5 classes including a daily feeding program at Faft) to look at the gaps and also ask the communities voice – what is needed? What does the community want?
- - Possibility of a weekly Introduction to Solids group in conjunction with HU5 and Malabam Dietitian – and local workforce running the sessions
- - Watch this space....





Some of the HU5
Animals

FLOODWAY

















- Thank you for listening

- Any Questions?

- Please feel free to contact us with any further questions after today:

- Sarah: sarah.royans@nt.gov.au

- Jess: jess.abbott@nt.gov.au



Thank You and Bo-Bo (Goodbye in Burrara)

