

# Winter Newsletter

[www.wachs.net.au](http://www.wachs.net.au)

## Tackling Smoking & Healthy Lifestyle Roadshow



### ***Wellington, Orange, Forbes, Peak Hill, Bourke, Brewarrina, Wallgett, Coonamble & Dubbo***

Prior to the commencement of the Roadshow, the TS&HL team successfully negotiated the concept of the Roadshow with stakeholders, supporters, and identified Aboriginal Medical Services, who were excited by the project, and committed to join the event even though they had not planned or budgeted for it in the financial year. We were inspired by the uptake and commitment of the agencies to partner in the Roadshow, which included;

1. Medicare Local
2. AH&MRC
3. Quitline
4. Western NSW LHD
5. Mission Australia
6. Centacare
7. Cancer Council
8. Carers NSW
9. Aboriginal Employment Strategy
10. Uniting Care Burnside
11. TAFE
12. Western NSW Community Legal Centre
13. Country Rugby League
14. Interrelate Group
15. Catholic Community Services (Dementia Unit)
16. WACHS Australian Nurse Family Partnership Program
17. WACHS Eye Health
18. Dubbo Aboriginal Community Working Party
19. WACHS Children's Therapy Team
20. WACHS SWEB Team



The Roadshow (thus far completed) was hosted by Aboriginal Medical Services in each location which included;

- Wellington Aboriginal Corporation Health Service
- Orange Aboriginal Medical Service
- Yoorana Gunya Medical Service Forbes
- Peak Hill Aboriginal Medical Service
- Bourke Aboriginal Health Service
- Brewarrina Aboriginal Health Service
- Walgett Aboriginal Medical Service
- Coonamble Aboriginal Health Service



In the week starting the 12th May 2014 the Roadshow will continue to Moree (13th May) Inverell (14th May) and conclude in Tamworth (15th May), and would have visited 11 AMS locations in Central West, Far West, and New England.



The Roadshow was well publicized to the communities through the Stakeholders, Supporter Services, and Aboriginal Medical Services, who sent the posters and information, through their networks, inviting the communities to join us on the day at each location. The Tackling Smoking team also embarked on a significant media campaign, which included television and the printed media, which was bolstered by the use of Ambassadors (sports champions), who were easily recognized and respected by the Aboriginal community.





The television campaign included NITV, Win, and Prime television, which will continue broadcasting, across our identified Roadshow locations, until the end of the Roadshow.

The printed media campaign includes; The Wellington Times, Central Western Daily, The Forbes Advocate, Fair Fax Peak Hill, Western Herald, Brewarrina News, Wallgett News, Coonamble Times, The Liberal, and The Dubbo Shopper (please see a sample of the adverts and news articles attached).



The Ambassadors included a boxing world champion, a well known actor from a current Logie winning television series, Rugby League elite celebrity players, Aboriginal band Pre-Destined, and well known Deadly Award winning Aboriginal Hip Hop artists.

Ambassadors at Wellington included; Anthony Mundine, Timana Tahu, Brad Tighe, James Roberts, Luke Carroll and the Street Warriors. Ambassadors at Dubbo included; Ronnie Gibbs, Tyrone Roberts, Jack Wighton, Jamie Buhner, Ricky Walford, Timana Tahu, Luke Carroll, Street Warriors, and Pre-Destined (Aboriginal Band).





**Other promotional strategies included;** a Coffee Cart and Coffee Truck, Jumping Castles, Catering at each event arranged by each AMS, Children's activities using balls, frisbee's etc. organized by Tackling Smoking & Healthy Lifestyle's team, entertainment organized through the AMS's, and give-away promotional items by TS&HL and supporters in attendance. Tackling Smoking & Healthy Lifestyle's resources were very popular with the community and included; Back Sacks, Balloons, Travel Mugs, Fling Things, Footballs, Key Rings, Mouse Mats, Pencil Cases, Lanyards with USB's, Plastic Pens, Skipping Ropes, Stress Balls, Rugby Balls, Tea Towels, Pop Top Water & 600ml Water and Ceramic Mugs

The resources used in the Central West NSW amounted to 2,932 and resources used in the Far West NSW amounted to 4,634 a Total for Central West & Far West of 7,616 resources.

A break down by venue of resources used include; Orange 461, Forbes 702, Peak Hill 598, Wellington 841, Bourke 421, Brewarrina 1386, Walgett 633, Coonamble 1010, Dubbo 1094

The promotional strategies used paid dividends from the outset, at the Launch of the Roadshow in Wellington the attendance by the community was outstanding.





The opening of the event by Dr Tom Calma (National Coordinator for Tackling Smoking & Chief Ambassador), left no doubt about the purpose of the Roadshow and speeches to the community by the sports ambassadors, was hard hitting from people who refused to be drawn into smoking, or alcohol while, pursuing their goal.

The Roadshow then travelled to Orange, Forbes, and Peak Hill in its first week with sports activities for the children, and live Aboriginal entertainers who successfully engaged with the communities.

Week two started with the Roadshow in Bourke, and was followed by Brewarrina, Walgett, Coonamble, and Dubbo. The Roadshow supporters and activities again engaged with the community to highlight the Harmful effects of smoking, with all supporters providing information in regards to Closing the Gap, and improving community health and well being.



## Summary



The Roadshow was very successful in engaging with significant numbers of the community in 80% of the locations visited thus far, unfortunately we held the Roadshow in two locations where the community was engaged in the funeral of a community member (which coincided with the timing of the Roadshow) , and attendance by the community was lower than expected. The overall feeling from stakeholders and supporters is very positive, and the Roadshow is viewed as great opportunity to reach the community. The other comments that surfaced are all around the Roadshow being an annual event. The Tackling Smoking Healthy Lifestyle team are very excited by the latest data collected (TS&HL teams collect data at every event) which show a big increase in Smoke Free Homes in the Aboriginal communities (a message the team constantly delivers) and a marked improvement on cutting down the smokes (harm reduction), together with referrals to medical services for smoking cessation advice (Quit attempts), and enrolment numbers obtained by the Aboriginal Quitline, and Cancer Council to make a Quit attempt during this Roadshow.

We have also received positive feedback from Aboriginal Affairs Tamworth (who will be joining the Roadshow at Lions Park) who said "We have heard lots of great success stories from around the State so far, with give aways, entertainment, and surprise guests. So spread the word, and bring along your colleagues, clients, students, friends and family for a great day."

This report will be updated at the end of the Roadshow after all data, statistics and sentiments, have been collated from the supporters and the TS&HL teams.

Please direct all enquiries to Darren Ah see (CEO WACHS) Email: [darrena@wachs.net.au](mailto:darrena@wachs.net.au)

Regards from the TS&HL Teams

---

*Geoffrey Du Toit*

**Regional Marketing & Events Coordinator  
Central West & Far West-New South Wales**

## Eye Health

So far for the 2013 – 2014 financial year eye health stats are as follows:

**Total of clients seen 1242**

Males – 527

Females – 715

Aboriginal – 1181

Glasses dispensed – 841

Diabetics seen – 155

Clients referred – 119 .....23 with Diabetic Retinopathy – 29 with cataracts – 26 with glaucoma – 41 for other problems such as trauma, retina problems, macular problems.

The demand for eye health in outreach communities has grown twofold this year, especially in the schools and colleges.

For the year of 2014 we have done 9 clinic in schools and colleges with 6 more book up until the end of this financial year – we are proud to think that we are making a difference to the lives of our young people by checking their vision and supplying spectacles if they need them and thus doing our part for helping to close the gap.

I have been asked to do some Cultural Awareness training to 5th year Optometry students at the UNSW this weekend (18th May 2014) in partnership with Brien Holden Vision Institute.

I will also be training Regional Eye Health Coordinators from all over the nation at a 3 day eye health training session in Melbourne next month this is also in conjunction with the BHVI.

The eye health section of the roadshow was a great success with all our resources exhausted, thank you to all who attended roadshow last week and I'm glad I was given the opportunity to participate with this great event.

---

*Pauline Wicks*

**Regional Eye Health Coordinator**

## Australian Nurse Family Partnership Program

ANFPP staff supported “Closing the Gap Day” by attending several community events one of which was Gilgandra.

On Thursday 20th March 2014, WACHS ANFPP attended the Closing the Gap Day at Gilgandra in partnership with Medicare Local, Local Health Service, Gilgandra Community Health, Centacare, Mission Australia, Aboriginal Land Council, Barnardos, Gilgandra Youth Service, Gilgandra Library, Community Care/Community Transport, Dental Services, Ovarian Cancer Support Group, Hear our Heart Project, NSW Country Rugby League, Local Aboriginal Police Liaison Officer & NSW Police. ANFPP promoted their service with brochures and promotional items as well as engaging the children from the 3 schools and preschool in Gilgandra by providing an art-canvas activity of the rainbow serpent. The children were asked to place their fingerprint on one of the 4 rainbow serpents in a colour of their choice, once completed the rainbow serpents will be presented back to the Gilgandra Public School, High School, Catholic School and the Preschool on behalf of WACHS ANFPP. ALL 3 Staff (Nichole Callan, Emma Ramsay, Francie Ahsee- ACTT staff member) thoroughly enjoyed the day networking and promoting WACHS with other services and also engaging with the local children.

*Patricia Bullen*

**Acting Nurse Supervisor  
Australian Nurse Family Partnership Program  
Wellington Aboriginal Corporation Health Service  
Mobile: 0402 084 835**







## Clinic Newsletter

---

Time has flown since the last newsletter and the clinic and reception staff have been busier than ever. You may have noticed that some of the clinic times are blocked out for a portion of some days of the week making it necessary for patients to ensure they book an appointment rather than just drop in as they have in the past. This has been necessary so that nursing staff can concentrate on assisting the GPs to provide more comprehensive chronic disease care to all of WACHs clients.

We have been pleased to welcome our two new medical students Yasith and Malik who have fitted right in and have been learning all about what it means to provide holistic health care in a small rural community. They have also been involved in our roadshow.

We have given out over 400 flu vaccines over the last few months, if you haven't had yours yet please come in and speak to reception staff about organising to do so.

Just a reminder to all our patients that if you moved house or changed phone numbers it is important to come and let us know so that we can update your details on our system.

Please come in and ask about booking in for your Annual Health Check

---

*Anita Dwyer*

**Administrative Practice Manager**

## Indigenous Parents Support Service

In April Fallon and I joined in with Maree Thomas from Communities for Children and many other services to put on a very successful 'Happy Hoppy Healthy Easter Fun Day' in Cameron Park on Tuesday 8th. At eight stalls, parents and grandparents were able to get information about health questions for their children and themselves: Immunisation, dental care, what to do if you are concerned there is something wrong with your child and much more. There were also activities for children, a jumping castle, BBQ and a visit from the Easter bunny.

Every fortnight on Fridays at Wellington Public School Preschool we have a regular activity: The Mums To Mentors Group for Aboriginal children and their parents. Mums To Mentors is also a partnership with Maree and supported by Wellington Public School. For the Mums the group is all about skill development and supporting each other as parents. For the children there are educational play activities. This year the Mums have been to HardNox for fitness and health, talked with a guest speaker from Legal Aid about family law issues, and had fun doing craft activities. Several group members have gone on to complete training in first aid, RSA and RSG. Go girls Go!

New group members are very welcome – drop in for a visit. Ring Jenny or Fallon on 6845 3545 for more information.

We also help families one to one with many issues including housing problems. For Aboriginal families a very good service is the Western Aboriginal Tenants Advice and Advocacy Service (WATAAS). WATAAS is in Dubbo at 201 Brisbane St, but will outreach to Wellington. Contact WATAAS with your housing questions on 6884 0969.

---

*Jenny Slack-Smith*

**Co-ordinator IPSS**

## ACTT

ACTT is continuing offering families Speech Pathology, Occupational Therapy and Social Work. Our Aboriginal Health Workers, Francie and Kiarna are here to help families work out what services their kids would benefit from, screen kids to see their strengths and areas of need and help support families with access to health services. ACTT have enjoyed participating in the Tackling Smoking Roadshow and seeing the big smiles on all the kids' faces when they got to meet the ambassadors for the roadshow. We are looking forward to a busy couple of months ahead with programs running at Allira and Buninyong Preschools. The new staff on the team include; Damien Roberts - Therapy Aide, Kiarna Daley - Aboriginal Health Assistant, Emma Necus - Speech Pathologist and Lisa Hall - Speech Pathologist along with the return of Nadine Rowe - Social Worker. It is great to see our team growing and servicing more families.



---

*Lindsey Stuart*

**Acting Team Leader & Speech Pathologist  
ACTT**



28 Maxwell Street, PO Box 236  
Wellington NSW 2820

**Phone:** (02) 6845 3545

**Fax:** (02) 6845 2656

**Email:** [enquiries@wachs.net.au](mailto:enquiries@wachs.net.au)

**[www.wachs.net.au](http://www.wachs.net.au)**