

WELLINGTON ABORIGINAL CORPORATION  
HEALTH SERVICE



**Winter Newsletter**

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

## Clinic News

We have had a large number of clients come to WACHS to have their Influenza immunization. Fluvax clinics began in April and were held on Tuesday and Thursday afternoons from 2 to 4pm. During this time reception, clinic and doctors were kept very busy and to date over 500 Influenza vaccines have been given. The clinic also encouraged everyone to be aware of their pneumococcal immunization status. We are able to provide this as needed. WACHS clinic can still provide influenza vaccination for those who have not yet been immunized. The WACHS staff immunization program was successful by ensuring that as many staff as possible had their influenza immunization.

WACHS clinic marked 10 years of the Close the Gap campaign on 18th March 2016. Staff made the front page of the local newspaper. For Close the Gap day there was fruit and water in front reception area for clients. A pledge to sign and also Red, Black and Yellow hands where names were written on, then displayed in front reception area. This day provided an opportunity for WACHS to portray a positive message about a very important issue. Close the gap day was an important day of awareness and provided an opportunity to encourage people to come in for their health checks or see a GP even when they feel well. Below is the link to the newspaper article;

<http://www.wellingtontimes.com.au/story/3796762/wellington-unites-to-close-the-gap/>

### Accreditation

WACHS is pleased to hear we have passed Accreditation and now are officially accredited for the next 3 years, well done to all Staff.



### Doctors

Dr Bijay Pandey – full time GP

### GP Registrars

Dr Biswa Dutta – Full time

Dr Caroline Ivey – Monday, Tuesday & Thursday,

Dr Yuanying Peng – Tuesday to Friday

Dr Kayalvily Useelanathan – Full time

WACHS clinic continues to grow to meet the health care needs of the community. More clinical spaces have been made available to accommodate our GP's and visiting specialist services. We are also constantly reviewing our current and visiting services to ensure we can provide the highest level of care. Entry to WACHS through reception provides a warm welcoming atmosphere. The aim is for people to feel comfortable coming to WACHS to see their GP or other services. Feedback is encouraged, there is a feedback and reception box available in the reception waiting room.

### Visiting Services

Visiting medical services include respiratory physician Dr Michael Dally and physician Dr Read. We also have the facility to access telehealth specialist consults. Regular Health clinics at WACHS include Women's Health, Sexual Health and Eye Health. Allied health services include Dietitian, Diabetic Educator, and Pharmacist.

Collette Mills provides psychology services to WACHS and she is here every Tuesday and every second Thursday. Our Podiatrist Sam (Sreenathudu Arshanapalli) visits WACHS weekly.

## Integrated Care



It's been a busy first half of the year for Integrated Care starting off with the launch of integrated care site video.

This can be found at: <http://www.wnswintegratedcare.com.au/wellingtons-video/>

Also in partnership with the LHD we have been able to develop some culturally appropriate promotional posters and flyers that feature WACHS staff who work within the integrated model and program.

Integrated Care has been focusing on working closely with clients that need that extra support to get to appointments and helping patients realise the importance of looking after their health now to reduce complications later in life.

Chloe our Integrated Care Support Worker has commenced training as an Aboriginal Health Worker Certificate 3 at the Health College in Sydney and will be finished at the end of the year.

We currently have 51 active patients of the Integrated Care Program and will increase this slowly as these patients become more confident in managing their health with minimal support.

We also held a program information day about integrated care in May. Other local service providers came along and talked about how we can work together to provide support and empower patients and families to stay well and prevent unplanned hospital presentations.



We are currently working on trying to improve patient recall processes as well as streamlining patient presentations to WACHS services. Integrated Care is not just a program it is a change in the culture and model of care we work under.



## Tackling Indigenous Smoking Team

The Tackling Indigenous Smoking team have been running numerous school sessions as well as community events including the very successful Quit B Fit Tour.

Our school sessions involve running an 8 week program in partnership with Deadly Choices. Over the 8 week period we cover topics such as Smoking, Leadership, Nutrition, Substance Abuse, Healthy Relationships, physical Activity and chronic Disease. The Education sessions are designed to create awareness for indigenous youth about health and lifestyle choices that have a major impact on the life expectancy differences between indigenous and non indigenous Australians.

The Schools and colleges we have worked with so far this year are; Delroy High, South High, Senior College, Goodooga, Western College, Gilgandra High & Orana Juvenile Justice. At completion of these programs all students received a Deadly Choices shirt.

By working with the Clontarf Boys in all three Dubbo High schools we have joined up with Dubbo Regional Aboriginal Health Service (DRAHS) and started our first of three full day health pit stops which include the students getting a health check on campus. Once completed all three schools over the three days we will have completed close to 300 health checks.

Very recently we have completed our Quit B Fit Tour. The aim of the tour was to educate the community around the effects of tobacco and to prevent our youth from taking it up. This year we were very lucky to have Shannon Noll and Street Warriors along with Brad Tighe and DJ Encore to perform and spread the message as our ambassadors.

To start our week long tour we headed to Wellington for our launch on Monday the 30/05/16 with close to 500 community and school students attending on the day. We were also lucky enough to have many services working in partnership with us on the day to take a holistic approach to Aboriginal Health in general. TIS would like to thank the following services who attended our launch in Wellington: Opportunity

Hub, AES, NRL(Country Rugby League), Neami Mental Health, Healthy 4 Life (WACHS), SEWB (WACHS), Headspace, Marathon Health Western LHD, Maayu Mali Drug & Alcohol, Mission Australia, Uniting Care burnside, Warruwi Gambling Help NSW, Mid Lachlan Housing, Thikkabilla Vibrations, Health Promotion, Barnardos, Intergrated Care( WACHS), ANFPP (WACHS).

Tuesday we attended Gilgandra High School which saw a huge turnout of over 300 students both from Gilgandra High and Gilgandra Public schools. We kicked it off with an introduction from our TIS Team and a yarn about the health effects tobacco has on our people and to send a strong message to our youth about not taking up smoking and to live a healthy life. Shannon Noll then spread our message before performing a few songs followed by Street Warriors and DJ Encore. We were also lucky enough to have the following services attend on the day: Warruwi Gambling Help NSW, Headspace, Western NSW LHD, Maayu Mali Drug & Alcohol and the Aboriginal Employment Strategy Dubbo.

Wednesday we arrived at Moree where we had a great turnout of services, with a good number of school kids and community rolling up on the day. The day was tied into the Moree Family Fun Day and reconciliation week. We had performances from Street Warriors and Shannon Noll and the community had time to interact with the service providers. I would like to thank the following services who attended and also a big thanks to Chris Binge and Pius X for all the work on the ground. Services involved were Pius X, Maayu Mali Drug & Alcohol, Hunter New England Health, New England NW Family Referral, Community Links, Northcott, Moree Family Support and Centacare and all the services that were a part of the Family Fun day and reconciliation week.

To end our tour we finished up in Bourke on the Thursday which had small numbers due to weather and a funeral on that day. We were glad to see Bourke Public school make the effort to show up considering the weather. We would like to thank Mid Lachlan

Housing, Western NSW LHD and Bourke AMS for also braving the weather on the day.

Thankyou to all involved and we look forward to working with you all in the near future.



## The Aboriginal Children's Therapy Team

The Aboriginal Children's Therapy Team (ACTT) continues to service Aboriginal Children that live in Dubbo aged birth to eight years for Allied Health Services. Our Team is made up of Aboriginal Health Workers, Speech Pathologists, Occupational Therapists, A Therapy Aide, Administration and a Team Leader. We also work in partnership with an external Psychologist.

### Our Clients

We currently have 130 children accessing the service. Many of these children require assistance with more than one health professional. Over 30% of our clients access more than one of our services. This financial year to date we have offered 407 Therapy sessions with a 77% attendance rate. Below is a graph of referral needs.



### Our Networks

This year we have continued to work closely with other agencies to assist in the holistic care of our clients such as case management with Uniting, Family and Community Services and Schools. Some of our networking meetings help us to upskill and improve the professional knowledge of our staff. We attend monthly meetings with The Dubbo Early Years



Group and The Paediatric Allied Health Network. We will be hosting this meeting in July. As part of our commitment to Dubbo Early Years we will be hosting a Mini Olympics for all the preschools and Day Dare Centres in Dubbo to celebrate The National Aboriginal and Torres Straight Islander Children's Day in August. In September we will be hosting two Speech Pathology Students from the University of Sydney to complete a regional and indigenous placement.

### Our Community

During March we celebrated Close The Gap Day in Partnership with Buninyong SACC and the Walkabout Elders Group. Every week we run school readiness groups with Aboriginal Health Workers, Speech Pathologists, Occupational Therapists and our Therapy Aide at Buninyong Preschool and Allira Preschool. In February these children were screened for speech, language and motor milestones which help us design activities and groups that can help them reach age appropriate goals by the end of the year. In March we completed speech sound screening of kindergarten children at Dubbo West Infants in a joint project with Dubbo Community Health Centre.



## Social & Emotional Well Being Team

### Staffing

The SEWB Team have welcomed Jennah Dungay to the Child & Family Support Worker position within the SEWB Team.

### Weaving The Net

Weaving the Net has been delivered in Wellington by the Education Centre Against Violence in partnership with Su Lousick and Loretta Stanley.

Weaving the Net is a community development program that aims to provide community members with accurate information about child sexual abuse, child abuse and family violence.

Non-Aboriginal and Aboriginal agencies in the local area were invited to participate so that they can assist in providing services to the community. The involvement of community members and service providers is integral to the success of the program.

The program has seen much success with as many as 47 participants attending one of the sessions from community members, Aboriginal organisations and Non Government organisations.

Topics covered in these community sessions include:

- Physical and Emotional Neglect of Children
- Understanding Child Sexual Assault
- Keeping Our Mob Safe

If you would like further information please call SEWB Team on 6845 2565.

### Programs

The SEWB Team work in partnership with Communities for Children in delivering the following programs:

- Mums to mentors held every 2nd Friday at Aboriginal Lands Council (during school terms)
- Brother Talk held every Wednesday afternoon (during school term) for Years 3 – 6 boys.

The SEWB Team also provide a girls group on a Tuesday afternoon from years 3 – 6 held at WINS office from 3.15-4.30pm during school terms.

The SEWB Team are also delivering a girls program to year 7 and year 8 Aboriginal girls which covers the following topics: Bullying/Healthy Relationships, Self respect, hygiene/grooming, careers/budgeting, sexual health and maintaining your health.

If anyone is interested in any of these groups please contact the SEWB Team on 6845 2565 to discuss.



## The Australian Nurse Family Partnership Program



We are currently commencing the recruitment process for Nurse Home Visitors and by the next newsletter we will be able to introduce new staff members. This comes at a time when there are a number of materials and processes being reviewed at a National level, and presents an exciting time for the ANFPP team at WACHS.

The WACHS ANFPP team participated in the Accreditation process that WACHS underwent in February this year. A feature of the ANFPP is the strong commitment to Continuous Quality Improvement, which was able to be showcased to the Accreditors. The focus on data collection, production of quarterly Fidelity Reports, and the Annual Data Report, as well as the implementation of Quality Improvement visits by the National Program Centre, enabled the Team to meet all requirements of the accreditation process.

We held our annual Christmas party and Graduation in December at Kidzoo, attended by current and graduated clients. 29 clients graduated from the ANFPP in 2015. All in attendance enjoyed the opportunity to catch up, and celebrate the achievements of the year. Lorna from Buninyong SACC also held a music and movement session at the party,

with a number of Mums and children showing off their dance moves, and most of all, having fun.

Em and Teena were able to attend the Close The Gap morning tea held by Buninyong SACC, along with members of the ACTT team. We came together with community members and staff from other services to celebrate the achievements made to Close the Gap between Indigenous and non-Indigenous health outcomes, and recognise that more work is needed. The ANFPP is funded by the Australian Government as a Close The Gap intervention aimed towards breaking the cycle of disadvantage in early childhood, by improving prenatal health, child health and development, and parenting skills. This will have ongoing effects throughout childhood and into adult life.

In May the WACHS ANFPP team hosted the annual Community of Practice event, and Data Workshop. This involved staff from the other ANFPP sites, the Federal Government, the ANFPP Leadership Group, and the National Program Centre, coming together to share information and ideas. This was also an opportunity to meet the staff of the new ANFPP sites, at the Insititute for Urban Indigenous Health, in Brisbane, and NT Health, which will cover

a number of remote communities in the Top End. Held at Taronga Western Plains Zoo, attendees were treated to a Welcome to Country performed by Lewis Burns, and a dance performance by students from Wellington High School. Members of the National Program Centre, CEO's from other sites, and guest of honor Debbie Sheehan were also hosted by Darren and members of the Board for a meeting and afternoon tea at the WACHS main building.

Recently Sarah and Darlene attended Feltman training, learning about use of a tool developed to provide education to the Aboriginal community about diabetes. As a result of attending this training, they received a Feltman to use with our clients, but excitingly we will also receive a Feltmum. It is exciting to have the opportunity to gain new resources to use with our clients.

The ANFPP team have been involved in the "Stay Strong and Healthy – It's Worth It" Project, in Dubbo. This is a NSW initiative aimed at increasing awareness and reducing the incidence of Foetal Alcohol Spectrum Disorder (FASD) in the Aboriginal community. In Dubbo, the project involved a health professionals information event, and a community event held at the Buninyong SACC. Both events were well attended, with participants learning that no alcohol consumption is safest for those planning a baby or having unprotected sex, and that FASD is an irreversible brain injury. While the more severe form, Foetal Alcohol Syndrome, can be detected by physical characteristics, milder forms of FASD are unable to be detected until the child develops speech, behavioural, or learning difficulties. More information regarding the Program, ordering resources, and viewing the videos, can be found at:

[yourroom.com.au/stay-strong-and-healthy-its-worth-it](http://yourroom.com.au/stay-strong-and-healthy-its-worth-it).



## Healthy for Life

The Healthy for Life program continued to be busy for the first 6 months of 2016.

The final visit from the School of Health Sciences, Oral Health Discipline Faculty of Health and Medicine Newcastle University was on the 3rd February 2016 to follow up with children on the Smiles not Tears program.

The Healthy for life team welcomed Susanna Hope in the position of Dietitian for a 6 month period commencing March 2016.

The Maternal & Child Health Nurse and Team Leader supported the Hearing Bus, conducting hearing screening at Wellington Public School on 16th March.

Health checks were attended at WACHS and at various locations including:

- Nanima Preschool-17th March
- DET Preschool-29th March/7th April

Close the Gap day was celebrated on 17th March, with a health information stall at WACHS including hand pledges from staff and the community committing to closing the gap

The Sexual Health and Youth Worker supported Sexual Health activities during Youth Week events which were held throughout April, including a Youth disco on 8th April, Dubbo Roar on 9th April, Hump day on 13th April and Skate Park on 14th April.

The car seat project was completed on April 16 with final give away of car seats.

The Healthy for Life team supported the Integrated Care Information Day on 12th May and also the Quit B Fit Launch 30th May at Pioneer Park with health promotion activities around chronic disease.

AHW obtained provider number as an Aboriginal and Torres Strait Islander Health Practitioner

### Training

CPR training attended 4th April

Sexual Health/Youth worker Diploma of Counselling Course completed April 2016 and commenced Certificate 1V Primary Health Care /Sexual Health in May

AHW will complete Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care Practice June 2016

The Regional Eye Health Coordinator continues to provide eye clinics at WACHS and regional towns in NSW. She also supports regional towns in conducting eye clinics and is currently undergoing training in Certificate 3 in Primary Health Care and Skills Set training for Eye Health Coordinators.



## Maayu Mali Residential Rehabilitation Service



### Our Clients

The number of enquiries has grown considerably since our doors have opened, with a large amount of interest shown from around the state and south east Queensland, which is good to see.

Residents coming into the centre have fluctuated in this time, but our success is driven by the number of residents that have fully completed the program and are presently being maintained within their homes and communities. Our aftercare program and follow up by staff and other service providers with the resident's community is working well.

Over the next 12 months we hope that our resident numbers grow as the interest in our service grows.

### Our Networks

Since opening our doors we have gradually built up our networks with other agencies and support

services in the drug, alcohol and health sector throughout the local area. We are now in the process of expanding across the state and into south east Queensland.

We have forged a relationship with the local Aboriginal Medical Centre; PiusX, and have an MOU between MARRS, WACHS and Pius X and this is growing particularly as it relates to client health needs and support during a resident's stay at our centre. The partnership with St Vincent de Paul has been invaluable with the support and experience provided by David Kelly; Senior Operations Manager, and Lisa O'Brien; Drug and Alcohol Operations Manager. This has allowed us to build a robust and culturally safe environment for residents and staff.

This past week, Chris Binge; Manager, was invited to be a part of the WACHS Quit B Fit Tour, which travelled from Wellington, Gilgandra, Moree and Bourke to promote and enhance our service within

other communities, health services and service providers. This exercise was very successful and MARRS management would like to thank the Quit B Fit crew, Darren Ah See; WACHS CEO and Janet Curran; Manager HR & Special Projects for providing us with this opportunity.

### Community

Providing this crucial service, not only to the Moree community, but communities across the state has received positive feedback from service providers, community members and more importantly clients. This feedback has been positive and encouraging.

The community feedback regarding the cultural appropriateness of our general day to day program for residents has been overwhelming and the commitment by staff to maintain these standards is very strong.

Over the coming months, we are looking to continue promoting our service across the state and up into south east Queensland, which will hopefully provide a more greater flow of residents and create a wider community awareness that benefits our overall service delivery.

### Good News

Great news for our service and clients is that the Department of Prime Minister & Cabinet have announced that they are providing a further 3 years funding for this program. This will allow our service to grow and allow us to reach and provide help to those individuals in need.







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