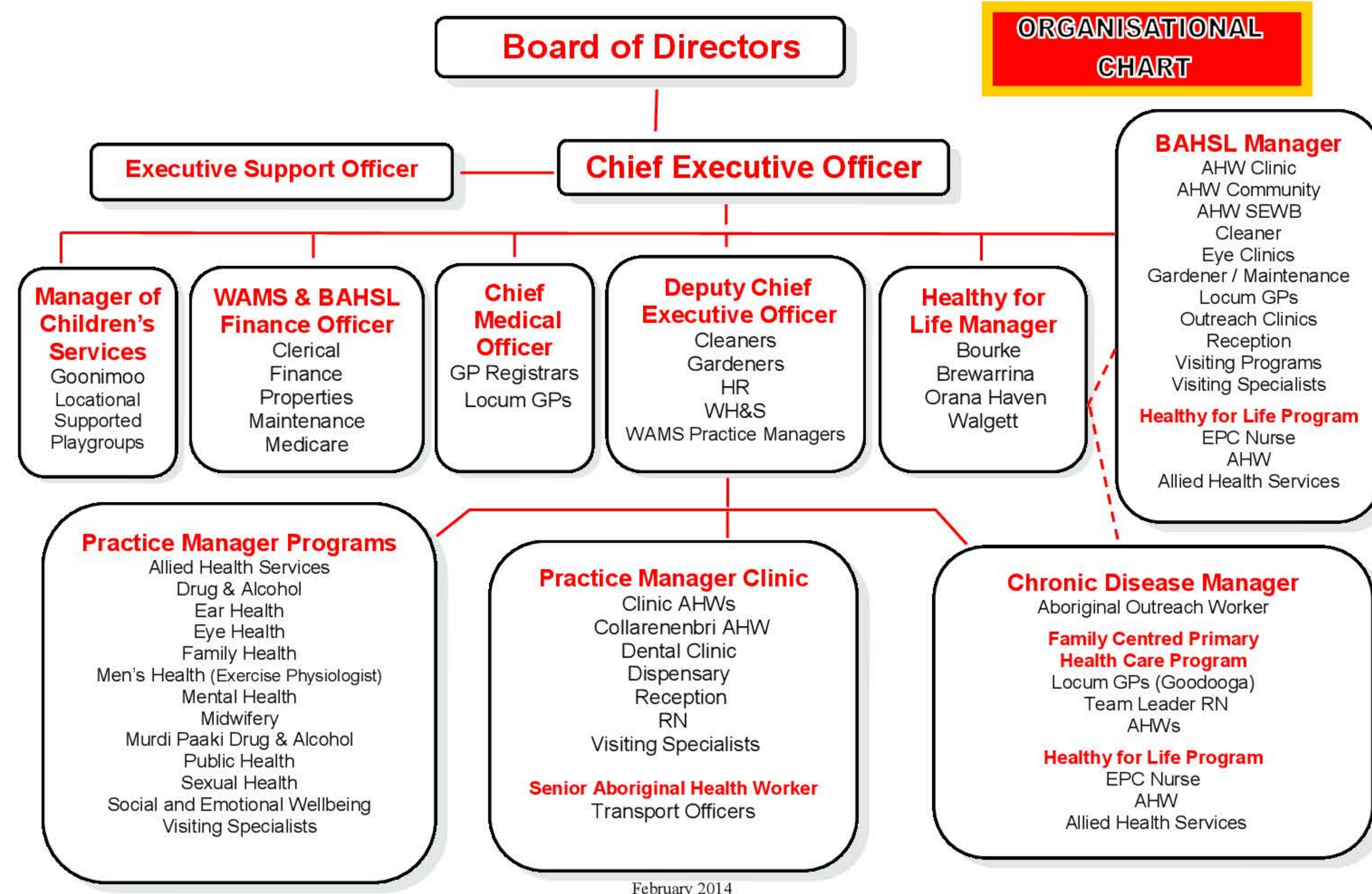


WALGETT ABORIGINAL MEDICAL SERVICE CO-OPERATIVE LIMITED



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WAMS

Walgett Aboriginal Medical Service Co-Operative Ltd

"for the community - by the community"



Autumn/Winter 2014

Welcome to the latest edition of our Newsletter.

We want your stories for future newsletters!

Stories can be up to 200 words and might be about your service, your project, coming events, conference reports or anything else to do with Aboriginal health and community programs within the Walgett Shire. Photos would also be great. You can email your story to walgettams@bigpond.com or drop into the WAMS reception.

Clinic Capers

Reception

Staff ensure that patient flow runs smoothly and the client is seen by their GP, Allied Health worker or other clinician within a reasonable time frame. WAMS patient load over the past two to three years has increased significantly therefore the demand on our Reception staff has also amplified. Our staff are appropriately trained and qualified to deal with all types of situations they may encounter on a daily basis.

Clinic Aboriginal Health Worker (AHW)

Staff see a steady stream of clients, providing them with opportunistic health screening, basic diagnostic testing, simple and complex dressings plus a host of other varied duties required in the clinic.

Collarenebri Aboriginal Health Worker (CAHW)

This role is diverse with the CAHW working three days in Collarenebri at the local Health Service and around the community and two days in Walgett where training is received to enhance skills in a multitude of areas.

Dispensary - Senior Aboriginal Health Worker (SAHW)

The SAHW is responsible for the ordering, dispensing and disposing of expired medication. This role also manages the transport team ensuring patients are delivered to their specialist appointments safely and on time.

Dental Team

The team work with many returning Locums who enjoy the outback experience of working in a rural and remote setting. The team also engage in outreach work, the tooth brushing program at the Primary School, attend educational sessions at the pre-schools and work on any promotional activities at community level. WAMS is pleased to have secured the services of a regular Dental Therapist.

Doctors

The increase of General Practitioners is a welcoming sight for our business. It is pleasing to see the return of Doctors over several years and are now a familiar and friendly face for clients and staff.

Clinic Practice Manager (CPM)

CPM role is to assist, mentor and manage the Clinic team on the day to day operations of the organisation and to liaise with other local agencies to ensure a smooth affiliation is maintained in the delivery of best health practices.

Jessie Richardson, Registered Nurse
Clinic Practice Manager

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OPENING HOURS

WAMS is open between 9.00am and 5.00pm Monday to Friday.
The clinic closes between 1.00pm and 2.00pm for lunch.

OUR SERVICES

ALL SERVICES AND PROGRAMS ARE LINKED WITH EACH OTHER TO
CONSOLIDATE SERVICES TO INDIVIDUALS, FAMILIES AND COMMUNITIES.



SUPPORT US

WAMS is a non-profit organisation which relies upon public support from individuals, community groups, corporations, trusts and foundations as well as government funding to continue to improve the health and well-being of our clients and community.

There are countless ways you can help WAMS. The choice is yours.

Here are some ideas to get you started:

- Make a donation
- Arrange a fundraiser
- Leave a bequest
- Remember someone by making an in-memoriam gift
- Mark a significant occasion by making a celebratory gift

If you would like further information on how you can help please contact WAMS on phone (02) 6820 3777, fax (02) 6828 1201 or website www.walgettams.com.au

Are you a MEMBER of the WALGETT ABORIGINAL MEDICAL SERVICE (WAMS)?

If not, why not join today? We are here for all members of the community. As a MEMBER you have the right to vote at the Annual General Meeting to elect the Board of Directors for the year. The Board of Directors is the controlling body of WAMS.

As a MEMBER you can help us to provide the types of services needed in our community. Our aim is to service all of the community. We would like to encourage all of the community to be members.

Cost of membership is \$3.30 per person.

Beef and Vegetable Pie

This recipe has been taken from Annette Sym's *Symply Too Good To Be True* range of Diabetes Australia endorsed cookbooks. To purchase a copy, call Diabetes Australia on 1300 136 588. This classic beef and vegetable pie is sure to be a hit with the entire family. For a variation, the beef mince can be swapped for either lean chicken or lamb mince.

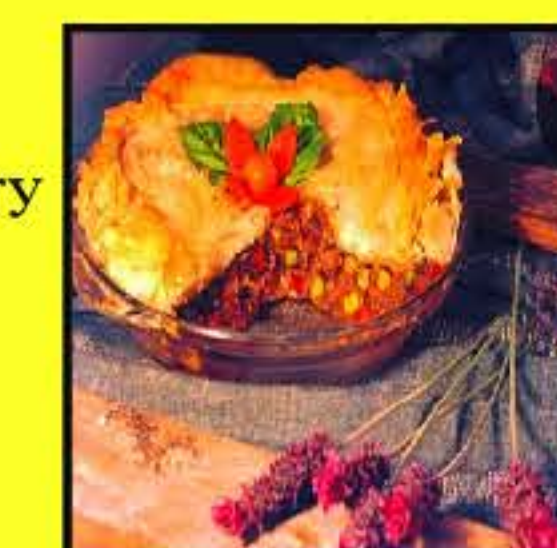
Serves 6.

Ingredients

500g very lean mince
cooking spray
1 cup each onion diced, carrot grated, zucchini grated
1 cup frozen peas
1 cup frozen corn kernels
2 teaspoons salt-reduced vegetable stock powder (Massel®)
2 cups hot water
1 tablespoon tomato sauce
1 teaspoon Worcestershire sauce
3 tablespoons (Gravox®)
Lite Supreme
¼ cup water
pepper to taste
7 sheets filo pastry

Method

To make filling: Brown mince in non-stick fry pan that has been coated with cooking spray. Drain and set aside. In the same saucepan spray again then sauté onion for 2 minutes stirring constantly. Add carrots, zucchini, peas and corn to pot, cook a further 2 minutes, stirring well. Blend stock powder in hot water, add to pot, bring to boil, simmer covered for 5 minutes. Stir in tomato and Worcestershire sauce. Mix gravy powder with ¼ cup water, stir quickly in top to avoid lumps. Add mince, stir well. Pepper to taste. Leave to cool.
Preheat oven 200 C fan forced.
To assemble pie: Coat a 20cm pie dish with cooking spray. Fold out filo pastry sheets, cut each sheet in half (8 for base, 6 for top). Layer a pie dish with 8 cut sheets of pastry, in a rotating fashion, spraying with cooking spray between each sheet. Spoon mince mixture on top of layered pastry. With remaining sheets, repeat layering process, crinkle edges together, spray with cooking spray. Cut a small slit in top of pastry. Cook 30-35 minutes or until golden brown. Serve immediately as pastry will soften when left. To crisp again either place back in oven or under grill.



Nutritional information per serving - Fat 6.8 g, saturated fat 2.5 g, fibre 4.5 g, protein 21.9 g, carbohydrates 20.2 g, sugar 5.1g, sodium 248 mg, kilojoules 962, GI rating - medium.

Chronic Diseases

Aboriginal Outreach Worker

The Worker assists clients with their health program by defining their needs, identifying gaps and making recommendations to improve their access to health care services.

Healthy for Life

The Healthy for Life AHW is joined by an exercise physiologist / dietician (EP/D) and they will be running Children's Health Checks on the following dates:

May	26 to 30	- High School
August	18 to 22	- Primary School

The EP/D will also conduct chronic disease diet clinics two days per week for one-on-one consultations as well as working with the Men's Health exercise physiologist in community programs.

Family Centred Primary Health Care (FCPHC) Program

A female AHW has joined the team, assisting the Team Leader and male AHW in their fortnightly visits to the outreach clinics of Goodooga and Pilliga where they ably assist the GP.

Allied Health

WAMS has two podiatrists who visit fortnightly, servicing the towns of Pilliga, Goodooga, Brewarrina, Collarenebri and Walgett.

The following specialists visit monthly:

- Cardiologist
- Respiratory
- Dermatologist
- Diabetic Educator

The Gynaecologist / Obstetrician visits bi-monthly.

The Breast Screening Van will be in Walgett from the 18 to 26 June and will be located at the hospital.



Chronic Disease Manager



PROGRAM TEAM

Drug and Alcohol

The Coordinator provides outreach services to Brewarrina, Collarenebri, Goodooga, and Weilmoringal. This position also coordinates visits with a Drug and Alcohol Specialist.

Eye Health

The Worker continues to support clinics in the following communities: Walgett, Collarenebri, Goodooga, Lightning Ridge, Wee Waa, Narrabri and Gunnedah. For appointments call 6820 3729.

Upcoming clinics will be held at;

Walgett	March 19 & 20
	April 7, May 23, June 2
Lightning Ridge	April 8, June 3
Wee Waa	April 9
Narrabri	April 10, June 5
Gunnedah	March 5 & 6, May 8
Collarenebri	March 21
Coonamble	May 21
Pilliga	June 4

Hearing Health

The Worker covers schools in the surrounding area including Walgett, Lightning Ridge and Goodooga, promoting healthy ears and providing school screening. Australian Hearing visit monthly and the Royal Institute for Deaf and Blind visit four to five times a year. For appointments call 6820 3797.

Men's Health

WAMS have contracted an exercise physiologist to encourage staff members and the community to participate in more physical activities in the pursuit of a healthier mind. This person works in conjunction with the Healthy for Life exercise physiologist / dietician to target especially those with a chronic disease.

Staff group Exercise Sessions will be conducted at Apex Park every Tuesday and Thursday nights at 6.30 pm.

Midwifery

Staff from Far West Medicare Local conduct clinics every second Tuesday from 29 Wee Waa St. For appointments call 6820 3777 or 6820 3740

Public Health

The Worker works within the local community promoting healthy lifestyles and supporting local schools and community events. This position also provides song and dance activities when accompanying the Goonimoo team to play sessions. For up coming events please check the WAMS web site.

Sexual Health

For appointments call 0409 609 113.

The Sexual Health RN will conduct weekly clinics every Tuesday at WAMS from 29 Wee Waa St and also an outreach clinic at Coonamble Aboriginal Health Service.

A program is underway to target young people and offer educational programs in all issues relating to sexual health. Activities are being organised for Youth Week in April.

Social and Emotional Wellbeing

Please note that a referral is required for these services. For appointments call 6820 3797.

A Clinical Psychologist provides weekly clinics and a Psychologist visits the second and fourth week of each month on Monday. They both operate from 29 Wee Waa St.

A Counsellor visits WAMS every second week operating from 41 Wee Waa St.

Kylie Gilmore, Practice Manager Programs

Provision of General Practitioners

WAMS anticipate additional permanent doctors joining the team during this year.

We have had a GP registrar during 2013 and are looking forward to bringing more senior registrars with an interest in Aboriginal health to our community.

Once a full complement of doctors are on site, we will be able to cater for a range of services for all our communities including acute care and chronic disease management, outreach services, disease prevention, and wellness education in the Centre for Chronic Disease Prevention and Management.

WAMS shall have a full year of medical students visiting Walgett to experience living and working in a rural community. Hopefully some students will be inspired to become rural doctors of the future.



Prevention of the Flu – flu.gov

Vaccination is the best way to protect yourself from the flu. There are additional steps you can take to keep yourself and your family healthy this flu season.



6 MONTHS+

- Everyone 6 months of age and older should get vaccinated against the flu.

TAKE PRECAUTIONS

- Take everyday precautions, like washing your hands, to protect your health.

ANTIVIRAL MEDICATIONS

- If you are exposed to or caring for someone with the flu, talk to your doctor about preventive antiviral medications.

Goonimoo Grapevine

Goonimoo (Incorporating Goonimoo Mobile Children's Resource Services and Locational Supported Play Groups)

Goonimoo Mobile Children's Service conducts weekly play sessions for children 0-5 years at Euragai Goondi for Mums and Bubs group and Birraleegal Preschool.

Fortnightly sessions are held at Grawin Opal Fields and Collarenebri.

Local farms in the district host sessions by appointment (please call the office if you would like to host a session).

Preschool Sessions are held at Carinda Hall on Thursday between 9am to 3pm. Bookings are essential for this program as we have a limit of 12 children per session.

To escape the sun and heat, sessions are only held outdoors between 9am to 11am.

Activities:	April May	Easter Colouring Competition Mothers Day Children to take part in a range of craft activities during play sessions Walgett Show Display at the Walgett Show for Children aged 0-5 years NAIDOC events held around the Walgett Shire
	July August	Children's Week

School Holidays

April	(Autumn)	18 to 25 April
July	(Winter)	30 June to 11 July

Annette Pascoe
Goonimoo Co-Ordinator

For further information call (02) 6820 3752