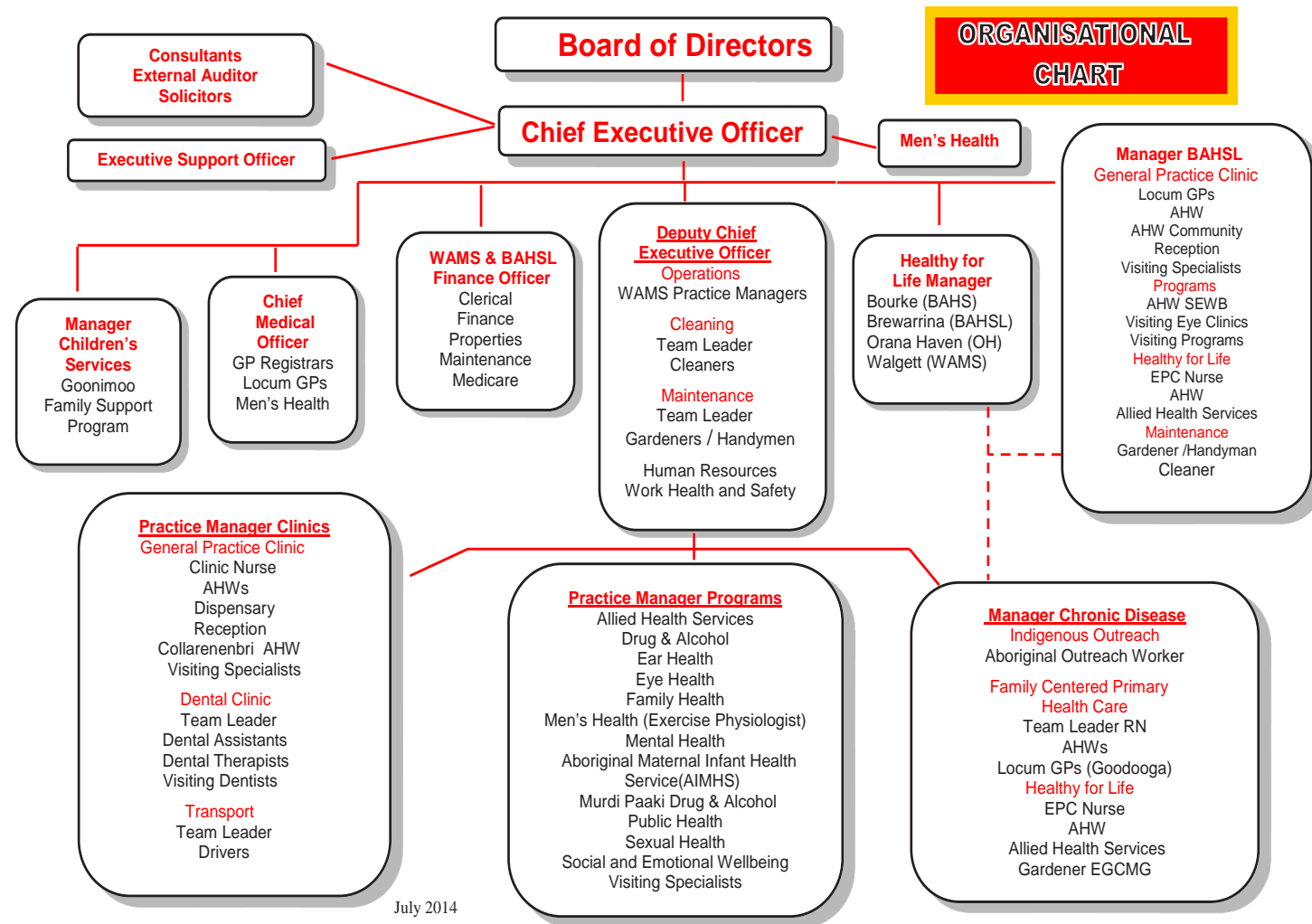


WALGETT ABORIGINAL MEDICAL SERVICE CO-OPERATIVE LIMITED



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WAMS

Walgett Aboriginal Medical Service Co-Operative Ltd

“for the community – by the community”



Autumn / Winter 2015

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

WAMS, from across all disciplines of the service, continue to provide holistic care to the community and districts and supports the delivery of best practice in health care.

Reception

Staff are the main point of contact for patients before they see the health care provider and with an increase of GP activity the work load has increased.

Clinic Team

The GPs are supported by an Aboriginal Health Worker and an Endorsed Enrolled Nurse. The clinic is busy and many of our staff are qualified to deal with various presentations such as diagnostic testing, pathology and many other clinical duties.

Collarenebri Aboriginal Health Worker (CAHW)

Since the appointment of an AHW to this role the ties between WAMS and the Collarenebri Community, along with the Collarenebri Health Service, have strengthened. The CAHW initiates Allied Health services for the Collarenebri community, working three days a week in Collarenebri and two days with WAMS.

Dispensary –

Senior Aboriginal Health Worker (SAHW)

WAMS SAHW is responsible for all ordering of medications for WAMS, and together with other appropriately trained staff, dispenses medication to clients.

Dental Team

Two young local women recently joined the Dental staff, with the team providing administration and clinical support to the Locum Dentists who attend throughout the year and the Dental Therapist who continues to work Monday – Wednesday weekly. The team endeavour to make the patient's visit to the Dentist as smooth as possible by offering a friendly yet professional service.

Doctors

By the joint efforts of the General Practice Consultant, and the Chief Medical Officer, WAMS is able to provide Trainee GPs with the required hours and training to qualify them to become GP Registrars. WAMS will welcome three more Doctors to join their team in the coming months.

Clinic Practice Manager (CPM)

The CPM continues to provide support to the Clinic, Dental, CAHW and other programs within the organisation. The CPM attends various community meetings and holds internal meetings relevant to each area within her portfolio.

**Jessie Richardson, Registered Nurse
Clinic Practice Manager**

HOURS OF OPERATION

WAMS are open between 9.00 am and 5.00 pm every weekday.

Our Doctors and Dentists have lunch between 1.00 pm and 2.00 pm.



SUPPORT US

WAMS is a non-profit organisation which relies on 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 that you can help WAMS. The choice is yours. Here are some ideas to get you started:

1. Make a donation.
2. Arrange a fundraiser.
3. Leave a bequest.
4. Remember someone by making an in-memoriam gift.
5. 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 email walgettams@bigpond.com.

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.
Please enquire at the Reception.

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GP's, Registrars and Medical Students

WAMS is pleased to announce that a senior female GP registrar has joined our ranks, with another two lady doctors to follow during this period.

With a team of four Doctors on site by April, we will be able to cater for a wider range of services for all our communities including acute care, chronic disease management, outreach services, disease prevention, and wellness education in the "Old Clinic" and in "The Taj".

WAMS always welcome medical students from the University of Western Sydney and the John Flynn Scholarship Program. We shall have another full year of students visiting Walgett to experience living and working in a rural community. Hopefully some of those students will be inspired to become rural doctors in the future.

Recruitment Drive

We are now intensifying our recruitment for Aboriginal Health Workers. If ever there was a golden opportunity to start a life-long career here in Walgett - this is it. You are set for life and will always have a job, wherever you go. . Please contact our DCEO on 6820 3777

www.walgettams.com.au

Chronic Disease

Aboriginal Outreach Worker (AOW)

The AOW visits the outlying areas of Namoi and Gingie villages to provide transport, health care access and support for health services.

Healthy for Life (H4L)

The H4L team consists of a Registered Nurse, Aboriginal Health Worker and dual qualified Dietician/ Exercise Physiologist and continues to conduct monthly clinics to provide primary health care to the community through health assessments and care plans for clients with chronic disease. They also conduct annual health checks for men, women and children where clients are referred on for further specialist treatment as required.

Calendar for Health Checks

MARCH	St Joseph's Catholic School	Children	Both	2 - 6, 9 - 13
APRIL	None			
MAY	Walgett Primary School	Children	Both	18 - 22
	Walgett High School	Children	Both	25 - 29
JUNE	Collarenebri	Children	Both	3 & 4
	Pilliga	Children	Both	16
JULY				
AUGUST	Walgett	Men - 18 to 60	Male	18, 19 & 20
SEPTEMBER	Goodooga	Men - 18 to 60	Male	17

Family Centred Primary Health Care (FCPHC) Program

The FCPHC Team conduct regular GP clinics fortnightly at the Goodooga Hospital and Chronic Disease clinics are held as advertised. Vaccination Clinics are held at Walgett, Pilliga and Goodooga. For Childhood and Flu vaccinations please ring 6820 3713 to make an appointment

Community Garden

Water restrictions and snakes have presented major problems but the Community Garden continues to provide fresh fruit and vegetables for members of the community who are elderly or with chronic disease. Winter vegetable planting is underway.

Podiatry

Podiatrists conduct monthly clinics in Collarenebri, Brewarrina, Pilliga and Goodooga and fortnightly clinics in Walgett. A fee applies for this service if no GP Allied Health referral is provided.

Upcoming Clinics are listed on the specialist calendar on the WAMS website.

Visiting Specialists & Allied Health

Dermatology	GP referral required
Cardiology	GP referral required
Respiratory	GP referral required
Diabetes Educator	No referral required
Dietician	GP referral preferred

Jill Murray - Chronic Disease Manager



National / Local Events

March	International Women's Day; World's Greatest Shave; Harmony Day; Seniors Week
April	Easter; Anzac - 100 years; World Health Day; Youth Week; Cornflower Blue (MND)
May	Walgett Show; Heart Week; International Midwives Day; National Mothering Week; International Nurses Day; Australia's Biggest Morning Tea; National Sorry Day; World No Tobacco Day
June	Drug Action Week; International Men's Health Week; Red Nose Day; Reconciliation Week; Bowel Cancer Awareness
July	NAIDOC Week; National Diabetes Week
August	Jeans for Genes Day; Dental Health Week; Hearing Awareness Week; Bulldust to Bitumen



PROGRAM TEAM

Eye Health

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

Social and Emotional Wellbeing

A Clinical Psychologist provides weekly clinics. A Psychologist visits the second and fourth week of each month on Monday. Clients do not require a GP referral to access this service and if you would like further information please contact the Mental Health Worker on 6820 3777.

Men's Health

The Public Health Worker/Exercise Physiologist continues to provide one on one Exercise Sessions at the WAMS Shopfront. Please call 6820 3763 to make an appointment.

The Public Health Worker is currently running a training Program with the Wanderers Rugby League Team

Sexual Health

Clinics for Women's Health and Sexual Health are conducted every Tuesday from the Chronic Disease Building. Please contact WAMS Reception to make an appointment

Weekly Clinics:

Midwifery

WAMS continues to provide weekly Antenatal and Postnatal appointments. Please call Reception on 6820 3777 or WAMS Practice Manager – Programs on 6820 3740. No GP referral is required

Drug and Alcohol

To make an appointment to see the Drug and Alcohol Team please contact 6820 3797

Hearing Health

To make an appointment please contact 6820 3797

Public Health

Community Programs: WAMS Program Team holds a monthly information stall in Fox Street.

Upcoming themes include:

1. Childhood Immunisation in partnership with Early Childhood Staff from RARMS
2. International Midwives Day in partnership with Far West Medicare Local Staff
3. Drug and Alcohol Awareness
4. Mental Health Awareness
5. Eye Health

Kylie Gilmore
Program Practice Manager

Goonimoo Grapevine

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

Goonimoo currently delivers weekly and fortnightly sessions to Coonamble, Goodooga, Pilliga, Collarenebri, Kia-Ora, Lightning Ridge and Farm Groups (Mercadool).

Goonimoo Mobile Children's Service conducts weekly play sessions for children 0-5 years at Euragai Goondi for Mums and Bubs and with the Gomeroi gaaynggal Pregnancy Arts Program. Fortnightly sessions are held at Lightning Ridge and Collarenebri. Local farms in the Walgett and Lightning Ridge district host sessions by appointment. Preschool Sessions are held at Carinda Hall on Thursday between 9am to 3pm for children 12 months to 5 years. (please call 6820 3752 if you would like to host a session).

The Euragai Goondi Early Learning Program is held each Tuesday between 9am and 3pm for children 12 months to 3 years. Bookings are essential for both programs 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 Easter Colouring Competition and Easter Hunt to be held in Grey Park

May 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. This years theme is the Year of the Sheep. Children's entries will be created during the group sessions.

School Holidays: April (Autumn) 2nd April to 20th April 2015
July (Winter) 26th June to 13th July 2015

Children's Service Manager
Annette Pascoe

FLU PREVENTION

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.

