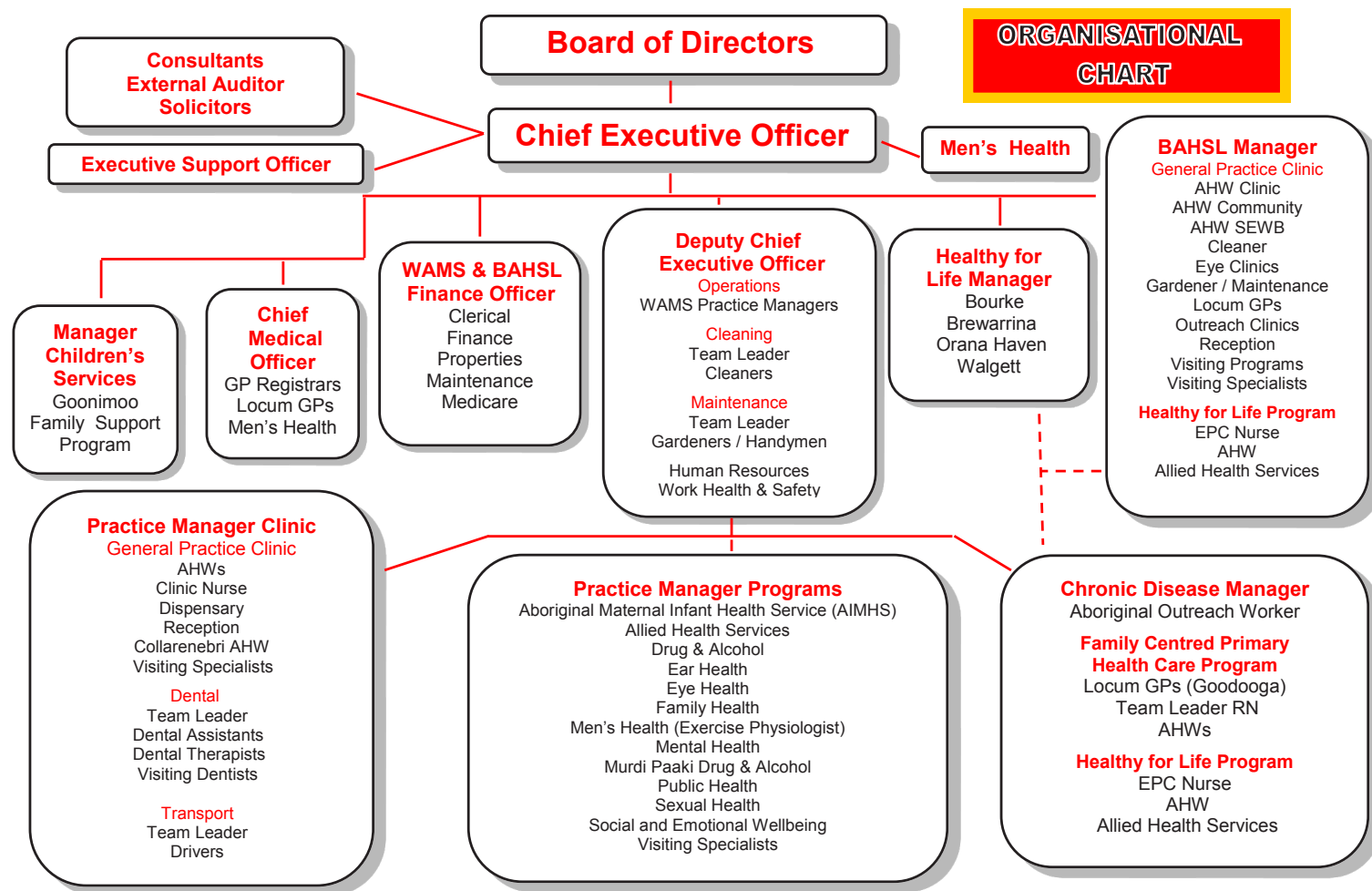


WALGETT ABORIGINAL MEDICAL SERVICE CO-OPERATIVE LIMITED



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WAMS

Walgett Aboriginal Medical Service Ltd

"for the community - by the community"



Spring/Summer 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 strives to provide holistic care to the community and districts and supports the delivery of best practice in health care.

RECEPTION:

Staff liaise with other health services and organisations regarding all aspects of patient care.

DISPENSARY UNIT:

The Senior Aboriginal Health Worker (SAHW) orders and restocks medications plus coordinates patient transport trips locally and for their Specialist appointments in regional centres.

TRANSPORT:

Transport is offered to Dubbo on Monday, Wednesday and Friday and is also available for patients to attend local appointments.

CLINIC STAFF:

Increased patient activity keep the staff busy with basic diagnostic testing, observations, dressings and other health related care.

DENTAL:

The Dental Team Leader oversees the running of the Dental Surgery and liaises with the Dental consultant who recruits Dentists. WAMS employed a full time Dentist, Dr Suman Kavooru, who works Monday to Wednesday.

DOCTORS:

The Chief Medical Officer (CMO) Dr. Martin Jodlowski-Tan and WAMS GP Consultant, Dr. Karin Jodlowski-Tan, are responsible for engaging trainee GP's who are mentored on site at WAMS.

COLLARENEBRI:

The AHW works two days in Walgett and three days in Collarenebri where she assists with maintaining visiting services to the community that WAMS support and provide.

MEDICAL STUDENTS:

WAMS host 5th Year Medical Students from John Flynn Placement Program and the University of Western Sydney. The students are provided with a roster for their five week placement, which is designed to give them the maximum exposure for all clinical and non-clinical facets of our organisation.

CLINIC PRACTICE MANAGER:

I network with other Managers within the service to ensure the smooth running of day to day business. The work load is extremely demanding and very busy.

Jessie Richardson
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.

In this issue ...

- Clinic Capers
- Did You Know?
- Chronic Disease
- Health Information
- Program Team
- Goonimoo Grapevine
- Organisational Chart
- Hours of Operation
- Support Us
- WAMS Membership

Did You Know?

Australia was the second country in the world to allow women to vote (New Zealand was first).

Australia has the highest electricity prices in the world.

Per capita, Australians spend more money on gambling than any other nation.

Wombat poop is cube shaped! This helps it mark its territory

Tasmania has the cleanest air in the world.

63% of Australians are overweight.

Australia invented the 'selfie'.

Each year, Brisbane hosts the world championships of cockroach racing.

Reference www.buzzfeed.com/jemimaskelley/facts-about-australia



www.walgettams.com.au

Chronic Disease

Aboriginal Outreach Worker

The AOW assists the community with their health plans and providing transport for appointments.

Healthy for Life

The Community Garden provides fresh fruit and vegetables to patients of WAMS who are elderly and/or patients with chronic disease.

With a referral from your GP, you can meet with the Dietitian who is also qualified as an Exercise Physiologist to discuss a program that is right for you.

Health Checks will be conducted on these dates:

Goodooga	September 23 & 24 September 29 & 30	Male Female
Pilliga	October 13	Male
Collarenebri	October 19 & 20 November 10 & 11	Male Female
Walgett	October 27,28 & 29 November 3, 4 & 5	Male Female



Family Centred Primary Health Care (FCPHC) Program

Regular GP clinics are held fortnightly in Goodooga, monthly in Pilliga and separate Chronic Disease clinics occur monthly at the Chronic Disease Building at WAMS.

Allied Health

Regular GP clinics are held fortnightly in Goodooga, monthly in Pilliga and separate Chronic Disease clinics occur monthly at the Chronic Disease Building at WAMS.

Our visiting allied health and medical specialists provide an excellent service for the local communities:

- Cardiology
- Respiratory
- Dermatology
- Podiatry
- Diabetes Education

An Endocrinology service has commenced and involves the use of Telehealth, which assists clients to speak directly with an Endocrinologist using video conferencing technology.

Jill Murray

Chronic Disease Manager

HEALTH INFORMATION FOR THE SUMMER MONTHS

Swimmer's Ear – Is sometimes referred to as acute otitis media, and children that spend a lot of time in the pool are prone to this. It is not a serious illness but if appropriate treatment is not sought, it can lead to more serious Ear Infections.

Some of the symptoms of swimmer's ear include:

- Pain.
- The pain may be exacerbated by moving the head or pulling at the ear.
- Itchiness.
- Foul-smelling yellow or green pus in the ear canal.
- Reduced hearing.
- Noises inside the ear, such as buzzing or humming.

If your child has any of the above symptoms please see your GP.

How can we prevent Swimmer's Ear:

- Keep your child's ear dry when swimming. Most Pharmacies stock affordable reusable Ear Plugs.
- Never let your child place objects in their ears.

(Reference: www.kidsport.com.au and www.betterhealth.vic.gov.au)

PROGRAM TEAM

Eye Health

The Eye Health Worker supports clinics in the following communities: Walgett, Collarenebri, Goodooga, Lightning Ridge, Wee Waa, Narrabri and Gunnedah. For appointments please call 6820 3730.

Social and Emotional Wellbeing

Clinical Psychologists provide fortnightly services to WAMS working from the Chronic Disease Building and the local Schools. This service is free of charge and appointments can be made by calling 6820 3705 for further information.

A Counsellor provides outreach services to WAMS every second Wednesday. Please call 6820 3740 to ask for further information.

Mental Health

Support for these clinics is provided by the Aboriginal Health Worker - Mental Health. If you would like to see a member of the Social and Emotional Wellbeing Clinic please drop by the Shopfront and staff will assist you.

Weekly Clinics

Midwifery – Weekly Antenatal clinics are held at the Chronic Disease Building. For appointments call 6820 3705. If you are not able to make it to clinic please ask to speak to our Midwife to arrange for a Home Visit.

Drug and Alcohol

The Team provide weekly clinics in Walgett. To make an appointment please call in to the Shopfront or call 6820 3705.

Hearing Health

Monthly Hearing Health Clinics are conducted. To make an appointment please call 6820 3705.

Australian Hearing visit monthly and appointments for this clinic can be made by contacting the Dubbo Office on 6881 2400.

Reproductive Health

Clinics are held every third Thursday of the Month. Please call 6820 3705 to make an appointment..

Kylie Gilmore
Practice Manager

Goonimoo Grapevine

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

Goonimoo Mobile Children's Service continues to provide a quality service to the Walgett community and surrounding areas.

Goonimoo currently delivers weekly and fortnightly sessions to Walgett, Collarenebri, Carinda and Farm Groups.

Family Support Program - Euragai Goondi

The Euragai Goondi site was upgraded to comply with Children Education and Care Services. A nappy change and sleep area was created as well as a turfed and fenced outdoor play area established with a shade-sail installed to comply with Australia Sunsafe Standards.

Weekly Playgroups starting at 10.00am, held at Euragai Goondi.

Monday Parenting Support Program for new mothers with children aged 0 to 2 years.

Tuesday Tuesday Play Group for families with children aged 0 to 5 years.

Wednesday Mums and Bubs – Arts and Crafts Program held in conjunction with Gomeroi Gaaynggal Pregnancy Arts Group.

Friday Friday Play Group for families with children aged 0 to 5 years.

Family Support Program - Playgroups

Thursday Alternate weeks at the Community Halls of both Carinda and Collarenebri
Fortnightly Playgroups starting at 10.00am, held at Carinda and Collarenebri

Community Events and Health Promotions

Goonimoo Mobile Children's service also takes part in community festivals and activities on a regular basis, so as to support the needs of the community.

Upcoming activities: **October** **December** Session times will be held 9am to 11am to escape the heat
Goonimoo Christmas Concert **Photos with Santa**

School Holidays **September** **(Spring)** **21st September 2015 to 6th October 2015**
December **(Summer)** **21st December 2015 to 28th January 2016**

Lynn Rummery
Executive Support Officer

For further information call (02) 6820 3752