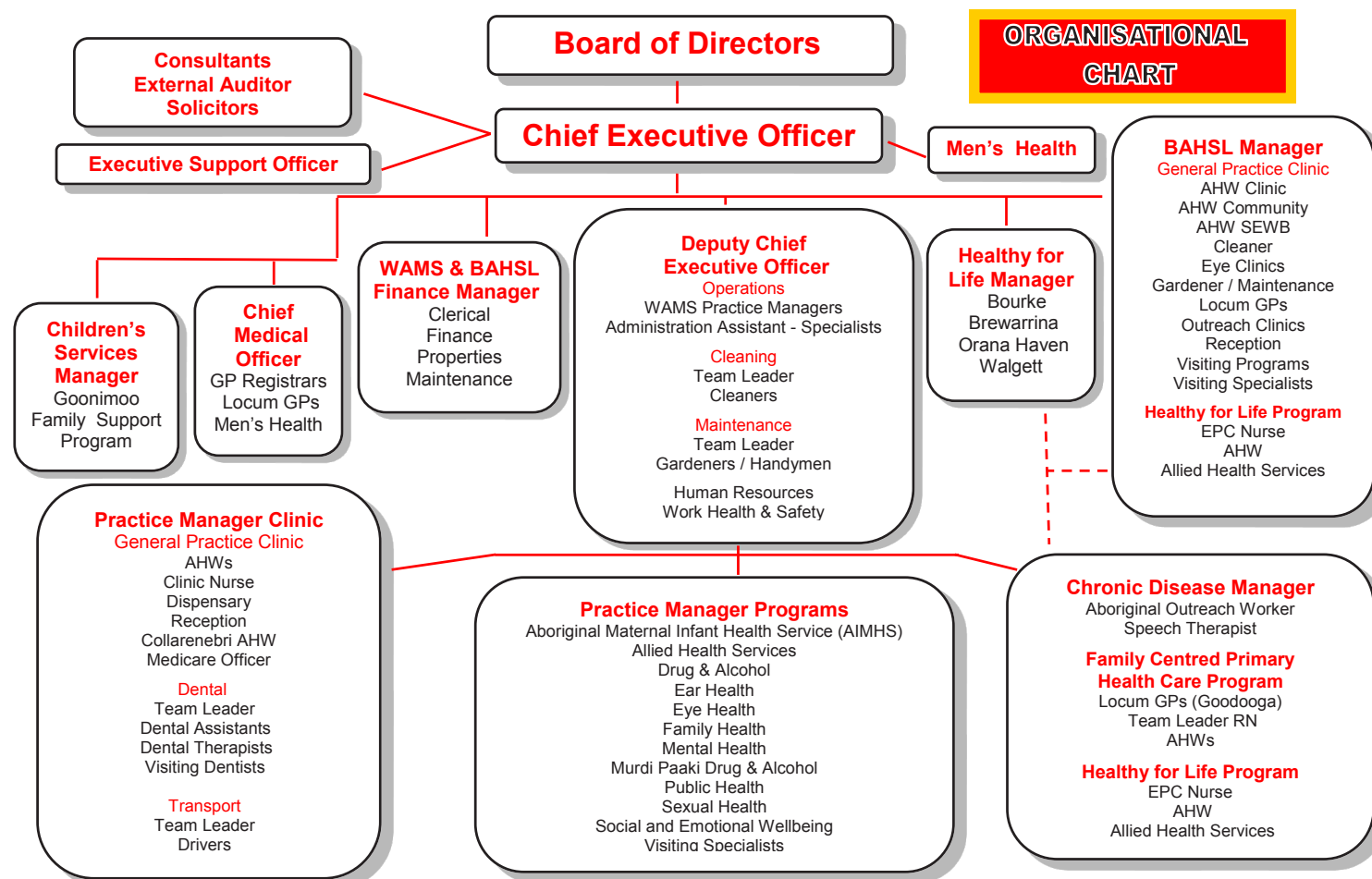


# WALGETT ABORIGINAL MEDICAL SERVICE CO-OPERATIVE LIMITED



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# WAMS

Walgett Aboriginal Medical Service Ltd

"for the community - by the community"



Autumn/Winter 2016

## 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](mailto: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 working in Reception are the main point of contact for patients before they see their health care provider and with an increase of GP activity at the service the work load has increased. This does not hamper or impact on the professionalism displayed by the Receptionist Team. The general public can call 0268 203 777 to book appointments to see either GP's or clinical staff.

### CLINIC TEAM

The Clinic is supported by an Aboriginal Health Worker and an Endorsed Enrolled Nurse who are qualified to undertake diagnostic tests, pathology and many other clinical duties.

### COLLARENEBRI ABORIGINAL HEALTH WORKER (CAHW)

The Collie AHW initiates Allied Health services for the Collarenebri community providing three days a week in Collarenebri and two days with WAMS per week. The AHW is proactive within the Collarenebri community and attends meetings at a local level that is relevant for the township of Collarenebri.

### DISPENSARY - SENIOR ABORIGINAL HEALTH WORKER (SAHW)

WAMS SAHW is responsible for all ordering of medications for WAM and also dispenses from WAMS GP scripts. He is supported by appropriately trained AHW's and other qualified staff in this area.

### DENTAL TEAM

Whilst WAMS Dental team is working towards recruiting a Dentist in the near future, Locum's are being employed to ensure community patients can be seen. The Dental Therapist continues to work three days a week. An ongoing issue for the team is patients who fail to attend an appointment.

### DOCTORS

WAMS General Practice Consultant works closely with WAMS Chief Medical Officer and WAMS team in general to recruit the service of Trainee GP's who go on to complete their exams to make the transition to GP Registrar. WAMS' four Doctors also outreach to Brewarrina, Pilliga and Goodooga.

### COMMUNITY EVENTS

Clinic Staff continue to support the Meals on Wheels Program at the local hospital each Friday.

### CLINIC PRACTICE MANAGER (CPM)

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

**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](mailto: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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## The Community Garden

The Community Garden is part of the Healthy for Life program and is tended by Sophia Byers, a local woman.

Sophia has experience in horticulture and grows most of the produce from seeds. She has won countless awards at the local show and often receives the champion ribbon.

The fresh fruit and vegetables are distributed amongst the community to those who are elderly and/or have a chronic disease. The garden is a great meeting place for locals who often visit 'for a cuppa and chat' and to stroll through the garden.



[www.walgettams.com.au](http://www.walgettams.com.au)



# Chronic Disease

Clinics are conducted monthly from the Chronic Disease Building in Wee Waa Street.

## Aboriginal Outreach Worker

The Worker's aim is to improve the access to health care services of clients by assisting with their health program by defining their needs.

## Healthy for Life

The Team, consisting of a Registered Nurse, Aboriginal Health Worker and an Exercise Physiologist / Dietician (EP/D) will be running Health Checks for children throughout the coming months assisted by the program and dental teams. All clients partaking of a Health Check must see a GP at the conclusion of the visit.

March	14 - 18	0 – 5 years	
April	28 – 29	Primary	(Collarenebri)
May	29 May – 4 June	Secondary	
June	28	Pilliga	
July	19 – 20	Primary & Secondary	(Goodooga)
August	9 – 11 & 15 - 16	Primary	

## Family Centred Primary Health Care (FCPHC) Program

The Team, comprising a Registered Nurse and a male and female Aboriginal Health Worker maintain the fortnightly visits to Goodooga and monthly visits to Pilliga where they ably assist the visiting GP in delivering a much needed service to areas that don't have a regular GP.

Childhood and Flu vaccinations are available by appointment.

## Allied Health

WAMS offer a range of specialist services that visit fortnightly, monthly and bi monthly.

Fortnightly

- Podiatrist Brewarrina, Collarenebri, Goodooga, Pilliga and Walgett

Monthly

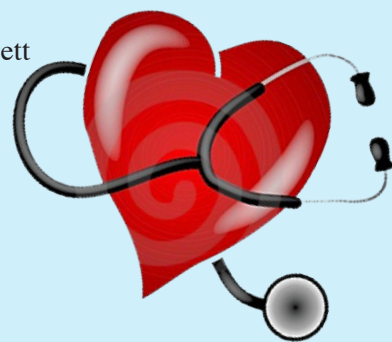
- Gynaecologist / Obstetrician
- Endocrinology (Telehealth)
- Diabetic Educator

Bi-Monthly

- Dermatologist
- Respiratory
- Cardiologist

Jill Murray

*Chronic Diseases Manager*



# WASH HANDS

1. Wash hands - Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals. Give them a wash after touching someone else's phone or keyboard at work.
2. Get vaccinated - The seasonal flu jab provides 12 months of cover against the major strains of flu including the 2009 pandemic swine flu. If you're considered at risk (for example over 65, pregnant, or have a chronic illness), the government picks up the tab.
3. Keep exercising - It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk or run. Find an exercise partner to keep you motivated and if it's too cold outside, go to the gym or do laps at an indoor pool.
4. Eat well - Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.
5. Dose up on vitamins and minerals - Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.
6. Stay hydrated - Drink at least eight glasses of water each day. If cold water is unappealing when the mercury dips, try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.
7. Rest up - Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.
8. Quit smoking - Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you're a social smoker, now's a good time to quit and clear your airways.
9. Clean up winter mould - Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to autumn.
10. Save your skin - Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

BODY AND SOUL

# PROGRAM TEAM

## Notice to the Community

**WAMS Shopfront – 37 Wee Waa Street is closed until further notice due to water damage.**

The following staff have relocated to the Chronic Disease Building at 29 Wee Waa Street. Program Practice Manager, Drug and Alcohol Worker, Mental Health Worker, Midwifery Team, Public Health Worker and Sexual Health Worker. We apologise for any inconvenience this may cause clients.

### Eye Health

The Eye Health Worker holds 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

A Psychologist visits every second and fourth Monday of the month and a Clinical Psychologist visits fortnightly on Thursday and Friday.

A Counsellor visits WAMS every second Wednesday.

Clients do not require a GP referral to access these services and if you would like further information please contact the Mental Health Worker at WAMS on 6820 3701.

### Midwifery

The Midwife and AHW provide weekly Antenatal and Postnatal Clinics on Tuesday of each week. Please call 6820 3701 to make an appointment. No GP referral is required.

### Drug and Alcohol

The Drug and Alcohol Worker conducts a weekly Drug and Alcohol Clinic on Wednesday of each week. No GP referral is required for this service.

### Hearing Health

Hearing Health Clinics are conducted on the second Wednesday of every month from the Sound Proof room located in the Dental Building. To make an appointment please contact 6820 3701

### Public Health

WAMS welcomes the Public Health Worker who will be working with other WAMS staff to conduct activities in the Community.

### Community Programs:

Staff continue to support the Meals on Wheels Program at the local hospital each Monday.

**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 provides a quality service to the Walgett community and surrounding areas, with play sessions during the school terms and special events throughout the year.*

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

The Euragai Goondi site was upgraded where play sessions take place four days per week, one in conjunction with the Pregnancy Arts Group.

*Family Support Program – 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 – Fortnightly Playgroups starting at 10.00am, held at Carinda and Collarenebri.*

**Thursday** Alternate weeks at the Community Hall.

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.

During the school holidays Goonimoo Mobile Children's Service conducts library Sessions at the Walgett Shire Council Library. These sessions take place from 10am until 12pm on Tuesdays and Thursdays.

**Lynn Rummery**  
**Executive Support Officer**

For further information call (02) 6820 3752