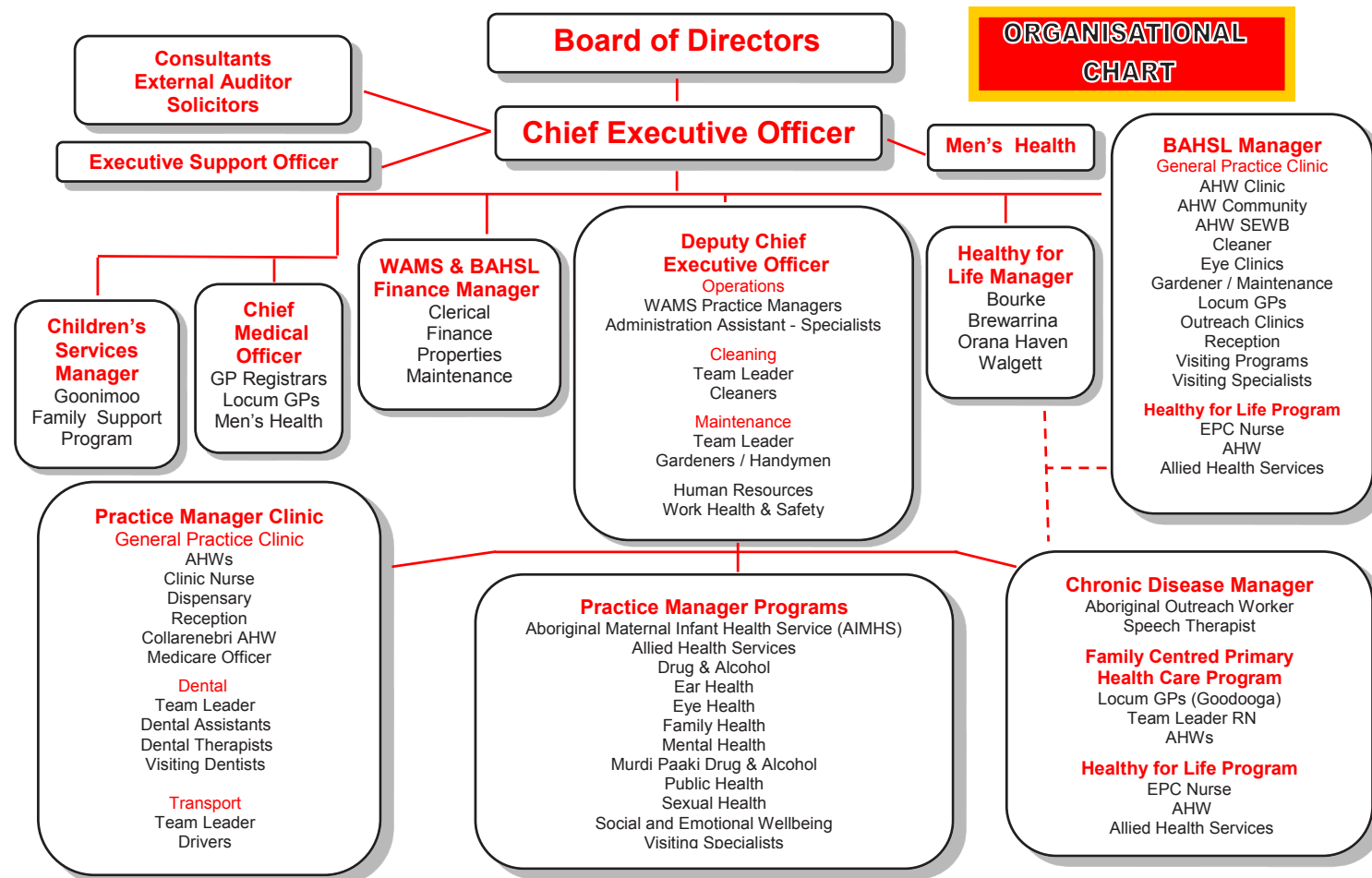


WALGETT ABORIGINAL MEDICAL SERVICE LIMITED



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WAMS

Walgett Aboriginal Medical Service Ltd

"for the community - by the community"



Spring/Summer 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 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:

Reception Staff are the first point of contact with clients, maintaining a friendly, yet professional approach. They also 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:

WAMS Transport Officers ensure our patients get to keep their out of town specialist appointments and offer transport to Dubbo as this is our main referral centre.

CLINIC STAFF:

Increased patient activity keeps the staff busy with basic diagnostic testing, observations, dressings and other health related care. The clinic has a trained AHW and EEN and between them they cover an array of presentations.

DENTAL:

The Dental Clinic is preparing for its second cycle of Accreditation in September. The Team Leader runs and manages the Dental Surgery, liaising with the Dental consultant who recruits Dentists. The Dental Therapist sees children between the ages of 0 - 17 years of age, Monday to Wednesday and the dentist works Monday through to Thursday.

DOCTORS:

The Chief Medical Officer (CMO) and GP Consultant are responsible for engaging trainee GP's who are mentored on site. We currently have four GP Registrars working full time.

COLLARENEBRI:

The AHW in this role 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 the University of Western Sydney and the John Flynn Placement Program. The students are provided with a roster for their five week placement, designed to give them the maximum exposure for all clinical and non-clinical facets of our organisation.

CLINIC PRACTICE MANAGER:

This position networks with other Managers within the service to ensure the smooth running of day to day business, is required to attend meetings, both internal and external and oversees the operations of the dental and clinic teams. Maintaining harmonious relations is paramount in this role and is achieved by providing support, guidance and mentorship to staff.

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
- Swimmers Ear
- Chronic Disease
- Sunglasses in the Sun
- Program Team
- Goonimoo Grapevine
- Organisational Chart
- Hours of Operation
- Support Us
- WAMS Membership

Swimmers Ear

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.

Sometimes referred to as acute otitis media. Children that spend a lot of time in the pool are more prone to contract it. Acute Otitis media is not a serious illness but if appropriate treatment is not sought, it can lead to more serious Ear Infections.

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



www.walgettams.com.au

Chronic Disease

Clinics are conducted monthly from the Chronic Disease Building at 29 Wee Waa St. One hour appointments are recommended for these clinics so a comprehensive assessment and treatment plan can be outlined.

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 Community Garden continues to bloom with a range of fruit, vegetables and herbs which are delivered to clients who are elderly and/or have a chronic disease.

The Speech Therapy program is available for children from pre-school to secondary school. A referral from a GP is required though you can contact the Speech Therapist if you would like to discuss any concerns you have for your child.

Health Checks

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

October	1	9	Women's	(Collarenebri)
		25 – 26	Men's	(Walgett)
		27	Men's	(Collarenebri)
November		8-10	Women's	(Walgett)
January to March		tbc		

Family Centered Primary Health Care (FCPHC) program

The team consists of a GP, Registered Nurse and a male and female Aboriginal Health Worker with clinics held regularly in Goodooga and Pilliga.

Allied Health

The Dietitian/Exercise Physiologist offers free community exercise sessions at Apex Park (near the Pool) on Tuesday and Thursday from 5pm

Visiting Medical Specialists and Allied Health

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

Cardiology	Respiratory	Diabetes Education
Endocrinology via telehealth	Podiatry	

New Services

Cardiac Rehabilitation program ("Heart Matters")
Obstructive Sleep Apnoea clinic.

Jill Murray

Chronic Disease Manager



Sunglasses in The Sun

- Do you spend a lot of time outdoors?
- Do you work outside?
- Do you wear a hat and sunglasses when you are outside?
- Have you noticed any changes in your eyes or vision?

It is recommended by Optometry Australia, this summer, always use UV protective lenses –sunglasses to protect your eyes, in combination with other UV protection measures such as remaining in the shade, wearing a hat, sleeves and sunscreen.

Did you know that accumulated UV exposure to your eyes can lead to cataracts, macular degeneration (a leading cause of blindness), pterygium (a fleshy growth on the eye), solar keratopathy, and skin cancer of the eyelids and around or sometimes inside the eyes?

Make sure you protect your eyes all day and all year round, as UV exposure can peak at times when ordinarily you may not be wearing sunglasses and may believe you are not exposed, such as when the UV is coming from behind you. It is not only the direct sun on a fine, clear cloudless day in summer that can cause damage. Research has shown that a greater proportion of ultraviolet rays can reach the eye from scattered sunlight from clouds and light reflected from the ground and off water.



PROGRAM TEAM

**(PLEASE NOTE STAFF ARE WORKING FROM
THE CHRONIC DISEASES BUILDING (CDB) AT 29 WEE WAA STREET)**

Any information required or to make appointments for any of the services listed below, please call 6820 3701 and reception staff will put you in contact with someone who can help you.

Eye Health

WAMS host Optometry Clinics in partnership with the Brien Holden Institute in the following locations: Walgett, Lightning Ridge, Collarenebri and Goodooga.

Social and Emotional Wellbeing

Psychologists

Regular services are provided at the Chronic Disease Building and local Schools. This service is free of charge

Counsellor

An outreach service is held every second Wednesday and no GP referral is required for this service

Support for these clinics is provided by the Aboriginal Health Worker - Mental Health who will ably assist you to make arrangements to see a member of the SEWB Team.

Drug and Alcohol

The Team hold weekly clinics in the Chronic Disease Building on a Wednesday and a referral is not required.

Hearing Health

Audiometrist

Monthly Clinic for Children aged 4-21 years. No referral is required for this service.

Australian Hearing

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

Family Health

We are pleased to welcome an Aboriginal Health Worker to the Program Team, who works Monday to Wednesday from the Chronic Disease Building. This role is to support Aboriginal women and children in our community.

Kylie Gilmore
Practice Manager

Goonimoo Grapevine

Goonimoo incorporates Goonimoo Mobile Children's Services (GMCS) and Locational Supported Play Groups. GMCS provides a quality service to the Walgett community and surrounding areas.

Activity Sessions

Family Support Program – Weekly Playgroups starting at 10.00am, held at Euragai Goondi.

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

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

GMCS also participates in community festivals and activities on a regular basis, so as to support the needs of the community.

There will be a Christmas Concert and a Santa's Cave in December for families.

Babies and Children in Hot Weather

Hot weather can affect your baby or child because their bodies cannot adjust to changes in temperature as well as adults. Babies and children sweat less, reducing their bodies' ability to cool down. They are at risk of overheating and developing a heat-related illness.

Please remember !

- Babies and children overheat and dehydrate quickly in hot weather
- Breastfeed or bottle-feed your baby more often in hot weather
- Offer older babies and children extra drinks in hot weather, the best drink is water
- Dress babies and children in cool clothing and protect them from the sun with hats and sunscreen
- Never leave children in the car, not even for a moment

School Holidays

Play sessions will not be conducted through the holidays.

September (Spring)	23rd September 2016 to 10th October 2016
December (Summer)	16th December 2016 to 30th January 2017

Lynn Rummery
Executive Support Officer

For further information call (02) 6820 3752