

# COMMUNITY GARDEN

The Community Garden is part of the Healthy for Life program and is tended by a local woman who has experience in horticulture and grows most of the produce from seeds. She has won countless awards at the local show.

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.



## HOURS OF OPERATION

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

WAMS is closed for 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 to elect the Board of Directors for a term of three years. 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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# WAMS

Walgett Aboriginal Medical Service Ltd

"for the community - by the community"



Autumn/Winter 2017

## 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 [NaomiB@walgettams.com.au](mailto:NaomiB@walgettams.com.au) or drop into the WAMS reception.

## Clinic Capers

### Aboriginal Health Worker

The Aboriginal Health Workers role not only supports the patients and their needs but they also assist fellow colleagues, allied health workers and GP's with their local knowledge of community which proves invaluable for patients ongoing management and treatment.

### Reception

Reception is the 'hub' of the clinic where the first patient contact is made. Our staff are courteous and polite and are accomplished in a wide range of administrative tasks to ensure the smooth running of the service.

### Transport

WAMS offer transport for clients who require assistance attending out of town Specialist/Health Care appointments, travelling to the major regional centres.

### Dental Team

The Team consists of a Dental Therapist who works Monday – Wednesday, a Locum Dentist and local staff of a Dental Team Leader and Dental Assistants. The Team not only performs chair side surgery but are proactive with community activities. For appointments call 6820 3736

### Dispensary Unit

The S100 Dispensary Unit is coordinated by a Senior Aboriginal Health Worker. Criterion for services;

- Aboriginal and Torres Strait Islander patients who receive scripts have them dispensed from the Pharmacy free of charge. If a particular medication the patient requires is not under PBS then the patient

takes their script to the local Pharmacy for dispensing for a minimal fee.

- Patients not identified in the above criterion seen at WAMS and receive a script from the GP which they have dispensed at the local pharmacy.

### Aboriginal Maternal Infant Health Strategy Program (AMIHS)

The team is led by an AHW who works closely with the Midwife. Together they provide antenatal and postnatal care for clients of the community and surrounding districts. For appointments 6820 3777.

### Clinic

The Clinic is managed by an Endorsed Enrolled Nurse who, along with an AHW, offers advice and assists patients in obtaining good health outcomes by conducting basic diagnostic testing and wound management. For appointments: 6820 3777.

### Hearing

The Audiologist visits are every second Monday – Wednesday of each month and focuses on clients from newborns up to 21 years of age with middle ear disease eg: Otitis Media. The Audiologist can provide a higher level diagnostic testing eg: audiograms for ENT prior to Surgery and Full booth tests which entails a Diagnostic Audiogram. This service is complemented by Australian Hearing who also prescribe and fit 'hearing aids'.

### Collarenebri AHW

An AHW is based at the Hospital in Collarenebri and travels to Walgett two days per week. She is responsible for coordinating WAMS Allied Health Programs in Collarenebri, assisting clients with any issues, providing local transport and whilst in Walgett, works in the Clinic and occasionally covers Reception.

Jessie Richardson  
Clinic Practice Manager

WAMS doors have been open to everyone since 1986 who requires assistance with their health care needs.

WAMS offer a variety of specialised services, Allied Health, GP and AHW/Nurse supported clinics.

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



# Chronic Disease

## Aboriginal Outreach Worker

This role supports clients to attend appointments aimed at addressing any health concerns. The worker will not only provide transport but be able to explain why appointments are necessary and assist with any questions or concerns clients may have.

## Healthy for Life

The Team includes a Registered Nurse, AHW, Dietitian/Exercise Physiologist and Speech Therapist.

## Community Garden

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.

## Exercise

The Dietitian/Exercise Physiologist has been on maternity leave since November 2016. The exercise program is being continued by an experienced Personal Trainer to ensure clients can continue working towards their fitness goals.

## Speech Therapy

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. For appointments: 6820 3701

## Health Checks

Group health checks continue to be held for children aged 0 to 5 years, primary school students, secondary school students and women. Individual checks are available at the medical clinic upon request.

## Family Centred Primary Health Care (FCPHC) program

The team of a GP, Registered Nurse and male and female Aboriginal Health Workers provide Clinics and Chronic Diseases Clinics at Goodooga and Pilliga. Clients are asked to book for a one-hour appointment for the Chronic Disease Clinics so a comprehensive assessment and treatment plan can be designed.

## Visiting Medical Specialists and Allied Health

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

- Cardiology
- Dermatology
- Physiotherapy
- Optometry
- Hepatology clinic - available via telehealth when the specialist is not on site.
- Respiratory
- Podiatry
- Liver clinic (Nurse Led)
- Cardiac Rehabilitation program ("Heart Matters")
- Endocrinology (via telehealth)
- Obstructive Sleep Apnoea clinic
- Diabetes Education

## Eye Health

Clinics are held at Walgett, Collarenebri Goodooga, Lightning Ridge, Wee Waa and Narrabri. For appointments: 6820 3701

## Social and Emotional Wellbeing

Two psychologists and a counsellor are available. Referrals are required for psychology. For appointments: 6820 3701

## Public Health

Staff participate in many health promotion activities during the year. Upcoming events include –

National Youth Week	ANZAC Day	Heart Week
Walgett Show	Wear White at Work	World no Tobacco Day
Red Nose Day	NAIDOC Week	National Diabetes Week
Jeans for Genes Day	Domestic and Family Violence Prevention Month	
Daffodil Day		

## Drug & Alcohol

Individual counselling is offered.

A program on drug and alcohol education is being planned. For appointments: 6820 3760.

**Jill Murray**

**Chronic Diseases Manager**



# AVOID THE FLU!



Influenza vaccinations are recommended for people with chronic disease. In particular, those with respiratory conditions can become quite unwell if they contract the disease.

**Ask a staff member how to get vaccinated this year.**

**GET  
YOUR  
FLU  
SHOT**

# Employee Services

WAMS is working towards improving staff training and development, along with streamlining processes to assist in WAMS operating more efficiently and effectively.

## AccessEAP

WAMS is continually seeking ways to assist staff and is recently partnered with AccessEAP to provide confidential services to staff members. Services range from Counselling, Legal advice and Budgeting Services. Staff will have access to this service throughout Australia and they do operate a 24/7 support line.

## Staffing

WAMS has welcomed a number of new staff who have commenced over the last few months and would like to also congratulate those staff members who have moved into other roles within the Organisation.

**Esther Windsor**  
**HR Manager**



# Goonimoo Grapevine

**Goonimoo Mobile Children's Service offers a locational Supported Play Group service for 0-5 year olds**

Goonimoo welcomes a new team for 2017, providing a quality service to the Walgett community and surrounding areas, with play sessions during the school terms and special events throughout the year.

Goonimoo will be delivering play sessions weekly and fortnightly to Walgett, Collarenebri, and Carinda. These sessions will commence Monday 1st May 2017.

## Mondays and Fridays - Weekly

Play Group for families with children aged 0 to 5 years. 10.00 am – 12.00 pm.

## Tuesdays - Weekly

Mums and Bubs – Arts and Crafts Program held in conjunction with Gomerio Gaaynggal Pregnancy Arts Group 10.00 am - 2.00 pm.

## Thursday - Fortnightly

Alternate weeks at Carinda Hall and Collarenebri Town Hall 10.00 am – 12.00 pm.

## The Value of Playgroup

Family supported Playgroups are beneficial for children, families and communities. Family supported Playgroups provides all children with the opportunity to learn, experience, investigate and interact with the environment. During play children create meaning from the world around them. It offers the child experiences to think, plan, create, do and find out.

## School Holidays

April	(Autumn)	10 April to 26 April 7
July	(Winter)	3 July to 18 July 2017

If you would like further information about Goonimoo please contact the Children's Services Manager on 02 6820 3777.

**Amy Townsend**

**Children's Services Manager**

*"Children need the freedom and time to PLAY. PLAY is not a luxury. PLAY is a necessity"*



White Ribbon originated in 1991, when a group of three men from Toronto, began a campaign to stop violence against women, after a massacre of 14 women by a lone gunman at a university in Montreal. Today, it is an international effort in over 57 countries, of men and boys working to end violence against women.

Walgett has one of the highest rates nationwide of violence against women.

WAMS has always taken a stand against any violence, whether it be directed at women or men. It is proud to be working towards becoming an Accredited White Ribbon organisation to stop this practice, and is encouraging their male staff to become ambassadors of this movement to prevent violence against women in the workplace. In turn, it is hoped that this endeavour will persuade the male population of Walgett that violence against women will not be tolerated.