

Walgett Show

Saturday
9th May
2015

The 2015 Walgett Show was held on the weekend of 9 and 10 May.

The Walgett Aboriginal Medical Service Co-operative Limited, on Saturday 9 May, in their capacity as a Health Service, provided health checks to the public consisting of Blood Glucose Level (BGL) and Blood Pressure (BP) readings. A total of seventy six clients were seen, with nil abnormal BGL readings and the nine (9) clients who registered an extremely high BP reading were advised to consult their regular GP.

Show Bags were distributed to the children that included:

Water bottles	Dental information
Dental floss	Toothbrushes and toothpaste
Colour in pencils	Frisbee's
Soft 'stress' ball	WAMS Pen

Cue Cards on healthy eating options, sugar content in alcohol and the effects of the use of "ICE" were displayed, with particular interest shown in the before and after pictures of people who had used "ICE" for a period of time.

Visitors were invited to try the 'beer goggles', which allows the wearer to experience what it looks and feels like when under the influence of alcohol and 'simulation dolls' were exhibited that depict a baby who was born as an 'addict' and/or with Foetal Alcohol Syndrome.



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This is the first year that the 'pedal for your smoothie' bike was used. This bike encourages community participation and promotes physical exercise and 'healthy' drink options. The participants can create their own fruit cocktails with a variety of fruits to choose from and orange juice, lite milk and ice. After all the ingredients were put into the booster juicer and attached to the bike, participants put on a safety helmet and pedalled the bike that powered the juicer. A total of ninety smoothies were made throughout the day and was a huge success.

The Goonimoo team provided face painting for the children throughout the morning. The team entered into some of the competitions for artwork and baking and won awards for a patchwork quilt, picture frame and muffins. Art work by the children from the Goonimoo play sessions was also exhibited with awards being given for some of these entries as well.

WAMS staff that assisted were

Phillip Dowse	Senior Aboriginal Health Worker
Sarah Dowse	Dental Assistant
Cherin Singh	Enrolled Nurse
Danielle Graves	Healthy for Life Dietician
Chloe Walford	Goonimoo Early Childhood Educator
Katie Shields	Goonimoo Early Childhood Educator
Lynette Hardwick	Goonimoo Early Childhood Educator
Reg Rutene	Drug & Alcohol Worker
Mary Sands	Receptionist
Jill Murray	Chronic Disease Manager
Jessie Richardson	Clinic Manager
Marissa Walford	Aboriginal Health Worker
Kelly Rowe	Transport Officer
Alyssa Walford	Dental Assistant

