

# EAT WELL LIVE WELL COOKBOOK LAUNCH



On Thursday, 25th September, 2008, WAMS launched the "Eat Well Live Well" Cookbook in the WAMS gardens.

The aim of the project was to involve the whole community in the launch of the Cookbook that has been in the making for the past twelve months. The program assists the community to make informed choices when purchasing, preparing and consuming food.

The "Eat Well" Program works closely with the whole community delivering nutritional in-service for service provider personnel who deal with the education of the community on nutrition, and chronic diseases.

The program reached its target group by implementing the following strategies:

- In-service with WAMS staff and other service providers on nutrition.
- Education and colouring competition within the Walgett Primary Schools, Pre-Schools and Day Care Centres.
- Elders tucker workshop.
- Mums and bubs groups on a 10 week program.
- Local Café on Menu modification to enhance nutritional value.
- Educational Stall at Diabetes Week promotions.
- Program presentation to NSW Health staff at Dubbo.
- Attending the National Aboriginal Nutrition Conference held at Alice Springs.

The program collated the information obtained and delivered through out the program and compiled the 'Eat Well , Live Well' Cook Book that the community could take ownership of as part of their journey to improving their health.

Having Mark Olive visit our community and share in the success of the program has been a real boost to the importance of maintaining good health and trying new and exciting ways to cook food.



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Mark, with assistance from Walgett Community College student support class, cooked kangaroo steaks and yellow belly (golden perch), by using the herbs that Mark is famous for in his recipes. Mark brought with him a wide range of herbs and spices that are 'local' from the land. The samples were spread out on a table. He encouraged people to taste and smell them. Mark made a special visit to Cafe 64 to meet the staff, and to provide praise and encouragement in maintaining healthy options for customers when visiting the business. Mark was given an orientation of Walgett and the services offered by the Walgett Aboriginal Medical Service.

From feed back from the community and our guest, the launch was a successful day, and one that WAMS should be proud. The book received great reviews. WAMS were complimented on the easy-to-read content, the eye catching cover, and using photos of local community members that participated in the program throughout its duration.

Mark Olive made comment that he would be happy to return to our community to conduct further projects and work closely with community members.

It was recommended that the WAMS 'Healthy for Life' team continue to educate the community to maintain good nutrition and improve the level of chronic disease within our community.

#### WAMS Officers in attendance were:

Karnie Walford	Family Health Worker
Kylie Gilmore	Program Practice Manager
Richard Simpson	Ear Health Worker
Trina Cochrane	Locum Midwife
Skye Duncan	Health Service Co-Ordinator
Margaret Reeves	Family Centred Primary Health Care – RN
Sara Brown	Healthy for Life – Exercise Physiotherapist
Bronwyn Powell	Healthy for Life – Nutritionist
Matty Fields	Public Health Worker
Peter Fernando	Deputy Chief Executive Officer
Christine Corby	Chief Executive Officer
Rodney Thorne	Gardener
Trevor Simpson	Bringing Them Home Worker
Amy Townsend	Goonimoo Co-Ordinator
Kelly Rowe	Drug and Alcohol Worker
Ann Megalokonomos	Goonimoo Assistant
Naomi Barrett	Finance Assistant
Gloria Mack	Finance Assistant
Victor Murray	Gardener
Sonya Dennis	Dental Assistant
Melanie Orcher	Dental Assistant
Kayla Thurston	Dental Assistant
Bill Peacock	Transport Officer
Suzann Kennedy	Receptionist
Chris Donnan	Handyman

Brewarrina AHS      Fred Gibson      Aboriginal Health Worker

Board of Directors	George Fernando	Chairperson
	Doug Sharpley	Vice-Charperson
	Mary Purse	Secretary
	Kevin Fernando	Director
	Lawrence Walford	Director
	Iris Hall	Director

Special Guest      Mark "The Black Olive" Olive      Outback Café

Also in Attendance:	Walgett Shire Council	Families First
	Secondary School Campus	Centrelink
	Primary School Campus	Police
	Walgett Aboriginal Legal Service	Hospital
	St Joseph's School	CDEP
	Dharriwaa Elders Group	NSW Health
	Local Community Members	OATSIH