

We are always looking for casual staff, please contact Reception if you are interested

## STAFF LISTING

as at 14th March 2008

(vacancies may occur – please enquire at Reception should you wish to work at WAMS)

Chief Executive Officer:	Christine Corby, OAM
Deputy Chief Executive Officer:	To be confirmed in April
Doctor:	Locum and two positions advertised
Aboriginal Health Worker:	Phillip Dowse
Aboriginal Health Worker:	Justine Lake
Aboriginal Health Worker:	David Kennedy
Administration/Reception:	Rosemary Maddox
Administration Co-ordinator:	Sarah Robinson
Billa Muuji/IT Officer:	Contracted service
Cleaner:	Cheryl Amidy
Cleaner:	Marissa Walford
Cleaner:	Jenny Hunt and Patricia Murray
Collarenebri Aboriginal Health Worker:	Patricia Hall
Dental Program/Dentist:	Casual staff and position advertised
Dental Program/Chair Assistant:	Sonya Dennis
Dental Program/Chair Assistant:	Gail Kennedy
Drug & Alcohol Worker:	Kelly Rowe
Ear Health Worker:	Richard Simpson
Eye Health Worker:	Phyllis Tighe
Family Health Worker:	Karnie Walford
Finance Officer:	Andrew Denison
Finance Officer Assistants:	Bill Lorimer, Gloria Mack, Naomi Barrett
Goonimoo Program/Co-ordinator:	Amy Townsend
Goonimoo Program/Assistant:	Rebecca Williams (on leave)
Goonimoo Program/Assistant:	Anne Megalokonomos
Goonimoo Program/Assistant:	Donna Thurston
Handyperson:	Rodney Thorne
Handyperson:	Victor Murray
Medical Receptionist/AHW:	Suzanne Kennedy
Men's Health Worker:	Programs conducted
Mental Health Program/Aboriginal Health Worker:	Trevor Simpson
Midwifery Program/Aboriginal Health Worker:	Annette Kennedy
Midwifery Program/Midwife:	Locum staff
Nurse - Practice Manager (Clinic):	Jessie Richardson
Nurse - Practice Manager (Program)/Midwife:	Kylie Gilmore
Nurse - Health Service Coordinator:	Skye Duncan
OH&S Officer for BAHS and WAMS:	Peter Cleasby
Public Health Worker:	Mathew Fields
Sexual Health Worker:	Georgiana Butt
Transport Officer:	Greg Mason
Transport Officer:	Bill Peacock
H4L /Aboriginal Health Worker:	Rosalyn Fernando
H4L /Child and Maternal Health Nurse:	Locum staff
Regional - H4L /Project Coordinator	Diana Dalley
Regional - H4L /Dietician	Locum staff
Regional - H4L /Physiotherapist	Locum staff
Brewarrina/Aboriginal Health Worker:	Position vacant
Brewarrina/Aboriginal Health Worker:	Charlee-Sue Frail
Brewarrina/Bringing them Home Counsellor:	Position vacant
Brewarrina/Handyman/Gardener:	Chris Boney
Brewarrina/Nurse:	Hellen Mannix
Brewarrine/Cleaner:	Brenda Hardy
Brewarrina/Receptionist:	Asa Townsend
Brewarrina - H4L /Aboriginal Health Worker	Position advertised
Brewarrina - H4L /Enhanced Primary Care Nurse	Locum staff

## 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) 6828 1611 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, due at the end of June each year. **Please enquire at the Reception.**



37 Pitt Street  
(PO Box 396)  
Walgett NSW 2832

Ph: (02) 6828 1611  
Fax: (02) 6828 1201

email:  
walgettams@bigpond.com

ABN: 78 014 990 451

# WAMS

Walgett Aboriginal Medical Service Co-Operative Ltd

"for the community - by the community"



Autumn/Winter 2008

### 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.

## Family Health Yarn Up!



The Family Health Program has extended its service to Brewarrina and Collarenebri, assisting communities with Family Health issues. Planning has commenced for the annual Family Health Fun Day for 2008, so keep an eye out for more information over the coming months.

The Eat Well Program has assisted the elders in making healthy choices when it comes to meal time with a workshop on Tucker Tips. The Program will continue to provide the elders of the Walgett community with tips and useful information over the next few weeks. The Eat Well Program networked with other providers across the nation at the National Nutrition Network Conference held at Alice Springs in March.

**Remember, Safe Families, Happy Future**

Karnie, Family Health Worker



## Chronic Disease Management Team

Skye Duncan is on annual leave from 17 March to 14 April. Please direct enquiries to WAMS Program Manager Kylie Gilmore or Clinic Manager Jessie Richardson. Rosalyn Fernando will continue working on Chronic Disease Management during this time.

Welcome to Jenny Duve. Jenny is the WAMS locum Physiotherapist for Billa Muuji Upper Sector until mid June. All appointments can be made through WAMS reception.

A locum Dietician service is offered from this Program. Please ask Skye or Rosalyn for the dates this person will visit.

Podiatrist Luke Buchtmann continues to provide his service to WAMS and surrounding districts monthly. He will be at Grawin 31 March and 28 April, Collarenebri 1 April and 29 April, WAMS 2, 4, 30 April and 2 May and Brewarrina 3 April and 1 May. Please phone WAMS reception for an appointment.

Zoe Rose WAMS Diabetic Educator will next visit WAMS on 15 April. If anybody requires diabetic advice, please make an appointment to see me. If any one requires diabetic stores, please see Jessie Richardson.

Ann Dickinson, locum physiotherapist will be returning to WAMS the week commencing 7 April for one week and returning for 2 weeks commencing 23 June. Ann will continue to visit Billa Muuji Upper Sector 2 days a week and based at WAMS 3 days a week during 2008.

Dr Cranswick, visiting Cardiologist continues to visit WAMS. Clients requiring an appointment need a current referral from their GP. Please phone Skye Duncan to make an appointment.

Dr Christopher Clarke, visiting Respiratory Specialist continues to visit WAMS. He will next visit on 16 May and 20 June. Clients requiring an appointment need a current referral from their GP.

Dr Rod McQueen a GP who specialises in Drug, Alcohol and other addictions will commence clinics at WAMS from 4 April. Please phone Skye Duncan to make an appointment. Clients do not need a referral to see this GP.

Walgett's visiting Endocrinologist, Dr Kerry Bowen, has ceased visits to this area. A replacement is currently being sourced. Enquiries can be made with Skye.

Skye Duncan, Health Service Co-ordinator

## Fitness Activities

In conjunction with the Chronic Disease Team, Skye and Rosalyn, Strength and Resistance Training will be offered by the Locum Dieticians and Physiotherapists.

**Exercise works wonders!**

You will be surprised at the combined results of eating healthy and exercising.

Contact Skye or Rosalyn for further information



## WALGETT SHOW

WAMS will provide **FREE Health Checks** at this years Walgett Agricultural Show held on 10 & 11 May at the Showground.

This check includes testing of blood pressure, recording your height and weight and testing your cholesterol level.

**ALL VISITORS** attending the show are invited to participate in this free service.



### In this issue ...

- Family Health Program
- Chronic Disease Team
- Goonimoo Gossip
- Walgett Men's Group
- Collarenebri Comments
- Brewarrina Business
- HPV Vaccine
- Clinic Capers
- Health Promotion Events
- Staff Listing
- Support Us
- Membership Info
- Fitness Activities
- Walgett Show

# Goonimoo Gossip

During the year Goonimoo Mobile will continue to deliver it's service to Coonamble, Goodooga, Collarenebri, Carinda, Mackillop Families First, Gingie Reserve, Group Station 2 (farms) and Mercadool Group (farms).

## WHERE IS GOONIMOO?

Mondays: Collarenebri, Gingie  
 Tuesdays: Mackillip Families First, Goodooga  
 Wednesdays: Group Station 2, Carinda  
 Thursdays: Toy Library, Mercadool Group  
 Fridays: Coonamble, Office Days

Goonimoo will also be conducting Toy Library days every 2nd Thursday where you can come into Goonimoo and borrow toys on a fortnightly roster. Goonimoo can also arrange pick-ups and deliveries of toys.

For more information on Goonimoo Play sessions dates and times and Toy Library services please contact Goonimoo Program Co-ordinator Amy Townsend (02) 6828 3369 or 0428 678 852.

# Walgett Men's Group

Is held weekly

Time: 11.00am

Venue: Eurangai Goondi

For all inquiries contact:

Andrew Carroll - 6828 6000

Trevor Simpson - 6828 1611

## Comments from Collarenebri

I started in this role on the 7 February and have learnt so much about myself and Collarenebri and the people in it. I really enjoy working with my people and know the services that WAMS provide are making a difference to our community. This makes me feel really good.

### CLINICS

I have been actively involved with assisting and organizing and coordinating clinics that are being held by staff from WAMS for our community.

Family Health Worker Karnie Walford visits every second Wednesday and offers support and guidance regarding a multitude of issues.

Georgiana Butt is a Registered Nurse who holds a Sexual Health clinic every second Tuesday. These clinics are getting bigger now the community knows that this service is provided. They feel comfortable going to see Georgiana who informs, educates also tends to 'Women's Business' as well as being a social support to the local men.

Luke Buchtmann is the Podiatrist from WAMS and holds a clinic the last Tuesday of every month. These clinics are extremely popular and are conducted from the Collarenebri Hospital.

### TRANSPORT

I assist with transporting our local patients to and from their appointments. If this service wasn't provided many of our patients would not be able to make these appointments. This is a very valuable service for our community.

### SCHOOL INVOLVEMENT

I have been liaising with GWAHS staff and have been to the local school to discuss the option of starting a breakfast club. The feedback has been positive. We have on the ground volunteers for the Breakfast Club and the school wants this to go ahead. It is a matter of waiting for funding to come through.

I am submitting a report to that will be printed in the local School's newsletter informing everyone of the services that WAMS provide to our community.

### OTHER ACTIVITIES

I attend the weekly town clinics and assist as required.

If you're passing through Collarenebri call in and say g'day, the fishing is good and the wild life is wonderful. Until next time, take care and drive safely.

Patricia Hall

Collarenebri Aboriginal Health Worker

## Business at Brewarrina

New staff that have joined the Brewarrina team are Asa Townsend, Charlee-Sue Frail, Tiffany Winters and Brenda Hardy. Tammy Childs and Mary Gibson have moved on to other fields of employment and BAHSL wish them well.

The many services that are offered at BAHSL are Diabetic clinic, Women's/Sexual Health, SEWB, Podiatry, Family Health Worker, Physiotherapist and Dietician for chronic diseases.

Wendy Bradley and Iriaka Rukuwai will share the position of the EPC Nurse for the Healthy for Life program during this period.

Charlee-Sue has just completed training in Smoking Cessation, Chris Boney completed his chemical course and Hellen has commenced Front Line Management training.

Hellen Mannix, Manager

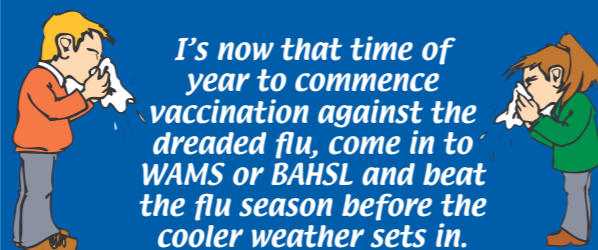
## HPV vaccine for FREE

WAMS is now providing HPV vaccine for FREE

18-26 year old female's are eligible.

HPV vaccine protects against cervical cancer, and is a course of three injections.

For further information call Georgiana (WAMS Sexual Health RN) on 0428 254 339



It's now that time of year to commence vaccination against the dreaded flu, come in to WAMS or BAHSL and beat the flu season before the cooler weather sets in.

## Clinic Capers

As we welcome the cooler weather it will soon be time for Immunizations. Once again WAMS will be doing the rounds to Gingie, Namoi, Grawin, CDEP, DEG and the local community offering Fluvax and Pneumovax vaccinations. Each year WAMS provide this very worthy service as a preventative measure for our Elderly, those at risk with Respiratory associated problems, those community members who smoke cigarettes and those who are over the age of 55 years.

### Staffing update

WAMS welcome Suzanne Kennedy to our team who is working in the role as Receptionist.

Welcome back to the Clinic to Kelly Rowe who has had time off after the birth of her new baby boy, so congratulations Kelly and it's good to see your smiling face back in the clinic.

Phillip Dowse has returned to work after a well deserved holiday. Phillip is coordinating patient transport trips and organizing and ordering medications for Dispensary as well as mentoring new staff to the clinic. Justine Lake continues to work in the clinic. She has played a big part to ensure our community receives 'Jungle Juice' to ward off mozzies and sandflies by distributing them to families at Gingie and Namoi. As Justine is a well known figure in town she takes appointment cards out to patients who require ongoing treatment with visiting specialists.

Greg Mason and Willy Peacock are our Transport Officers and make sure our fleet of vehicles are in good road worthy condition to transport our patients to and from their appointments.

Cheryl Amidy, Jennifer Hunt, Marissa Walford and Patricia Murray ensure our ever growing Organisation remains 'spick and span' for both clients, visitors and staff.

### Supporting our Health Promotion activities

Clinic staff assisted Program staff with the 'BE BRAVE & SHAVE' event. WAMS are very supportive of the Leukaemia Foundation as it prepares for the Worlds Greatest Shave where people can shave or colour their hair to help people living with leukaemias, lymphomas, myeloma and other blood related disorders.

Walgett Show will be here before we know it (10 and 11 May) and WAMS will continue to provide opportunistic health screening for those who wish to participate.

### Training

Congratulations to David Kennedy who attended a two day workshop at Westmead Hospital and is now certified to collect blood via venipuncture.

Sonya Dennis and Gail Kennedy attended an Oral Health workshop in Sydney. They also continue with their Certificate Three Dental Assistants studies. Some staff members are requiring First Aid recertification and planning is underway for this to occur.

### Doctors

Peter Ledwoch 7 to 11 April  
 Peter Hanley 7 to 24 April  
 Vivienne Cebola 5 May (three months)  
 Geoffrey Meers 28 May to 17 June

WAMS are appreciative of the effort and hard work our Recruiting Locum Agencies offer to us.

It is always a pleasure to welcome back to our Organization Locums who enjoy returning at various times through out the year. In particular Dr Meers and Dr Cebola have completed several locum stints with WAMS.

### Health Facts About Passive Smoking That May Help You

- In 1999 over 100 Australian children died as a result of passive smoking
- Passive smoking can itself cause asthma, but has also been linked to Sudden Infant Death Syndrome, croup, bronchitis, pneumonia and ear infections
- There are 69 carcinogens (cancer-causing substances) in tobacco smoking. Even though you may not be able to see them, they remain in the air for hours
- Smoke travels. Even well ventilated non-smoking areas still contain at least half the amount of smoke found in adjacent smoking areas
- Dust, surfaces and furnishings in the homes of smokers are contaminated with toxins which are inhaled and ingested. They can become more harmful over time.
- Smoking in a car can be 23 times more toxic than in a house because it is a small, enclosed space. Opening a window is not an effective way to get rid of smoke.
- Everybody wants to protect the health of children and guests will understand that smoking outside is a way to reduce your child's exposure to tobacco smoking
- In a one year period, children of parents who smoke inhale the same amount of nicotine as if they had smoked 60- 150 cigarettes
- Passive smoking has been linked to bacterial meningitis, learning difficulties, behavioural problems and heart disease
- Passive smoking has a lifelong impact. Children of smokers are four times likely to become smokers themselves.

Our message is for everyone to keep well, stay fit and healthy, take care of each other, drink at least 8 glasses of water a day, eat plenty of vegetables and fruit as research shows this helps prolong life and that's a good thing !!!

Jessie Richardson

Clinic Manager

## Autumn/Winter Health Promotion Events

(subject to change)

### APRIL

World Health Day  
 Diabetes Day  
 National Youth Week  
 Heart Week

### MAY

World Asthma Day  
 International Day of Families

### JUNE

International Men's Health Week  
 Red Nose Day

### JULY

National Diabetes Day  
 Dental Health

### AUGUST

Jeans for Genes Day  
 Healthy Bones Week  
 Daffodil Day

for further information on these events contact Mathew Fields, Public Health Worker