

STAFF LISTING

as at 1st April 2010

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

Executive

Chief Executive Officer: Christine Corby, OAM
Deputy Chief Executive Officer: Position Vacant
Executive Officer: John Piccles
Executive Support: Sharon Silversides, Donna Thurston

Chronic Disease

Health Service Co-Ordinator: Skye Duncan RN

Healthy for Life

Aboriginal Health Worker: Rosalyn Fernando
Child and Family Health Nurse: Contracted Services
Dietician: Contracted Services – Sharon Maclure
Exercise Physiologist: Sarah Brown – maternity leave

Family Centred Primary Health Care

Co-Ordinator: Margaret Reeves RN
Aboriginal Health Worker: Position Vacant
Aboriginal Health Worker: Helane Rigby

Finance

Finance Officer: Andrew Denison
Administration/Finance Assistant: Naomi Barrett
Finance Assistant: Bill Lorimer, Stephanie Shepherd
OH&S Chairperson: Rosalyn Fernando
OH&S Officer for Brewarrina and Walgett: Contracted Services

Clinic

Clinic Manager: Jessie Richardson RN
Administration: Karen Rutterman
Aboriginal Health Worker: Tina Sharpley, Ricco Lane
Cleaners: Cheryl Amidy, Marion Green, Felicity Doolan, Marissa Walford, Rita Hudson, Vivienne Fernando

Collarenebri Aboriginal Health Worker:

Dentist: Locum Services (Position Vacant)
Dental Assistant: Wendy Ashby, Kayla Thurston
Dental Assistant: Gail Kennedy, Naomi Thorne
Doctor: Vivienne Cebola
Doctor: Christel Smit-Kroner
Senior Receptionist: Suzann Kennedy, Bianca Jacky
Receptionist: Kellie Hooper
Senior Aboriginal Health Worker: Phillip Dowse
Transport Officer: Greg Mason, Bill Peacock
Transport Officer: Peter Plazina, Harmoni Tighe

Programs

Program Manager: Kylie Gilmore RN/RM
Drug and Alcohol: Kelly Rowe
Drug and Alcohol – Murdi Paaki: Reg Rutene
Ear Health: David Kennedy
Eye Health Co-Ordinator: Phyllis Dennis-Tighe
Eye Health Assistant: Jenny Hunt
Family Health: Position Vacant
Goonimoo Co-Ordinator: Maria Hammond
Goonimoo Assistant: Patricia Murray, Roslyn Peters
Maintenance: Rodney Thorne, Victory Murray, Barry Walford
Mental Health: Lisa Burns – Clinic Psychologist
Mental Health: Trevor Simpson
Midwifery/Health Worker: Karnie Walford
Midwifery Program: Consortium of seven Midwives
Denise Carter, Virginia Proust, Margaret Cotter, Annie Pollard, Anne Maher, Neroli O'Neill, Edwina Biro
Ann Megalokonomos
Position Vacant

Public Health:

Sexual Health:

Brewarrina Aboriginal Health Service Limited (BAHSL)

Practice Manager: Hellen Mannix RN
Aboriginal Health Worker: Cherie Brown
Aboriginal Health Worker: Fred Gibson
Cleaner: Brenda Hardy
Maintenance: Chris Boney
Receptionist: Nicole Bennett, Megan Kelly

Healthy for Life

Enhanced Primary Care Nurse: Locum Services
Aboriginal Health Worker: Loretta Ferguson

Bila Muuji

IT Officer: Craig Hocking
Oral Health: Position Vacant
Social Emotional Wellbeing Co-Ordinator: Jennifer Perino
Smoking Cessation: Judy Scolari-Gibson

Consultants/Contractors

Dental: Sandra Meihubers
Healthy for Life: Diana Dalley

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.](#)

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 Skye, Health Service Co-Ordinator on 6828 1611



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WAMS

Walgett Aboriginal Medical Service Co-Operative Ltd

"for the community - by the community"



Autumn/Winter 2010

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.

It's Flu Season

WHAT IS INFLUENZA? Influenza (or "the flu") is caused by infection with influenza viruses. It mainly affects the throat and lungs, but can also cause problems with the heart and rest of the body. Influenza viruses regularly change, causing epidemics each winter in NSW. Every few decades a new type of influenza virus will emerge causing a severe and widespread pandemic.

WHAT ARE THE SYMPTOMS? Symptoms usually occur one to three days after infection and may include sudden onset of • fever • headache • muscle and joint pain • sore throat • cough • runny or stuffy nose • severe tiredness. Compared to the common cold influenza tends to cause more severe symptoms and complications. Complications can include pneumonia, heart failure or worsening or other illnesses.

HOW IS IT PREVENTED? Anyone older than 6 months who wishes to avoid influenza should see their Doctor for a vaccine each year - well before winter begins. Influenza vaccination is especially recommended for:

- All adults aged 65 years and over
- Aboriginal and Torres Strait Islanders aged 50 years and over
- Adults & children older than six months with diseases affecting the heart, lungs or that require regular medical follow up
- Persons with HIV infection
- Residents of nursing homes and other long-term care facilities.
- Women who will be in the second or third trimester of pregnancy between June and October.
- Health care workers



Chronic Diseases

Have you had your annual Health Assessment lately?

The purpose of an Assessment is to enable us to undertake a holistic and in-depth assessment of the health of a person in the context of their social and physical environment. Aboriginal Health Workers will conduct a basic assessment of your physical, psychological and social health status. In conjunction with our Doctor and yourself we will consider the need for any preventative health care, support and/or education to improve functioning and quality of life. Rosalyn Fernando is the primary contact for the Healthy for Life team to conduct Health Assessments for clients.

Sarah Brown, Healthy for Life Exercise Physiologist has commenced leave. It is anticipated she will at the end of the year. We would like to wish Sarah all the best with her first-born.

The Family Centred Primary Health Care Team are working with Doctors Meg Higgins and Mark Young to provide outreach clinics to Goodooga every fortnight. The first clinic will be held 29 and 30 of April. Dr Vivienne Cebola is conducting clinics with this team at Pilliga every second Thursday. Trevor Simpson returned to the role of Bringing Them Home Worker after his secondment has ceased as Aboriginal Health Worker with this Team. Helane Rigby has started a secondment, having previously been employed as Aboriginal Health Worker in the Clinic.

A Women's Health Check is planned for 8 and 9 of June at the WAMS Shop Front.

Skye Duncan
Health Services Co-Ordinator

www.walgettams.com.au

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

Goonimoo Gossip

Mrs Maria Hammond is the Co-ordinator of the team whose members are Patricia Murray and Rosalyn Peters. The women deliver a variety of educational experiences to meet the needs for children 0 to 5 years. Play sessions are free and include social, emotional, physical, intellectual, cognitive and transitional development.

Goonimoo delivers fortnightly play sessions to it's base, Coonamble, Goodooga, Angledool, Lightning Ridge, Collarenebri and Farm Groups (Mercadool and Group STN 2). The women also deliver a monthly play session to Pilliga and Carinda. Congratulations to Patricia for enrolling in Cert 3 in Children's Services. If you have any further queries for Goonimoo please call (02) 6828 3369.

If you have any further questions regarding Goonimoo please contact Goonimoo's friendly staff on (02) 6828 3369.



VISITING SPECIALISTS

Cardiologist Dr Richard Cranswick,
Respiratory Physician Dr Chris Clarke
Dermatologist Dr Ian McCrossin
conducting regular Clinics.

Please speak to Donna or Skye for appointments or enquiries.

MEN'S PIT STOP

Health Checks for Men

The Men's Pit Stop will be held during the month of June in conjunction with WAMS, GWAMS and ODGP personnel



MAY
Coonamble

JUNE
Walgett
Brewarrina
June

Directors – Walgett Aboriginal Medical Service

Chairperson: Lawrence Walford
Vice Chairperson: George Fernando
Secretary: Douglas Sharpley
Bert Gordon
Kerri Green
Iris Hall
Bill Kennedy
Ernest Sands
Dot Thorne, OAM



FLU SEASON – REASON TO IMMUNISE

Please make an appointment to have your FLU Vaccines. The "Swine Flu" or H1N1 vaccine is available and it is recommended that ALL people over 6 months of age get vaccinated.



Business at Brewarrina

Fluvaxes and pneumovax immunisations have commenced for the winter season.

Child Health Checks are available from the local early childhood Nurse, Kerrie Mannix every fortnight. For an appointment please ask the receptionist.

Dr Karin Jodlowski Tan has commenced a clinic, every Thursday targeting people suffering from a chronic disease. i.e. diabetes, cardiac, renal and asthma. It is important for people suffering from a chronic disease to have a current and active care plan, for the ongoing care from health service providers.

Due to the recent heavy rain and flood waters there is an increase in insect activity. BAHSL have for a period repellent and mozzie coils that were donated by Brewarrina Shire and Outback Division. Please be aware they we will not give out to any young children.

BAHSL will be conducting an Open Day on 19 May from 11am to 2pm - special guests are Ambulance, Fire Brigade, RTA, Police and other interested parties who wish to exhibit their businesses.

Hellen Mannix
Manager

Brewarrina Aboriginal Health Service

WAMS is currently working with other local agencies to conduct health promotion activities for:

April
Youth Week
Great Australian Bite

May
National Sorry Day
World No Tobacco Day

June
Red Apple Day Bowel Cancer

July
NAIDOC
WAMS Open Day

August
Breastfeeding Awareness

for further information on these events please contact Ann at WAMS



Clinic Capers

WAMS has welcomed two Aboriginal Health Workers Ms Tina Sharpley and Ms Helene Rigby. They both work extremely well in our busy environment. Dr Christel Smit-Kroner continues to work three days a week, Christel works closely with the Alternative Birthing Services provided through the Yinaar Gaaili Midwifery Team. The return of regular Locum's for both medical and clinical services meet the needs of the community.

Another new member to WAMS is Ms Kelly Hooper who joins our Receptionist's team consisting of Senior Receptionist Suzann Kennedy and Ms Bianca Jacky.

The Dispensary unit is run efficiently with Senior Aboriginal Health Worker Phillip Dowse at the helm. Phillip is also the coordinator for patient trips at a local and regional level. The transport team consists of Greg Mason, Bill Peacock and Peter Plazina.

Medical Records Officer Karen Rutterman is kept busy ensuring results, reports and documents are scanned and filed. Karen is also in the role as female transport officer. Donna Thurston has seconded from Goonimoo to the position as Executive Support. Donna works closely with Medicare Australia thus ensuring all Medicare revenue is claimed correctly. She also organises placement of staff, visiting Allied Health workers/Specialists who require accommodation with WAMS for the duration of their stay. Donna also assists with making patients appointments for visiting Specialists at WAMS.

The Dental team welcomes back Gail Kennedy along with two new staff members Ms Wendy Ashby and Naomi Thorne. Kayla Thurston is our longest serving Dental Assistant and will be going on Maternity Leave soon. We wish Kayla and her partner as they await the birth of their first child. Dental also have the good fortune of recruiting regular Dentists. Dental Therapist Lynn Turner from GWAHS visits regularly providing follow up care for children. WAMS Dental Consultant Ms Sandra Meihubers remains instrumental with the recruiting processes. She also arranged training for the new Dental software OASIS which is under way and operating well. Dental staff will be working closely with the local Community College and St Josephs to promote oral health care when there is no Dentist on site.

WAMS staff are working closely with the local Men's Group. The male Aboriginal Health Workers assist with conducting the fortnightly clinics that also have a male GP on site.

The Domestic team continue to keep buildings and residences spick and span.

Most staff have completed recertification of First Aid at Senior Level. New staff have attended mandatory OH&S training. Board of Directors and Managers completed Governance training.

ACCREDITATION

WAMS prepare for the fourth cycle of accreditation with GPA Plus for the clinic and QMS for the overall organisation.

Jessie Richardson, Clinic Manager

PROGRAM TEAM

Yinarr Gaayili (Alternative Birthing Services)

WAMS held an Open Day and a Naming Day "Yinarr Gaayili" means mother and child. Yinarr Gaayili support mothers and their babies through their trimesters with on going visits from the Midwives and Karnie Walford (Midwifery Health Worker). An information board is located at the front of the office with messages and birth announcements. Seven clients of Yinarr Gaayili have given births over the past three months.

Coming events:

April: Mums and Bubs Conference Brisbane
Keeping them Safe Training
May: Family Health Checks by the Healthy for Life team and Yinarr Gaayili with great incentives.
Commence "Baby Bingo" for Mums and caregivers
"Doting Dads Day" - information for new and experienced dads.
June: Coughs, Colds and consultation.
Yinarr's are strong a Gaayili is a gift

Public Health

Ann Megalokonomos has finished her six (6) month secondment. She is focusing on upcoming promotions and events, working with other local businesses. Ann is also developing and researching tobacco control within Walgett and surrounding communities with the Help from the BREATHE (Building research evidence to address aboriginal tobacco habits effectively). This will benefit the community with QUIT groups, one on one support, and NRT advice.

Drug and Alcohol

Congratulations to Kelly Rowe who completed Cert 4 in Alcohol and other Drugs on 4 March. Kelly continues to offer support to clients. She assists other WAMS staff to link their programs to each other to consolidate services to individuals, families and communities. Kelly provides assistance to individuals by finding ways of dealing

with their addiction – counselling, being admitted to a rehabilitation centre, or by having someone to support them. Lyndon Community visits two days every month. Kelly liaises with personnel from nearby rehabilitation centres on a regular basis; Orana Haven located south of Brewarrina, and Roy Thorne Rehabilitation Centre located at Moree.

Ear Health

David Kennedy has moved from the Clinic team and commenced in this position. He has enrolled in Cert 4 in Aboriginal Health.

Eye Health

Congratulations to Phyllis Tighe for completion of Cert 4 Aboriginal Health on 4 March. Phyllis and Jenny Hunt conduct Eye Health Clinics in Walgett, surrounding areas and also undertakes age appropriate School Screenings. Good luck to Jenny who has enrolled in Cert 4 in Aboriginal Health.

Bringing Them Home Worker

Welcome back to Trevor Simpson who was previously seconded to the Family Centred Primary Health Care team. Trevor will resume his role in Mental Health and is looking forward to returning to this role.

Gardeners

Rodney Thorne is the creator of these beautiful grounds. He maintains the lawns, gardens and other handy work around WAMS, with the help of Victor Murray and Barry Walford. Well done everyone, keep up the good work - it looks great.

Welcome

Welcome to Ricco Lane - Aboriginal Health Worker and Reg Rutene - Murdi Paaki Drug and Alcohol Network Co-Ordinator. WAMS wish them all the best to the Program Team.

Kylie Gilmore
Practice Manager