

# WAMS WALGETT AGRICULTURAL SHOW MAY 2017

**The Walgett Show was held on Saturday 13 and Sunday 14 May 2017, affording the community the opportunity to exhibit their handicrafts, livestock, pets, photos, cooking skills, artwork and gardening skills whilst catching up with family and friends.**



The Walgett Aboriginal Medical Service Limited (WAMS) attends the show annually to promote and provide basic health services and health related information to the community. Approximately eighty members of the public ventured in the WAMS venue to have their blood pressure (BP) and blood sugar levels (BSL) checked, some using this as their annual check up. People came from as far as Western Australia and Victoria, and a few from the coastal areas of NSW, but the majority were more local coming from Lightning Ridge, Gilgandra Warren, Burren Junction and Walgett.

Each person has to register to partake of the health checks and each of these was given a goodie bag, which included items for all members of the family. Anyone who recorded a high range BP was advised to see their GP. They also had access to alcohol, tobacco and other drugs and pregnancy related information.

The Smoothie Bike was again a huge success, with members of the public lining up to peddle the bike to blend the healthy ingredients of their choice to make their own drinks.





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Staff who assisted at the event were

Jill Murray	Chronic Disease Manager
Ngawai Hyland	Healthy for Life RN
Mereana Senior	Midwife
Melissa Haley	Receptionist (Clinic)
Bradley Smith	Administration Assistant
Reg Rutene	Murdi Paaki Drug & Alcohol Network Co-ordinator
Karen Rutteman	Aboriginal Health Worker (Clinic)
Cherin Singh	EEN (Clinic)
Sarah Dowse	Dental Assistant
Annie Dean	Exercise Physiologist
Tamika Cotton	Student
Tim Watts	Student
Christie Alexander	Student
Lyn Rummery & Gardening Team	

It takes a lot of effort to set up this event and the WAMS Public Health Worker worked with staff and management to develop a planning document to ensure the smooth running of the operation.

WAMS attendance at the annual show seems to have a positive effect, as some of the local members of the community take the opportunity to use this as their annual checkup.

