



# AHCWA

## NEWS

PROUDLY PRODUCED BY THE ABORIGINAL HEALTH COUNCIL OF WESTERN AUSTRALIA

JUNE 2014



## In This Edition

### **“To Gibb It or Not”**

Gibb River Road Challenge

### **No Tobacco Day**

AHCWA and the Aboriginal Maternity Services Support Unit (AMSSU) joined forces on World No Tobacco Day to hold a stall at King Edward Memorial Hospital

### **WACCHS Conference**

WA Aboriginal Community Controlled Health Sector Conference

**ABORIGINAL HEALTH COUNCIL OF WESTERN AUSTRALIA**  
450 Beaufort Street, Highgate, 6003

JUNE 2014

**Phone:** (08) 9227 1631  
**Fax:** (08) 92281099  
[www.ahcwa.org.au](http://www.ahcwa.org.au)

# In This Issue



Coffee Break with Des Martin/Meet the Finance Team	Page 3
Staff Profile / Staff Changes	Page 4
AHCWA Staff Tenure / World No Tobacco Day	Page 5
Community Ear and Hearing Health Forum	Page 6
Moort Mandja Mia: Family Gathering Place at KEMH	Page 7
Sexual Health Training	Page 8
Moorditj College - No Tobacco Day	Page 9
WA Aboriginal Community Controlled Health Sector Conference	Page 10
Youth Delegates Conference Workshop	Page 12
Nindilingarri Cultural Health Service: Fitzroy Valley Cook Book Series	Page 13
Derby Aboriginal Health Service "To Gibb It or Not" Gibb River Road Challenge	Page 14
Meet the "To Gibb It or Not" Team	Page 15
AHCWA Diary	Page 16
AHCWA Contacts	Page 18

AHCWA News is prepared and distributed by The Aboriginal Health Council of Western Australia in March, June, September and December. The images and articles used in this publication may be subject to copyright. Reproduction is not permitted unless written permission is received by the Aboriginal Health Council of Western Australia.

If you have an enquiry about reproducing or using material in AHCWA News, if you no longer wish to receive this newsletter, change your contact details or wish to submit a story idea, please contact the AHCWA Communications Officer: **Phone: (08) 6145 1040** **Email: [natasha.nannup@ahcwa.org](mailto:natasha.nannup@ahcwa.org)**

This newsletter may contain images of Aboriginal and Torres Strait Islander people that have passed away.



## Coffee Break with: **DES MARTIN**



### *Kaya and Greetings*

At the AHCWA WA Aboriginal Community Controlled Health Sector Conference in May the Minister for Health, Dr Kim Hames announced the State Governments commitment to Aboriginal Health and advised that the State Government will fund \$32.32 million dollars over 2014/15 which will be implemented under the WA Health Departments Footprints to Better Health Strategy that will replace and build on the gains made under the COAG Close the Gap and Indigenous Early Childhood Development Element 3 programs as a part of the National Partnership Agreement.

AHCWA applauds the State Government of WA for their commitment to improving Aboriginal Health in funding Footprints to Better Health and acknowledges that the State Government of Western Australia is the only State and Territory Government to make such a commitment.

Seventy five percent of all health improvements made in improving Aboriginal Health have been attributed to the work of Aboriginal Medical Services.

### *“Investing in Aboriginal Community Control Health makes economic sense”*

With the recent State and Federal budget announcements for 2014/2015, AHCWA and its Member Services are under no illusions that the next six to twelve months are going to be challenging as the health landscape changes once again and the sector undergoes reform at the State and Federal level.

Making sense of the health reform and what the proposed changes will mean for the Aboriginal Community Controlled Health Organisation (ACCHO) Sector, the impacts, risks and opportunities is what AHCWA will be concentrating on in the up and coming months.

## Meet the Finance Team

The Finance team consists of the Governance Portfolio Officer, Finance Officer and Finance Assistants, as well as the Coordinator of Funding and Submissions. The team also includes our IT Support Officer.



**Image:** From Left to Right (back):  
Graham Lovelock, Simon Scates, Mohit Kumar (front) Jenny Sala,  
Susie Schipp, Deepa Vaghijiani  
*Absent: Tendai Nyamadzi*

# AHCWA

## Staff Profile: **ANDREW WEBSTER**

I joined the Aboriginal Health Council in September 2012 as a Human Resource (HR) Assistant and in June 2013 I was successfully appointed to the role of Senior HR Officer.

My role is to provide the management and staff of AHCWA with flexible, customer focused and effective human resource advisory and strategic services.

I have a background in Human Resources after completing a Bachelor of Commerce at UWA in 2011, where I majored in Human Resource Management, Management and Entrepreneurship. Prior to my current role, I worked as a recruitment consultant at SKILLED Group. I have a real passion for HR and thoroughly enjoy my role and the organisation. I particularly enjoy working in the areas of training and development, employee relations and strategic HR management.

Outside of work I enjoy keeping fit and playing sports such as hockey, indoor cricket and squash. I have a strong passion for traveling, meeting new people and experiencing new cultures. My other major passion is the Fremantle Dockers who I support and follow every week, even through the tough times!

I have strong values for family and friends and enjoy spending time with them, sharing good food and having a laugh.



## Staff Changes

AHCWA has had a few changes to staff since the beginning of 2014, with staff members leaving and arriving, some changing roles and previous staff members returning within the organisation. We would like to welcome new staff members Ben Lacey & Kyla Ulmer who have been appointed temporarily to the new positions of Data Analyst & Project Manager for the Continuous Quality Improvement (CQI) project.

With AHCWA constantly changing and improving we have existing staff members changing roles. Xandra Tunbridge has accepted the role of Administration Coordinator, whilst Patricia Pearce is now in the role of Regional Tobacco Coordinator, with Melissa Morthrope accepting a position of Tobacco Action Worker.

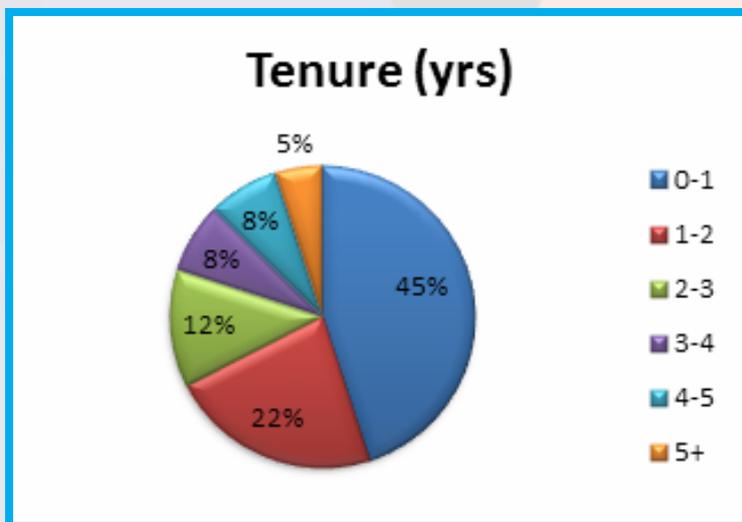
We welcome the return of Dr Terry Pitsikas to a temporary appointment of Public Health Medical Officer one day a week and Tash Nannup has temporarily returned to the position of Publications and Online Communications Officer on a part time basis.

AHCWA bid farewell to Shane Buttle, Michelle Dowden, Caroline Cusick, Hayley Matthews, Lauren Walker, Cedric Saldanha Josh Brun, Susie Spurling, Irene Nannup, Patricia Lewis and most recently Tess Newton-Palmer, our Health Promotion - Online Communications Officer.

We wish all new and returning staff members and those who have changed positions the very best in their new roles here at AHCWA.

## Current AHCWA Staff Tenure

Below is a breakdown of all current AHCWA staff members length of employment



## World No Tobacco Day – KEMH

AHCWA and the Aboriginal Maternity Services Support Unit (AMSSU) joined forces on World No Tobacco Day to hold a stall at King Edward Memorial Hospital (KEMH).

Held on Friday 30th May, the stall provided information to pregnant women and their families with the aim of encouraging them to think about quitting smoking and to promote a smoke free environment for their newborn and other kids.

The stall was manned by Sheila Murphy-McGuire from the AMSSU, Sharma Hamilton, the Tobacco Action Worker from AHCWA and Kellee Hall, the Aboriginal Health Worker (AHW) at KEMH. The team were also helped out by Graeme Broadley, the Executive Director of Midwifery at KEMH.

It was a fantastic day with most people coming up to talk to the ladies about how they were trying to quit or asking about how they could get friends or family members to quit.

Well done to Sharma and the team at AMSSU.



# Community Ear and Hearing Health Forum

On the 14 -16 May 2014, ear health professionals came together to discuss the provision of ear and hearing health services across WA at a three day Community Ear and Hearing Health Forum held in Broome.

Participants from WA and a few from the East Coast shared their passion for improving ear and hearing health in Aboriginal communities.

Poor ear health is one of the most common health issues experienced by the Aboriginal community and has been shown to have enduring health, social and educational impacts.

AHCWA's Ear Health Project Officer, Irene Nannup has been working in ear health for many years and wanted to bring ear health professionals together to talk about the barriers they face in the day to day provision of ear and hearing health and to workshop ideas about how those barriers could be broken down.

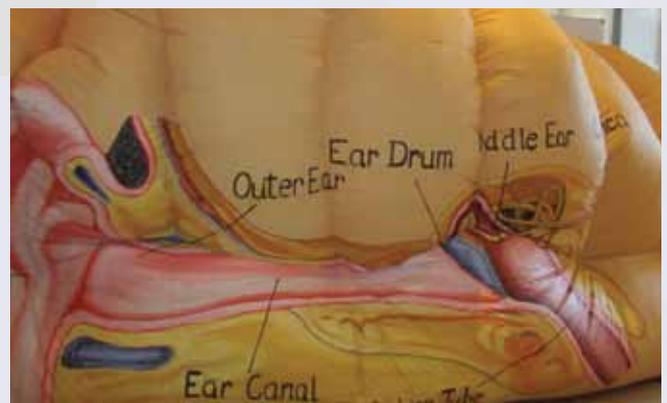
'This problem has been ongoing and there have been many improvements but we need to work together more to help improve the health of our mob's ears. Ear health is continually one of the last priorities in Aboriginal Health, we need to change this and build a better future for our people. This forum was an opportunity to bring together some of the key people in WA to try and highlight the issues and discuss how we can move forward,' said Irene.

The forum included brainstorming sessions around barriers and strategies, presentations from expert keynote speakers and a morning of training where participants were able to gain further experience using tympanometers, audiometers, otoscopes and a video otoscope and share experiences and techniques with one another.

It was this opportunity to share experiences and network with one another that was most valuable to all of the participants.

One of the main messages derived from the forum was that 'ear health should be everyone's business' and that we need to make it a higher priority in Aboriginal Health.

AHCWA would like to sincerely thank everyone who attended the Community Ear and Hearing Health Forum and shared their experiences. It was their commitment to ear health that made the forum a success.



# Moort Mandja Mia: Family Gathering Place at King Edward Memorial Hospital

On Monday 26 May 2014 King Edward Memorial Hospital (KEMH)'s Family Gathering Place was granted a new beginning, officially announcing its new name, "Moort Mandja Mia".

Staff from AHCWA attended the event, which also included the unveiling of a plaque and traditional Noongar dancing, which coincided with National Sorry Day and marked the beginning of Reconciliation Week.

Noongar Elder, Ms Marie Taylor opened the event with a Welcome to Country before performing a smoking ceremony, which included burning leaves from the great Peppermint tree that shades the garden.



Marie concluded her ceremony by thanking KEMH for looking after Noongar women and babies.

Executive Director of Midwifery, Nursing and Patient Support Services, Graeme Boardley,

acknowledged the people behind "Moort Mandja Mia" and spoke about the importance of its development for Aboriginal families.



Graeme also acknowledged the Women and Newborn Health Service working group of Janinne Gliddon, Leanne Pilkington, Anne Rae, Mark Stokoe and Kevin Salfinger who dedicated many hours of their time to the project, and the artists; Jilalga Murray-Ranui and Elsie Woods and ceramic artist Jenny Dawson for their beautiful artwork in the garden seating. AHCWA's Sharma Hamilton, Tobacco Action Worker who works very closely with KEMH was also instrumental in assisting with the organisation of the event.

Sharon Bushby from AHCWA, spoke about the important collaboration between AHCWA and the Women's and Newborn Health Service, whilst BreastScreen WA's Aboriginal Program Officer, Leanne Pilkington spoke about the value of providing such a space - not only for Aboriginal families but for all visitors.

Graeme invited Leanne and Aboriginal Maternity Services Support Unit Manager, Denese Griffin to unveil the plaque, which acknowledged major sponsors, the Women and Infants Research Foundation (WIRF) and BHP Billiton Nickel West. Kwoppardar Keniny Yok dance group closed the event, entertaining the crowd with a series of traditional dances and music.

Ashes from the smoking ceremony will be buried in the garden at the base of the plaque.

# Sexual Health Training

In May, AHCWA and Family Planning WA (FPWA) delivered two days of Sexual Health Training to 13 participants at Wirraka Maya Aboriginal Health Service in Port Hedland.

Of the both male and female participants, 11 completed the assessment and gained competency for the sexual health elective within the Cert IV in Aboriginal Primary Health Care.

The main aim of the training called SHIP (Sexual Health in Practice) for Aboriginal Health Workers (AHWs) is to assist and support AHWs in feeling more comfortable offering Opportunistic Sexually Transmitted Infections (STI) testing.

The first day included activities exploring sexuality, possible goals for working in sexual health and how their own attitudes and values impact on delivery of effective sexual health care. The male and female reproductive system was reviewed which lead into the methods of contraception and their effectiveness.

Participants explored through role-play how the combination of Information, Motivation, Behavioural skills, Resources and Environment (IMBRE model) impact on a person's decision making around safe choices, with an informative discussion held around sex and consent, dealing with disclosure of sexual abuse and testing patients less than 14 years of age.

After an intense first day the group finished off with a fun game called the "condom race".

Enthusiastic to begin the second day of training, activities included, learning about STIs with a particular focus on chlamydia, gonorrhoea and trichomonas parasite. The main messages being the consequences of not being treated and that they are easy to test.

Information on HIV and BBVs; why they are a worry, risk factors, transmission, signs and symptoms, testing, treatment, complications and prevention was also delivered.

Opportunistic STI testing and ways to normalise testing within a health service were identified, with participants expressing how this could work within their own health service and community.

The second day also saw the group participate in role playing scenarios, offering an STI test to a patient who presents for other reasons. Information about when to refer patients who require bloods for HIV and BBVs was delivered and when a full sexual health history and assessment is required. The day finished with a session on contact tracing facilitated by the Sexual Health Coordinator from Port Hedland Population Health Unit.

Participants were given resource packages, an opportunity to network, an opportunity to discuss "where to from here" and information on continued professional development including online training available.



## *Some of the evaluation comments included:*

- *Learnt a lot about Chlamydia and Gonorrhoea*
- *I liked the presentation of the workshop and the new information that I have gained*
- *Great group activities and role plays*
- *It was excellent having the 3 trainers who all provided good information*
- *The explaining of all was very clear and updated*
- *Good learning environment and good presenters*
- *All sessions were interesting and we enjoyed the contact tracing*
- *Everything that was presented and the assessment booklet*

# Moorditj College: No Tobacco Day

The World Health Organisation (WHO) celebrated "World No Tobacco Day" on the 31 May 2014 with the theme of "Raise taxes on tobacco".

This year's focus was on the global tobacco epidemic that kills nearly 6 million people each year, of which more than 600 000 are non-smokers, dying from breathing second-hand smoke.



Without action, the epidemic is expected to kill more than 8 million people every year by 2030. More than 80% of these preventable deaths will be among people living in low and middle-income countries. For World No Tobacco Day 2014, WHO and partners called on countries to raise taxes on tobacco.

The AHCWA Tackling Tobacco & Healthy Lifestyle Program celebrated its "World NO Tobacco Day" at the Moorditj Noongar Community College on Thursday 5th June 2014.

The team provided the 90 students and teachers with a healthy lunch pack, a performance and workshop from the local hip hop group, Urban Dance Crew, and giveaways. Some of the giveaways included; a copy of the "Deadly Tucker" Cookbook, "Smoke Free Home" Stickers and Frisbees.

A highlight of the activities included boys and girls aged from 5 to 10 years gathering in a circle, cheering their peers on, as they performed freestyle break dance moves.

The event finished off with students outlining their hand on a canvas piece supporting "World NO Tobacco Day" and "Smoke Free Environments".



The Minister for Health, Dr Kim Hames opened this year's WA Aboriginal Community Controlled Health Sector Conference, held at The Esplanade Hotel, Fremantle from the 7-8 May.

Dr Hames took the opportunity to announce a day ahead of the State Budget that the state contribution of funds toward Closing the Gap initiatives would continue in the form of \$32.3 million under a re 'branded' program to be called 'Footprints to Better Health', with 95% of existing initiatives being re-funded with only a very small amount of funding to be withdrawn from programs which had not been able to meet their KPIs.

The Minister acknowledged the strong leading role in the Closing the Gap program by the ACCHS sector; the significant increase in Aboriginal employment and good partnerships which had been forged and strengthened as a result of the collaborative efforts over recent years.

In her keynote address, Vicki O'Donnell expressed appreciation to the Minister for sharing the announcement ahead of the budget and also expressed concerns about the unknowns in federal budget outcomes which might impact on their Services and programs in the future. Vicki also acknowledged the standout efforts of the sector in WA - forging new partnerships and achieving a great deal of recognition and success in the initiatives implemented throughout the state.

Keynote speaker, Alison Killen, Assistant Secretary, Indigenous Health Resource Division took the

opportunity to show a presentation on how the National Key Performance Indicator data are demonstrating some areas of very good impact on health outcomes and also showing areas where things may need to be strengthened as the results are not quite as good as other areas.

After lunch on the first day, the Conference hosted presentations by Wendy Casey, the acting Director of Aboriginal Health in the WA Department of Health, Mr Paul Rosair, Director General of the Department for Regional Development, and AHCWA Staff who highlighted the work they are doing to input into the Patient Assisted Travel Scheme (PATS) review being conducted, and patient journey issues.

Day 2 kicked off with another inspirational presentation from the youth delegates. (Read more about this year's Youth Delegates on Page.13)

AHCWA's Member Services were showcased after morning tea, with outstanding presentations from a number of Services.

CEO from Bega Garnbirringu, Wayne Johnson gave a wonderful description of how the Board and management team have completely turned what was an internally dysfunctional and externally controlled health service into a 'rags-to-riches' success story.

Dr Stephanie Trust, Medical Director from KAMSC gave a very interesting and informative clinical education





styled presentation on Rheumatic Heart Disease (RHD) which was very well received by the audience.

Nindilingarri Cultural Health Service very proudly presented the second publication of their four volume series of Fitzroy Valley Cookbooks. (See full story on Page.14)

Just before lunch, the Ord Valley Aboriginal Health Service (OVAHS) gave an excellent overview of work they are doing in the area of Foetal Alcohol Spectrum Disorder (FASD), which is a leading cause of preventable mental retardation and birth defects.

Derbarl Yerrigan Health Service (DYHS), CEO Barbara Henry mentioned the organisation's achievement of ISO Accreditation and the fact they had recently celebrated their 40th Anniversary as a Service.

Spinifex Health Service management team, Graham Townley and Vicki Taylor gave a talk about how very challenging it is for the people in these ultra-remote communities to access essential health care; and the extent to which service managers must exploit every single opportunity possible to get the best use of funds, infrastructure and people power to make good things happen.

This year's WA Community Controlled Health Sector Conference was very successful with many positive developments, with a lot to celebrate by way of achievements and progress.

A full report on the Planning Day and the two day conference will be available shortly from AHCWA.

# Youth Delegates Conference Workshop

On Monday 5 May 2014, AHCWA held the Youth Workshop as a part of the WA Aboriginal Community Controlled Health Sector Workshop. Ten participants attended from various regions throughout WA, representing the Kimberley, the Pilbara, the Mid-west, the Goldfields and the Metro areas.

Building on their work at last year's Youth Workshop, the members of this year's workshop announced a new initiative they had undertaken themselves to create a Facebook page for youth. The DEED of the day Facebook page is to encourage youth to acknowledge how they or others have made positive contributions to the community.

They worked together throughout the three days to prepare their session for the WA Aboriginal Community Controlled Health Sector Workshop on the Thursday. Their presentation drew on the strengths of each member with a song acknowledging traditional owners, a video clip on how one small deed can change the community, a power point presentation and finished with a rap song about tobacco cessation.

AHCWA would like to thank the ten participants, Eleesha, Shaun, Hemi, Nick, Luke, Jamie, Rachel, Dennis, Harley and Ashleigh for their contribution to another successful youth workshop.



# Nindilingarri Cultural Health Service: Fitzroy Valley Cook Book Series

In 2007, Nindilingari Cultural Health Service had a number of requests from their community to produce a cook book suitable for their region. They discovered they were using foods that were not known to many people in their community cook ups, so the Fitzroy Valley Cook Book Series initiative was born.

Set to be a four volume series, the first entry was finished at Galeru Gorge at the beginning of 2008, with the books set to include a nutritional analysis and community story with each recipe. In 2010, recipes were displayed in stores and around the communities.

The project quickly spread and communities volunteered their recipes, with the first volume completed in 2011.

Volume One, known as The Wet Season, saw 640 participants from 23 communities produce 31 recipes. Two local organisations also contributed to make the 72 page recipe book. The theme for the book was to have elders sharing their traditional recipes with the younger generation.

With the second volume titled, 'The Dry Season', the



amount of participants almost doubled to a staggering 1200 people. It included 25 000kms of travel, using 4000ltrs of fuel and 722 man hours to complete.

From the 23 communities, the book produced 46 recipes this time, with help from 11 schools and 4 local organisations. The theme for this volume was the reverse from Volume One, with the younger generation sharing recipes with their elders.

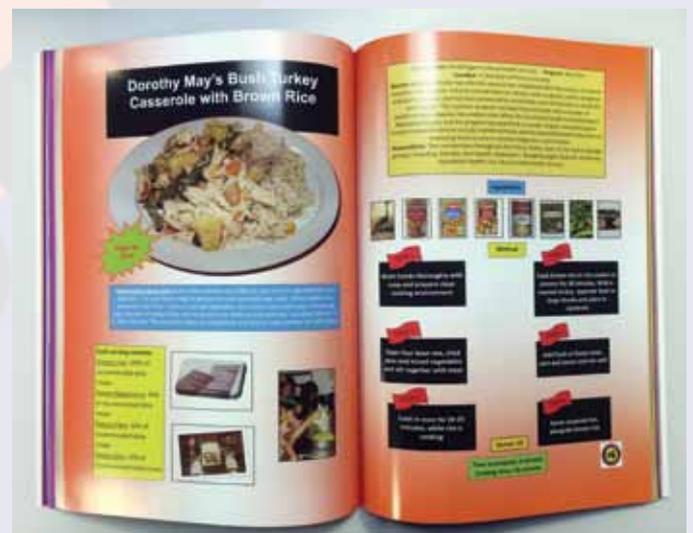
Volume 3 and 4 will be produced throughout the next year and will be based on Jaming-jarti "Sorry Business" and Infant and Toddler Recipes.

Since the books inception, 87% of people use the book fortnightly with 64% of people using the book weekly. There was also a change in produce sold in community stores to try and stock ingredients from the recipes in the books.

Below is a list of rules that determine the recipes in the cook book:

## Cook Book Rules

- No added salt
- No refined flours, pastas, or rice (Replace with brown rice, whole meal pasta, whole meal flour)
- Good quality oils only, no lard, butter, etc
- No added sugar
- Vegetables must accompany all meals
- Potatoes were not an option! Only sweet potato and bush yams
- Food must be local
- Traditional foods were recommended



Congratulations Nindilingarri Cultural Health Service and the Fitzroy Crossing community on producing such a valuable resource.

# Derby Aboriginal Health Service: “To Gibb it or Not” Gibb River Road Challenge

In May this year, six staff members, from the Derby Aboriginal Health Service (DAHS) set out to participate in the Gibb River Road Challenge, a 700km bike ride challenge from Derby to El Questro Station, west of Kununurra.

Training for the challenge started eight months prior with the team of 6 very impressive women, known as the ‘To Gibb it or Not’ team completing their own training rides daily, plus a twice a week team training ride.

One of the team training rides consisted of a boggy sand bike ride out to the local cattle station, Meda, through long grass, in 48 degree heat, in thick mud (as they started training during wet season). And, that’s not to mention the major thunderstorms, cows, cow dung, goannas, and lots of bruising from all the accidents along the way.

As a warm up, the women also decided to give the first leg of the Gibb River Road Challenge ago. Leaving before sunrise, the ride took 12 hours, with the girls arriving just before sunset. There were a lot of highs and lows from the trial run, with the hills around the area more like mountains.



## *Let’s here from the girls themselves after the challenge*

“Well...we made it. YAY!!! 5 days of some brutal riding.

To put everyone’s question to rest. Our butts were fine, we had a lot of padding in our bike shorts

The Gibb River Road Challenge is everything as it says, definitely a challenge. Some of the hills really did feel like mountains and the corrugation shook every part of our bodies, all the way through to our bones. Day one did have rain, and some swags and clothing got quite wet, but for the rest of the days it was sunny with A LOT of wind. At some points the dust was so bad we couldn’t see in front of us on the bikes, and then add smoke from nearby bush fires. But, passing the blue and white checked flags as you pulled into camp, made each day worth it.

The atmosphere amongst nearly 500 riders was amazing, we were all there to achieve the same thing and that was to reach the very end. Camping with the amount of riders and support crew did have its challenges, like waiting to use toilets and showers. Overall it was a massive mateship feeling.

Day one, we were about 50km short of the finish line, but we are proud of ourselves at the distance we did make, as the first day was a gruelling 240km ride, and we did well to accomplish what we did.

On days two, three, four and five we did make the finish line, with time to set up camp and kick back and relax. On the last day we decided to do something different and the team decided to wear clown outfits for the final 53km. We wanted to celebrate our last day with laughs along the way, and we did just that.

We have all now officially completed a more than 700km ride from Derby to El Questro W.A.

We managed to raise just over \$15,000 for RFDS and Muscular Dystrophy WA, well over our target. We would like to thank everyone for their support and donations, without these wonderful generous people, we would not have got the tally we wanted.

We would also like to thank our 3 support crew who were with us on the road. Without these 3 we would not have been a team, so 'thank you' Ron, Bill and Sarah."

What a wonderful recap of their journey, and might we add, at the completion of the event, three of the team members decided to do the return journey back to Derby from Kununurra by bike.

AHCWA would like to congratulate Sam Curley, Michelle Rickerby, Sheona O'Donnell, Rebecca Ingram, Julie Woodland and Wendy Bailey on an enormous effort for a very worthy cause.



## Meet the 'To Gibb It or Not' Team

### Sam Curley

Sam moved to Derby with her partner and two daughters 9 years ago. Sam is a Senior Clerk at DAHS and her decision to participate in the Gibb River Road Challenge was not a small one. Preparing for the ride had its ups and downs, learning to become friends with her bike and the dirt!

Whether it was gravel, bitumen, sand, mud or riding in a Tropical low with rain, lightning and thunder all around, all of those elements made the preparations so much more fun and challenging.

### Sheona O'Donnell

Sheona has worked for DAHS for the past 11 years, and is currently in the role of Medicare Clerk and Specialist Appointments Clerk.

A mum of 2, Sheona's son has muscular dystrophy and cannot ride a bike himself, so Sheona is riding in his honour and also for another local boy who has Muscular Dystrophy.

Sheona said 'This is a once in a lifetime opportunity, and when this is all over I can say "Yes I Have Done It", and so my children and anybody else can realise that anything is possible when you put your mind to it'.

### Michelle Rickerby

Michelle is the Mum of 2 children and a Data Entry Officer at DAHS. Starting to ride her bike just for exercise, Michelle realised just how much she liked it. Whilst discussing her bike riding in the staff kitchen one day, the topic of "The Gibb River Road Challenge" popped up.

Michelle has 2 nephews with Muscular Dystrophy and decided to do this challenge to support the charity. Michelle said "To be able to ride for these 2 boys who can't, was my push to ride this hard challenge, plus we are also raising money for RFDS which is a major part of where I live. Living in Derby and surrounding areas, we rely on the support of RFDS on a daily basis".

### Rebecca Ingram

Rebecca, also known as Bec, is the Youth Councillor at DAHS and has been riding around town and on bush tracks for the past few months, averaging around 70kms a week to get fit and ready for the challenge.

Bec is a disabled rider with trauma injuries to both legs and right arm making the Gibb River Road Challenge a SUPER challenge for her. Bec is doing the challenge to show herself and others that sitting on the couch doing nothing is not an option and you have to get back into life and don't 'DIS your ability'.

*"This is a once in a life time experience for me, and when my children get older I can show them on a map that mummy rode from Derby to El Questro"- Michelle*

# Meet the 'To Gibb it or Not' Team cont.

## Julie Woodland

Julie arrived in Derby from Perth in July 2013 to work as a Chronic Diseases Nurse, mainly in diabetes and rheumatic heart disease. Julie felt that both the RFDS and Muscular Dystrophy need as much support as possible, so the DAHS team challenge of doing something worthwhile, in amazing Kimberley country was too irresistible.

It was a surprise for her to discover they needed to cover over 230 kilometres on their first day of riding, but Julie hoped the Health Promotion benefits of competing will flow onto the Derby community.

## Wendy Bailey

Wendy is one of the founding staff members of DAHS, working there for 11 years as a RN and Clinic Manager.

Wendy lives on a local cattle station and rides every day. Her backyard is everyone's Kimberley Dream, boab tree's, pindan, river and unforgettable sunsets, a healthy lifestyle is important to her. For Wendy, participating in the Gibb River Road Challenge means the team can not only promote a healthy lifestyle, but enjoy one too.

There were many laughs and jokes whilst exercising and raising funds for RFDS and Muscular Dystrophy WA, both of which are worthy causes.



## AHCWA Diary

### Continuous Quality Improvement (CQI) Workshop

AHCWA is holding a Continuous Quality Improvement (CQI) workshop in Perth on the 18th July at the AHCWA offices.

This is part of the NACCHO-Lowitja-Menzies partnership to develop a shared understanding about what the advantages (or disadvantages) would be to developing a national CQI framework and to recommend an approach that would have broad-based support by major stakeholders, is evidence-based, and will contribute to stronger PHC services and improved health outcomes for Aboriginal people.

Please contact Jacqui Jamieson at AHCWA for further information on [Jacqui.jamieson@ahcwa.org](mailto:Jacqui.jamieson@ahcwa.org)

### AHCWA Training Courses

Sexual Health in Practice for Aboriginal Health Workers: training course in Perth this August.

Sexual Health in Practice for Aboriginal Health Workers (AHWs) is a new two day course developed by AHCWA and Family Planning Western Australia.

The course gives AHWs the skills and strategies to feel more comfortable yarning with their clients about sexual and reproductive health, conduct effective opportunistic sexual health screening as well as provide support and referrals for clients with a sexual health concern.

This training is being delivered at AHCWA Head Office on the 8 August 2014.

If interested please contact Veronica Walshe, SPFO Sexual Health Practitioner, AHCWA

PH: (08) 9227 1631 Email: [veronica.walshe@ahcwa.org](mailto:veronica.walshe@ahcwa.org)

# Senior First Aid

## Who should have a Senior First Aid certificate?

If you work in health or a clinical setting it's extremely important to have first aid skills. In fact, many employers require you to have a first aid certificate so it could be the difference between getting that great job or not.

Even if you don't work in a health setting, having first aid skills is so important when it comes to helping your family, friends or someone else in your community when they need it most.

So really, everyone would benefit from having a Senior First Aid certificate.

But if you are in any of the following professions, it could be compulsory:

- Aboriginal Health Worker
- Firefighter
- Police Officer
- Paramedic
- Medical receptionist
- Workplace first aider

## About the Senior First Aid course

Our Senior First Aid course runs for two days and you will graduate with a certificate and life-saving skills in the following areas:

- Applying basic first aid principles
- Basic physiology and anatomy
- Managing emergency situations, unconscious people, burns and bleeding
- Life threatening breathing problems
- Adult, child and infant CPR and using an Automated External Defibrillator (AED)
- Spinal, head, ear and eye injuries
- Fractures, bites, stings and poisons

### Duration:

Two consecutive days

### Location:

Training and Development Centre  
Aboriginal Health Council of Western Australia  
450 Beaufort Street, Highgate  
Perth, Western Australia  
(or at a venue negotiated)



### Cost: \$150\*

\* The Senior First Aid course is free for AHCWA member services.  
Member services only need to pay for trainer's travel costs (if outside of Perth Metropolitan area)

*Please contact us for more information*

**Phone: (08) 9227 1631**

**Email: [reception@ahcwa.org](mailto:reception@ahcwa.org)**

# AHCWA Contacts

AHCWA staff can be contacted on our main reception line:  
(08) 9227 1631 or email: [reception@ahcwa.org](mailto:reception@ahcwa.org)

If you wish to email a staff member directly, all email addresses are [firstname.lastname@ahcwa.org](mailto:firstname.lastname@ahcwa.org)  
E.g. [bill.smith@ahcwa.org](mailto:bill.smith@ahcwa.org)

## Office of the Chief Executive Officer

### Chief Executive Officer

Des Martin

### Executive Officer

Jo Kennedy

### Operations Manager

Patrica Bushby

## Administrative Support

### Executive Assistant

Xandra Tunbridge

### Reception

Grace Caine

## Business Support

### Senior Portfolio Officer, Human Resources

Andrew Webster

### Human Resources Assistant

Kristy Monaghan

### Principal Policy Officer

Nadia Currie

### Publications/Online Communications Officer

Tash Nannup

### Graduate Designer

Harley Richards

### Ethics Officer (Western Australian Aboriginal Health Ethics Committee)

Chelsea Bell

## Health Service Development

### Public Health Medical Officer

Dr Chantal Ferguson

### Public Health Medical Officer

Dr Terry Pitsikas

### Practice Manager Support

Marie Yau

### Project Manager (CCI)

Kyla Ulmer

### Data Analyst (CCI)

Ben Lacey

### Indigenous Health Project Officer

Annie Young

## Sector Development

### Manager

Sharon Bushby

### Registered Training Organisation

### Workforce Development Coordinator

James Harris

### Cultural Safety Training Officer

Julie Jones

### Clinical Trainers

Kim Hawkett

Michelle de la Haye

### Administration Assistant

Dawn Flanagan

Want more information about the courses we offer in primary health care?

**Certificate II, Certificate III and Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care**

*We also offer Senior First Aid and Cultural Safety Training*

Call us: (08) 9227 1631 or email: [reception@ahcwa.org](mailto:reception@ahcwa.org)

## Programs

### **Sexual Health Practitioner**

Veronica Walshe

### **Immunisation Coordinator**

James Harris

## Health Promotion

### **Health Promotion Coordinator**

Tricia Pearce

### **Healthy Lifestyle Workers**

Leah Bregazzi

Marty Walley (*David Wirrpunda Foundation*)

### **Senior Health Promotion Officer**

Marianna Donlin

### **Tobacco Action Workers**

Lucy Mills

Sharma Hamilton (*King Edward Memorial Hospital*)

Melissa Morthorpe

## Finance and Contracts

### **Manager and Portfolio Officer, Governance**

Jenny Sala

### **Finance Officer**

Mohit Kumar

### **Finance Assistants**

Deepa Vaghijiani

Susie Schipp

### **Coordinator of Funding & Submissions**

Graham Lovelock

### **IT Support**

Tendai Nyamadzi



**Want to work at AHCWA?**

Email your CV to: [applications@ahcwa.org](mailto:applications@ahcwa.org)

All media, newsletter and eBulletin enquiries or story submissions:  
Publications/Online Communications Officer  
Tash Nannup



# AHCWA

Aboriginal Health Council of Western Australia

## AHCWA

450 Beaufort Street  
Highgate WA 6003

## PO BOX 8493

Stirling Street  
Perth WA 6843

## Contact

Phone: (08) 9227 1631

Fax: (08) 9228 1099

[reception@ahcwa.org](mailto:reception@ahcwa.org)



AHCWA is committed to Continual Quality Improvement.  
Please feel free to give your feedback by requesting a 'Compliments, Suggestions & Complaint Form':  
Phone: (08) 92271631  
Email: [reception@ahcwa.org](mailto:reception@ahcwa.org)