



AHCWA news

JUNE 2018



In this edition

Gibb River Challenge

WA Aboriginal Community Controlled Health Sector Conference

AHCWA Youth Conference





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





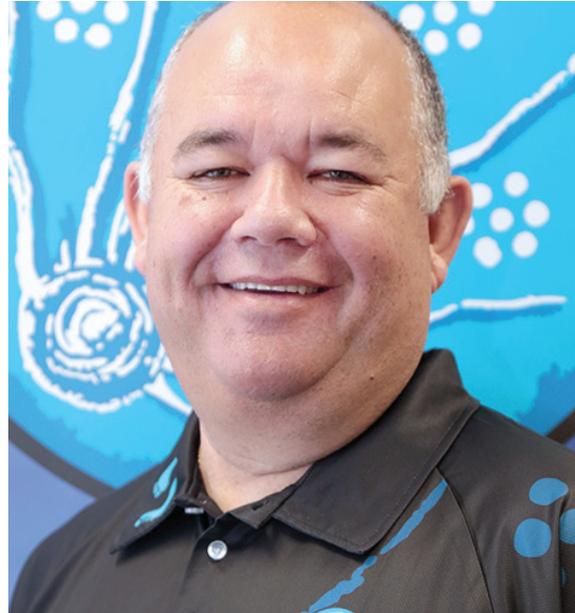
Coffee break with: Des Martin

Kaya and Greetings

The first six months of 2018 have proven to be a very busy time for AHCWA, with another successful WA Aboriginal Community Controlled Health Sector Conference held in April, and many important Aboriginal health policy issues, which have been on the agenda at the State and National levels, gaining increased momentum.

A highlight for AHCWA's Youth Program in the first half of this year has been the launch of the Western Australia, Aboriginal Youth Health Strategy –Today's young people, tomorrow's leaders (Youth Health Strategy). Launched by the Hon. Ken Wyatt, Federal Minister for Indigenous Health at the Conference, the Aboriginal Youth Health Strategy is a key policy achievement for the AHCWA Youth Program and the policy and strategy team. Although planning for the implementation of the Aboriginal Youth Strategy has commenced, there is much work still to be done to successfully deliver on the key strategic actions. This work will continue to unfold over the second half of 2018.

Also, in the early part of 2018 we saw the release of the State Government's Sustainable Health Review Interim Report. (SHR Interim Report). Certain key directions contained in the SHR Interim Report include proposals for the ACCHSs to work more closely in partnership with Government to progress a range of initiatives to achieve a sustainable health system. The Interim Report proposals recognise the important role of ACCHSs within the broader health system, and represent a strategic opportunity for AHCWA and the ACCHS sector to forge new ways of working with Government to advance the agenda for Aboriginal health.



The My Health Records Scheme (My HR Scheme) roll-out, due to commence from 1 July 2018, is another significant matter which is very likely to have resource implications for member services.

There is still much work to be done by the Commonwealth Government and the Australian Digital Health Authority (ADHA) to ensure that the 'my' is meaningfully represented in the My HR Scheme. It is important that AHCWA and member services continue to work to influence the Government and the ADHA to have concerns addressed and ensure the My HR Scheme operates in the best interests of Aboriginal people and clients.

Member services are also very concerned about the roll-out of the National Disability Insurance Scheme (NDIS) and the limited consultation with member services in WA in relation to this. The NDIS will create many new challenges for our member services, and AHCWA is working with NACCHO and others in an effort to have the concerns about the NDIS and the needs of Aboriginal people with disability, addressed. This is a work in progress and AHCWA will continue to provide updates in relation to the NDIS.

We are heading towards NAIDOC Week 2018, with the important message 'Because of Her, We Can' as the theme for this year. I encourage everyone therefore, to consider all the wonderful women in your lives, celebrate their unique strengths and achievements and raise your voices in solidarity and recognition of their importance to us all, and the community.



Close the Gap Day

AHCWA and the Tackling Indigenous Smoking (TIS) team collaborated with the City of Vincent and other stakeholders to create a wonderful community engagement event, the Close the Gap Family Festival, held at Birdwood Park in Highgate.

The family friendly festival featured a vibrant and colourful gathering of Noongar traditional dancers, live entertainment, traditional art, food vans and community stalls who showcased their organisation and skills. The TIS team also had a health promotion stall highlighting the health and additional risks associated with tobacco use.

Children activities were also popular and included the animal farm / petting zoo, the photo booth in a kombi van, the ear health bouncy castle, sand art displays, dancing and football skills.

Overall many health promotion resources were handed out to family and community members who also participated in the e-survey which measures knowledge, attitudes and practice of smoking.

World No Tobacco Day

World No Tobacco Day is on the 31st May every year. This day is globally recognised as highlighting the health and additional risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The theme for this year's World No Tobacco Day was "Tobacco – a threat to development."

For this year's event the AHCWA Tackling Indigenous Smoking (TIS) team attended the Derbarl Yerrigan Health Service Aboriginal Corporation (DYHSAC) Heart Health program where they encouraged smokers to quit for life or even for the day.

This year the TIS team have also created a video with other WA TIS teams at the WA Jurisdictional Workshop

Conference held on 23-24th May 2018 to give a collective video message about the connection of heart health and smoking.

The video was screened to the DYHSAC Heart Health group of Elders who were very interested to hear more stories and asked great questions. The staff shared personal stories which highlighted the connection and importance of Aboriginal culture as many wanted to yarn longer than the time permitted. The Elders were happy to also receive health promotion resources and the TIS team were invited to visit again.

Here is a link to the collective video message:
<https://vimeo.com/272288728>

PROVIDE FIRST AID:HLTAID003

Who should have a Senior First Aid certificate?

If you work in health or a clinical setting it's extremely important to keep your first aid skills up to date. In fact, many employers require you to have a first aid certificate.

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.

About the Senior First Aid course

Our Senior First Aid course runs for two days and you will graduate with a certificate that will remain current for 3 years and gives valuable life-saving skills in the following areas:

- applying basic first aid principles
- basic physiology and anatomy, heart conditions
- managing emergency situations, unconscious casualties, burns, bleeding and Diabetes
- life threatening breathing problems, such as Asthma and Anaphylaxis
- 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:

Aboriginal Health Council of Western Australia
Training and Development Centre
450 Beaufort Street, Highgate
Perth, Western Australia

* The Senior First Aid course is free to AHCWA Member Services. All Member Services need to pay for is trainers, travel cost if outside of Perth Metropolitan area

Cost: \$100* Non - Member Services



For more information and course bookings please contact Michelle de La Haye via e-mail or phone:

Phone: (08) 9227 1631

E-mail: Michelle.delahaye@ahcwa.org



Reconciliation Week

National Reconciliation Week (NRW) runs annually from 27 May – 3 June. These dates mark two milestones in Australia’s reconciliation journey: The 1967 referendum and the historic Mabo decision, respectively.

This year’s campaign is “Don’t Keep History a Mystery: Learn. Share. Grow” which explores history hidden just beneath the surface, ready and waiting to be uncovered. It highlights some of the lesser known aspects of Aboriginal and Torres Strait Islander, histories, cultures, and achievements, to prompt Australians to ask themselves: what are some of the things I don’t know about our shared history?

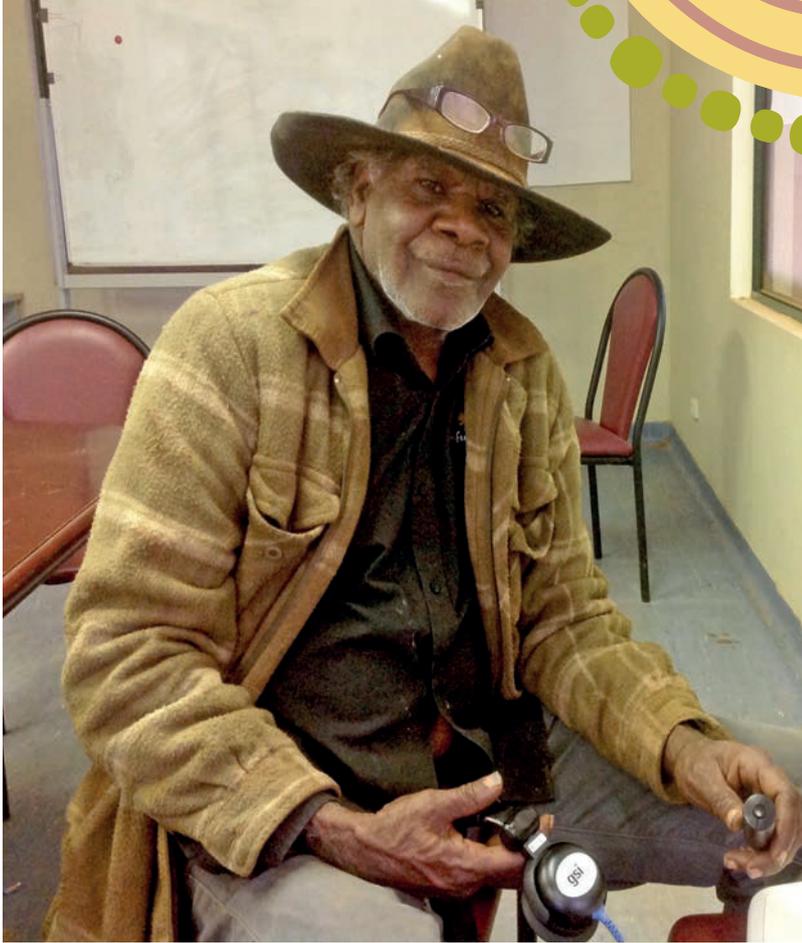
During Reconciliation Week this year, AHCWA staff attended the Indigenous Veterans Commemoration Service held at the State War Memorial in Kings Park. The very moving Service held each year is hosted by the Aboriginal & Torres Strait Islander Veterans and Service Association, and is a commemorative service recognising the contribution from Aboriginal and Torres Strait Islander members of the Australian Defence Forces to Australia’s War effort.

AHCWA staff were also treated to a transformative experience at Elizabeth Quay, Perth that provided the opportunity to learn about our Aboriginal culture, contribution and our shared history at the Walk for Reconciliation event.

Elders, Ben Taylor, Neville Collard and Richard Walley provided the Welcome to Country followed by dance performances from the Koolangka’s Kreate. AHCWA staff then wandered through Noongar Whadjuk Boodja to explore the Noongar Six Seasons installations around Elizabeth Quay.

NRW is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.





Winmati Roberts

Winmati Roberts (60) from the Tjuntjunjara Community, is set to become an Aboriginal Health Worker when he completes his Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care this year.

The Tjuntjunjara Community is located in the southeast of Western Australia, in the Great Victoria Desert (just inside the Great Victoria Desert Nature Reserve). The community is about 690 kilometres north-east of Kalgoorlie and has about 200 people living there.

Winmati currently works for Spinifex Health Service as an Aboriginal Health Worker, which is owned and operated by the Paupiyala Tjarutja Aboriginal Corporation for the Tjuntjunjara Community on the Spinifex Lands. Spinifex Health Service's role in the community is to provide culturally appropriate comprehensive primary health care, focusing on chronic disease management, child and maternal health, disability, aged care and social and emotional wellbeing.

A well-respected man, Winmati is a role model in the community through his position as a Board Member on the Paupiyala Tjarutja Aboriginal Corporation board. The Corporation provide a range of local programs and services and they also manage the Tjuntjunjara community on behalf of the Spinifex people. Winmati was inspired to work in health as

his biggest wish is to help reduce the ongoing health issues in his community noting the biggest issue in his community is diabetes.

"Community members were losing their legs, very bad. Community members were also suffering with all of the illnesses that come with diabetes. The children were also starting to get diabetes." said Winmati.

Winmati is completing his qualifications through Marr Mooditj training with the help of AHCWA to complete the final assessments of Ear and Eye Health.

Lorraine, AHCWA's Ear Health trainer went to the Tjuntjunjara Community for a week to work one on one with Winmati to help further develop his ear health training skills and knowledge. Although there were a few language barriers as the Spinifex or Anangu [the people] speak the Pitjantjatjara language therefore requiring a translator to complete the lessons, it was a positive experience for Lorraine.

"The biggest highlight for me was Winmati gaining the basic knowledge and understanding of Ear Health. And personally for me, I got to learn a lot about the culture and language of the people from the Tjuntjunjara community" said Lorraine.

Winmati is currently on track to completing his qualifications in 2018. Well done Winmati.



PHAIWA Advocacy Course

AHCWA staff recently attended the Public Health Advocacy Institute of WA (PHAIWA) Advocacy Short Course in Fremantle.

Delegates from all over Australia attended the PHAIWA Advocacy Short Course, which is an intensive week-long course that aims to improve knowledge, skills and confidence in public health advocacy. The interactive course enabled participants to gain a comprehensive understanding of advocacy concepts, frameworks and core skills, how advocacy can value add and a systematic process of planning advocacy.

The course provided case studies from key experts in the field to show how each component of the course can be implemented into your everyday work.

The course also offers the opportunity for staff to gain media experience with one day dedicated to working closely with a journalist to build these skills. The course is a great opportunity to upskill across an organisation, develop advocacy strategies that are integrated across teams and spend time as a team developing an advocacy plan for your organisation.

PHAIWA also run one-day and two-day advocacy workshops which cover components of the full short course if that would be more suitable for the organisation.

For more information about what PHAIWA can provide, check out their website: <https://www.phaiwa.org.au/>

Staff Changes

Since the last AHCWA News we have had a few changes with new appointments and resignations for our staff members.

We would like to welcome on board the following new staff members; Nat Gunn, Administration Officer – HSIU; Anne Kerr, HR Advisor; Sanela Tajic, Finance Assistant; Rachael Salter, Graphic Designer; Zac Alexander, Indigenous Project Officer; and Sylvia Lockyer to the role of Tobacco Action Worker.

AHCWA said goodbye to Deb Cain, Cultural Safety Trainer; Teejay Sassy, Finance Assistant; Mel Shelley, Policy & Strategy Manager and to Julie Jones, who has been with us for the past 7 years as Cultural Safety Trainer but has moved into retirement. We would also like to welcome back Xandra Coverley, who has returned from maternity leave.

Staff Profiles



Deepa
Vaghijani

Deepa was born in Gujarat, Western Coast of India. When Deepa was 3 her family moved to Kenya where she attended the local primary and high schools, learning different languages including Kenya's National language, Swahili, along with 3 other languages including English.

Whilst in Kenya, Deepa partially completed her Graduate ACCA (Association of Chartered Certified Accountants) and worked as an Auditor for almost 2 years. Deepa lived in Kenya for a further 18 years before moving to Australia in 2008 in pursuit of a different lifestyle, which has been an amazing journey so far.

Deepa moved to Perth on a student visa to begin studying again, this time for her Bachelor Degree in Accounting at Edith Cowan University, which was a 4 year struggle, but she got through it. Deepa completed her degree in 2011, whilst working casual roles in sales checkouts and in accounting roles in various organisations before commencing work at AHCWA.

Deepa began work at AHCWA in May 2013 as a casual and then moved to the Finance Assistant position before taking on the role as an Assistant Accountant. Deepa loves her role, supporting the team, and considers AHCWA to be her extended family and looks forward to attending work each day.

Deepa married at an early age in Kenya and has 2 beautiful daughters who are now 8 and 5 years old. She spends most of her weekends spending time with them and cherishing every moment. They are the best thing that has ever happened to her.

Deepa is currently pursuing her CA studies, which is a challenge to complete, as well as working fulltime and taking care of her school aged children, but she is sure it will be rewarding in the end.



Talicia Jetta

Talicia Jetta (22) was born and raised in Bunbury, about 2 hours south of Perth. Most of her family are from the South West and the Wheat belt areas.

The eldest of three, Talicia has played netball for as long as she can remember, including being a part of State Development Squads, playing in the WA Netball League and captaining her South West team while in Bunbury.

Talicia loves to travel, and after turning 18 and not having travelled anywhere, she has made the most of the opportunity to make up for lost time. Talicia got her passport and she has not stopped travelling since, including a recent trip back to America for Coachella in April. Talicia also enjoys spending time with family and friends at the beach, restaurants and trying new things, especially after making a 2018 New Year's resolution to be more spontaneous.

Before Talicia started working in Health in 2013, she completed a Traineeship with the Department of Human Services (Centrelink) call centre and continued working there until she commenced at the South West

Aboriginal Medical Service (SWAMS) in Bunbury, working in reception and administration work. During her time at SWAMS, Talicia was given the opportunity to complete her Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care in 2015 through AHCWA and graduated in October 2016. After completing her training, Talicia moved into the role of Aboriginal Health Practitioner and worked in Child & Maternal Health and the Chronic Disease Team as well as in the clinic's treatment room alongside the Nurses at SWAMS.

In 2017 Talicia moved to Perth for a new job and change of scenery with AHCWA as a Clinical Practice Support Officer in the Health Systems Improvement Unit. In this role Talicia provides support to the Member Services across WA with all aspects of their health systems and clinical practices as well as reporting when required. Within this role she has been lucky enough to travel to Member Services' around the state which is a great opportunity to meet new people and see new places, as well as give advice from a youth perspective and help make positive changes to the health system for our people.

Talicia is really excited for this year as she believes there are a lot of positive things happening within our sector and she is looking forward to the new opportunities that may arise.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." - Oprah Winfrey



OVAHS – Ear Health Training

Ear Health Training was recently conducted at the Ord Valley Aboriginal Health Service (OVAHS) in Kununurra, attracting six enthusiastic members from the communities of the East Kimberley's.

All participants gained knowledge and skills in Anatomy & Physiology of the ear, Common ear infections that contribute to possible hearing loss, Otoscopy & Video otoscopy, Tympanometry and Audiology.

The expectations of the training was to learn about all aspects of ear health, what to look for, the various treatments, referral pathways and techniques using hearing equipment.

The students appreciated the opportunity to conduct ear screening on children & adults as part of their ear assessments, with everyone that participated in the screening as 'patients' commending all of the students for a job well done, and with great confidence.

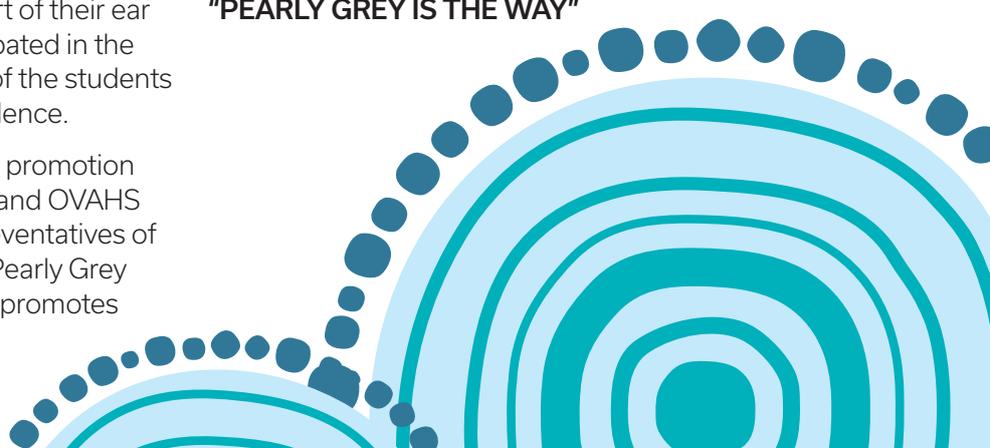
The students conducted their Ear health promotion in the presence of OVAHS staff, trainers and OVAHS CEO, Graham Cooper. As part of the preventatives of ear infections, the students presented "Pearly Grey is the Way", a fantastic presentation that promotes

normal healthy ears for the community. They also composed a song "Breathe, Blow, Cough" to convey a message of maintaining healthy ears and preventing hearing loss. The fun activities included a colouring competition, hand hygiene, and dodge the ear infection game!

The presentation concluded with the graduation, where all students were awarded their certificates & gifts in achieving all competencies of ear health.

AHCWA would like to thank all students for taking an interest in ear health training, Azizah & Margaret for their assistance and wish them all well on their journey.

Remember: To maintain normal healthy ears "PEARLY GREY IS THE WAY"





Members Planning Day

The 2018 Aboriginal Community Controlled Health Sector Members Planning Day was held on the 10th April at the Esplanade Hotel in Fremantle.

AHCWA's Chairperson, Vicki O'Donnell began by paying tribute to the sad passing of two strong Aboriginal women from our sector - Maxine Armstrong and Gloria Khan. Both women were highly respected and loved Elders and had worked hard over their long lives in influential leadership positions.

This year's Members Planning Day centered on AHCWA's strategic plan, the sector's future nationally and at state level, the drafting of the new NACCHO constitution and the changes this would require to AHCWA's own constitution was also a key element of the day's discussions. The Launch of AHCWA's Strategic Plan highlighted what AHCWA is all about - who we are, our vision and what we want. Our new plan acknowledges our values, culture and resilience over more than 40 years with six strategic goals identified.

NACCHO CEO, Pat Turner spoke about the National Disability Insurance Scheme (NDIS) that assists people with disabilities to access the resources and expertise they need before NACCHO Chairman, John Singer & Deputy Chair, Donnella Mills took to the stage to present on NACCHO's constitutional changes and what some of NACCHO's priorities are.

The draft put to the AGM in 2017 did get majority support, however it fell short of the 75% majority required. Therefore NACCHO is undertaking further consultations prior to seeking to get the required level of majority support from the 2018 AGM. Once NACCHO's constitutional changes have been made, AHCWA will then amend its own constitution to ensure they are properly aligned. The AHCWA team

working on the constitution work will seek suggestions from our Members on how to resolve this particular aspect and any other matters.

Pat Turner returned to the podium and covered a few of the priority matters NACCHO are working on, including Men's Health; Service Access Gaps; Funding; Engaging with government/opposition, STIs, Rheumatic Heart Disease; and other major diseases that impact our sector as these are the action areas of focus from our Members.

Wendy Casey, Director of Aboriginal Health Policy, WA Department of Health discussed the Sustainable Health Review (SHR) initiated in June 2017 by the new WA government following the state elections providing attendees in the sector with an update on the progress of the review thus far, while Russell Simpson, Area Director of Aboriginal Health Strategy provided an update around what is happening in WACHS including the focus on the established health programs areas of PATS, Telehealth enable services, renal dialysis and the Rheumatic Heart Disease (RHD) program.

The final presentation for the day was the pre-launch of the Mappa Tool. This initiative to design a discharge planning tool stems back to initial ground work from Royal Perth Hospital (RPH). The opportunity was available to the AHCWA team to work with what had already been done and explore if and how it could be developed further with advanced utility to the point it could be rolled out for use.

This year's Members planning day was a success with many important issues presented and discussed by the delegates from our Member Services.



WA Aboriginal Community Controlled Health Sector Conference

The 2018 WA Aboriginal Community Controlled Health Sector Conference was held on the 11th & 12th April at the Esplanade Hotel in Fremantle.

The Welcome to Country was delivered by Assoc. Professor Ted Wilkes accompanied by a dance and stage play directed by Ian Wilkes with audience interaction and storytelling based on the Model of Care themes.

The Hon. Ken Wyatt AM MP, Minister for Aged Care and Indigenous Health officially opened the Conference reminding the Member Services that every person they keep alive is so crucial as these people are our living history books, whose knowledge is absolutely critical for the stories that get passed down, for the dance, the music and the knowledge of country.

MC, Gary Goldsmith invited Kate Wallace, A/ First Assistant Secretary, Australian Government Department of Health to the stage to deliver her Keynote Address who noted that strategic planning and information is a key feature of the partnership forum in WA, with the second keynote address delivered by Pat Turner, CEO of NACCHO. Pat touched on constitutional reform as a key priority, as well as building a new NACCHO brand and another

priority for NACCHO is to improve and secure the funding position for the sector.

Margaret Denton, Executive Director of Health Programs, WACHS discussed WACHS directions for Aboriginal Health, the development of new strategies and an update on key projects.

The successful launch of the Mappa Project was a highlight on Day one. The Mappa project is an online platform designed for better patient journey management, with the main purpose to assist providers to better understand who they are providing services to, where they live and what is available for them for their discharge, journey and ongoing condition management arrangements.

After lunch the Tackling Indigenous Smoking (TIS) state-wide teams presented on current initiatives in their areas before Jenny Bedford, CEO of Derbarl Yerrigan Health Service Aboriginal Corporation (DYHSAC) gave an insight into what has been happening at DYHSAC over the last year.

Rounding out Day one was a presentation from Lesley Nelson, CEO of the South West Aboriginal Medical Service. Lesley also gave an update on what is happening at SWAMS including a new dental service that is coming soon. Lesley also unveiled a new



maternal and child health service called 'Kwilenu' and spoke about the 'Youth Standing Up' program that started in February working with Head Space.

Day two of the conference started with AHCWA's Youth Coordinator, Hayley Thompson and the AHCWA Youth Committee providing an update from this year's Youth Conference which was hugely successful. Read more about the AHCWA Youth Conference and the launch of the WA Youth Strategy by the Hon. Ken Wyatt AM MP on page 12.

The day progressed with presentations from Rickesha Burdett and Veronica Walshe from AHCWA on the new training program, the Certificate 11 in Family Wellbeing. Rob McPhee and William (Tonchi) McIntosh, from KAMS gave an overview of Aboriginal men's health activities being undertaken in the Kimberley as well as an update on the WA government's plans to develop a WA Men's Health Policy.

A presentation on Balgo Bush Medicine followed from Louise McKenna and Joanna Martin from KAMS. Both are pharmacists who work with the senior Balgo women to develop traditional bush medicines into products that can be properly presented in containers, well labelled and stored and distributed to patients from the health clinic.

After lunch, Professor Charles Watson, the Senior Health Advisor, WA Health addressed the 'hype and reality' around medicinal cannabis including the matter of access limitations and authorisations, before Lesley-Ann Conway from GRAMS described the Our Spirit and Rest program and the work she and the team at GRAMS do in order to repatriate deceased people home to their families for funerals.

June Councillor, CEO Wirraka Maya, Joan Hicks, CEO, Mawarnkarra and Robby Chibawe, CEO Puntukurru Aboriginal Medical Service spoke about delivering innovative holistic healthcare in remote settings in the Pilbara followed by Jonathon Ford and Zane Hughes from Mooditj Koort who presented on client management methodology - including their purpose which is to help people to access a service.

AHCWA Chairperson, Vicki O'Donnell closed the 2018 Conference expressing a huge congratulations to all of the previous night's award winners and to Des and the AHCWA staff on another successful State Conference.



AHCWA Youth Conference

2018 marked a historical event for AHCWA as we hosted the biggest annual AHCWA Youth Conference to date, with 30 young Aboriginal people from around the state coming together to participate in the event on Tuesday April 10th.

AHCWA's Youth Program Coordinator, Hayley Thompson facilitated the day which included guest speakers from Sexual Health Quarters WA, delivering the "Hot Issues" workshop. This workshop coincides with their current research for the development of their Moorditj 2 training program. The Moorditj2 program helps young people learn about identity, respectful relationships, understanding feelings, speaking up, goals, staying on track, puberty, what becoming a young parent might mean, making decisions about sex, consent and their rights, and contraception and STI prevention. For further information on the Moorditj Program follow this link: <https://shq.org.au/education-and-training/working-with-aboriginal-people/>

The AHCWA Youth team also brainstormed their ideas for a state-wide sexual health project being developed by the South Australian Health and Medical Research Institute (SAHMRI). The team watched an amazing plenary production film, before they began working on their ideas and recommendations for the AHCWA Youth Presentation which was held on Thursday 12th April.

The AHCWA Youth presentation at the WA Aboriginal Community Controlled Health Sector Conference was once again a success and included updates on activities they have been working on since the 2017 Conference. The updates included promoting the Youth Conference, work on getting a youth representative onto the AHCWA Board, the distribution of their own Youth Newsletter, and youth events.

The AHCWA Youth team also released the WA Aboriginal Youth Health Strategy, Today's Young People, Tomorrow's Leaders which was officially launched by The Hon. Ken Wyatt AM, MP. The Aboriginal Youth Health Strategy is the culmination of almost a decade of AHCWA's commitment and strategic advocacy in Aboriginal youth health. The Aboriginal Youth Health Strategy is specifically tailored for improving the health of young Aboriginal people, and in particular young Aboriginal people living in Western Australia.

AHCWA would also like to congratulate Wade Garwood who was appointed Youth delegate on the AHCWA Board and also to Dennis Simmons for being appointed Deputy Youth delegate.

Amazing achievement to you both and best of luck - from the AHCWA Youth Committee.



Welcome to the Aboriginal Health Council of Western Australia.

We are committed to assist and train Aboriginal Health Workers to provide optimal ear health care within their communities.

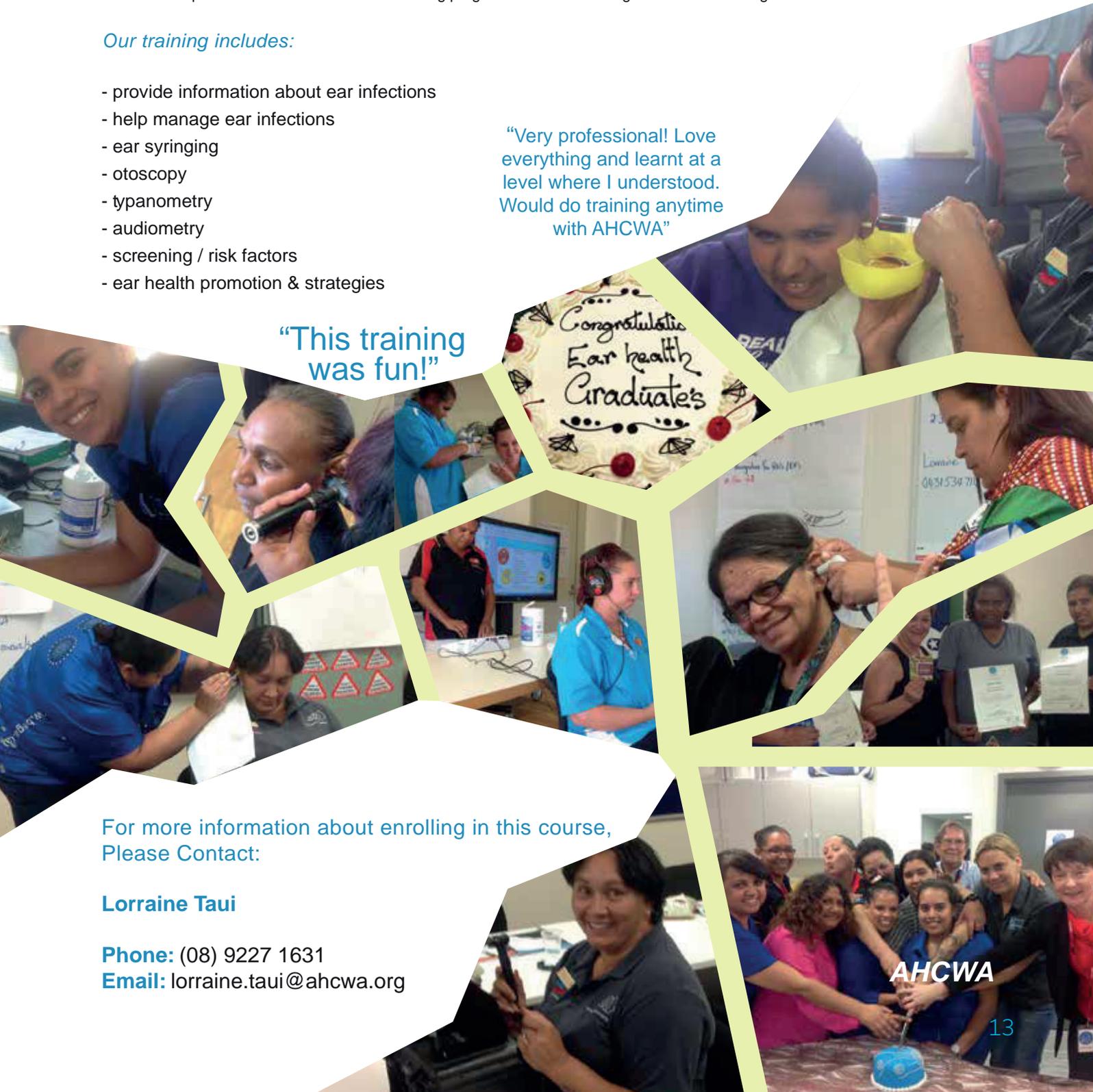
We offer comprehensive 2 week ear health training programme at various Regional Centres throughout W.A.

Our training includes:

- provide information about ear infections
- help manage ear infections
- ear syringing
- otoscopy
- tympanometry
- audiometry
- screening / risk factors
- ear health promotion & strategies

“Very professional! Love everything and learnt at a level where I understood. Would do training anytime with AHCWA”

“This training was fun!”



For more information about enrolling in this course,
Please Contact:

Lorraine Taii

Phone: (08) 9227 1631

Email: lorraine.taii@ahcwa.org

AHCWA



Gibb River Challenge

This May, 12 brave, adventurous staff members from AHCWA embarked on a life defining journey across the Kimberley to take part in the 2018 Gibb Challenge. The Gibb challenge is a socially competitive 660km team relay cycling event to raise community awareness and money for the Royal Flying Doctor Service.

For the 12 staff members who participated in this wild challenge, this trip was one of many firsts. Most of them had never participated in a cycling event before, some had never been to the Kimberley region or been on a camping trip. Needless to say it definitely forced them out of their comfort zones and into the waiting arms of the sunny, dusty Kimberley. This event is one of the most unique cycling events in Australia because of the remote country in which they rode across and the picturesque camp sites where they would retire after a long day on the bike.

On Sunday 13th May, the team left Derby at the ungodly hour of 5am with excitement, anticipation and smiles on their faces. The 220km stretch of road ahead certainly tested their limits that day, but they made it to camp that evening feeling ready to tackle the days ahead.

To see the stunning landscape of the Gibb River road by bike made each and every moment of the challenge

more and more enjoyable. As the week of riding, camping, packing and lining up for meals progressed, the scenery became increasingly beautiful. One minute you're battling an enormous hill whilst peddling against headwind that would knock a cow over, and the next you're coasting down the other side with landscape around you that takes your breath away.

There was no doubt in their minds that the Gibb Challenge is called a challenge for a reason. The ride itself was far from easy as they were met each day with loose, corrugated roads, headwind, and steep uphill climbs that seemed to go on forever. In addition to this was the challenge of having their campsites set up before the sun went down, and lining up for meals each night. This was followed by an early rise at 5:30am each morning to pack everything up again and get back on the road for another 10 hours on the bike. But the smiles that were on their faces in Derby when they began, remained until the end.

Every day was more enjoyable than the last as each campsite they finished at became more stunning than the last. The 5 day cycle ended at the world acclaimed, El Questro Wilderness Park, where they crossed the finish line covered in red dirt and scratches, needing a good shower, but overcome with feelings of pride and accomplishment. They had made it.



Amongst all the peddling, packing and driving, they made sure they took some time to take a break and enjoy life, stopping regularly at some incredible gorges for a picnic lunch and swim (or a shower for those who didn't want to line up at the campsite...). Toasting marshmallows by the fire at Mount Elizabeth Station, dancing the night away at Home Valley Station, hiking through El Questro Wilderness Park to Emma Gorge, and relaxing in the beautiful warm water at Zebedee Springs were definitely highlights.

The final fundraising tally for the team this year was \$16,248.88 (4th overall out of all the teams) which they were so incredibly proud of. The 12 AHCWA staff are very thankful to everyone who donated, and helped them along the way. Without the help, the trip would not have been possible.

As well as raising money for a cause that was close to their hearts, they formed bonds with each other, worked as a team, challenged themselves physically and emotionally, and made memories that will last a lifetime 2019... watch out.



Sorry Day Netball

In May, AHCWA staff participated in the National Sorry Day indoor netball tournament held at Seamers Indoor Sports Centre in Balcatta.

Held on Sorry Day, the staff members competed against 6 other teams in the mixed social division of the competition which also had an A & B grades women's competition.

The tournament was organised by Yok Djakoorliny, in partnership with Blueearth and featured stalls, face painting, a sausage sizzle and a cake stall. There were also on the spot prizes, raffles, and the winners of each division received a trophy.

The competition in all 3 grades was extremely competitive, with an impressive amount of talent on display. Unfortunately, AHCWA's mixed social team

didn't make the grand final, but it was an enjoyable day of fun, fitness and team work.

Sorry Day was first celebrated on the 26th May, 1998 in recognition of the Stolen Generations. It took place one year after the 'Bringing Them Home' report – a government inquiry into the removal of Aboriginal and Torres Strait Islander children from their families. The stolen children were systematically sent to missions and homes from 1874 to 1970. In those years mothers would hide their children in order to prevent the "welfare men" from taking them.

Sorry Day was initiated so that healing could begin and to acknowledge the mistreatment of Aboriginal people. It is celebrated each year with marches, speeches and presentations throughout the country.

Biggest Morning Tea

On the 31st May, AHCWA staff were invited to participate in a Biggest Morning Tea & Light Lunch to raise awareness for early detection of cancer with the Cancer Council.

The event was a fantastic networking opportunity for staff because both Aboriginal and non-Aboriginal women from all walks of life attended. Guest speakers included Josie Hansen, Lexi Transcollins, Deborah Cain, and Gerri Hayden. The ladies each told their story, their journeys of hope, highlighting that all women in WA need to work together in order to make a difference and to ensure women were aware of early detection and how it can change lives.

From the day, the women hope to establish a committee who will work together to raise enough money, through fundraising events, for a more culturally appropriate breast screening van that will



entice Aboriginal women to attend for a mammogram with Aboriginal staff promoting the Services in the Perth Metropolitan area.

For now, these ladies want to make a difference and are buzzing with ideas which they hope will grow into fruition. So, watch this space for more exciting things to come from this group of survivors.



AHCWA

Aboriginal Health Council of
Western Australia

The Aboriginal Health Council of Western Australia in conjunction with Communicable Disease Control Directorate Department of Health are looking at expressions of interest for the delivery of the Aboriginal Health Worker Immunisation Course.

This Department of Health approved immunisation course provides the Aboriginal Health Worker the knowledge and skills to safely immunise clients across all ages.

Course Delivery

The course will be delivered in 2 x one week intensive blocks. There will be a 2 week break between the 1st and 2nd block.

Assessment is carried out using a combination of the following:

- Attendance and participation in group discussions and activities,
- Role plays,
- Quizzes,
- On the job assessment,
- Completion of activity workbooks.

Course Content

A number of topics will be covered throughout the two weeks:

- How the immune system works,
- Vaccine, preventable diseases
- What is a vaccine made from?,
- Cold chain,
- Administering vaccines.

[And much more!](#)

For further information about this course and dates of delivery please contact

Stacey Burrows

Immunisation Coordinator
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Good News Story – Harry Jackson-Schildbach

In May, young Harry Jackson-Schildbach left Perth for sunny Lismore to compete in the Inaugural Australian Intermediate League Baseball Championships. Harry and his fellow Western Suns teammates competed in the Championships for the first time and were undefeated throughout the entire Championship rounds to reach the grand final.

Harry, a year 8 student at Guildford Grammar SHS has been playing baseball since he was 8 years old, starting his career with the Washington Township in Indiana. Since moving back to Australia, Harry has played for numerous local teams as well as the Southern Hills Warriors LL Charter team. This season Harry moved to the Swan District Junior Baseball Club because of its development pathway which has given Harry the opportunity to play in both the Intermediate and Junior League teams.

The Inaugural Australian Intermediate League Baseball Championships originally held only exhibition matches but this year they announced a direct pathway into the World Series in the USA. So, a group of 12 young boys got together with a couple of fantastic coaches and played their little hearts out to represent WA, after only playing together and training for 3 months leading up to the Championships.

Michael Carter (head coach) said "I challenged the boys leading up to and throughout this tournament that if they wanted it, they had to fight for it, and they did, every day right to the last pitch."

Although the boys went in as underdogs, they went 6 from 6 wins to top the pool undefeated. Unfortunately the boys fell short by 1 run in the grand final but still picked up a silver medal and are now the 2nd best Intermediate team in Australia.

"What these 12 boys have achieved is nothing short of incredible. To fall 1 run short of representing their country on a world stage is mind blowing considering our humble beginnings. They are the number 2 Intermediate League team in the country and no one can ever take that away from them." said Michael.

This was a massive achievement for Harry and his team and their families could not be more proud of what they managed to achieve. The boys have definitely had an experience of a lifetime that will remain in all of their hearts.

Well done to Harry and his Western Suns teammates.

Photos credit @ Baseball Australia

The Birds and the BBV's Training

Nine Aboriginal Health Practitioners (AHPs) and Trainee AHPs from AHCWA, Derbarl Yerrigan and Moorditj Koort Aboriginal Organisations recently participated in a two day Sexual Health training delivered by AHCWA and Hepatitis WA.

With increasing rates of gonorrhoea and syphilis over the past 12 months in the Metro area it's crucial that Health Professionals who are working in a clinical setting understand the importance of opportunistic testing. Many STIs can be asymptomatic at first and therefore by the time a patient presents with symptoms they are at risk of further complications including infertility and transmission to others without knowing. Syphilis infection can be very dangerous for the unborn child which is why antenatal care which includes testing for Syphilis is performed as early as possible in the pregnancy.

Like STIs, BBVs are also asymptomatic at first and often can be for many years before a person becomes ill, offering testing for BBVs when a patient is having routine bloods done is extremely important, HIV is no longer a death sentence and can be managed like other chronic diseases with medication. Hepatitis C now has a cure but they can only cure people if they get tested to find out if they have it.

The sexual health training called "the Birds and the BBVs" brings together Aboriginal Health Worker/Practitioners and others who work with Aboriginal people to increase knowledge, skills, confidence and motivation to yarn with clients and community about the importance of testing for STIs, HIV and BBVs and normalise testing within a routine health check.

SWAMS – Mindful Colouring-in Book

The South West Aboriginal Medical Service (SWAMS) has developed a Mindful Colouring-In book using a compilation of artwork created by local Aboriginal women during SWAMS' 2017 Women's Camp.

Fifteen women from the camp attended the launch of the book on Close the Gap Day at the Koombana Bay Sailing Club in Bunbury.

The resource, which is being offered free of charge to community members, is designed to promote relaxation and reduce stress and anxiety levels.

The art was developed at a three day women's camp situated next to ocean and bush at Busselton's Siesta Park.

Nineteen Aboriginal women attended the camp program, which focused on suicide prevention by helping participants develop coping skills, build resilience, increase self-awareness and practice self-care.

Facilitators from WISDOM in Your Life, an Aboriginal healing organisation based in Falcon, delivered their award-winning Map of Loss program which uses visual tools to heal the mind.



Photo caption: (From left) South West Aboriginal Medical Service Social Worker Joyce Dimer with Annette Garlett, Marjorie Ugle, Nicole Narkle, Yvonne Garlett, Tanya Garlett and Dallas Kickett at the official book launch for Mindful Colouring-In. All women have contributed artwork to the new book.

Local Noongar woman Vivienne Hansen also delivered a bush medicine workshop and encouraged women to strengthen their connection to the land.

Throughout the camp, women created artwork using water colours, paints, pencils, ochre paints, oil pastels, canvases, paper and markers.

The women also collected natural materials from the beach and bush to use in their creations.

At the conclusion of the camp, the artwork was brought to life in the colouring-in book.

For media enquiries please contact SWAMS Public Relations Officer Jo Mills on (08) 9791 1166.

AHCWA Contacts

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

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Want more information about the courses we offer?

Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care, Ear Health Training, Cultural Safety Training, 1st Aid, the Birds & the BBVs and Immunisation

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

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