



ANNUAL REPORT 2014

www.wachs.net.au

WACHS Vision

WACHS is acknowledged and respected as an organisation of excellence which is demonstrated by a healthier Aboriginal community.

WACHS Mission Statement

To advocate for and facilitate the achievement and maintenance of health outcomes consistent with Aboriginal peoples' evolving notion of cultural well being.

Purpose

WACHS plans, delivers, co-ordinates and advocates for effective clinic and community-based primary health care services to the Aboriginal community.

WACHS Objectives

- a) Provide culturally appropriate primary health care service for Aboriginal people and the wider community within the Wellington shire
- b) Administer and operate an Aboriginal Medical Service within the legal framework, funding agreements and the capacity of WACHS
- c) Enhance the health status of the Aboriginal community in Wellington shire including, including Nanima Reserve.
- d) Involve Aboriginal people in the planning and provision of primary health care services.
- e) Provide professional development for Aboriginal Board and staff to support their roles and responsibilities within WACHS.
- f) Support and assist Aboriginal people to better utilise existing holistic health care services

About WACHS

Wellington Aboriginal Corporation Health Service is on the land of the Wiradjuri people.

Wellington is a remote rural community with a shire population of approximately 8,850 People of which 1742 are Aboriginal (2010 Census Stats). Wellington Aboriginal Corporation Health Service (WACHS) offer professional health services through specialist programs by staff either employed by Wellington Aboriginal Corporation Health Service or through partnership links with visiting services.

WACHS is an Aboriginal Community Controlled Health Organisation which strives to provide holistic health care to enhance the health and emotional well-being of the Aboriginal and non Aboriginal community of Wellington and surrounding districts.

WACHS is governed by a Board of Directors which consists of seven Aboriginal community members who are elected annually by the Community. The Board of Directors provides the strategic direction of the organisation and works in close consultation with the Chief Executive Officer to ensure that organisational, community and funding outcomes are being achieved.

WACHS employs Ninety Staff including Visiting Specialists from Wellington and the surrounding District.

The WACHS Board



Chairperson
Marsha Hill



Secretary
Glenda Bell



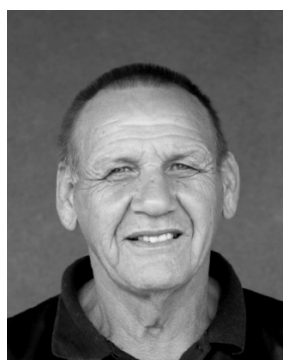
Treasurer
Doreen Darney



Public Officer
Linda Baxter



Director
Graham Blackhall



Director
Peter Smith



Director
Philippe Bell



CEO Report

Dear Community,

WACHS has again performed to the highest standards this year with a number of achievements being undertaken by the WACHS team.

Earlier in the year WACHS and the Tackling Smoking and Healthy Lifestyle team ventured on a road show to promote healthy living in various communities.


The teams visited a number of communities across the Central West, Far West and New England Regions. We were honoured to hold the launch at Wellington and were fortunate to have fantastic ambassadors support this program, including, Anthony Mundine, Tamana Tahu and Dr Tom Calma.

The team also covered major events such as the Country Music Festival and the NSW Aboriginal Knockout. Covering these events assists this program in delivering this message across the whole of the state and the funded areas. Staff were involved in data collection for this event and the promotion of healthy lifestyle and for the first time the Knockout was a smoke free event. This has been a big achievement and WACHS looks forward to being involved in these events in the future.

WACHS also has been working hard to improve its services to the clinic area with a string focus on the prevention and management of chronic disease in Wellington.

WACHS have been given an opportunity to be a part of the Integrated Services Program in partnership with the Medicare Local and the Local Health District. By undertaking this we aim to develop a best practice model for the management of Chronic Disease and illness.

Our Eye health team were prestige's winners this year winning the first Inaugural Fred Hollows Eye health award. Winning a DRS machine for our community. This machine will provide early detection for diabetic patients who are at risk of blindness.



As an agency we have contributed considerably to our community for community events, including;

- Nanima Cleanup Day
- Nanima Preschool
- NAIDOC for all schools
- Bell Haven and Maranatha NAIDOC events
- Scholarships for Wellington High School Students
- NSW Rural Health University Health Careers for Students of Wellington
- Sponsorship of the Under 15's and Under 17's Wiradjuri United – For NSW Knockout
- Sponsorship of the Wellington Cowboys Junior League
- Sponsorship of the Wellington Cowboys Senior League
- SNAICC Day
- Mums to mentors Halloween Party and Junior and Senior Disco

I would like to also thank our Directors who volunteer their time to the service and soul focus is to improve the health and well being of our community.

Also a great deal of thanks goes to the staff of WACHS who work tirelessly to deliver high quality services to our community.

Regards and have a safe and prosperous holiday

Darren Ahsee

Chairperson's Report

Dear Members,

On behalf of the WACHS Board of Directors, it gives me great pleasure in writing this report once again.

I would first like to thank my fellow Board Members, CEO & Staff of WACHS, for always contributing to provide quality service and support by giving the best Primary Health care to our community. This past year we have been very fortunate to have appointed three new members to the WACHS Board Mr Philippe Bell and Mr Graham Blackhall, also welcoming back on the Board Mr Peter Smith. All men have demonstrated commitment, leadership and the continual quality improvement for the organisation.

The WACHS Board of Directors have attended induction, governance and education training, which had incorporated the aspects of the strategic and business planning. WACHS as an organisation continues to grow and continues to provide employment opportunities for people within the Wellington region.

WACHS Management and Staff have worked extremely hard this past year in providing quality services to the community including:

- | | |
|---|---|
| • Dietician | • Primary health care |
| • Women's health | • Drug & alcohol |
| • Podiatry | • Eye health |
| • Asthma | • Family health |
| • Diabetes education | • Sexual health |
| • Psychological services | • Bringing Them Home |
| • General counselling | • Youth health |
| • Auspice of other programs
in particular the Tamworth
Aboriginal Medical Service | • Healthy for Life (Chronic disease
& Child and Maternal health) |



WACHS Achievements

- Providing first aid kits and restocking of existing kits to junior and senior sports in Wellington
- Strapping for local teams who have competed in various community sports
- Supported the Nanima Clean Up Day
- Supporting the local schools undertaking their NAIDOC activities
- Supporting the Healthy Towns Challenge
- Winning the first National Inaugural Fred Hollows Eye Health Award
- Supporting staff to obtain further qualifications, including Certificate IV, Diploma's and Advanced Diploma's
- Supporting the Bringing Them Home Healing Camp

As the Chairperson I would like to thank you all for continuing to use the services that WACHS provides and I look forward into seeing what the future brings for an ever-growing organisation.

I wish you all a safe and happy festive season and I hope that your families are blessed with good health in 2015.

Regards

Marsha Hill

Capacity Building

Our Care for Our Community

Wellington Aboriginal Corporation Health Service offer a variety of health services across the community. The following statistics offer a snapshot of the services delivered from July 2013 to June 2014.

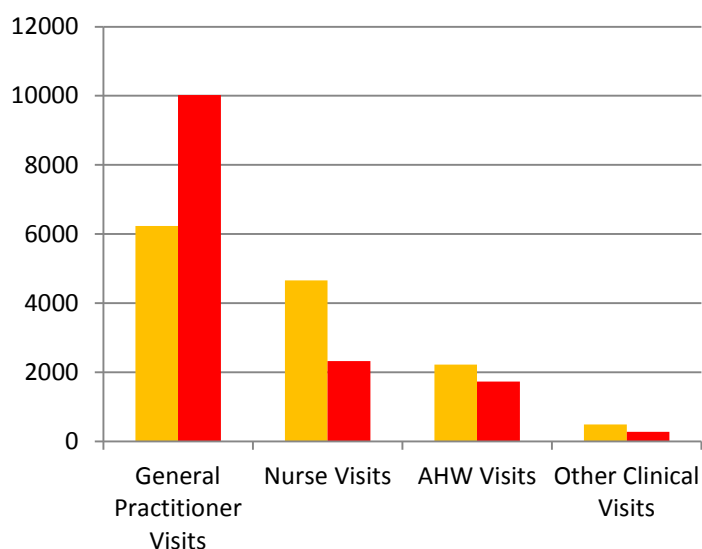
	Total Clients
Episodes of Care	26194
Total Client Contacts	30384
General Practitioner Visits	16253
Nurse Visits	6983
Aboriginal Health Worker Visits	3947
Other Clinical Staff Visits	758
Endocrinology	57
Respiratory	177
Dietician	306
Diabetes Education	18
Podiatry	1017
Other Allied Health	323
Women's Health Clinics	160
Psychologist	371
Counsellor	141
SWEB	62

WACHS provide home and hospital visits for clients, support in the community and youth health support. Health checks are also delivered at the centre, local Preschools and Schools, with 322 health checks attended.

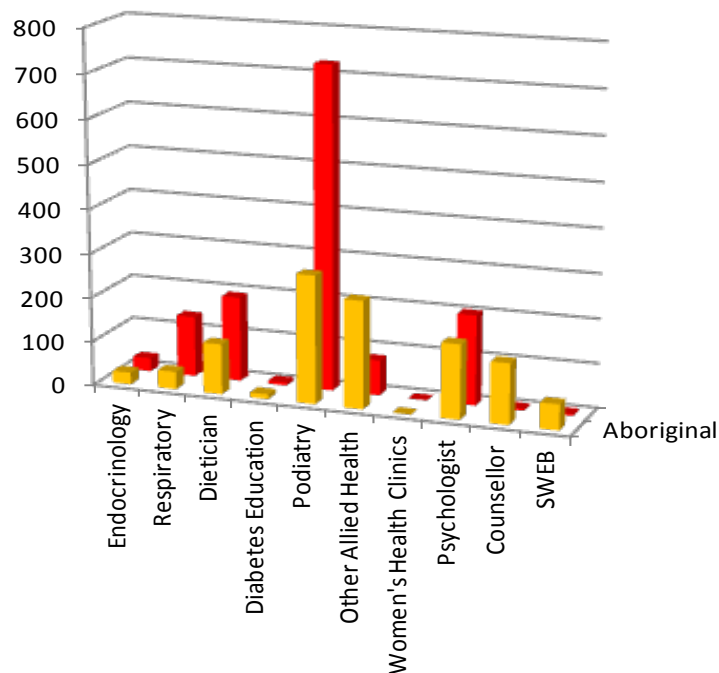
General Practitioner services include; Clinical support, referrals, counselling, procedures (contraceptive implants, skin excisions and medicals).

Qualified Nurse services provide immunisations with 97% immunisation rate during 2013/14. Clinical support is offered including dressings, wound reviews, ECGs, triage clients, recalls and aged care.

All other clinical staff assist with pregnancy and post natal support with sustained home visiting, maternal/child health support and eye health.



Allied Health services provided include; dietary consultation, assessment and education for clients. WACHS provides health and practical nutrition education for schools, community groups and staff, feet assessments, diagnosis and treatment of feet and ankles, orthotics provision, contraception, pap smears and STI screening.

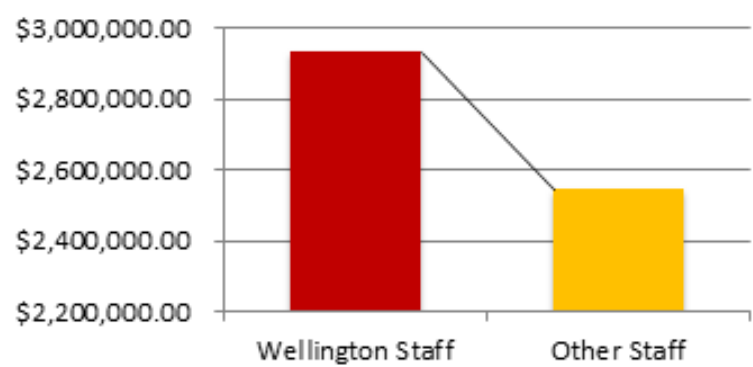


Social and Emotional Well Being program (SEWB) delivers the following services to our clients; case management, home visits, school group activities and education, short term counselling, referrals to appropriate services, family and community violence support, self harm and suicide prevention and needle exchange.

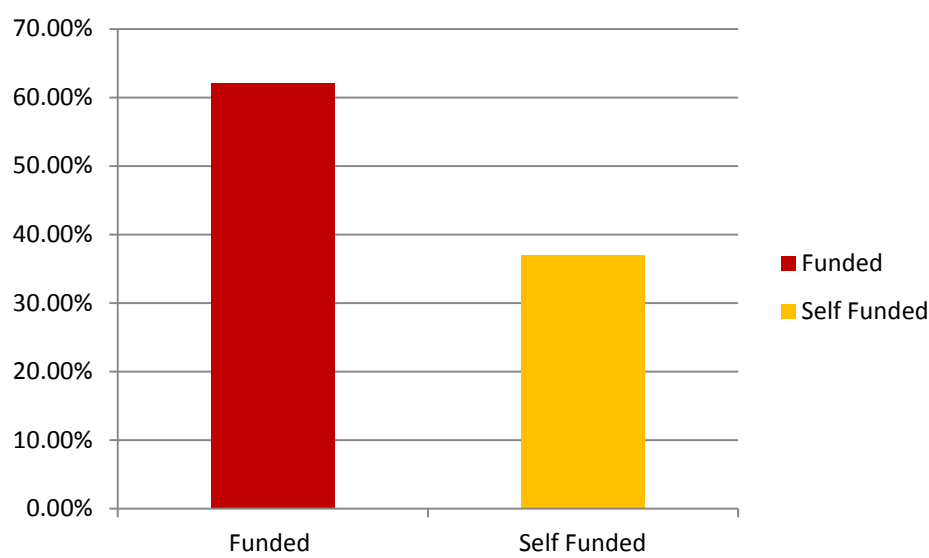
This program has identified the following issues for our local community:

- Schizophrenia or other psychotic disorders
- Grief and loss issues
- Family relationship issues
- Family and community violence
- Trauma
- Dental
- Substance use: Alcohol/Amphetamines-ice, speed/multiple drug use

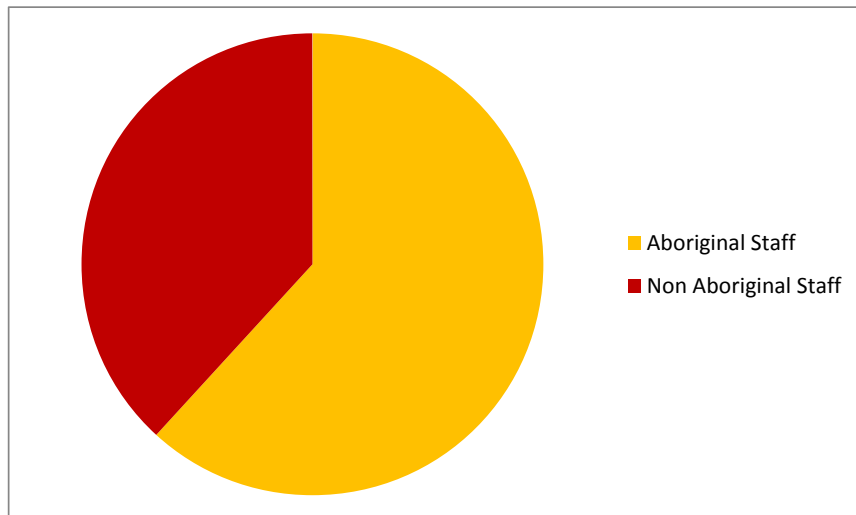
Wellington Aboriginal Health Service contributes close to \$3 million for local staff employment.



Funded versus Self Funded positions

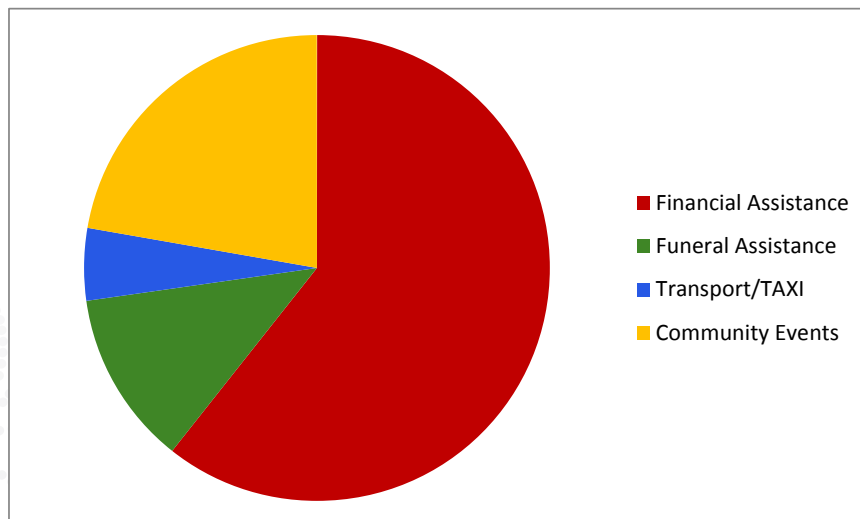


Staff of WACHS



The total number of staff

Community Assistance

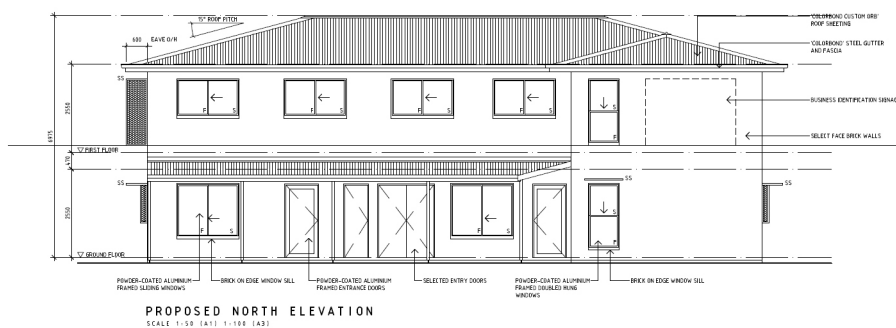


The total amount of funds contributed \$43,130

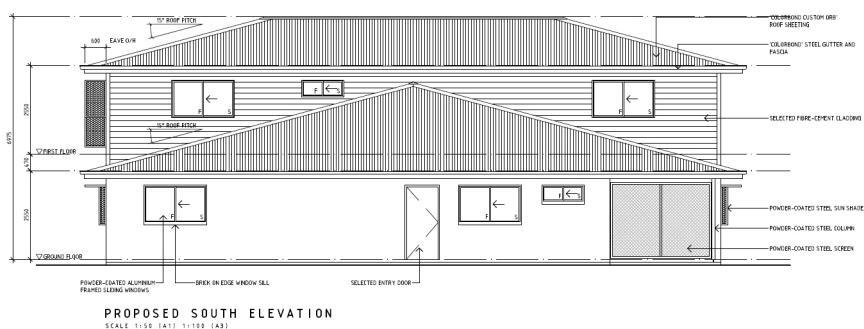
Proposed Dental and SEWB Building



The proposed site of the new Dental and SEWB building is located in New Street, Wellington.



Above are plans for the new building showing the front of the building and below the back of the building.



Clinic Program



Well another very busy year has gone by for the General Practice and Clinical Services. The provision of five GPs over the last financial year make up the equivalent of four full time GP positions. In addition to this from the 29th of October we have a Generalist Physician increasing our specialist visiting services in WACHS to two specialists.

With the increase in service providers, it has become necessary to increase consulting rooms. The Board of Directors have generously allowed the Board room to be renovated into two additional consulting rooms, catering for *Healthy 4 Life* and podiatry services.

A female transport officer joined the clinic team this year to assist with the increasing demand for transport services. This has reduced the need for taxis. While WACHS reception staff continue to be one of the busiest staff in the service they are privileged to be able to provide a high quality service to the public and are ever ready to assist clients with what ever their needs are on the day.

As many of our clients may have already noticed we recently welcomed Jemma Stanley as our new practice nurse. Jemma has completed her Enrolled Nursing training and has been a very capable and welcome addition to the clinic. Anita Dwyer is filling the Practice Manager's position for the next 18 months while Colleen Wykes is now working on a new Western NSW Integrated Care Program.

Following a local health needs analysis it was identified that Heart Disease is the leading cause of death in Wellington. Diabetes prevalence is higher than the state average and these conditions along with Renal and Respiratory diseases are the major causes of unplanned hospital admissions and ill health in Wellington.



Wellington is also reported to have 26% of the population who are smokers. In the near future patients of WACHs with these conditions will be contacted and invited to register in a comprehensive chronic disease management program designed to identify what services patients are currently receiving and what gaps need to be filled to assist patients to achieve optimal health.

We have also recently introduced a Smoking Cessation Program and encourage all smokers ready to have a quit attempt to come along and see what help is available to assist you in this. As smoking is a major contributing risk factor in all chronic disease it is worthwhile having a serious attempt to quit. Stopping the smokes is the single most important thing you can do for your own health. It also helps the hip pocket too!

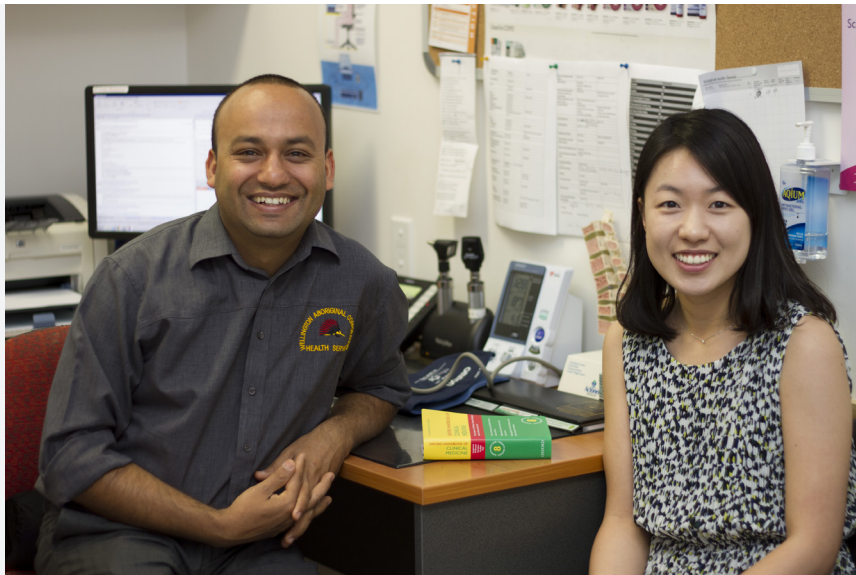
In April this year general practice staff participated in supporting the very successful Roadshow for Tackling Smoking & Healthy Lifestyles held at the Wellington Civic Centre. There was a great turn out with a number of celebrities attending and a great time was had by all.



WACHS also continues to host medical students from the University of Western Sydney, undergoing a Diploma in Business Management, Enrolled nurse training in addition to a variety of workshops and education days.

This partnership has proved to be beneficial with students increasing learning experiences in Aboriginal Health which assists them to better care for the needs of Aboriginal people. The University has also been very generous in the past with donating funds to purchase medical equipment that is used to benefit patients.

Training and education is an important component of ensuring that staff maintain and continue to increase and update their knowledge, so the best available care is provided to clients. This past year three staff in the General Practice have either completed or are currently undergoing a Diploma in Business Management, Enrolled nurse training in addition to a variety workshops and education days.



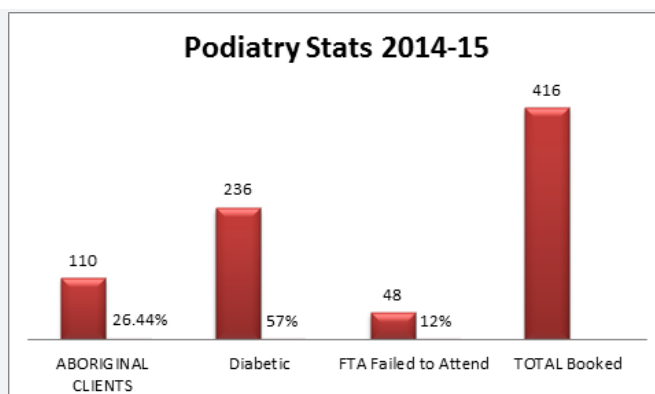
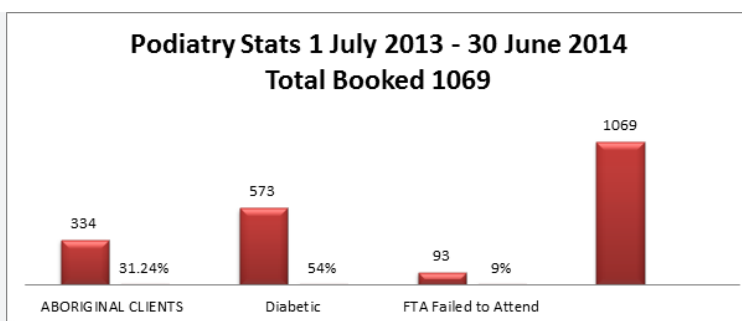
The Specialist Podiatry Service has finally stabilised, after Dana from Morrison's ceased services to all the regional areas. Dana will be sadly missed.

WACHS has been lucky to secure the regular services of Sreenathudu Arshanapalli (SAM) who has been coming for the extra days for a few years now. He drives across from Parkes approximately 4 times per month and shall continue here into 2015. Welcome to Sam.

As this program is self funded, it's such a help that we can claim a Medicare visit if you have completed your Annual Health Check or Care Plan so remember to ask your GP next time you are in. The number of clients using the service is steadily on the increase, and we are here to service your requirements - so just give us a call.

Kath Richards
Clinic Admin

Below are some statistics that highlight some of the service provision for the past financial year:



Podiatry Statistics from June 2014 to 10th October 2014

Eye Health Program

This year has been another very successful year with 22 outreach communities being serviced. This includes schools, colleges and pre-school both locally and rural/remote.

Morrison's have ceased their service to WACHS due to shortage of Optometrist's in their practice but we will still be providing Eye Health clinics to our local community with an Optometrist from the Brien Holden Vision Institute UNSW.

There has been a change in the Eye Health program, Vision Australia has taken over from VisionCare, if you have any question regarding this change please ask your Eye health worker.

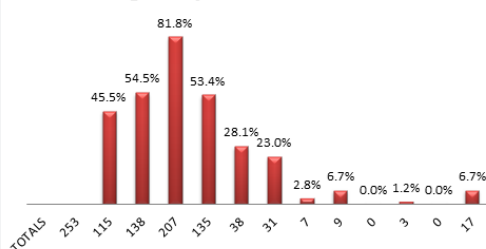
Phyllis Dennis has taken over the role as Regional Eye Health Coordinator for the Central Western Area.

Last week, Pauline won the *Inaugral Fred Hollows Award*. This consists of a retinal Camera which takes photos of the back of our eyes. People will benefit greatly by WACHS having this camera installed in our service, especially Diabetic people who are required to have annual imaging done to look for changes and bleeding at the back of their eyes.

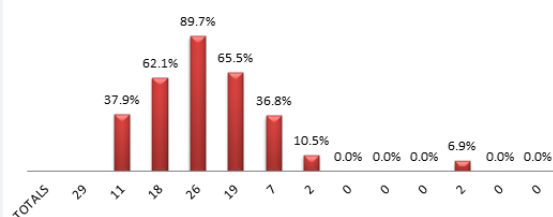
Winning this award is a positive aspect for our community.



Wellington Eye Health Stats 2013-14



Wellington EYE Health Data 2014-2015
1 July 2014 - 1 Nov 2014




Healthy for Life Program



The objectives of the Healthy for Life Program

- Improve chronic disease care by prevention, early detection and management of chronic disease
- Improve the availability and quality of child and maternal health services

2013/2014 as always has been very busy. We welcomed two new staff members to the team Andrew our Dietitian in January 2014 and Denise our Youth Health Worker in February 2014 Health checks were conducted in various sites in Wellington including two preschools/ two schools, Link Up camp at the dam and Barnardos from July 2013-June 2014.



Clients were supported to attend regular check ups during their pregnancy and postnatally for baby checks and immunisations. Youth were supported by holiday activity programs, Sista Speak program about domestic violence, sexual assault and positive life outlooks at WHS.

OCHREStreams National Key Performance Indicator data reports for WACHS and Tamworth were sent in July 2013/January 2014. Online Service Report was sent for WACHS and Tamworth in August 2013

A successful Women's Health camp was held in October 2013 at the Wellington Caves Complex. Topics included contraception, incontinence, tobacco, breast health, Hepatitis C update, family violence, heart health as well fun activities.

Two clinics at Nanima Preschool and the DET Preschool were conducted by the Oral Health team from Smiles without Tears program from Sydney University in October 2013. These clinics screened clients who were then referred to local dental services

All staff had the opportunity to attend both mandatory and non mandatory training through out the year to increase their knowledge and skills and to ensure skills were current for what is required for the organisations performance. Training included fitness leaders, accidental mental health, management training, child restraints fitting, Marang Dhali eating well workshop, safe sleep, immunisation accreditation, cancer information forum, communicate/data training,

Certificate IV Aboriginal Torres Strait Islander primary health care training is currently being attended to ensure our Aboriginal Health Worker's are current with national requirements.

The H4L team participated in NAIDOC day activities in several schools from July to September with oral health and nutrition information given. The team celebrated Secretariat National Aboriginal Islander Child Care (SNAICC Day) at Wellington Public School on the 23rd August 2013

Other community events included the Tackling smoking Healthy Lifestyles Roadshow which commenced in Wellington 22nd April and travel to many other sites.

Kicking a Bad Habit to Save Lives

The health road show hoping to tackle smoking in the Indigenous population has urged participants to “stamp out Chronic Disease in Aboriginal Communities”.

MARYANNE TAOUK

KICKING OFF the road show in Dubbo and moving on to Orange, Wellington Aboriginal Corporation Health Services (WACHS), CEO Darren Ah-See was overwhelmed by the crowd of over 500 people who toured the stalls for the day.

With an aim of cutting out chronic disease in the Indigenous population, the Wellington based medical centre has toured the region taking the opportunity to encourage visitors to quit smoking.

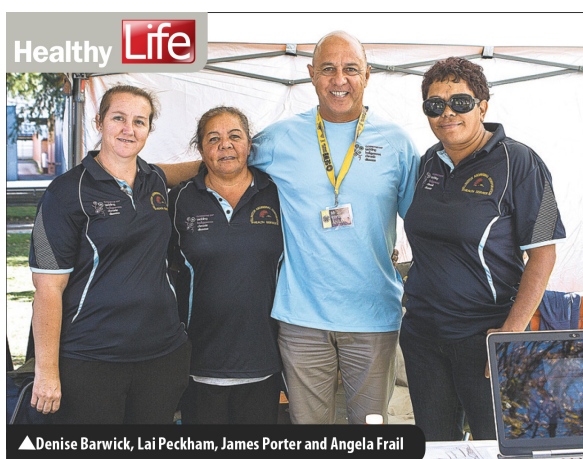
“Chronic disease is the biggest killer in the Aboriginal population,” said Mr Ah-See.

“Smoking is linked to chronic disease, so if we can cut one out we can try to reduce the amount of people dying.”

The road show has featured various service providers and support agencies, with Cancer Council and local Aboriginal Medical Services handing information about quitting and the benefits of a non-smoking lifestyle.

“It’s all about closing the gap, and sending a message about the impact smoking still has on communities,” Mr Ah-See said.

The Indigenous Health Road Show visited Robertson Park last week, with tours expected in New England, the Central West and the Far East. For more information about the program you can visit the WACHS website on www.wachs.net.au.



The George Rose and the Julie Young Challenges were initiatives held in partnership between NSW Ministry of Health and NSW Rugby League and were run over 10 weeks to engage Aboriginal communities to counter physical inactivity, obesity and nutrition. Activities included exercise, nutritional updates and healthy eating options.



Indigenous Parenting Support Service Program (IPSS)



WACHS Indigenous Parenting Support Service (IPSS) has been funded by the Australian Government through the Family Support Program to support Aboriginal children aged 0 – 12 and their families.

Funding was administered by the Department of Families and Housing, Community Services and Indigenous Affairs (FaHCSIA) until December 2013 when the program, along with many other Indigenous focused Commonwealth funded programs, was transferred to the Department of Prime Minister & Cabinet.

In May 2014 it was announced that funding for these Indigenous programs would end. Organisations would need to seek new funding under the Commonwealth Government's new Indigenous Advancement Strategy. WACHS has submitted for new funding. The result should be known by December 2014.



To summarise IPSS work and achievements between July 1 2013 and June 30 2014:

- The IPSS team with Coordinator Jenny Slack-Smith and Aboriginal Family Support Worker Chanelle Riley have assisted 30 families this financial year with one to one case management and support for families. Some support is limited to short term practical assistance, advocacy and referrals: Other support is on-going. Issues include concerns about child development and behaviour, Community Services involvement, homelessness, Centrelink access, access to other services, health including mental health and alcohol and other drug problems. In June 2014 a survey of clients showed a high level of satisfaction with IPSS support.
- Fallon Ah See joined IPSS as Aboriginal Family Support Worker February – June 2014 while Chanelle was on leave.
- IPSS team has joined in with Communities for Children to conduct regular group activities supporting children and families including Mums to Mentors and Bumps to Bubs (for new mothers).
- The IPSS team has again collaborated with other services to conduct community events including NAIDOC celebrations, SNAICC Day, and an Easter family fun day.
- The IPSS team has continued to collaborate with other services to conduct free and accessible school holiday activities in July and October 2013, January and April 2014. Hundreds of community members, including many vulnerable families, have joined in the school holiday and other community activities described above.
- The IPSS team has continued it's interagency attendance and involvement; with Communities for Children, Wellington Interagency, Wellington DV Collective, Aboriginal Education Consultative Group. The IPSS team has continued to be actively involved in the Wellington Community/School Partnership initiative. The IPSS Coordinator has represented WACHS on the newly formed Wellington Council Community Services Advisory Committee.
- IPSS team has coordinated efforts to improve the Walker Crescent Park; to make this area safe to conduct activities and for the community to use.

Social and Emotional Well Being Program



The Social and Emotional Well Being Team consists of the following:

Team leader/ Aboriginal Family Health Worker – Cherie Colliss

Bringing Them Home Female – Jody Chester

Bringing Them Home Male – Ray West

Men's Sexual Health Worker – Shannon Keevil-Holdsworth

Drug And Alcohol Worker – Fred Carberry

Intake Officer – Teena Hill

The Social and Emotional Well Being (SEWB) Team has expanded in 2014 with a full team at present. This has enabled staff to work with community and provide greater community sessions to raise awareness around relevant issues for our community.



Community Programs

Through the year the SEWB Team have been involved in a number of community events which include:

Sorry Day

Educational “Bringing Them Home” programs delivered at Barnardos, TAFE, Wellington High School and Public Schools

NAIDOC Day Celebrations

The team was involved in assisting with NAIDOC celebrations at Wellington Public School, Wellington High School and Nanima Preschool.

SNAICC Day

Staff from the SEWB Team assisted with SNAICC Day activities as a whole of community event with delivering an activity for the day.

Yabbering CD Rom Project

The Bringing Them Home (BTH) Team Jody Chester and Ray West are currently undertaking a historical photographic project, called “Yabbering” meaning story teller. This program is designed to provide the opportunity for Aboriginal community to transfer our old photographic memories to a CD Rom and to develop a catalogue of the Wellington local Aboriginal history, which will be available for free distribution on the completion of the project.

Healing Camp Burrendong

In partnership with Link Up and Dubbo BTH, Jody Chester coordinated and assisted in facilitation of Healing camp for clients of BTH program.

R U OK Day - Suicide Awareness And Prevention

Shannon Keevil-Holdsworth coordinated R U OK Day community event with the support of the SEWB Team. The team provided information for community members around suicide awareness.

Accidental Counselor Training

Accidental Counselor Training was provided by the SEWB Team for WACHS staff. This training saw three SEWB Team staff members attend the training along with 17 other WACHS staff members.

Love Bites

The Love Bites Program in partnership with Community Health and Dubbo Community Health for Wellington High School was delivered to Wellington High School Year 9 students at WINS office.

This is a family violence and sexual assault prevention program for students of Year 9 which models respectful male and female relationships.


SistaSpeak Program for Wellington High School

Delivered by Cherie Colliss & Denise Barwick in partnerships with Department of Education, WHS Principal with the support and assistance of Kaylier Daley.

This program encourages these young women to be proud of themselves, their culture and their community. It introduces the girls to inspirational Aboriginal women, nationally, internationally, locally and personally and reinforces the notion that you can achieve anything you desire. Follow your dreams. To be able to think about their future and start making some positive choices in regards to this.

Other programs SEWB team were part of included:

- Both Jody Chester and Ray west participated and assisted in partnership with Uniting Care Burnside Dubbo in a reconnection healing tour to Moree and surrounding regional towns including Galargambone, Walgett, Collarenebri, Delungra, Narrabri and Gilgandra
- Ray West assisted with the George Rose challenge and assisted with the Men's Health Pit stop in Coonamble
- Both Ray West and Fred Carberry organised and assisted with the Red Dust Healing Men's Workshop at Burrendong

- 
- In partnership with NUUA organised and assisted with 1 day workshop for people at risk with using
 - Coordinated and assisted in community information sessions for Men's Health Week and Drug Action Week – Providing relevant information for community held at Cameron Park, WINS and Nanima
 - SEWB Team attended and maintained stalls at the WACHS Wellington Road Show and Community What's In Wellington

Staff Training

Staff have also been busy with training this year with all the team undertaking some formal training.

All SEWB staff attended Straight Talk training provided in house by ProActive Resolutions and completed Child Protection Training in house with WACHS staff.

Jody Chester has commenced her Bachelor of Social Science at Charles Sturt University.

Cherie Colliss has completed her Advanced Diploma Community Sector Management with Mental Health Coordination Council.

BTH Team attended Regional, State Forums with Jody Chester attending the National SEWB Forum. The BTH team also attended Transgenerational trauma workshop with Judy Atkinson

Jody Chester has completed Part A and B Peer Supervision Training with Workforce Support Unit AH&MRC. Jody also attended 'Deadly Vibes' awards in Sydney while Ray attended the NACCHO conference.

Fred completed IRIS training in Walgett and ADAN symposium in Bathurst

Shannon attended Indigenous Men's Health Conference, World HIV/AIDS Pre Conference and Healing Gathering hosted by Brian Dowd.

Aboriginal Children's Therapy Team Program



The Aboriginal Children's Therapy Team (ACTT) is a paediatric allied health program offered to Aboriginal and Torres Strait Islander children that live in Dubbo aged birth to eight years. We are managed by Wellington Aboriginal Corporation Health Service. We consist of several fulltime Allied Health professionals including Speech Pathologists, Occupational Therapists, Social Workers, and a Family Support Worker. These services are culturally enhanced by our team of Aboriginal Health Workers. These specialist staff provide assessment and intervention to Aboriginal and Torres Strait Islander children in Dubbo within a multidisciplinary and family centered framework.

ACTT currently provides Speech Pathology, Occupational Therapy and Social Work to over 200 Aboriginal and Torres Strait Islander children and their families in Dubbo. Aboriginal Health Workers play a pivotal role in engaging and connecting families into the Allied Health programs. ACTT also provide a screening assessment service to preschool and school age children in the Dubbo community, including Allira Aboriginal Preschool, Buninyong Preschool and West Dubbo Infants.

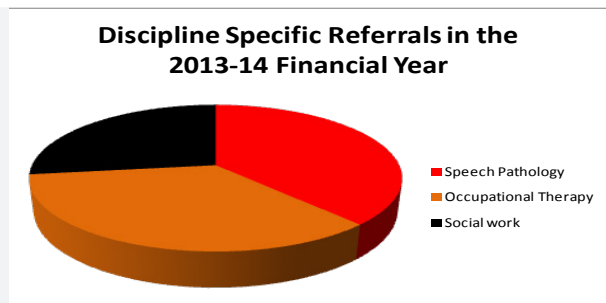
The ACTT philosophy involves connecting and engaging families to provide innovative and holistic allied health care to children. As a multidisciplinary team integrated with Aboriginal Health Workers we are able to provide services that are collaborative between disciplines and culturally specific and effective. This team work is vital in engaging and maintaining therapeutic relationships with the families we service.

ACTT has relocated to new premises at 157 Brisbane Street, Dubbo. The new Aboriginal Child and Maternal Hub Building now houses ACTT as well as ANFPP, The Australian Nurse Family Partnership Program. This has allowed for cohesiveness between WACHS teams and more scope to provide holistic and integrated care for clients that are accessing both services or require referral between services. This working relationship will continue to be a area of growth and development for ACTT.



Hub Clinic

In the 2013 – 2014 financial year the Aboriginal Children's Therapy Team (ACTT) received a total of 192 new referrals into services offered by ACTT, such as Speech Pathology Occupational Therapy and Social Work. As a child can be referred to one or more services the total number of new children referred internally was 100. Please see charts below for referrals in detail.



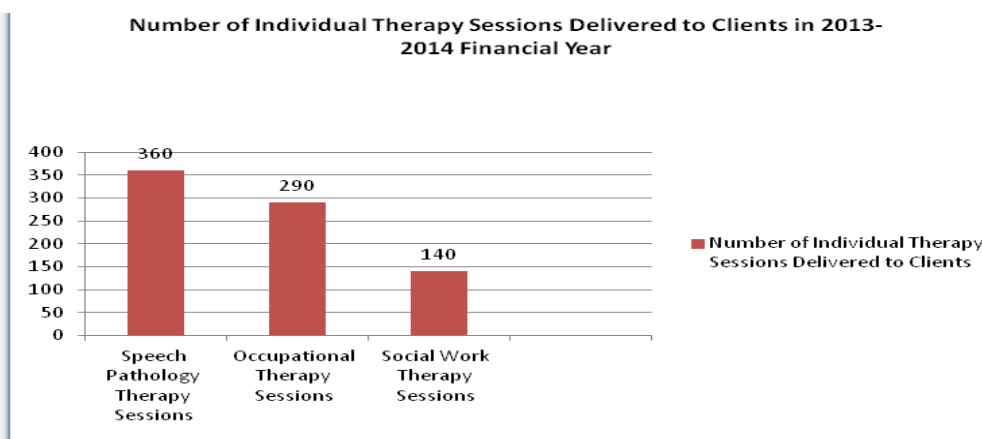
External referrals are received primarily from parents. We also gain referrals from Preschools and Daycares, Schools, Non-Government Organisation's, NSW Ministry of Health, General Practitioners, Family and Community Services's and Paediatricians. Our internal referral system means that an Aboriginal Health Worker or clinician has recommended a referral into another discipline within ACTT and facilitated the referral after working with the family.

Referrals can be for one or more of the services we offer. The previous graph outlines the service within ACTT that clients are accessing.



Once a referral is received the Aboriginal Health Worker completes an intake assessment with the parent and a screening of the child's developmental skills. Following on from this the AHW facilitate the process of being seen by Speech Pathology, Occupational Therapy and Social Work.

The graph below demonstrates the number of intake assessments completed and the subsequent formal assessments for the children with Speech Pathology, Occupational Therapy and or Social Work.



A family is offered a range of service delivery options for their child depending on need and services involved. These may include;

- Joint sessions with Aboriginal Health Worker
- Individual sessions
- Group programs
- Multidisciplinary (where more than one clinician is working with the child in the therapy session)
- Transdisciplinary (where the clinician is implementing goals on behalf of other required disciplines)
- Back to back session with two separate disciplines
- Outreach therapy at home or school

Throughout the last financial year additional groups have also been offered to clients including 123 Magic Parent Education and Triple P Parent Education.

Preschool and School Service Partnerships

Throughout the last financial year ACTT has continued to work along side our service partners in offering preschool based allied health screening and group programming for school readiness. During this time 27 children have accessed this service through Buninyong Preschool and 77 children have accessed this service through Allira Child Care.

Number of Children Screened and Given Allied Health Program at Allira Child Care in the 2013-2014 Financial Year = 77



Number of Children Screened and Given Allied Health Programs at Buninyong Preschool in the 2013-2014 Financial Year = 27

Key: Blue 10, Green 5, Yellow 1



In addition to our programs at Buninyong and Allira, ACTT was also able to roll out a Speech pathology Screening Program in collaboration with NSW Health and school teachers aides for kindergarten and year one students at West Dubbo Infants.

Community Networks and Strong Partnerships

Throughout the last financial year ACTT have collaborated with other services for the purpose of linking in clients to external agencies or educating team members and clients on available services in the area. Joint meetings and case collaboration occurred between ACTT and Buninyong Preschool, Allira Child Care, West Infants Public School, Uniting Care Burnside, Apollo House, Orana Early Childhood Intervention, Buninyong Schools as Community Centre, West Dubbo Schools as Community Centre, Dubbo Koori Interagency Network, WACHS Tackling Smoking Roadshow, NSW Health Paediatric Allied Health Network, Dubbo Early Years Services, Medicare Local, CentaCare Hippy Program, and Family and Community Services.

Community Events

Throughout the year ACTT has participated in running activities and providing fruit at many community events. In particular, NAIDOC events hosted by different community organisations. ACTT attended the Uniting Care Burnside NAIDOC events, The Buninyong Preschool Naidoc Fair, The West Dubbo Community NAIDOC Celebrations. These events were well supported by the community and the kids enjoyed Aboriginal dance classes, face painting, painting of boomerangs, eating healthy food and of course Johnny Cakes.

ACTT played a major role at The Apollo House Resilience Program Community Christmas Party making Christmas decorations that the families took home to hang on their trees. ACTT helped with serving food at the Allira Christmas lunch and networked with all our families over lunch and the preschool graduation ceremony, after a successful year of delivering screening and programs. ACTT also joined in with the whole WACHS community at the opening of the Tackling Smoking Roadshow in Wellington.



Australian Nurse Family Partnerships Program



The Australian Nurse Family Partnerships Program (ANFPP) supports women pregnant with an Aboriginal and/or Torres Strait Islander child to improve their own health and the health of their baby. The ANFPP will also help with the baby's development in their early years. The Australian Nurse-Family Partnership Program model is based on the Nurse-Family Partnership model developed by Professor David Olds in the USA over the last 30 years. WACHS has been an ANFPP site since 2010.

2014 has seen a new team for the ANFPP. Judy Townsend, the former Nurse Supervisor, sadly resigned late 2013 and Trish Bullen has taken on the role of Acting Nurse Supervisor and has completed most of the training required for the position.

In February the team moved into the new premises it shares with the ACT team and both teams have settled in well. The new Child and Maternal HUB is located on Level 1 157 Brisbane Street, Dubbo.

ANFPP continues to provide services in Wellington, Dubbo, Narromine and Gilgandra. Currently we have 77 active clients.

During the year ANFPP has participated in many community activities to raise awareness of our program. The following are examples of our 2014 community engagement activities.

Wellington

WACHS Tackling Smoking and Healthy Road Show

ANFPP staff were present on the WACHS road show and participated in Wellington, Orange, Parkes, Forbes, Dubbo and Tamworth.

Wellington Art Group

The Wellington mums were supported by 2 artists to complete the painting of their belly casts. Kayanna West presented the story of the art group to the Arts Outwest meeting in Wellington.



Dubbo

Dubbo Kite Day

Staff were involved in making kites with parents and children for kite day in Dubbo.

Rhythm and Music at Buninyong SACC

Every Tuesday we have a mums and bus group doing dance and music with our clients and their babies. This is well attended and we acknowledge the support of Buninyong SACC for the provision of the space.

Belly Cast display

This year we have been invited to display the belly's created by our mums at the Western Plains Cultural Centre. This exhibition will run from December 13th to January 31st 2015.

Gilgandra

Gilgandra Closing the Gap day

ANFPP invited the school children who attended this day to participate in painting rainbow serpents. The children were asked to place their fingerprint on one of the rainbow serpents in a colour of their choice.

Gilgandra NAIDOC Day

Staff presented paintings that had been made by the Gilgandra school community on Closing the Gap day. Paintings were presented to Gilgandra High, Gilgandra Preschool and St Joseph Primary School.

Narromine

Narromine NAIDOC day

Staff attended the NAIDOC celebrations in Narromine. This was held at the hospital and ANFPP were joined by at least 12 other services. The children participated in painting a rainbow serpent which will be presented to the hospital for the community to share.




Tackling Smoking and Healthy Lifestyles Program



The Tackling Smoking & Healthy Lifestyles (TS&HL) Program is a promotion based program funded by the Department of Health as part of the Closing The Gap initiative.

The main focus of the TS&HL Program is to promote Healthy Lifestyle choices for Aboriginal and Torres Strait Islander people in order to assist with Stamping Out Chronic Disease in our Communities. The TS&HL Program has three teams that cover the Central West, Far West & New England Regions of NSW.

The TS&HL teams work in partnership with health service providers across the three regions as well as other agencies such as, Department of Education, Cancer Council NSW, and Aboriginal Community based organisations and programs. We offer a referral system to ensure health care needs are followed up with appropriate service providers. We have a smoking specific referral system in partnership with Quitline.



The TS&HL teams also offer school workshop sessions to promote Healthy Lifestyles practices within our schools and aim to educate children about the negative effects of Tobacco Smoke.

The five key messages of the TS&HL Program are:

**GET ACTIVE + DRINK WATER + STOP SMOKING + GET HEALTH CHECKS + EAT GOOD TUCKER
= LIVE LONGER**

The TS&HL Teams have attended over 60 events so far this year.

The TS&HL Program was the major sponsor for The Annual NSW Aboriginal & Torres Strait Islander Football Knock out Carnival. This event is the team's major event for the year. Held on the October Long Weekend. The NSW Aboriginal & Torres Strait Islander Football Knockout Carnival or NSW Koori Knockout as it is less formally known as; is one of the biggest gatherings on the Indigenous calendar. It was a great opportunity for the TS&HL teams to really promote our key messages to our Indigenous Community.

The event which is run over 4 days was a great success. The team surveyed 1474 people in total. 1315 of the people we surveyed were Aboriginal and/or Torres Strait Islander. 180 of the people surveyed were current smokers and only 61 of the people surveyed did no daily exercise. During the event the TS&HL team handed out over 5000 bottles of water and over 6000 pieces of fruit. 12 referrals to Quitline were made.

Other semi major events attended this year by the TS&HL Teams include, The Elvis Festival in Parkes and The Tamworth Country Music Festival. The teams attended numerous Community & School NAIDOC events within the three regions.

The TS&HL Program ran the Tackling Smoking & Healthy Lifestyles Roadshow in partnership with a number of Community based programs and organisations that travelled to each of the three regions; Central West, Far West & New England. The roadshow ran over three weeks visiting 12 towns, linking in with the local Aboriginal Medical Services in each town. The aim was to showcase the services available to members in their communities. It gave the community the chance to come and meet with service providers in a relaxed non formal environment.

The Roadshow was affiliated with a number of ambassadors that helped promote the key messages around Stamping Out Indigenous Chronic Disease in our Aboriginal Communities. The TS&HL teams are hoping to continue this event annually, making some improvements for next year, as this was the first time a Roadshow of this kind had been completed.

The TS&HL teams are currently undertaking training to obtain a Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care. It is to be completed by April 2015. This training will allow the TS&HL staff to be registered Aboriginal Health Workers. Of all the events attended 70% of the community the TS&HL teams surveyed were of ATSI background.

The TS&HL teams would like to thank everyone who has participated in our surveys.

We look forward to continuing to improve the quality of life for Aboriginal people in the wider community through education, promotion, awareness, support and empowerment; to help Aboriginal people make healthy lifestyle choices in order to reduce Chronic Disease and to help close the gap.



Bila Muuji Regional IT

Darren Marcus is employed by WACHS as the Regional IT and Training Officer but represents and supports the Bila Muuji Group. Founded in 1995, the Bila Muuji Aboriginal Health Services Incorporated comprises Aboriginal Community Controlled Medical Services from Brewarrina, Bourke, Coomealla, Coonamble, Dubbo, Forbes, Orange, Wellington and Walgett. The Bila Muuji Regional Information and Training Officer role supports the following:

- IT advice, training & troubleshooting
- Managing support contracts with IT and technical Service Providers
- Training in the proper use of Clinical Information Systems such as Communicare, Best Practice and Medical Director
- Promoting and training Health initiatives such as Telehealth the National eHealth Record System (PCEHR), the use of Secure Messaging, etc
- Governance in the appropriate setup of policies and procedures around technical projects
- Systems projects and promoting efficiencies around the use of application scoping and implementation

South African born, Darren immigrated to Sydney, in January 2008 and moved to the Wellington region in July of 2009 with his family.

Darren's skills have become valuable to the coordination of services for WACHS as his professional background is a mix of IT and in recent years, Health IT Projects in the form of Telehealth and eHealth. Darren has a strong interest in Aboriginal Health across the Western and Far West region and delivers necessary IT support for our programs and projects.



To All of Our

Members, Patients, Clients and Community Members,
the Staff and Directors of WACHS would like to wish
you and your family a very

Happy Christmas
and a safe and healthy
2015





28 Maxwell Street, PO Box 236
Wellington NSW 2820

Phone: (02) 6845 3545

Fax: (02) 6845 2656

Email: enquiries@wachs.net.au

www.wachs.net.au