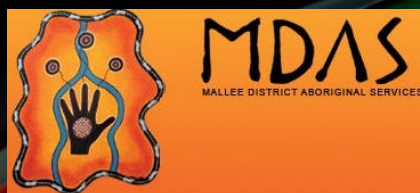


Greater Western Victoria Tackling Indigenous Smoking



The Greater Western Victoria Tackling Indigenous Smoking (GWV-TIS) Alliance services western regional Victoria. GWV-TIS consists of 7 ACCO's coordinated by VACCHO head office in Melbourne. Alliance partners include Windamara Aboriginal Co-Op, Dhauwurd-Wurrung Elderly and Community Health Service, Gunditjmarra Aboriginal Co-Op, Budja Budja Aboriginal Co-Op, Kirrae Health Services, Goolum Goolum Aboriginal Co-Op and Mallee District Aboriginal Services

Today's presentation is primarily highlighting initiatives from **Windamara & Goolum Goolum Aboriginal Co-Operatives**

WINDA-MARA QUIT CHAMPION POSTERS

Tackling Indigenous Smoking





Thinking of quitting?
For advice and support
Contact Winda-Mara on
03 5527 0000

Aaron Morgan
TIS Christmas Challenge

“ I was smoking for about 3 years on and off and couldn't really find the motivation until Winda-Mara advertised the TIS Christmas Challenge. Thank goodness, smokes are too expensive these days. My health is also much better since quitting. ”

Thank you WMAC.



Winda-Mara
Aboriginal Corporation
www.windamara.com.au

Showcasing our Quit Champions on posters with their Quit Journey stories.

- Deb Malseed
- Aaron Morgan
- Charmaine Barker
- Brian Smith

Photo's were taken at Tyrendarra Indigenous Protected Area.
Working in partnership with Aboriginal Quit line

Tackling Indigenous Smoking





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Deb Malseed
TIS Christmas Challenge

“ Make the most of the support around you when starting your quit journey ”

Deb has been smoke free for 140 days. She took up smoking at the age of 15 years old. Sometimes smoking up to 25 cigarettes a day. Her motivation to quit was her love for her Grandchildren, she wants to be around to watch them grow and achieve in life. Deb quit smoking by going cold turkey, she had the support of the Tackling Indigenous Smoking workers and QUIT Txt. Since quitting she has saved money and her health has improved.



Winda-Mara
Aboriginal Corporation
www.windamara.com.au

Tackling Indigenous Smoking



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Brian A Smith My Quit Journey

Cigarettes & Asthma Don't Mix!

This is my story of how I started smoking back in the 60's.....My brother handed me my first cigarette. I should've said no, but how young & naive I was. I thought smoking could make me look cool & tough.

I was young & growing up, playing sports, riding a bike uphill, pushing the hand mower around the yard left me breathless. I had a medical check-up in my mid 20's & was told by my doctor that I had asthma & I will probably have it for the rest of my life. Now I know why I was gasping for air when I pushed myself at sports. On & off for over 40 years I smoked, up to 30 or more a day depending on my mood or how many pots I had. Over 4 years ago I decided to kick the habit, it took me 2 years on & off trying. Then in 2015 I quit smoking once & for all, with the help of Winda-Mara's medical team & my will power working together, plus an asthma attack.....I was ready...I had smoked my last cigarette.

It came down to....do I want to live or do I die a slow death.....I chose to live! Since giving up I have been able to buy a car, go for short walks without huffing & puffing and hopefully live for another 30 years.

Brian A Smith



Winda-Mara
Aboriginal Corporation
www.windamara.com.au



Tackling Indigenous Smoking



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Charmaine Barker TIS Christmas Challenge

Mother of 5, Charmaine started smoking when she was 15 years old, she realised she was in poor health when she struggled to walk up the stairs to her home. She signed up for the T.I.S Biggest Loser Challenge with goals set to stop smoking and lose 15kg by the end of the 14 weeks.

Charmaine has been smoke-free since 8th October 2017 and has lost 8.1kg since completing the challenge. She can now easily walk her children to kinder and school and has stated she feels great since quitting smoking and becoming more active.



Winda-Mara
Aboriginal Corporation
www.windamara.com.au



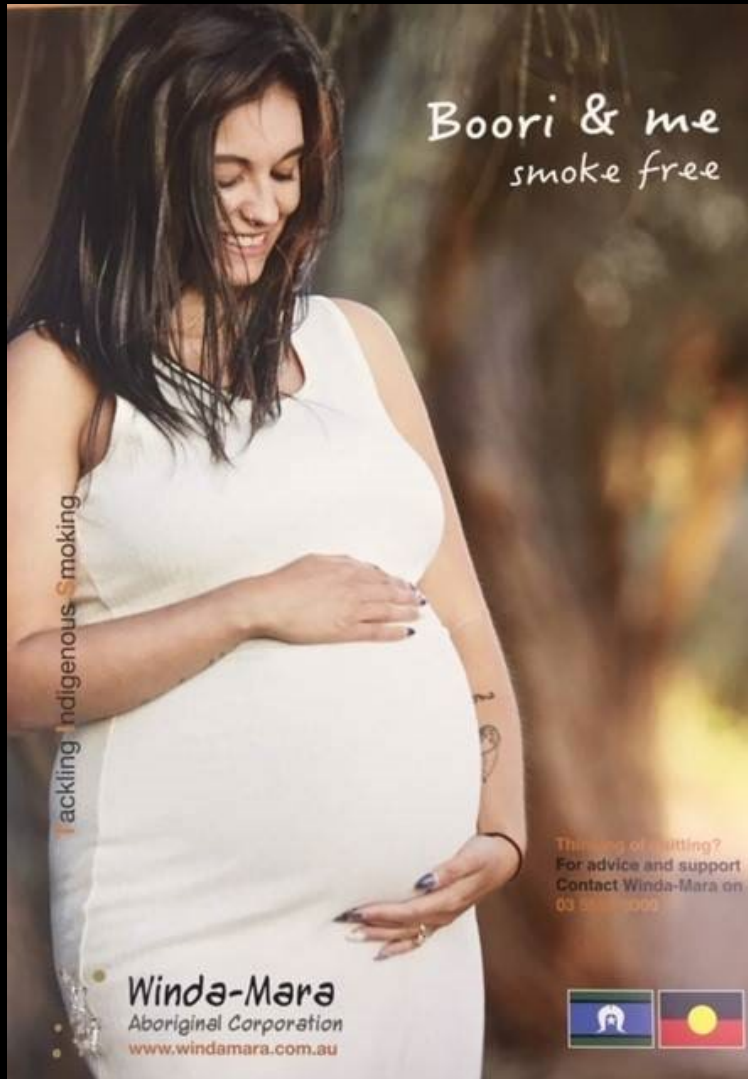
COMMUNITY CHAMPION POSTER DESIGN



Brian came up with a great poster idea showcasing his personal story, of how smoking has impacted his health to this day. \$400 worth of medications a month to keep Brian breathing easy. Brian is a great advocate for quitting smoking & will happily share his quit story.

Brian's poster has been placed at Portland District Hospital, Heywood Rural Health, Winda-Mara Medical Centers & on social media platforms.

T.I.S Pregnancy Posters



Our beautiful Gunditjmara models Janelle, Rhani & Tiare were shot out on country. The images are powerful enough that we have left them without description.

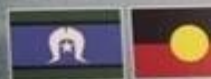
These posters will be displayed at Winda-Mara, Portland District Health, Vaccho, Quitline Victoria, Heywood Rural Health & all social media platforms.



mum & me
smoke free

Thinking of quitting?
For advice and support
Contact Winda-Mara on
08 4527 0000

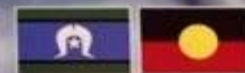
Winda-Mara
Aboriginal Corporation
www.windamara.com.au



my family & me
smoke free

Thinking of quitting?
For advice and support
Contact Winda-Mara on
08 4527 0000

Winda-Mara
Aboriginal Corporation
www.windamara.com.au



When you smoke...



Images and messages on display at all ACCO events & activities. Coincided with an online pledge to keep tobacco use away from children.

..Your kids smoke too

PROTECT OUR KIDS.....

....TAKE THE PLEDGE

<https://www.youtube.com/watch?v=i80XsHaLMUI>

EARLY INTERVENTION

DEADLY DAN...



Another Healthy Lifestyle initiative from...



..VISITS THE WIMMERA!!!

...I wonder who I should send to the Wimmera to help with the fight against smoking???



To be continued....

Next Issue....

Deadly Dan sends a new mysterious friend to continue the fight against smoking in the lands of the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk peoples...

Dalki Wutchie..



Dalki Wutchie (Wergaia language- 'Healthy Goanna'). A friend of Deadly Dan; spreading the smokefree message throughout the Wimmera and Western Victoria. Dalki Wutchie is present at all TIS related community engagement activities and a popular inclusion to school related TIS activities.



..ACCO mascot

TIS Health promotion

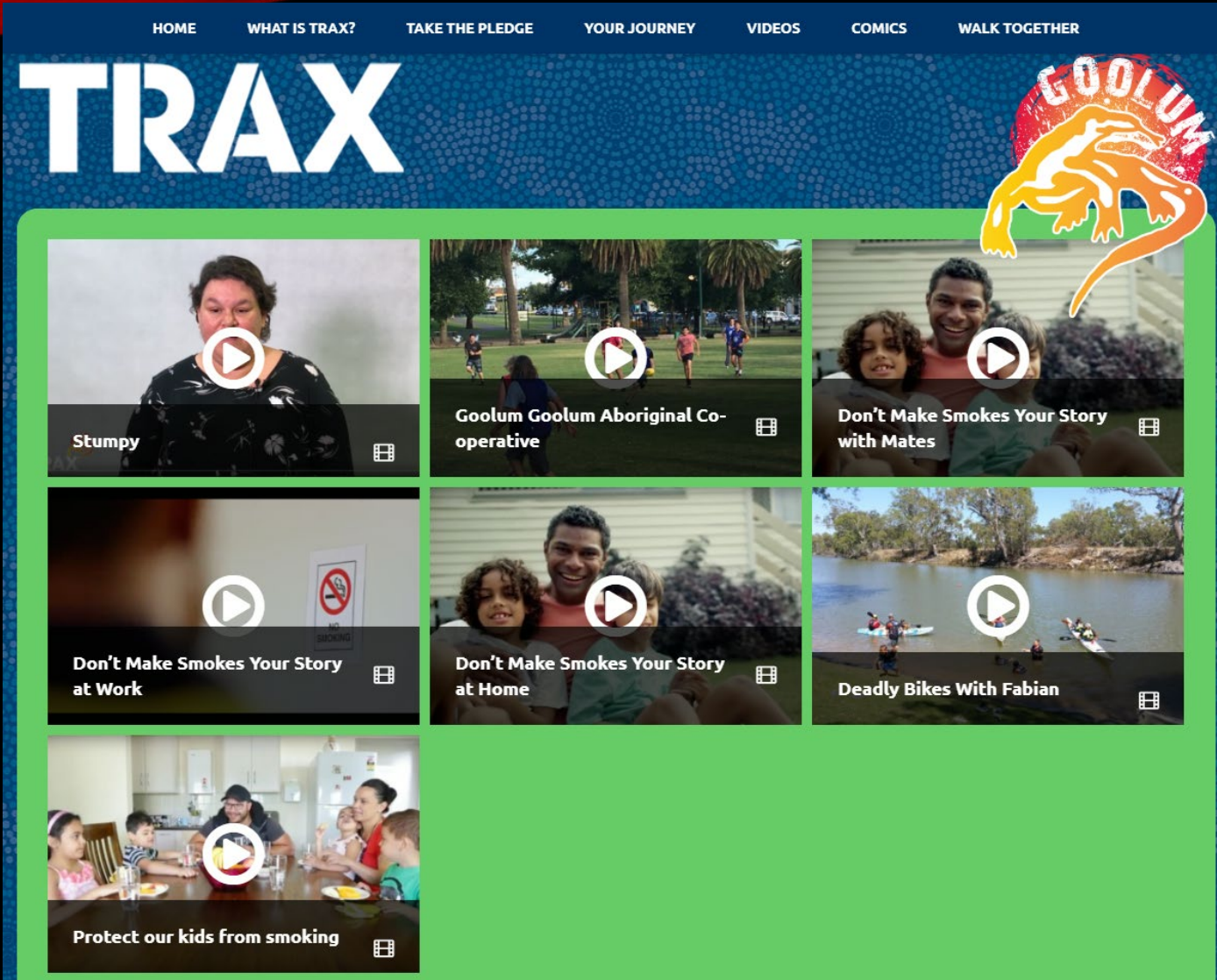
Specifically designed display trailer to target a greater population health approach in rural/remote Western Victoria. Translating to consistent messages to a broader audience and a culturally appropriate engagement tool for isolated community members.

OUTREACH



Display trailer

ONLINE ENGAGEMENT

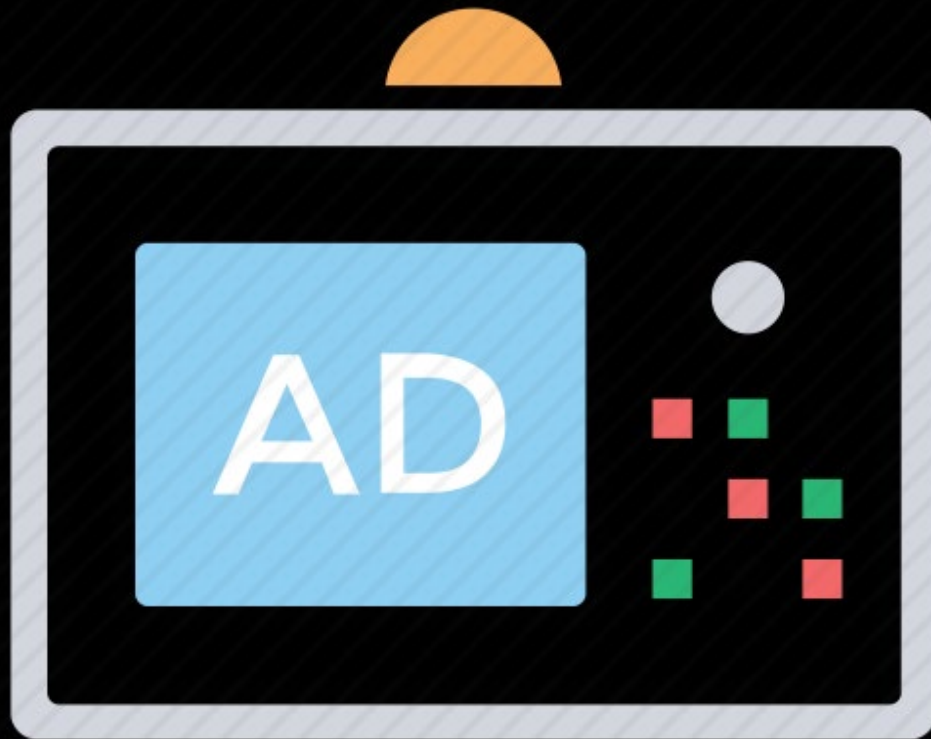


TRAX is an online resource to share your stories about your journey as we walk together towards a healthier future. TRAX is also your one stop shop for information and referral, community engagement, take the pledge, videos and comics.

www.traxgoolum.com

This resource has been developed to work primarily with our TIS display trailer as an interactive community engagement tool.

COMING SOON





THANK YOU FOR
YOUR TIME

**Greater Western Victoria
Tackling Indigenous Smoking**