

Miwatj Health
Tackling Indigenous Smoking

A presentation by the
Miwatj Health TIS team





Introducing the T.I.S team Gapuwiyak

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Miwatj Health Tackling Indigenous Smoking Team – Trudy Wunungmurra, Michael Guyula, Thomas Guyula and Boogie with the mob in Gapuwiyak Arnhem Land NT.



Promoting Anti-Smoking Issues in Gapuwiyak Community

The TIS team and workers are approved to network in Gapuwiyak Community to share their stories and encourage people to be good and keep away from Ngarali and practice healthy living.

We work together with:

- Shire Council –crèche , Night Patrol, Aged Care
- School – FAFT, Primary and Secondary Classes and older djmarrkuli
- ALPA – IJCP Employees, eg Bush Miyalk and Buffalo Boys
- Supporting community activities through TIS programs





The Quitting Day fun Activity
working with Families As First Teaching



Pregnancy dhawu for all the Women and how
it effect Miyalk mala by Ngarali





This Dhawu is for Moms and Bubs to giving them good education on Yaka Ngarali and healthy ngatha.



We provide and deliver health education to people by visiting them at their home and promoting Yaka Ngarali Dhawu.(anti Smoking Issues)





- Visiting the school and delivering health education by discussing health issues that is caused by Smoking.
- The TIS team networked and engaging with teachers and students to improved their health and wellbeing .
- Advising the kids that attending school gives the them the opportunities to go on bush trips, play sports and hunting.

Mum's and Bubs programs promoting
Anti- Smoking



Activities that TIS workers provide as part of the campaign on Anti-Smoking education.





Together, we are engaging with Mums and Bubs Program to promote Anti-smoking, healthy eating and good nutrition.

Giving Education and Opportunities

Working with school programs and activities organised by T.I.S workers

Wednesday Quitting Day- Stall outside the clinic

Inform groups of 2 important to share the health of Smoking issues to Improved the Children health.

To implement health and wellbeing for all people of Gapuwiyak.

It opportunities for all student to know how ngarali effects their well being.

By using the Smokaylazer to show the student how it effect by passive smoking and when people smoking.

Poster to show the students what the poisons in the Nagarli or (cigarette).





- Display the models to show the people in the community
- Education
- Giving the information
- Giving out hats and T-shire





Outreach Education for the Community

These are the young people involved in our program, participating in the Anti-Smoking Education. Our future TIS worker.





Working and engaging with childcare.

- These are the programs TIS workers are involved – providing people the pathway to understand and explain to them the effect of smoking in their children's health and well-being.

- Supporting the nurses when they visit patient with Antenatal check ups.





Walking Groups - Feel Good Live Long.



Some of the activities TIS are engaged in.



Encouraging people to walk and exercise to improve their fitness and feel good and maintain their health.



2018 Walking Groups



Feel Good Live Long

These are the ladies and kids involved in Trudy's walking group.



Referral to the doctor or the doctor will give us a lists of patients to visit and check up on them.

Promoting Anti-smoking story and giving all the clients opportunity to educate our people in Gapuwiyak and give them pathways to live a healthy life for their well-being.

We use our Land Cruiser Troopy to. . . .

When you are ready to start your journey of Yaka Ngarali please visit your local Miwatj clinic and look for the TIS team and we will get you started!