



Galambila Aboriginal Health Service

February 2022



This story was submitted to the National Best Practice Unit for Tackling Indigenous Smoking (NBP U TIS) by the Galambila Aboriginal Health Service Ready Mob TIS team. Many thanks to the Ready Mob team for sharing their story.

What area do you service?

We are based out of Coffs Harbour, New South Wales. Our region extends from Port Macquarie in the south to Grafton in the north. This covers three tribes: Birpai (clan of the Biripi Nation), Dunghutti and Dainghatti (Kempsey area clans) and Gumbayngurr, covering the Nambucca, Coffs Harbour to Grafton area.





Tell us about your success story.

In January 2021 we started school holiday overnight camps, the first being held at Yarrawarra Aboriginal Cultural Centre. It came from that recognising in order to collaborate with our outlying communities in the participation of Ready Mob, we must go to them. These events were also held in partnership with Aboriginal service providers of the Macleay Valley LGA, with all services collaborating and working together to deliver their own personal program on different days or all together for Culture In The Park events.

Who was the activity designed to reach?

The activities were targeted at school-based kids with a weekly/monthly calendar developed and delivered through social media and flyers. It was also promoted via our general practitioner and Aboriginal Health Worker, who hold an outreach clinic once a week, as well as word of mouth from well-known community champions. Events that were targeted at children had age criteria attached to the flyers, the overall events program was targeted to the LGA area with all ages able to attend different events. The camp was designed to reach the youth and families that may miss out on some of the larger events that are held in town; instead of having to travel around 30 minutes to get into town and with some community members having limited access to transport, a camp/fun day was brought to them.

The evening and day activities were planned out to involve events that focused on the effects of smoking. It was hosted as an informal event, so the children became more relaxed and comfortable with each other and the TIS workers and parent/caregivers; they were more inclined to engage with the games and, as they saw our smoking and smoking disease-related props, they began to ask questions. Feeling as though they were not being “lectured” or “told” about the effects of smoking helped them engage more.



Can you sum up what you have achieved through this program/activity?

Through these programs we can also cover different LGAs at the same event; for example, we held a community education event at Stoney Aqua Park, which is borderline for the Macleay (Kempsey) and Hastings (Port Macquarie) areas. We had 80 kids from each area, totalling 186 on the day. For our team, one of the lessons learnt was in relation to the online booking form: this was a headache, with some community members missing out because they do not have social media. This event is rescheduled for future holidays to maintain consistency with our service provision to these communities and allow all community members the chance to attend and receive the same education as previous participants.