

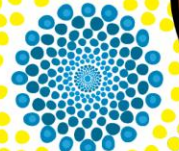
Tackling Indigenous Smoking (Goldfields)



Bega
Garnbirringu
HEALTH SERVICE



PUYU WANTIKATINHI
LEAVE THE SMOKES ALONE



Acknowledgement

“I would like to acknowledge the Traditional Owners of the land. I would also like to pay my respect to the Elders past and present and offer my acknowledgement and respect to other Aboriginal and Torres Strait Islanders who are present”.



Bega Garnbirringu Health Services

- Aboriginal community controlled health service
- (ACCHO), established in 1983.
- “Bega Garnbirringu” means “sickness gets better”.
- Comprised of clinical services, social support services and registered training centre.
- More than 110 staff serving around 8500 clients every year.



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Meet Our Team



Victor Smith



Jack Champion



Ethan Sambo



Annarella Mongoo



Alex Champion



Simon Smith

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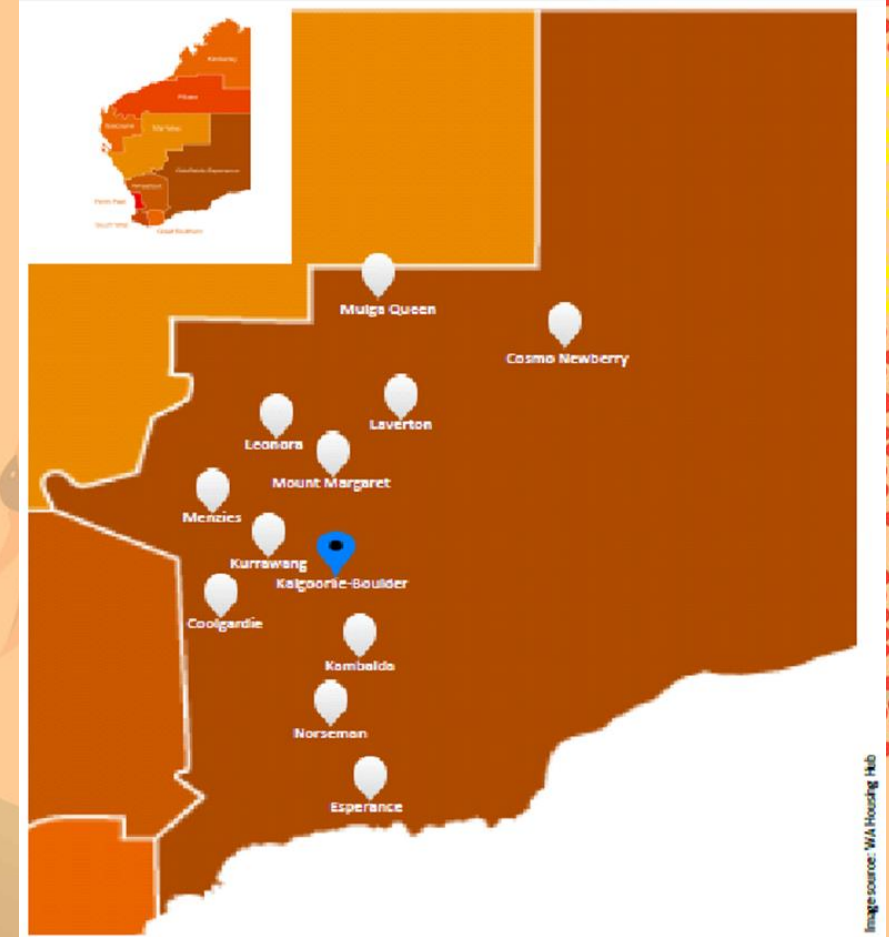
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Goldfields Region

- Located in the south-eastern corner of Western Australia.
- Largest region in the state with a land area of more than 770,000 square kilometers. Three times the size of the state of Victoria.
- Total population approx. 60,000 (12% Aboriginal descent).



About Us



The TIS Goldfields team are based in Kalgoorlie at Bega Garnbirringu Health Services an Aboriginal Medical Service, we organise many programs to get our message out in the community. We also work alongside various organisations to have an impacting outcome with our community, to get the statistics required for our program.

Our programs

Goldfields Rehabilitation Services Incorporated (GRSI)
STARS Girls Academy
Clontarf Football Academy
Men's Bush Group
Women's Group
Health Expos
NAIDOC Events

Outreach to Communities

We often drive on outreach to the Northern Goldfields Area and down South to Norseman and Esperance. We have a passion for our community and all the small communities in and around Kalgoorlie, it is good to get close with the people and educate them about smoking.



Goldfields Rehabilitation Services Incorporated (GRSI)



Strategies

- Smoke Diary – to keep track of their smoke pattern and what triggers them to smoke .
- Post-Program Survey , Client Assessment sheet, Client Progress sheet.
- Smokerlyzer Readings

6 Week Program

This program turned out to be the most impacted program for our team as we have a 6 week program in place. We start to notice the change with their attitude and knowledge of the affects of smoking and cigarettes. Over our 6 week program with the group and also from using the smokeylyzer with individuals.



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School Education

Schools Involved

We focus on the High school in the Boys and Girls academies, primary schools and also in the remote communities. Each term we attend the schools and deliver six sessions to all the students.

TIS education sessions – 15 mins talk, 10 mins video and 25 mins activity focusing on smoking cessation.

Strategies

- Tailor the course contents to suit our younger participants.
- Deliver education in an informal set up.
- Pre and post surveys completed by each participant.
- Showing diagrams to the students explaining the topic during that session. To help them learn visually



Men's Bush Trip

Our team organises the Men's group every fortnight, We go on these trips back to country where we educate these men about smoking effects. Although this is only a new program for our team we find that we have large groups participate in this program. We collaborate with other health promotions teams to get our message heard and hope to make a change in our community. As this program is also important for our Men's Mental Health & Traditional Healing. We go to different areas in the bush around the goldfields area to swimming holes or meeting places. We cook many different meals such as kangaroo stew, Kangaroo tails, dampers, and other local foods. We also do walks through the bush looking for bush tucker. The men's group have a lasting effect on a lot of men as each time we have more and more participants.

Our target audience for the men's group would be 16 and over, so young men have the opportunity to attend our sessions, to come bush, swim, yarn, eat good food and listen to our smoking cessations sessions. We teach them about smoking but also do a smoking ceremony to cleanse their body and mind.



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Thank you

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