

# TACKLING INDIGENOUS SMOKING GASCOYNE OUTREACH SERVICE

## ACTIVITIES 23-24



Rocky Pool, Western Australia



# COOKING ON COUNTRY

## TEACHING OUR YOUNG ONES ABOUT HOW TO COOK GOOD FOOD



Eating good food helps us grow

Preventing and supporting our young ones from uptake of smoking before they start... we do this by taking them away from their everyday lives showing them the way through leadership and role models in the community

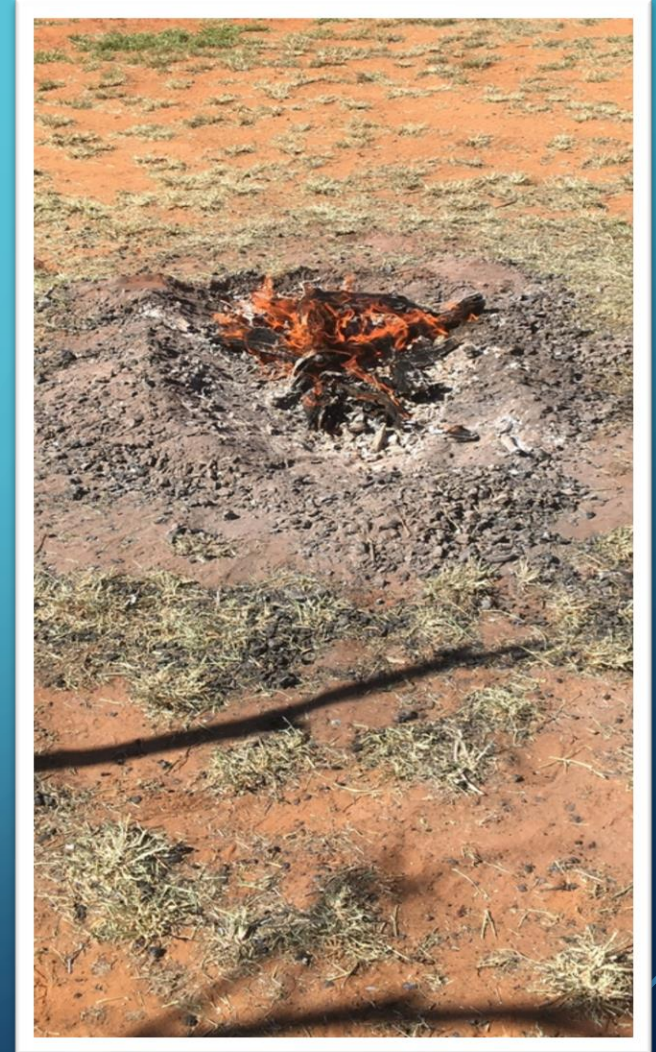
# IMPROVING HEALTH BY EATING TRADITIONAL FOOD

Elder Thomas Dodd  
guided us throughout  
the day of events  
with traditional ways



Goanna

Traditional cooking fire



BAN THE CIGARETTES DON'T BAN THE FIRE

# Burringurrah Remote Community School

- Smoking Education Sessions
- Healthy cooking classes.
- Arts/crafts

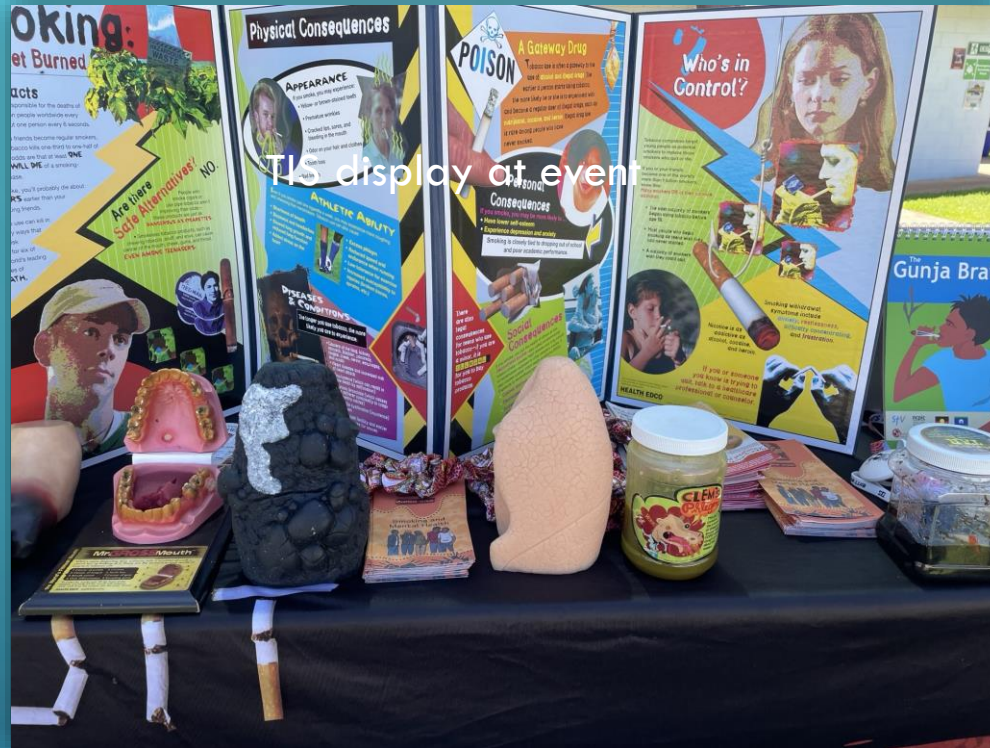


# Burringurrah Remote Community

Our increased reach into remote communities helps us deliver the “Smoke Free Homes” message



# MUMS FITNESS CLASSES SHOWING OUR MUMS THE IMPORTANCE OF DIET/EXERCISE



One of the target priority groups are Young Mums staying fit and keeping healthy



Exercise group

The display at event

Theory class about nutrition and exercise

# WOMEN'S 2<sup>ND</sup> CHANCE HUB

## MAKING BANNERS WITH A FOCUS ON EDUCATING PREGNANT WOMEN & FAMILIES ON THE DANGERS OF SMOKING

Banner at the march



Some Young Mums



Jewelry making workshop

Elder Elizabeth Graham created a 2<sup>nd</sup> banner



# HEALING CIRCLE

- On Country excursions
- Guest speakers
- Smoking education
- Activities
- Women and families with young people





# Healing Circle

We have a great partnership with Ngala and other organizations working together on spreading awareness of secondhand smoking in the community. The participants who attend the Healing Circle are mum's with bubs and elders who live a smokefree lifestyle and want the same for their families.



# GRAMS TIS Remote Community Road trip

**GRAMS REMOTE  
COMMUNITY BBQ**

**COME AND  
HAVE A YARN**

**SMOKE &  
VAPE FREE  
EVENT**

**BURRINGURRAH**  
TUE 17TH OCT 10AM - 2PM

**CARNARVON**  
THUR 19TH OCT 7AM - 10AM

**MUNGULLAH**  
THUR 19TH OCT 2PM - 4PM

Sealton Regional Aboriginal Medical Service  
GRAMS TIS Tackling Indigenous Smoking

# Burringurrah Remote Community School & community BBQ





# Meekatharra & Karalundi



Karalundi smoking education  
&  
community BBQ



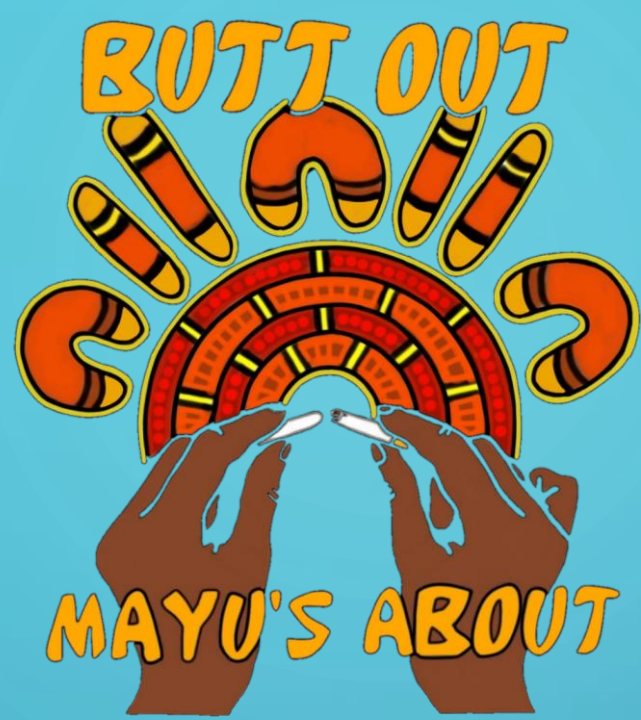
OUR CALL TO ACTION.

PLEASE CALL GRAMS ON 08 9956 6555 TO  
SPEAK TO A HEALTH PROFESSIONAL FOR  
ADVICE OR RING QUITLINE FOR SUPPORT TO  
QUIT.

QUITLINE 13 7848

WE ARE HERE TO SUPPORT YOU ON YOUR  
JOURNEY TO A SMOKE AND VAPE FREE LIFE





## Butt Out, Mayu's About (Mayu's = Children)

This call to action is targeted at smokers who smoke around children or families in the home or car (Secondhand Smoking or Vaping). This encourages smokers to think before they light up or have a puff on a vape and to butt out if they are smoking around children.





# Questions



Thankyou