

Yarning About Cancer: Setting up support groups in Aboriginal & Torres Strait Islander communities

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Research



Advocacy



Prevention



Support



Peer Support Programs



Background

- **Aboriginal health outcomes**
- **Cancer Australia Ralph Lauren Pink Pony Grant**
- **Project aim: to improve access to support and information by Aboriginal and Torres Strait Islander people through establishing culturally appropriate Breast Cancer Support Group leaders in local communities across NSW**



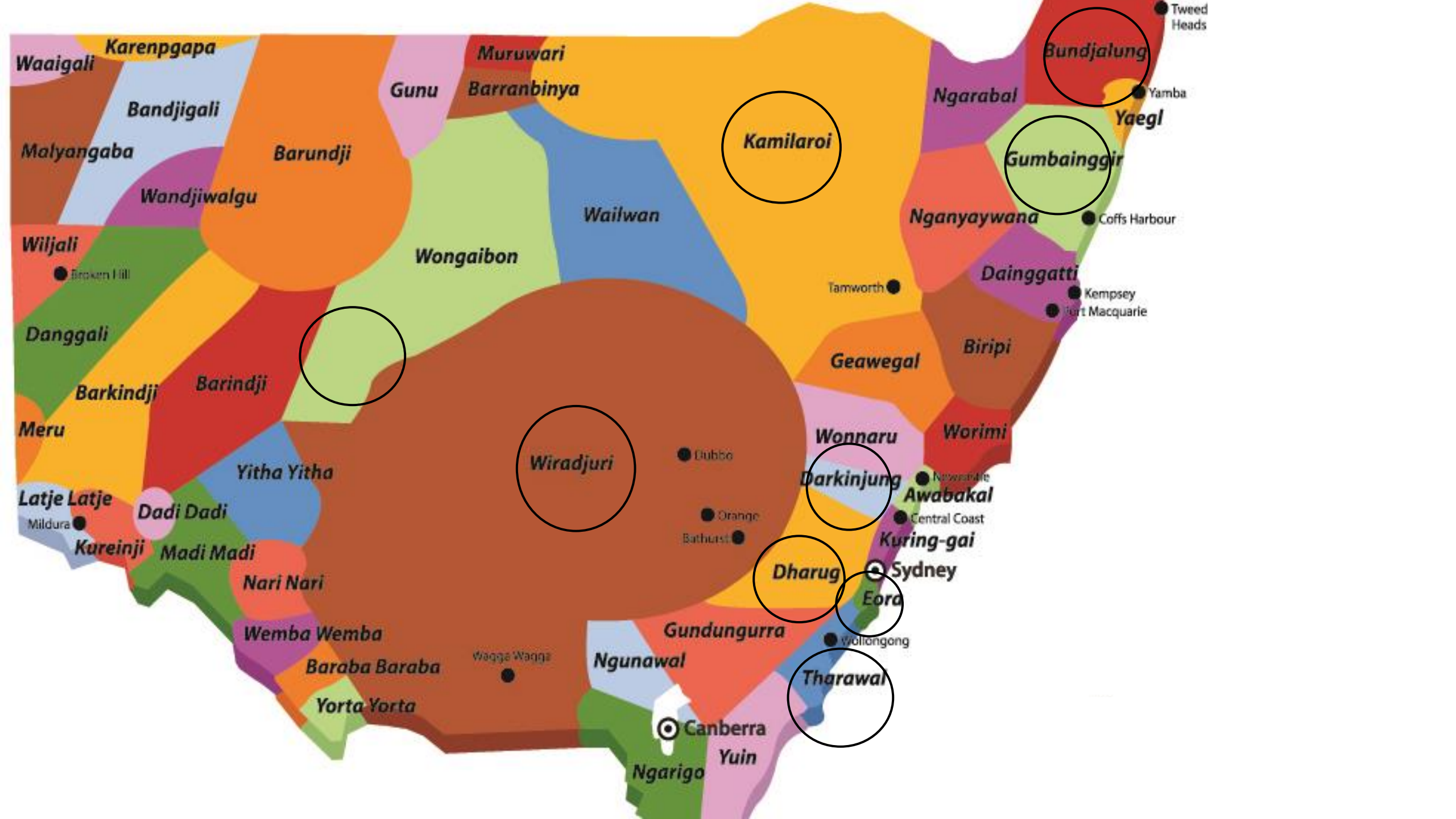


Yarning About Cancer

Process

- **Scope**
- **Inform**
- **Develop**
- **Plan**
- **Recruit**





Overview of the training

- **Setting the scene : name, mob, country**
- **Establishing group guidelines**
- **Being a facilitator**
- **Yarning about Breast Cancer**
- **Dadirri (deep listening)**
- **The Yarning Circle Model**



Yarning



About



Breast Cancer

Evaluation Process



Quantitative

Qualitative

Stories, Art

**Observation
and
participation**

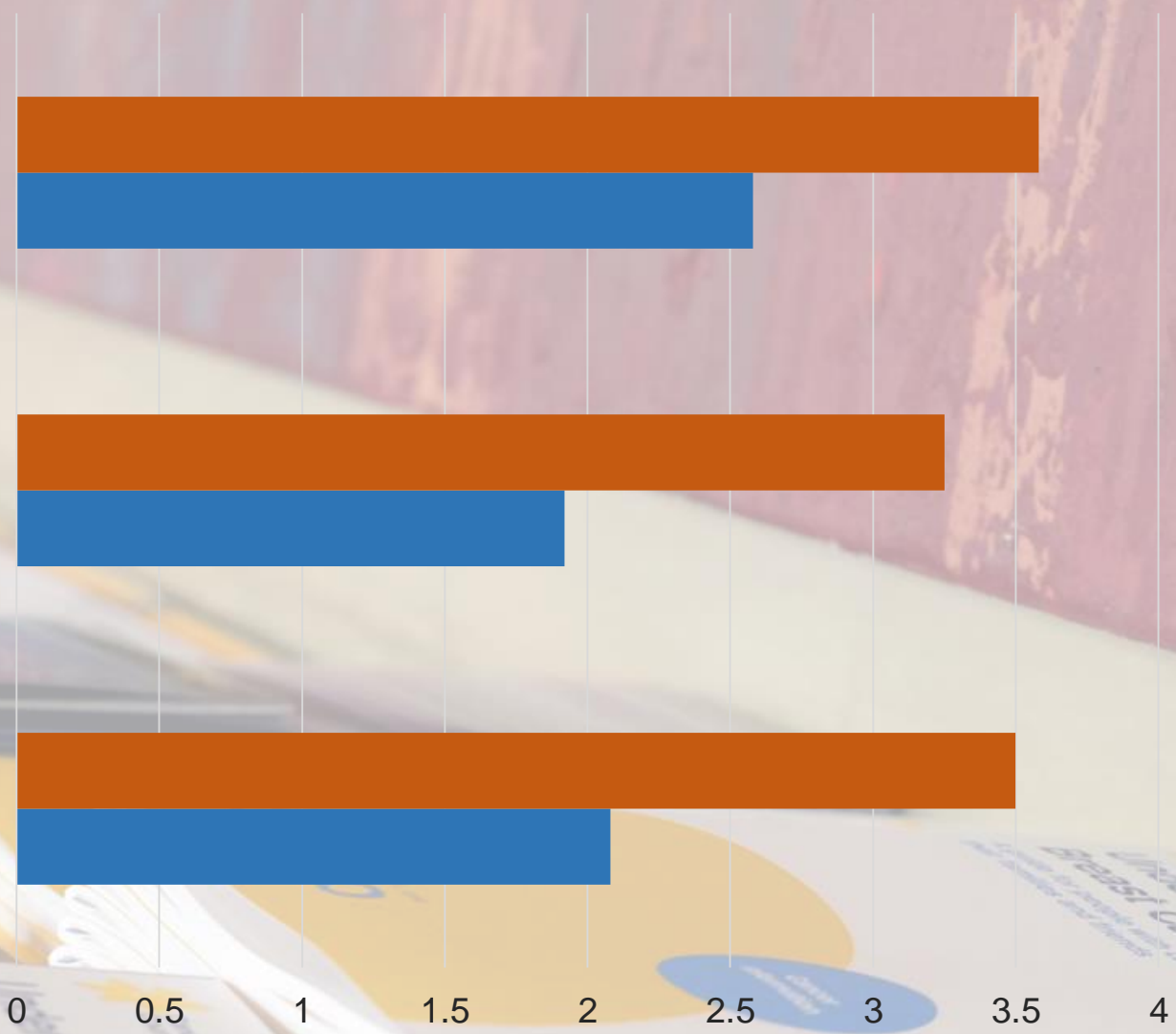


Information about CCNSWs role in supporting Aboriginal people

Skills to set up a group agreement

Confident to start a Yarning group

After Before



Build and strengthen relationships

Culturally appropriate

Powerful gathering made up of powerful people

Learn from others

Supportive

CCNSW staff supportive, culturally sensitive to needs of women attending

Information to help support others

Respected

Safe

CCNSW services and are there to help

New skills – listening and dealing with challenging behaviours

Our challenges

- **Expected:**
 - recruitment & engagement, working in a different paradigm, need for flexibility, different values & cultural norms, group dynamics
- **Unexpected:**
 - presence of Gunji & need to respond appropriately & consultatively





Learning through storytelling

Cancer is a story that is better shared. By connecting through a Yarning Circle, women bond and reach out – and in doing so they take back some control in their relationships, help strengthen their community and their family’s resilience, raise awareness of the importance of being cancer aware, early detection and screening, how to connect with health services, and overcome some of their personal fears and not be defined by cancer.



The turtle represents coming together, sharing ideas, stories and knowledge to take back to our own communities.

It also represents two organisations, two worlds coming together for our Aboriginal people





Looking Ahead

- Connect women with Cancer Council regional offices
- Support & resources to establish groups
- Establish online leader group

Acknowledgement

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