

Grant Recipient Presentation

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Welcome

Acknowledgement

VACCHO's role as a grant recipient in the TIS programme & TIS activities Consortium services

Summary

VACCHO

VACCHO was established in 1996 and is the peak body for Aboriginal Health & Wellbeing in Victoria. Our office is located in Melbourne, Victoria



Indicator 1: Quality and Reach of Community Engagement

1. Coordinate personal development training for Consortium staff in Western Victoria
 - NRT Training
 - PENCAT Training to assist with data cleansing
 - 3rd hand smoking workshop
 - Promoting & encouraging staff (TIS and non-TIS) to attend Quit Skills training
 - TIS Forums

Indicator 1: Quality and Reach of Community Engagement

2. Assistance provided to TIS staff in the Consortium to strengthen smoke free policies, and assist with planning and evaluation of TIS programs

3. Yarnin' Health (3KND)

- Fortnightly radio program focusing on health with a variety of topics: nutrition, tobacco, social & emotional wellbeing
- Reaches around 180,000 Community members every fortnight all over Victoria
- 8 topics covering tobacco and smoking cessation over 4 months. Dates to be confirmed.

Data Dashboard

Data Dashboard removed for confidentiality

Data Dashboard

Data Dashboard removed for confidentiality

Case Study Indicator 1: Quality and Reach of Community Engagement

- **TRAX (take the pledge)**
A population health initiative developed in 2016 by a Consortium ACCO to reduce passive smoke exposure by encouraging Community to pledge smoke free homes and cars
- 449 pledges have been submitted to date

Consortium TIS Activity Photos



TIS Boxing



Men's Health Day



Community Health Care Dinner

Indicator 2: Organisation's Involved in Tobacco Reduction in the Region

As an organisation we have been working with Alfred Health to deliver NRT training sessions (across 5 ACCOs)

We are continuing to partner with Quit Victoria and will work on continually building strategies to improve referral pathways from the ACCOs to quit line.

I am also in the process of working with other teams at VACCHO: Nutrition, KMS, and health evidence (data and CQI) to increase cross promotional messaging of smoking and other health related topics

Indicator 2: Organisation's Involved in Tobacco Reduction in the Region

The TIS Consortium (10 staff and 10 services) have developed partnerships with a variety of organisations including:

- Local Councils
- Primary Health Care providers
- Allied Health Services (including exercise physiologists, dieticians, psychologists and counsellors)
- Quit Victoria
- Community Health Services

Indicator 2: Case Study

1 ACCO in the region has built partnerships with the following organisations

Local newspaper and regional radio, sporting teams, regional shopping center

Indicator 2: Case Study

Old Nico has sound advice

CLONTARF Academy boys in [redacted] have been the first to encounter the [redacted] Aboriginal Services [redacted] quit-smoking "bad guy" Old Nico.

The larger-than-life character has been created by [redacted] to help children understand the negative effects smoking can have on their lives.

[redacted] regional co-ordinator for tackling indigenous smoking [redacted] said the Clontarf boys who took part in the first official student session were 14 to 16 years old.

"Old Nico is a villain and his appearance looks crappy - he looks the way smoking affects your body long-term," he said.

Mr Yates said an interactive website tool featuring Old Nico has been developed as part of the [redacted] quit-smoking education program designed to be delivered to schools.

"It is more visual and young indigenous people are more inclined to take it in," he said.

"What we're trying to do is to engage kids differently, simply because we've found the old approach isn't working with young people."

[redacted] said despite a general reduction in smoking in the community, indigenous smoking rates were not declining as quickly.

"We know that kids are actually taking up smoking around the ages of 12 and 13 and even younger and forming life-long habits," he said.

"It is important they make life-long healthy choices."

Old Nico's website features



LEFT: Old Nico with Clontarf academy boys from [redacted]

statistical factsheets, worksheets, puzzles and short video clips.

School students who use the online tool can learn about the devastating impact smoking can have on their health, including the brain, heart,

lungs, mouth and genitals.

They will also learn smoking one cigarette a day will cost smokers \$365 in a year, which is the cost of a new computer tablet.

Old Nico and his quit-smoking education sessions are

available to schools in [redacted]

The community can also get access to the program through the website and schools can use the online resource for classes for subjects such as health education.

Indicator 2: Case Study

Koori men tee off for good health...

KOORI men will get out on the fairways to experience the physical and mental health benefits of a social game of golf, as part of the first ever [redacted] Koori Men's Health Day today.

[redacted] Aboriginal Services' [redacted] women's pamper days are a popular attraction to connect Koori women to [redacted] health and family services programs, with the most recent gathering last week attracting 55 women.

[redacted] Health spokesman [redacted] said today's 'Man Up' event would be the first aimed specifically at men, aged 16 and over.

"We'll have a bit of a get-together in the morning at the [redacted] community hall, with speakers, information and the opportunity for the men to have free health checks," [redacted] said.

"It's all aimed at having a bit of fun, getting blokes together and getting some information to them as well as about physical and mental health programs.

"For some men, taking the first step inside the door of a health service is something they've avoided, so we're trying to make it easy for them."

The morning session will include lucky door prizes and men's 'pamper packs', including toiletries, a t-shirt and some health essentials, as well as speakers and lunch to follow.

After lunch the men will hit the golf course at Riverside, for nine holes of social golf.

[redacted] chief executive officer [redacted] said mental health was an important issue for Aboriginal men, because although it was good for the individual, a focus on mental health also improved family life.

"Getting together with other men is good for the younger men, especially. It's good for them to catch up with elders and get to know them," [redacted] said.



"Getting out and doing something together, whether it's golf or fishing or any other sport or hobby, it gives fellas a chance to yarn about men's business in a safe way. It's important to catch up as men and enjoy the day, and to know there are others out there who want to listen and to help."

Numbers are limited, but bookings can be made by contacting [redacted] at [redacted]

Indicator 2: Case Study

A design to go on regional shopping center car park bollards.

Estimated reach more than 2,000 people each day.



Bollards with Quit smoking messages

Indicator 3: Building Capacity to Support Quitting

Over the past 6 months (July- December)

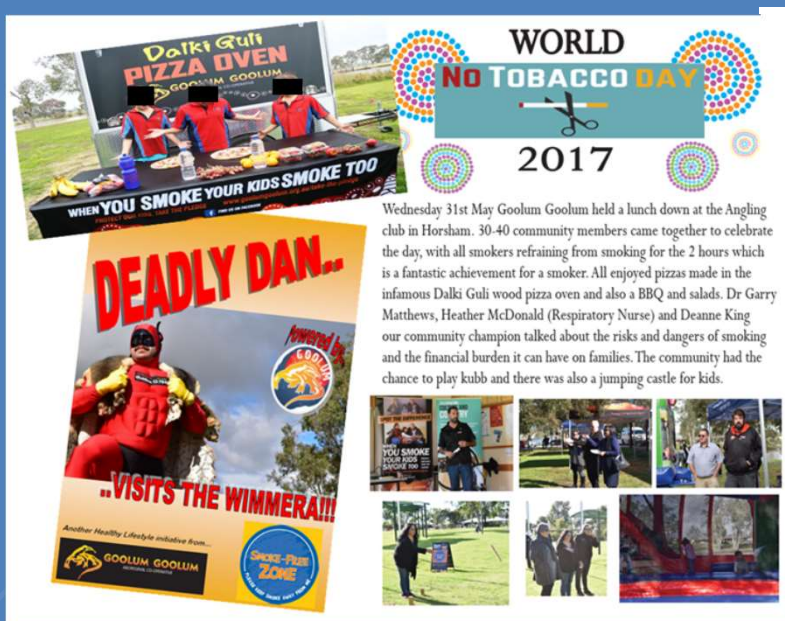
1 regional Quit skills session held in Heywood

1 regional Quit skills session held in Mildura (open to non-TIS funded organisations)

Site Visits: Monitoring and Evaluation support for Consortium TIS staff delivered to 5/7 services so far

Indicator 3: Building Capacity to Support Quitting

TIS Consortium members distributed culturally appropriate resources to their Communities:



Wednesday 31st May Goolum Goolum held a lunch down at the Angling club in Horsham. 30-40 community members came together to celebrate the day, with all smokers refraining from smoking for the 2 hours which is a fantastic achievement for a smoker. All enjoyed pizzas made in the infamous Dalki Guli wood pizza oven and also a BBQ and salads. Dr Garry Matthews, Heather McDonald (Respiratory Nurse) and Deanne King our community champion talked about the risks and dangers of smoking and the financial burden it can have on families. The community had the chance to play kubb and there was also a jumping castle for kids.



WHEN YOU SMOKE YOUR KIDS SMOKE TOO PROTECT OUR KIDS, TAKE THE PLEDGE

SPOT THE DIFFERENCE

As a Smoker/Quitter/Health Initiator we are asking you to pledge your commitment to the Other Smoker/Your Kids/Smoker/Quitter/Health Initiator.

Please contact us on: www.goolumgoolum.org.au

Name:

- Smoker/Quitter
- Health Initiator
- Smoker/Quitter
- Smoker/Quitter

Do you or others smoke/take a break?

- Yes
- No

I pledge that I will protect my children and other smokers from passive smoking:

- I will not smoke in my car.
- I will not smoke in front of my children or in my car.
- I will encourage all smokers and me not to smoke in front of children.
- I will not smoke in my workplace.
- I will ensure my children have access to appropriate smoking cessation services.
- I will keep my children, my children's friends, and my friends away from smoking.
- I will encourage my children to quit smoking.
- I will sign the Lung Free Pledge.
- I will ensure a champion for the Other Smoker/Your Kids/Smoker/Quitter/Health Initiator, showing health and happiness, are nearby to help smokers quit.

I will ensure information about Smoking or Quitting is available to all smokers:

- I will ensure information about Smoking or Quitting is available to all smokers.
- I will ensure information about Smoking or Quitting is available to all smokers.

All identifying information gathered by this pledge will remain confidential. Goolum Goolum will not disclose or make available any personal information without your permission. Pledge information will only be used for statistical purposes only.

Name: _____

Street Address: _____

Suburb: _____

Postcode: _____

Phone Number: _____

Demographics:

- Aboriginal
- Torres Strait Islander
- Aboriginal - TS
- Non-Indigenous

Parental Status:

- Parent of Indigenous child/children
- Parent of non-Indigenous child/children
- Non-Parent

Age Group:

- 12-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55+

SUBMIT PLEDGE

Goolum Goolum Community Health is a proud member of the Victorian Aboriginal Community Controlled Health Organisation (VACCHO). We are a proud member of the Victorian Aboriginal Community Controlled Health Organisation (VACCHO). We are a proud member of the Victorian Aboriginal Community Controlled Health Organisation (VACCHO).



Indicator 4: Referrals to Appropriate Quit support

- Aboriginal Quit line resources provided to 1 new TIS worker to raise awareness about the Aboriginal Quit line in the Community
- TIS teams report they also regularly refer clients to and receive referrals from primary and allied health service providers both internally and externally

Indicator 5: Supporting Smoke free environments

- All services in the Consortium have a smoke free policy
- VACCHO has supported services to strengthen their policies
- Community events are smoke free and provide support to Community members
- All services have smoke free signage around their premises with many services developing local culturally appropriate smoke free signage
- 1 service supported a regional shopping center to become smoke free (outside shopping center premises)

Indicator 5: Supporting Smoke free environments



Smoke free signage