

# Winnunga News

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## CEO Update

I am pleased to report we are getting closer to providing, autonomous clinical services to inmates in the Alexander Maconochie Centre (AMC). An informal launch to acknowledge the work conducted to date towards making this possible was held on 15 October, accompanied by a joint media release by Minister Rattenbury and myself - a copy of which is attached to this Newsletter.

Preliminary work has continued towards realising our new purpose built facility. Judd Studio consultants Elisabeth and Agi recently completed a Winnunga client consultation, visiting groups and talking with clients over the duration of a week. This feedback is most valuable, ensuring people who use Winnunga as the service of their choice have their say on what it is they think is important for the new building. All the feedback and views will be considered and adopted and I thank all who took the time to engage in this process. We have also together with ACT Health finalised and signed the MOU and are currently working on the development of the Deed of Grant which guides the key milestones for the building of the new facility.

The Winnunga AHCS Healthy Weight Program and the Winnunga Justice Reinvestment (JR) Trial are both in the process of being externally evaluated. The Healthy Weight Program by researchers engaged from the University of Canberra and the JR Trial through researchers at the Australian National University. I look forward to these reports being completed as the preliminary findings have both identified some very significant outcomes and we know culturally safe, intensive client/family centered case management does result in the best opportunities for positive life changes for individuals, families and the community. The program evaluation reports will be used to assist in the securing of long term funding for these programs, which to date have both attracted time limited or pilot funding.

I am happy to announce Ms Justine Saunders is the newest Patron of Winnunga AHCS. I look forward to working together with Justine in this capacity.



Julie Tongs OAM, CEO



Participants at 15 October launch of Winnunga AHCS MOC at AMC. Left to right: Jon Peach, Tina Bracher, Minister Rattenbury, Warren Snowden MP, Julie Tongs, Russell Taylor, Dr Nadeem and David Pryce

# Australian first as major steps taken in realising Winnunga Model of Care at AMC

**Released 15/10/2018**

**Joint media release: Shane Rattenbury MLA and Ms Julie Tongs OAM, Chief Executive Officer Winnunga Nimmityjah Aboriginal Health and Community Services (WNAHCS)**

Winnunga Nimmityjah Aboriginal Health and Community Services (WNAHCS) was joined today by ACT Corrective Services and Canberra Health Services, coming together to mark to another major milestone towards a second 24 hour health service for detainees.

In an Australian first, a holistic Aboriginal and Torres Strait Islander primary health provider is being integrated into a correctional environment. Holistic health care refers to the physical, emotional, social and cultural wellbeing of an individual.

Under the Model of Care, holistic 24 hour 7 day a week Winnunga Health Services will be made available to all detainees in the Alexander Maconochie Centre (AMC).

Since ACT Health and WNAHCS signed a contract on 22 June 2018 for service delivery, a senior governance forum has been established to oversee the implementation of the Model. Recruitment and transition planning is progressing between ACT Health and Winnunga.

The Model of Care is the ACT Government's response to Recommendation 5 of the Moss Review, that *"Winnunga Nimmityjah Aboriginal Health Service be integrated into the provision of health care at the AMC in order to introduce its holistic model of care to Indigenous detainees."*

Planning for a new AMC Hume Health Centre is also underway, which would house both Justice Health and WNAHCS. This building is due to be completed in the 2020 financial year.

**Comments attributable to Minister for Justice and Corrections Shane Rattenbury:**

"The ACT Government is committed to working in partnership with the community to ensure that we have the right services and support in place to provide holistic health support to detainees at the AMC.

"I thank Julie Tongs for her leadership in progressing the Model of Care, as well as acknowledge the work of Winnunga staff in providing holistic health services.

# Australian First as major steps taken in realising Winnunga Model of Care at AMC (Cont'd)

"I would also like acknowledge staff from ACT Corrective Services and Canberra Health Services, in realising this next major step in the Model of Care at the AMC.

"Reducing the overrepresentation of Aboriginal and Torres Strait Islander people in the correctional system requires adopting best-practice models, and I look forward to seeing the successes of the Winnunga Model of Care over time."

## **Comments attributable to Winnunga Chief Executive Officer Julie Tongs:**

"I want to congratulate the Minister for his courage and confidence in supporting Winnunga to be autonomous in the AMC.

"This is ground-breaking for an Aboriginal Community Controlled health service to be afforded an opportunity to deliver our holistic model of care in a corrections facility. I hope Health Ministers in other States and the NT are watching this space, and that they engage with the Aboriginal Community Controlled Health Sector to give Aboriginal detainees a choice of service provider in correctional facilities, and follow Minister Rattenbury's lead.

"I want to thank Dr Nadeem Siddiqui ED Clinical Services for the care and support that he and the Winnunga team provided to Narelle King and her family in difficult circumstances.

"We should never forget that the Moss Review was commissioned by the Minister to review the care and treatment of Steven Freeman who was severely assaulted in AMC in 2015. I know that Narelle King (Steven's mother) doesn't want any other mother to ever go through the heartache and pain that her and her family have suffered since the assault, and then the death of Steven thirteen months later in AMC."

Contact: Julie Tongs (CEO, Winnunga) Mobile 0418 206 156

**- Statement ends -**

Section: Shane Rattenbury, MLA (../../rattenbury) | Media Releases

**Fact: Since the June quarter 2017, South Australia, Tasmania and Queensland had decreases in their Aboriginal and Torres Strait Islander imprisonment rate. The largest annual decrease was in South Australia. The largest annual increase was in the ACT with 13% (262 persons per 100,000 adult Aboriginal and Torres Strait Islander population).**

(source: <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4512.0>)

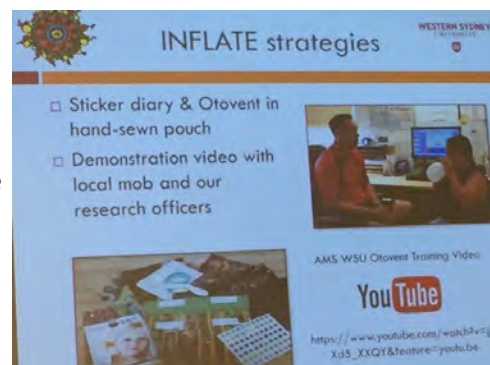
## Otitis Media Australia Conference

Winnunga AHCS Hearing and Ear Health Team Audiologist Brooke McIntosh attended the Otitis Media conference, also known as OMOZ 2018, in Darwin on Larrakia country in August. The conference was a gathering for community members, health workers, ENTs, paediatricians, GPs, audiologists, remote area nurses, researchers, teachers, biologists, and immunologists, all working towards 'Closing the Gap with Hearing'.

Over the three days, delegates looked at ways of investigating the prevention and treatment of chronic ear disease and hearing loss in Australia, especially in Aboriginal populations where it is often 10 times more prevalent. The focus was on improving the ear health and hearing of children under five in particular as this is a crucial stage for speech, language, listening and learning.

For Brooke a personal highlight was meeting Worimi man Dr Kelvin Kong who is a highly respected board certified surgeon specialising in paediatric & adult otolaryngology, head & neck surgery (ear, nose & throat surgery). 'He has such a great passion for improving outcomes in this area and is so approachable and happy to help' Brooke said. She also explained that Dr Hasantha Gunasekera, a paediatrician involved in Western Sydney University WATCH and INFLATE research, which Winnunga is very much engaged in, had also attended the conference and that it was an interesting experience to talk to with him.

Brooke said it was pleasing to not only speak with other delegates but also encouraging to receive some feedback. 'All had very positive things to say about Winnunga and the work we do' she said. She also added 'our very own Reeion Murray starred in some slides from the WATCH and INFLATE talks which discussed successful recruiting for these important studies'.



The conference was an opportunity for industry professionals to present invaluable research information and innovative approaches to ear health. 'There were a lot of research projects on vaccines and immunotherapy research. We also heard about relevant Smart Phone Apps and Tele-audiology, which helps when working in remote communities' Brooke said.

She also said 'an animated version of the 'Blow Breathe Cough for Healthy Ears' campaign was promoted. I found these to be great for classrooms with smart boards'. Brooke encouraged everyone to google it because 'it's great fun'.

Brooke said looking towards the future, she hopes for positive change at a national level. 'We hope in the future to influence the Commonwealth Government towards a national approach to support our work in this complex but important area, especially for our children and their future'.

***'Our very own Reeion Murray starred in some slides from the WATCH and INFLATE talks which discussed successful recruiting for these important studies'.***

# My Health Record Opt Out Date Extended

Just a reminder that the My Health Record Opt out date has been extended to 15 November 2018.

By the end of 2018, a My Health Record will be created for every Australian unless they choose not to have one.

For anyone who does not want a personal electronic health record you will now have until 15 November 2018 to opt-out of the national scheme, the federal government recently announced.

If you don't want a My Health Record, you can:

1. Go online to opt out by going to:  
<https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record>
2. Winnunga AHCS has a dedicated Project Officer, Kacey Boyd, who can assist you through the process.

To do this, you can ask for Kacey at one of our Reception points. If Kacey is unavailable, you can leave your name and contact details and Kacey will call you back and talk you through the process. However, if you are a Winnunga AHCS client and you have given Kacey permission to act on your behalf to opt out, she can do an assisted deregistration for you without you having to do anything except giving Kacey the permission to opt out on your behalf.



***'By the end of 2018, a My Health Record will be created for every Australian unless they choose not to have one.'***

**Fact: The privacy of information in the My Health Record system is protected by legislation which includes:**

- |                                   |                               |
|-----------------------------------|-------------------------------|
| * My Health Records Act 2012      | * Privacy Act 1988            |
| * Healthcare Identifiers Act 2010 | * My Health Records Rule 2016 |

**Significant penalties apply for deliberate misuse of this information.**

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## Podiatrist Service

The Podiatrist Service has re-commenced at Winnunga AHCS. We are pleased to welcome back Susan Cooney who will be providing the service on the first and third Monday of each month for Aboriginal and/or Torres Strait Islander Winnunga clients.



If you would like an appointment with the Podiatrist, please see the Winnunga AHCS reception staff, or talk to your Winnunga AHCS doctor about a referral.

**What does a Podiatrist do?** Podiatrists assess, diagnose, treat and manage conditions of the feet and legs. Foot care is especially important for people with conditions such as diabetes, which can cause foot problems. It is also very important for infants and children whose feet are still developing.

### **What Services will, be provided?**

- \* Assessment and diagnosis
- \* Development of a treatment program
- \* Treatment and prevention of foot-related problems

## Certificate II in Automotive Vocational Program

Five deadly local fellas have successfully completed the Certificate II in Automotive Vocational Program. Big congratulations to Jack Williams, Shaun Williams, Corey Black, Jerome Russell and Connor Williams who completed the 36 week certificate.



*'A big congratulations to five young men who graduated with a Cert II in Automotive from the Winnunga/CIT Program in October 2018.'*

**Fact:** If you would like to know more about the Winnunga Certificate II in Automotive, please ask one of our Social Health Team Workers in person or call (02) 6284 6222.

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## Certificate II in Automotive Vocational Program (cont'd)

The Certificate II in Automotive is a program developed for young people through a partnership between Winnunga AHCS and the Canberra Institute of Technology (CIT).

The program is designed so that students who still attend High School are picked up during school hours by Winnunga AHCS and taken to CIT as well as the Winnunga AHCS Workshop in Fyshwick - where they get first-hand practical automotive experience, and obtain formal qualifications.

Craig Williams and Kylee Shea, Winnunga AHCS Social Health Team Workers are the program supervisors. Craig said it was a proud moment to see the students successfully complete the course.

'It was good to see their hard work and dedication pay off. They really put the effort in and I'm really proud of what they have achieved' he said. 'Big congratulations to all the participants. A special mention to Jack Williams, who since completing the certificate, has secured an Apprenticeship in Landscaping' Craig added.

The success of the course speaks for itself with next year's course already full. Craig and Kylee both look forward to welcoming next year's new participants and wish the current lot of graduates, every success in their future endeavours.

Winnunga AHCS acknowledges and thanks CIT Lecturer Richard Lindsay for his contribution to the success of the program.

***'It was good to see their hard work and dedication pay off. They really put the effort in and I'm really proud of what they have achieved.'***



Left to right: Jack Williams , Shaun Williams , Julie Tongs, Corey Black , Jerome Russell ad Craig Williams. Connor Williams also graduated however was not available for the photo.

**Fact: The Certificate II in Automotive Vocational is delivered as a 'rolling program'. If a student misses a class, they are able to catch up and work towards completing the Certificate II. This approach recognises that everyone learns differently.**

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## TIS at the Knockout

The Queanbeyan/Canberra Community Rugby League Knockout held last month at Seiffert Oval Queanbeyan, proved a good opportunity for the Winnunga AHCS Tackling Indigenous Smoking (TIS) Program to engage with the community by holding an information stand at the event.



Winnunga AHCS TIS Workers Chanel and Bobbi

Our TIS workers know only too well just how challenging quitting smoking can be. They understand the importance of providing the necessary support and this is why the Team regularly aim to get out into the community to provide knowledge and information about the effects and harms of smoking, as well as encouraging smoke free homes, cars, and referrals to the Winnunga AHCS No More Boondah Program.

TIS workers Chanel and Bobbi enjoyed the Knockout and were pleased to see and catch up with many of our mob who stopped by the TIS stand.

‘The knockout was a lovely day out with family and friends who came from far and wide to celebrate game day with all our mobs and to promote a smoke free life’ Bobbi said.

‘People approached us from Wagga, Griffith, ACT and Queanbeyan to talk about their quitting stories, and to take promo gear and information back to their families and communities’ Chanel added.

Chanel further explained ‘When people approached us and took a carbon monoxide reading (with a device called a Smokerlyzer®), we were able to explain what carbon monoxide is and how it affects the body’. She also added ‘the Smokerlyzer® can also show a passive smoker (someone who doesn’t smoke) how they are being affected by someone else’s smoke’.

If you are ready to stop smoking or are thinking about it, we invite you to participate in the Winnunga AHCS No More Boondah program by attending the weekly drop in session on Thursdays from 11am to 12pm and/or participating in phone support and outreach.

Participation in the Winnunga AHCS No More Boondah program is free. For more information, give the TIS Team a call on 6284 6222 or drop by at 63 Boolimba Crescent, Narrabundah.



**‘TIS workers Chanel and Bobbi enjoyed the Knockout and were pleased to see and catch up with many of our mob who stopped by the TIS stand.’**

**Fact: The Aboriginal Quit Line number is 137 848.**

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# Ochre Day Conference 2018

A number of Winnunga AHCS staff attended the National Ochre Day conference held recently in Tasmania. The conference, organised by the National Aboriginal Community Controlled Health Organisation (NACCHO), provided a national forum for all Aboriginal and Torres Strait Islander male delegates, organisations and communities to learn from Aboriginal male health leaders, discuss health concerns, share ideas and examine ways of improving men's health.



*Winnunga AHCS Ochre Day Conference participants  
Shane Morris, Craig Williams, Sid Eades and Thomas Williams*

Winnunga AHCS Social Health Team member Craig Williams attended the conference. 'I think it is important to have conferences like this, just to bring Indigenous men together so we can learn off each other' Craig said.

This year's conference attracted more than 200 delegates and the theme was 'Men's Health, Our Way. Let's Own It!' There was an impressive line-up of speakers, sessions, activities and workshops with presentations from clinicians, researches, academics, medical experts and Aboriginal Health Practitioners, including by Dr Mick Adams, Dr Mark Wenitong, Patrick Johnson, Joe Williams, Deon Bird, Kim Mulholland, Karl Briscoe, Ross Williams, Stan Stokes and Charlie Adams.

Topics included, Deadly Choices, cardiovascular and other chronic diseases, suicide, and family violence impacting Aboriginal Communities. Initiatives to address these problems were explored in workshops that were held to discuss how to make men's health a priority and how to support the reaffirmation of cultural identity.

Issues identified during the conference included how 'Aboriginal male health is approached negatively, with programs only aimed at males as perpetrators. Examples included alcohol, tobacco and other drug services, domestic violence, prison release, and child sexual abuse programs. These programs, although vital, are essentially aimed at the effects of males behaving badly to others, not for promoting the value of males themselves as an essential and positive part of family and community life'.

What was loud and clear during the conference was the need to address the real social and emotional needs. NACCHO proposed a 'positive approach to male health and wellbeing that celebrated Aboriginal masculinities, and uphold our traditional values of respect for our laws, respect for Elders, culture and traditions, responsibility as leaders and men, teachers of young males, holders of lore, providers, warriors and protectors of our families, women, old people, and children'.

For Craig Williams, a personal highlight of the conference was 'being able to meet Indigenous men from all over Australia and hearing their stories on how they approach their work in their community' he said.

**Fact: In 2017, Joe was named as finalist in the National Indigenous Human Rights Awards for his work with suicide prevention and fighting for equality for Australia's First Nations people.**

## Ochre Day Conference 2018 (cont'd)

***'...Joe battled the majority of his life with suicidal ideation and bi polar disorder. After a suicide attempt in 2012, Joe felt his purpose was to help people who struggle with mental illness.'***

He further added that he was impressed with hearing Joe Williams speak. 'I enjoyed the talk Joe Williams did on anxiety, depression and mental health. Joe told us his life story and what he had to deal with from being a pro football player and then a boxer, and then life after sport' Craig explained.

Joe Williams is a Wiradjuri man who

was born in Cowra, and grew up in Wagga. Joe played in the National Rugby League for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs before switching to professional Boxing in 2009.

Despite having a successful professional sporting career, Joe battled the majority of his life with suicidal ideation and bi polar disorder. After a suicide attempt in 2012, Joe felt his purpose was to help people who struggle with mental illness. He's now a highly sought after speaker and mental health advocate talking about adversity, struggle, personal battles with suicide, mental illness, addiction and improving attitude.

Following interaction with a broad cross section of delegates at the conference, NACCHO Chairperson John Singer put forward a range of priorities he believed would go some way to addressing some of the concerns raised.

These priorities were the acquisition of funds to enable the:

- \* Establishment of 80 Men's Health Clinics in urban, rural and remote locations; and
- \* The employment of both a Male Youth Health Policy Officer and Male (Adult) Health Policy Officer by NACCHO in Canberra.

Delegates also welcomed the funding of \$3.4 million for the Aboriginal Health Television Network provided that the programs were culturally appropriate and supported a strength-based approach to Men's Health.



**Fact: In many communities, males have established and are maintaining men's groups, attempting to be actively involved in developing their own solutions to the well documented men's health and wellbeing problems - almost all groups are unfunded.**

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## Men's Group

The Winnunga AHCS Men's Group focuses on creating a culturally safe and non-judgemental environment for Aboriginal men to discuss health and lifestyle matters.

The Men's Group is held every Monday at Winnunga AHCS between 11.30am and 2.30pm, and is facilitated by the Winnunga Social Health Team.

A healthy lunch is provided for all participants.

The Group covers issues such as:

- Healthy eating
- Cooking for a family
- Cooking on a budget
- Reducing alcohol consumption
- Quitting or reducing smoking
- The importance of physical activity
- Having regular health checks
- Managing depression and anxiety
- Oral health care

Men's Group also engage in various activities from artwork to excursions.

We hope to see you at the Men's Group soon!

If you would like more information, give us a call on 6284 6222 and ask to yarn with the Social Health Team or drop in on Monday from 11.30am.



***'The Men's Group is held every Monday at Winnunga AHCS between 11.30am and 2.30pm, and is facilitated by the Winnunga Social Health Team.'***

**Fact: In the 2017-2018 financial year Winnunga AHCS Social Health Team delivered 48 Men's Group activities.**

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# Barry and Sharon

The Winnunga AHCS Healthy Weight Program (HWP) has been running since April 2016. The success of the program speaks for itself with over 100 participants taking part. Winnunga AHCS newsletter caught up with the inspirational husband and wife team, Barry and Sharon Collins, who since joining the HWP, are now almost half the person they use to be, size wise that is, dropping a massive 44 kilograms between them and 31 centimetres!

Barry who is now 76 years old and whose mob is Wiradjuri from Mudgee and Sharon who is 62 years old, have proven that despite their age or the odds, they can achieve anything with a little hard work, dedication and applying some changes to their lifestyle.

### *Why did you join the Healthy Weight Program?*

Barry: I'd seen a female GP elsewhere who when she found out I was Aboriginal, recommended Winnunga as she had once spent time there. Then by chance or good luck or whatever, the first doctor I saw was Dr Nadeem. He put me through the medical list. As I have prostate cancer, he got a hold of my medical records from Brisbane where we used to live.

As I was leaving there, he asked me why I was on a walking stick. I explained the reason. He then sent me to medical imaging over at Kingston, did some tests and ultrasounds. They sucked some gunk out of my knees, pumped in some steroids. I then walked out of there without my walking stick. That was about 3.5 years ago and I'm still there.

Following up on the prostate though. Dr Nadeem told me I had to lose weight. That's when I got involved with Lyndall, Winnunga's Dietician. I see her on Tuesday's. She put me on sort of a bit of a diet and then the follow up came from the specialists that Dr Nadeem referred me to, that said I had to go and get a biopsy done, but I had to lose weight. So Nadeem said righto, you going into this new program we're just about to start called Healthy Weight - do you want to be in it? Well I said I want to live, so I've got to do something so I started on that.

Sharon: I used to wait in the car for Barry to finish his gym sessions but Chris (Winnunga AHCS Healthy Weight Program Worker) said 'what are you doing sitting in the car?' She invited me to join in, and now just by eating what Barry eats and making those changes, I've also lost weight.

### *How much weight have you lost?*

Barry: Before starting on the Healthy Weight Program, I'd lost a few kilos before that, but since being on the program, I've lost another 25 to 26 kilograms. I've lost 21 centimetres from around my waist. I have gone from a size, 7XL to 2XL in my clothes, which has cost me a fortune having to replace them.

Sharon: I've lost 18kg and 10 centimetres since I started and dropped four clothes size. I was a size 18 and went down to a size 12.



*Barry and Sharon before starting on the Healthy Weight Program*



# Barry and Sharon (cont'd)

*What changes have you made to your eating habits since being on the Program?*

Barry: When I first started the diet, this is before I went on Optifast, the first month was the hardest. I was 71 to 72 years old when I started, and when someone tells you no more potato, no more cakes, no more biscuits, no sweets and cut your meat portions down to palm size, that was the biggest thing for me. I now realise that the amounts I was eating was too big. But after the month, you get used to it. We don't eat out as much these days because the serves usually comes with big size portions of chips and not much salad. So now at home, we eat a lot of salads and would have about 7 different vegetables a night, generally in a stir fry or steamed. Sharon usually makes a nice sauce, a different sauce each time. We're still eating chicken, fish, beef and pork. We still have a roast. We've just cut out a lot of fried food. For us now, it's all about portion control.



*Barry and Sharon now.*

We still have our Optifast shakes but now only have two a day, instead of three and we still have snacks, not every day, but it's the healthier options like hummus, cut up carrots and zucchinis and every now and then I might have cheese.

*What about exercising, how has that changed for you?*

Barry: We both go to the gym three times a week when we can. The Healthy Weight Program arranges for three small Group Training sessions a week, with three different trainers. The only time I don't go is if I'm unwell or have to undergo my treatments, which can knock me around a bit and I have to slowly build myself up to doing an hour session again.

I was never a gym goer. Once again, the first month was the hardest. I was sore. I started off on the bike, then on to the weight machines. I could only lift 10kgs but now I can lift 45kgs. We did yoga for a while. We do a lot of boxing and a lot of cardio exercises. The only thing is, sometimes I'm the only bloke there in the group which I don't mind but when I started out, there were about three other blokes.

Sharon: I played netball for a bit when I was younger and would exercise on Cronulla Beach. But since then, I did nothing much except walking. I became a bookworm. I thoroughly enjoy going to the gym now. I enjoy the variety of exercises, especially pilates. I've definitely gotten stronger. I can now lift 25 to 30kgs, where before I was lifting 10kgs on the weight machines. I get less puffed out and less sore now, doesn't take as long to recover, the muscles have started kicking in.

It certainly helps having that encouragement from the rest of the group and Chris. The trainers keep an eye on you and if there's something you can't do, they give you alternatives or modifications. Also going regularly,

## Barry and Sharon (cont'd)

consistently, where you can, helps a lot with your overall health and fitness.

*What changes have you noticed within yourself?*

Barry: I couldn't walk up stairs before. Now I can. I can bend and tie my shoelaces, which I used to have trouble doing before. Those sorts of things in my lifestyle have changed. The dosage for both my blood pressure tablets and anti-stroke tablets have now been halved. I have less pressure on my knees because I've gotten rid of all that weight, which is good and I'm walking a lot more. I wouldn't say I could walk fast or run fast, but I'm walking and I can walk up and down stairs without being breathless.

Four year ago, when I came to Canberra, I had asthma but now my breathing's a lot better. I haven't had an asthma attack for around 18 months to two years. I used to be on four doses of Symbicort for the breathing, now I'm down to two doses a day. I could never mow the lawn without going for the Symbicort (asthma inhaler pump) to breathe because I'd do two laps and then Sharon would have to do two laps while I got my breathing back. Now I can mow the whole lot on my own.

My health has improved 200% to what it was when I first came to Canberra about four years ago.

Sharon: Just feeling better within myself and looking better in clothes. I seem to have a lot more energy. I can do stuff that I couldn't manage before. I can stroll up to the shops now. Before we'd have to stop half way and sit down for a while but now we can now power up that hill.

*Is there anything further you would like to say about being part of the HWP?*

From both Sharon and I, we would like to thank Winnunga for running the Healthy Weight Program and especially for giving us the opportunity to participate in it. When we started the Program, we were given a kit by Chris to help us on our way with portion sizes and the Deadly Cookbook, which has healthier recipes for meals that are both filling and tasty.

We appreciate being included in this fantastic Program and would encourage others that are offered the chance to join, to take the opportunity granted and embrace the fitness and healthy eating journey. All our group that has continued with the program has seen amazing results, both in weight loss and centimetres from around their waists. As our trainer, Cody, says 'faster, fitter, stronger!'

With the support and help from Chris (weigh-ins and gym) and Lyndall (Dietician) from Winnunga and the trainers from the gym, Cody and Steve who have been with us from the start and Rachael, we both got to achieve our goals, especially myself, as I lost the weight needed to be able to get the treatment for my prostate cancer.

We cannot thank the team (doctors included) at Winnunga enough - we can now both enjoy our retirement.

**'We cannot thank the team (doctors included) at Winnunga enough - we can now both enjoy our retirement.'**

## Staff Profile



**Name:** Lisa Barnes

**Position:**

Social Health Team Drug and Alcohol Worker.

**Who's your mob?**

Wiradjuri.

**Where's your country?**

I was born in Griffith, NSW and lived in Leeton until I was 6 months old before moving to Canberra. My family are from Leeton and Cowra.

**Who is your favourite singer/band?**

Horrorshow.

**What is your favourite song?**

'Own Backyard' by Horrorshow.



**What do you do on the weekends?**

I love going on adventures and exploring new places on the weekends. Going on bush walks is my favourite!

**What is your favourite food?**

Spaghetti bolognese and lasagne.

**What do you like most about working at Winnunga?**

I love how Winnunga is like one big family! Helping out the community and being involved in the community is the most important thing for me and I'm able to do that at Winnunga. Winnunga has changed my life because it's made me grow into a better person.

**My favourite pet?**

My little blue heeler puppy Luna. I also have another dog called Bundy, two chickens and a fighter fish called Nak moy.

**What is your pet hate?**

People who have no compassion and are ignorant.

