

Strengthening Rural and Remote WA

Regional focus for Midwest Injury Prevention Conference

ICCWA, with the support of the Department of Health WA, recently brought together a diverse range of professionals and community members for a two day conference to showcase injury prevention programs, network to build partnerships and promote support services available in the sector.

This free conference, held in Geraldton on 29-30 June, was about sharing experiences and challenges and to inspire delegates living and working

as rural and remote health professionals.

Strengthening rural and remote communities and community action themes highlighted that community members can play a successful role in advocating for safer practices and safer environments. The Conference was also an opportunity to promote the contribution of dedicated organisations working in injury prevention.

BELOW: L-R Shaun Nannup (ICCWA), Kim Papalia (WA Police), Richard Midford, (Australian Indigenous HealthInfoNet), Karina Moore (WA Health Dept), Graeme Drew (Nathan Drew Memorial Trust), Deborah Costello (ICCWA), Gary Butcher (Choose Respect), Joan Ozanne-Smith (Monash University), Theo Newhouse (Nathan Drew Memorial Trust)



Promoting Safety in our Community

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October is Community Safety Month!

Throughout October, community groups and safety promotion stakeholders will be hosting or participating in a wide range of Community Safety Month events.

For more information visit www.iccwa.org.au

“ Great to hear what different organisations are doing; that there is coordination through Health Networks. ”

Keynote presentations from Meegan Brotherton, Safework SA, creator of Choose Respect Gary Butcher, and Graeme Drew and Theo Newhouse from the Nathan Drew Memorial Foundation, supported these key themes with personal stories of promoting safety in the workplace, schools and community.

ICCWA's Shaun Nannup delivered an exceptional keynote presentation, providing insight into ways mainstream organisations can engage and work with Aboriginal communities.

Health Networks Senior Development Officer Karina Moore discussed the process of extensive consultation with metropolitan, rural and remote areas in the development of Models of Care for health care across Western Australia. Health professionals and community members have had the opportunity for input into the Models of Care, and are encouraged to access the Health Networks for information, and provide feedback to the

Networks on an ongoing basis. Delegates were guided through the Health Networks website using examples from the Injury and Trauma Network and Falls Prevention Network.

The Conference was an excellent development and networking opportunity with a number of outstanding high profile speakers. One delegate commented, 'It has inspired me to work more for my community.'

Feedback from participants over the two days has provided ICCWA with a good understanding of what worked well and areas for improving the event in the future.

Thank you to all organisations and individuals contributing to the success of this event. ICCWA looks forward to working with Health Networks and rural and remote areas to plan future professional development events.

For more details on the Conference, visit www.iccwa.org.au.



“ Graeme Drew and Theo Newhouse were inspiring. ”

“ It has inspired me to work more for my community. ”





ABOVE: Graeme Drew

Graeme Drew and Theo Newhouse inspired and engaged participants with a strong safety message to all at the Strengthening Rural and Remote WA Conference held recently in Geraldton.

Graeme has for many years had an interest in coastal safety which became a driving force when his nephew Nathan Drew was washed off rocks while fishing at Salmon Holes near

Community Safety Champions

Graeme Drew & Theo Newhouse: Nathan Drew Memorial Trust

Esperance. Graeme is a Director of Coastal Safety Pty Ltd and a trustee of the Nathan Drew Memorial Trust. Graeme is very much the ideas man in the Trust. He was awarded Australian Local Hero 2009 in the Australia Day Awards in Canberra this year for his relentless work in improving coastal safety. Whilst in Geraldton, Graeme visited schools giving educational talks to students on rock fishing and coastal safety.

Theo Newhouse is a retired consulting engineer who is currently a beef producer in Porongurup. Theo, as a friend

of Nathan's parents, decided to take on the challenge to improve coastal safety after Nathan's unfortunate death, which he believes could have been avoided. Theo is a Director and Chairman of Coastal Safety Pty Ltd.

ICCWA is very pleased to announce that Graeme Drew will be the Community Safety Month Patron for 2009. Graeme encourages the whole community to get actively involved in safety and take the opportunity to participate in events throughout the month of October.

What's on in October Community Safety Month

Events can be registered by contacting ICCWA on 08 9420 7212.

1 October

**Breakfast of Champions
Burswood, Perth WA**

The launch of Community Safety Month.

Contact ICCWA 9420 7212

2 October

National Walk to Work Day, Pedestrian Council of Australia www.walk.com.au

4-10 October

Mental Health Week, WA Association of Mental Health www.waamh.org.au

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8 October

ICCWA Lunchtime Forum, City West Lotteries House, West Perth

13-15 October

"Time to Act" – 7th National Farm Health & Safety Conference, The Vines Resort WA Farmsafe WA Alliance Inc, www.farmsafewa.org

25-31 October

Safe Work Australia Week, Perth Convention Exhibition Centre www.worksafe.wa.gov.au

25 October – 1 November

SRC Seniors Week, Seniors Recreation Council of WA www.srcwa.asn.au

26 October

National Kidsafe Day, Kidsafe WA www.kidsafe.com.au

27 October

Perth Work Safe Forum, Perth Convention Exhibition Centre www.worksafe.wa.gov.au

Taking Action On Alcohol: Gosnells Community Forum Maddington Community Centre

Contact ICCWA 9420 7212

28 October

Have-A-Go Day for Seniors, Burswood Park www.srcwa.asn.au

29 October

ICCWA Injury Prevention Awards 2009



President's Report

As Board members we are nearing the closure of another successful year for ICCWA both strategically and importantly in our program delivery areas. The success we enjoy as an organisation highlights the important leadership role ICCWA plays within injury prevention and improvement of health. September 24 is the date set for ICCWA's Annual General Meeting and I encourage as many of the membership to attend. At this meeting the Board of Directors will be voted in and a revised constitution presented to the members for adoption. This meeting is your opportunity to be part of the decision making process.

A great deal of activity has occurred for ICCWA recently with the hugely successful

“ Understanding what has been successful elsewhere and adapting to meet the local marketplace can be considered leadership as much as being innovative from scratch. ”

delivery of the industry professional development conference themed Strengthening Rural and Remote Communities and Community Action in Geraldton. Offensive behavior in and around bars continues to be a concern for the community, highlighted by media attention, and requires a multi faceted and agency approach if this issue is to be significantly reduced. Understanding what has been successful elsewhere and adapting to meet the local marketplace can be considered leadership as much as being

innovative from scratch. The Safer Bars WA Project is one such initiative ICCWA is implementing.

As this is my last newsletter entry prior to the AGM I would like to take the time to thank the Board for their support and in particular to Deb Costello and the hardworking and loyal staff of ICCWA for ensuring we continue to have success in providing better health outcomes and injury reduction in the community.

Chris Peck
President

Statewide Events in Stay On Your Feet® Week

Over 70 community events will take place in communities across every region in Western Australia during Stay On Your Feet® Week.

Stay On Your Feet® Week will be held from the 13th to the 19th September and aims to promote active healthy ageing, and raise awareness that falls are

preventable. Events range from healthy cooking demonstrations, to health talks, and activities to boost your strength and balance. There is sure to be a falls prevention event in your community that appeals to you.

Many events have limited space so it's best to get in early. To find out about events in your area visit www.stayonyourfeet.com.au and follow the links or call ICCWA on 08 9420 7212.



Stay
On Your
Feet WA



Government of Western Australia
Department of Health

CEO Report



The financial year has drawn to a close and ICCWA saw it out with the Strengthening Rural & Remote WA Conference in Geraldton, which was funded by the Department of Health Western Australia. The Conference was an opportunity to highlight the fantastic work being done to promote injury prevention and community safety and to build networks and support professionals in rural and remote Western Australia.

This positive event was very well received, and the range and calibre of speakers was evidence of the excellent work happening in rural and remote WA. This is an extremely important event to support rural professionals and ICCWA is privileged to be involved.

We are in the final stages of planning for Community Safety

Month 2009. Community Safety Month, held in October, aims to promote safety awareness in the Western Australian community. Safety is a basic human right that is the responsibility of the whole community. While achieving a safe community requires a 24/7 commitment, Community Safety Month gives the opportunity to highlight the work being undertaken by individuals and organisations to make our community safer and to raise awareness, promote safe practices and encourage safe behaviour choices.

A range of events and activities are already planned for October 2009 and I encourage community groups, organisations and safety promotion stakeholders to host and participate in events. The launch of Community Safety Month will be held on 1st October

2009, which is also International Safe Communities Day. A calendar of events for Community Safety Month can be found on page 3 or you can contact the ICCWA office for more information.

I would like to welcome Wen Ng, a student from UWA who has chosen to complete her professional practice placement with ICCWA. Wen is completing a 450 hour placement and is working on a range of projects. She has shown a great deal of enthusiasm and we welcome her during her placement.

I would like to thank our funders, members and partners for your ongoing support and contribution to promoting community safety in Western Australia.

Deb Costello
Chief Executive Officer

Music to your ears

ICCWA and the West Australian Symphony Orchestra with support from the Department of Health WA will join forces to encourage people to Stay on their Feet in September.

ICCWA and the West Australian Symphony Orchestra (WASO)

are pleased to present the Stay On Your Feet WA[®] Morning Symphony Concert – Beethoven's Pastoral Symphony to be held on Thursday 24th September at 11am in the Perth Concert Hall.

For more information contact ICCWA on 08 9420 7212.



Resilience Project Celebrates Successes



The Australian Government Department of Health and Ageing has funded ICCWA to coordinate the Understanding and Building Resilience (U&BR) Project in the South West Region of Western Australia since 2005. During this time, the Project has evolved and now provides a great example of a successful community-centred suicide prevention model. It achieved all of its specified outcomes and elicited widespread community engagement and participation from across all sectors.

Local input was the key factor in the model's success, with opportunities for this occurring during the action research phase (Feb 2005 – May 2006) and then sustained through the establishment and input of the local working groups and the development of community action plans. Consequently, Project objectives and action plans were informed by a combination of evidenced-

based suicide prevention and resilience research, and local experience and expertise.

The strength and success of this project lies with the comprehensive consultation process and the engagement of community, and collaboration with the many agencies and service providers across the region. We would also like to thank the members of the South West Reference Group that have guided and supported this Project.

In the next phase, Project momentum will be sustained, with a greater focus on targeting 'high risk' groups. ICCWA also proposes to extend Map of Loss training activities and to support dissemination and promotion on the U&BR community-centred suicide prevention model to other regions. The Project title will be shortened to "Resilience Project" to represent the next phase of the Project's development.

The Project Team have learned much over the last few years, and will continue to seek opportunities to share these learnings. It is envisaged, that the implementation of the WA State Suicide Prevention Strategy will provide an excellent opportunity to assist other regions across Western Australia in implementing this very successful community capacity building model. The full report is available on at www.iccwa.org.au

Emergency Contacts

If you are concerned about anyone at risk of suicide, please contact one of the following help lines.

South West 24

1800 555 336
(in South West of WA)

Lifeline

13 11 14

Kids Help Line

1800 55 1800

Psychiatric Emergency Team

1300 555 788

ARBOR – Active Response Bereavement Out-Reach for those affected by Suicide



The grief associated with the suicide of a close loved one is probably the most difficult of all grief experiences.

The debilitating effects of this complex grief provide enormous challenges for the bereaved and those who choose to support them. Grieving family members invariably struggle to understand why their loved one took their life or they suffer immeasurable guilt at not being able to prevent such a tragic death. The pain of those left behind is exacerbated by knowing that suicide is preventable. However, many bereaved people express their dismay at not being aware of their loved one's intention to take their life. This can lead to

intense feelings of rejection and abandonment at not having been allowed to assist their loved one in their desperation.

Those bereaved by suicide often suffer the emotional isolation of not being able to be adequately supported by their families or friends. It would seem that friends and extended family members are either too overwhelmed by the impact of the loss themselves, or simply don't know what to say when confronted by the emotional pain associated with suicide.

ARBOR provides a unique and innovative service that combines the professional input of qualified practitioners and the personal experience of peer supporters who

have lost a close loved one to suicide. ARBOR provides individual counselling, couples counselling, children support and support groups. At every stage peer supporters can be involved in the support offered.

ARBOR takes referrals from the State Coroner's Office and other services that come into contact with those bereaved by suicide. If you come into contact with someone who has lost a loved one to suicide, whether it be a recent death or from years ago, please feel free to refer them to ARBOR on (08) 9266 1029. Information is also available on the website and can be downloaded from www.ichr.uwa.edu.au/preventingsuicide/arbor

See page 6 for helpline numbers.

Time to Act

7th National Farm Health and Safety Conference



13th to 15th October 2009
The Vines Resort,
Western Australia
Register now!

Farmsafe WA Alliance is hosting "Time to Act" - 7th National Farm Health and Safety Conference on behalf

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of Farmsafe Australia. The program is a diverse and colourful event that is underpinned by quality abstracts and spear-headed by several outstanding individuals whose presentations will inspire, inform and entertain.

For more information visit www.farmsafewa.org/



World Suicide Prevention Day September 10th

Thinking globally, planning nationally, and acting locally

World Suicide Prevention Day on September 10 is an annual event sponsored by the International Association for Suicide Prevention (IASP) in collaboration with the World Health Organization. This year the theme for World Suicide Prevention Day is "Think Globally, Plan Nationally, Act Locally". This phrase, first used to save the environment, can be equally applied to suicide prevention:

- To develop global awareness of suicide as a major preventable cause of premature death,
- To describe the political leadership and policy frameworks for suicide prevention provided by national suicide prevention strategies,
- And to highlight the many practical prevention programs that translate policy statements and

research outcomes into activities at local, community levels.

Many communities across Australia use this day to draw attention to the tragic loss of life due to suicide and band together to reaffirm their commitment to the prevention of suicide.

For more information on the annual World Suicide Day visit <http://www.iasp.info/>



ABOVE: Shaun Nannup

The Blank Page Summit on Suicide was held in July at the Billard Aboriginal community, about 120 kilometres north of Broome, where two young men have taken their own lives in recent years.

A five day summit was held in Western Australia's Kimberley aimed at identifying the best ways to tackle the high rate of suicide in Indigenous communities.

Summit addresses Indigenous suicide



The summit was attended by the Federal Indigenous Affairs Minister, Jenny Macklin, the West Australian coroner Alastair Hope, the Western Australian Health Minister Kim Hames and the Chief Justice.

ICCWA's Shaun Nannup who was invited to participate in the five day summit said "the people of the Billard Aboriginal community organised an amazing forum after asking themselves what can they do to help tackle this problem".

Participants were invited to put forward their professional opinions on a way to go forward for their communities. Shaun said "It was an amazing thing to see – a community of elders able to gather together such high profile politicians. The Summit was also able to bring a number of people who are committed to community healing and safety".

For more information on the summit visit www.blankpage.com.au or contact ICCWA on 08 9420 7212.



Alcohol Projects Update

Safer Bars

The Safer Bars WA pilot project is underway. This training is a whole of house management system to correctly identify, effectively de-escalate and appropriately manage patron aggression by providing skills to venue staff. ICCWA is working with a number of stakeholders including the Drug and Alcohol Office, WA Police, Racing, Gaming & Liquor, Australian Hoteliers Association Western Australia and Night Clubs WA to best adapt and implement this training to meet the needs of West Australian venues and their staff. The majority of the venues participating in this project are located in the Town of Vincent. Funding for Safer Bars has been provided by the WA Attorney General's Department through the Proceeds of Crime Act.

Drink or Drunk

Data has been collected for the Drink or Drunk project and is now being analysed. While originally location based, volunteers from all over the state were recruited to participate. The outcomes

of this project, which seeks to identify factors that lead staff members at licensed premises to serve patrons to intoxication despite current training and legislation, will be available in late 2009. ICCWA will hold a series of public forums to release the outcomes of this study. Drink or Drunk has been funded through the National Drug Law Enforcement Research Fund (NDLERF).

Foetal Alcohol Spectrum Disorder

On Thursday 6 August, ICCWA hosted a special lunchtime forum when visiting 2009 Healthway Health Promotion Research Fellow, Nancy Poole, presented on Foetal Alcohol Spectrum Disorder: Care and Consequences. Foetal Alcohol Spectrum Disorder (FASD) is an umbrella term used to describe a range of disabilities and a continuum of effects that may arise from prenatal alcohol exposure. It is widely recognised as the most common preventable cause of birth defects and brain damage in children. FASD is not a clinical diagnosis in itself but represents a range of diagnoses that fall under the spectrum.



A 2007 study conducted in Western Australia showed 59% of non-aboriginal women drank during one trimester of their pregnancy.¹ Various studies across Australia have shown about 25% of Aboriginal women consume alcohol during pregnancy.² In the last 10 years Australian Paediatric Surveillance Unit has seen a rise in the number of FAS cases.³

If you would like more information on any of these projects or other alcohol-related issues, please contact Amy Robertson on (08) 9420 7212 or arobertson@iccwa.org.au

¹ Colvin L, Payne J, Parsons DE, Kurinczuk JJ, Bower C. Alcohol consumption during pregnancy in non-Indigenous West Australian women. *Alcohol Clin Exp Res* 2007; 31(2):276-84

² Alcohol and Pregnancy Project. *Alcohol and Pregnancy and Fetal Alcohol Spectrum Disorder: a Resource for Health Professionals* (1st revision). Perth: Telethon Institute for Child Health Research; 2009.

³ Ibid



ICCWA Mall Walking Groups Grow

at the centre. ICCWA will also receive funding from the City of Melville to implement a walking group at Bullcreek Shopping Centre, due to be launched later in 2009.

Mall Walking groups are targeted at seniors but people of all ages are welcome to join. Shopping centre malls are safe, secure and climate controlled. The groups are free and participants are invited to a number of health information sessions and other free events throughout the year.

Mall Walking groups benefit the community in more ways than

one. By developing programs and initiatives in specific localities, it gives ICCWA an opportunity to develop networks and understand the dynamics of each authority in the view of developing new initiatives spanning across a myriad of injury topics. ICCWA is excited about strengthening existing and creating new partnerships with key stakeholders in each Local Government Authority where Mall Walking Groups are based.

Please contact Leanne at ICCWA on 08 9420 7212 if you would like to know more about Mall Walking.

ICCWA now coordinates five Mall Walking Groups, soon to be six, in Shopping Centres across Perth, including Phoenix, Belmont Forum, Armadale City, Karrinyup and Garden City. The newest edition at Phoenix Shopping Centre in Spearwood was made possible due to funding from the City of Cockburn, Department of Sport and Recreation and ongoing support from management

Call for nominations 2009 ICCWA Injury Prevention Awards



Have you been involved with a community project, research project or program in injury prevention?

Do you know one of the many amazing people achieving great results in injury prevention in WA? ICCWA is calling for

nominations for the 2009 ICCWA Injury Prevention Awards.

Nominations include the following categories:

- Outstanding Achievement in Injury Prevention
- Community Injury Prevention Award

- Excellence in Injury Prevention Research
- Media Award for Excellence in Injury Prevention Reporting
- Student Award

The awards will be presented on Thursday 29 October 2009.

Nomination forms and criteria can be downloaded from the ICCWA website www.iccwa.org.au/news-events. Nominations close on 1 October 2009. For more information, contact ICCWA on 08 9420 7212.

ICCWA Lunchtime Forums

ICCWA Free lunchtime Forums are held on the first Thursday of each month (except January and December). Further information on these and other lunchtime forums can be obtained at <http://www.iccwa.org.au/lunchtime-forums/>



June 2009 / The Right Track program.

Presented by Wesley Buzza, Community Education Officer, Public Transport Authority

The *Stay off the Tracks* message hopes to inform and engage young people in the safe use of public transport in Perth, Western Australia. This hard-hitting campaign alerts young people to the dangers and consequences of trespass and anti-social behaviour on and around trains and buses and at train stations and interchanges. This program promotes safe and responsible use of public transport.



July 2009 / Getting It Together: A whole-school approach to Road Safety Education.

Presented by Elise Saunders, School Drug Education and Road Aware (SDERA)

Recent research shows that road trauma continues to be one of the leading causes of injury and fatality for children and young people in Western Australia. This program is a new road safety education resource based on research that identifies effective road safety strategies for schools, focussing on the *Principles for School Road Safety Education*. *Getting it Together* aims to assist school communities to develop School Road Safety Guidelines and action plans in order to assess, plan and implement a whole-school approach to road safety education.



August 2009 / Foetal Alcohol Spectrum Disorder (FASD): Care and Consequences.

Presented by Nancy Poole, 2009 Healthway Health Promotion Visiting Research Fellow and held at Technology Park Function Centre, Bentley

Nancy Poole works with the British Columbia Centre of Excellence for Women's Health in Canada, on research and knowledge exchange related to improving health promotion policy and service provision for women with alcohol, tobacco and other substance use problems.

June09

July09

Aug09

2009

Conferences/Seminars

Injury Prevention Network of New Zealand

7-9 October 2009
Auckland, NZ
www.ipn.org.nz/page.php?p=128

7th National Farm Health & Safety Conference 2009

13-15 October 2009
Swan Valley, WA
www.farmsafewa.org

Be Active '09

14-17 October 2009
Brisbane QLD
www.beactive09.com

WA Health Symposium – WA Health in focus

14-15 October 2009
Perth, WA
www.health.wa.gov.au/wahealthconference/registration/index.cfm

National Hepatitis C Health Promotion Conference

19-30 October 2009
Hobart TAS
www.hepatitisaustralia.com/events_projects/hpconference.html#

XXV World Congress on Suicide Prevention

27-31 October 2009
Uruguay
www.iasp2009.org/

Young people: Finding their way in a new era

10 November 2009, Melbourne VIC
www.ncver.edu.au/newsevents/events.html#Young_people:_Finding_their_way_in_a_new_era

APCCAN 2009 Child Abuse & Neglect: Looking Through the Lens of Prevention

15-18 November 2009
Perth WA
www.apccan2009.org.au

Health Care for Kids: The People, The Map and The Measure

17-19 November 2009
Sydney, NSW
www.kidsconference.org.au

6th Health Services & Policy Research Conference 2009

25-27 November 2009
Brisbane, QLD
www.healthservicesconference.com.au/

Advancing Indigenous Health: Workforce Innovations

2-4 December 2009
Melbourne, VIC
www.limenetwork.net.au/content/lime-connection-iii

10th World Conference on Injury Prevention and Safety Promotion

21-24 September 2010
London UK
www.safety2010.org.uk

Useful Links

ICCWA: www.iccwa.org.au

Australian Indigenous Health *InfoNet*
www.healthinfonet.ecu.edu.au/

Australian Network for Promotion, Prevention and Early Intervention for Mental Health
www.auseinet.com/index.php

Drug and Alcohol Office, WA
www.dao.health.wa.gov.au

Farmsafe WA Alliance Inc
www.farmsafewa.org

Injury Prevention Literature Update
www.safetylit.org

Kidsafe WA
www.kidsafewa.com.au

Mental Health and Well Being
www.mentalhealth.gov.au

Ministerial Council for Suicide Prevention
www.mcsp.org.au

National Suicide Prevention Strategy
www.livingisforeveryone.com.au

National Survey of Mental Health and Wellbeing: Summary of Results 2007
www.abs.gov.au/AUSSTATS/abs@.nsf/mf/4326.0

Office of Road Safety
www.officeofroadsafety.wa.gov.au

Office for Seniors Interests and Volunteering
www.osi.wa.gov.au

Rethink Drink Campaign
www.rethinkdrink.com.au

Royal Life Saving WA
www.lifesavingwa.com.au

The World Health Report 2008
Primary Health Care: *Now More Than Ever*
www.who.int/whr/2008/whr08_en.pdf

School Drug Education and Road Aware
www.sdera.wa.edu.au

South West Aboriginal Medical Service
www.swams.com.au

Surf Life Saving Western Australia
www.mybeach.com.au

The Office of the Public Advocate
www.justice.wa.gov.au

The Wellbeing of Australians – Links with exercise, nicotine and exercise
acqol.deakin.edu.au/index_wellbeing/Survey_19_Part_A.pdf

The West Australian Network of Alcohol and other Drug Agencies
www.wanada.org.au