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March 2015 – Issue 1

The Let's Talk eBulletin is developed by Cancer Council Western Australia to share information about cancer prevention, screening, early detection, treatment, and support for Aboriginal West Australians. If you no longer wish to receive it, please [unsubscribe from this list](#). If it was forwarded to you, you are more than welcome to subscribe by [update subscription preferences](#).

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Welcome

WELCOME to the first edition of the 'Let's talk about cancer prevention and living with cancer Aboriginal eBulletin'. This newsletter will be published quarterly, keeping Aboriginal health professionals or those working with Aboriginal communities up-to-date with all the latest news and information about cancer control and are proudly leading the way to a cancer-free future.

We hope to use this bulletin to update everyone in the regions on the following:

1. Aboriginal cancer education and research programs in WA
2. Aboriginal cancer events and activities planned
3. Aboriginal cancer issues and trends
4. Support services available

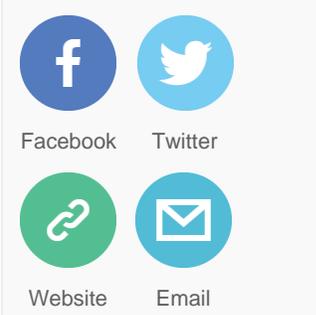
Introducing the new Aboriginal Projects Officer!

Contact Us:

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Forward



We would like to introduce Louise De Busch, our new Aboriginal Projects Officer at Cancer Council Western Australia, working in the Education and Research Division.

Louise has been working on accrediting the Aboriginal Health Professional Cancer Education Course (among other projects) and has demonstrated great enthusiasm, relationship building/communication skills and has some great strategic plans for the Aboriginal Cancer Project.

Louise is a proud Aboriginal Kaanju woman with strong links to Coen, Far North Queensland and Mount Isa, outback Queensland mining community. With a strong 10 year background in partnership brokerage and stakeholder community engagement project work, these skills will assist Aboriginal cancer control projects across Western Australia.

“Sad but true, I am sure we have all experienced losing a family member or friend at some stage to cancer, this is why I am keen to meet people, work with you and across the networks to make a difference to closing the life expectancy gap for our people and cancer control is on my target list”. Louise said.

Please join us in welcoming Louise officially on board!

Survey

This is our very first Cancer Council Western Australia Aboriginal specific eBulletin resource!

Our aim is to better inform past course participants of the Cancer Education Course for Aboriginal Health Professionals as well as health professionals working with Aboriginal communities about what’s happening in relation to cancer control.

To ensure we are providing information that is valuable to your role and your local community we welcome your feedback on what you think of the new eBulletin, and most importantly what you would like included in the content.

Your feedback would be greatly appreciated! To complete the **short survey** please go to [survey link](#)!

[What's new for future Cancer Education Courses for Aboriginal Health Professionals](#)

Cancer Council WA delivered its first Cancer Education Course for Aboriginal Health Professionals in 2008 to provide culturally relevant training in cancer control, and has provided a further seven courses since 2008.

The course is currently delivered as a 5-day program and aims to improve Aboriginal Health Professionals' knowledge and understanding of:

- Cancer, cancer staging and how treatment decisions are made
- Cancer treatments and their side effects
- Resources and services available to help Aboriginal people diagnosed with cancer
- Cancer prevention, early detection and screening strategies

Since November 2014, we have been reviewing the Cancer Education Course for Aboriginal Health Professionals to get it accredited so that participation and completion of the course is formally recognized.

In October the Cancer Education Course was postponed, the next Cancer Education Course for Aboriginal Health Professionals is being planned for 8 to 12 June 2015.

Expressions of interest and for further information please contact Louise De Busch, Aboriginal Projects Officer, Cancer Council WA on 08 9388 4382 or ldebusch@cancerwa.asn.au. *If you registered or showed interest in the October Course, we hope you'll register again for the June course.*

[Cancer Support Services Available](#)

“CCWA has a range of programs that are in place to support people with cancer, their families, and carers. These programs encompass information, support, and practical strategies to help people with cancer cope better. For further information call 13 11 20 to speak to a cancer nurse or refer to our [support services page](#). More details will also be posted in our next bulletin.”

- Telephone information and support service (13 11 20) staffed by cancer nurses who can supply you with a range of information resources
- Yoga, meditation, and exercise to benefit overall emotional and physical health.
- Cancer Council Support Coordinators
- Comfortable home away from home accommodation for eligible regional cancer patients who have to travel to Perth for assessment and treatment
- A range of complementary therapies to patients free of charge
- Counselling, face to face or over the telephone
- Telephone based, peer support program which can link patients with a trained volunteer who has had a similar cancer experience.
- Education workshops and information seminars throughout the year for people affected by cancer, their carers and for health professionals who want to develop their skills to better support patients
- Free Wig Service
- Support groups (face to face, online, or by telephone)
- Financial assistance to patients undergoing cancer treatment who meet our financial hardship criteria, as well as short term practical assistance such as childcare, cleaning, and gardening for patients with limited support or resources. Assistance with financial planning, debt consolidation, access to superannuation, planning a will or power of attorney or other matters legal or financial for people who satisfy a means test.

For more information about Community Support Services please refer to our [support services page](#) or contact 13 11 20.

[New 16 Cancers Campaign](#)

On 8 February 2015, Making Smoking History launched its new, state-wide campaign titled 16 Cancers. The hard-hitting campaign highlights both the common and lesser known cancers that can be caused by smoking and emphasises the immediate and long-term consequences these cancers can have on a person's life.



The campaign includes powerful WA-made television advertising depicting the shocking effects of smoking-related cancers and their capacity to take away life's simple pleasures, such as speaking and eating. Supportive advertising across press, radio, outdoor, online and social media will highlight all 16 cancers which can be caused by smoking. The advertisements use highly emotive and graphic imagery to illustrate that cancer from smoking can have a devastating and debilitating impact on smokers' lives. The advertisements finish with the line 'There are 16 different types of cancer caused by smoking... and you have one clear way to reduce your risk'. Smokers are encouraged to visit the Make Smoking History [website](http://makesmokinghistory.org.au) or call the Quitline for support to kick the habit.

The campaign will run in both metropolitan and regional areas. Visit makesmokinghistory.org.au to view the advertisements.

For more information about the Make Smoking History campaign please contact Stacey Keightley at Cancer Council WA on (08) 9388 4369 or email skeightley@cancerwa.asn.au.

The Make Smoking History Campaign is an initiative of Cancer Council WA and is funded by the Department of Health WA, Healthway and Cancer Council WA.



Department of
Health



[National Supportive Care Needs Study of Indigenous cancer patients](#)

Menzies School of Health Research (Menzies) is working in partnership with Cancer Council WA in a project called the *National Supportive Care Needs Study of Indigenous Cancer Patients*. This project is part of the Strategic Research Partnership to Improve Cancer Control for Indigenous Australians (STREP Ca-CIndA) and is funded by a five year (2013-2017), \$1.9m grant from Cancer Council NSW, and additional funding from Cancer Council WA.

This project aims to quantify Indigenous cancer patients supportive care needs on a national level and to report on the factors that may impact their support needs.

To date this information is only available in one jurisdiction (Queensland). Menzies recently developed a questionnaire (SCNAT-IP) specifically for Aboriginal and Torres Strait Islander patients with cancer and is using this tool to conduct the first national comprehensive study of supportive care needs of Indigenous cancer patients.

The leading investigator of this project is Assoc. Prof. Gail Garvey, an Aboriginal researcher, with experience in working with cancer and supportive care needs of Indigenous cancer patients. The study sites include: the Northern Territory (Alan Walker Cancer Care Centre); New South Wales (Moree Chemotherapy Outreach Service, Illawarra and Shoalhaven Cancer Care Centres and Riverina Cancer Care Centre); Victoria (St Vincent's Hospital and Peter MacCallum Cancer Centre); Queensland (Cancer Council Units of Cairns and Townsville). In WA the Regional Support Coordinators at Cancer Council WA are the recruiters and interviewers for the study.

The study investigators and the research team at Cancer Council WA are very excited that with the implementation of this study the relationship with Aboriginal Medical Services and Aboriginal and Torres Strait Islander cancer patients can be strengthened.

For more information about this study please contact Study Site Coordinator(s):

- Albany - Anita Linnett (Ph. 9845 8748)
- Bunbury - Hayley Tuck (Ph. 9721 4655)
- Busselton - Yvonne Innes (Ph. 9751 4666)
- Geraldton - Allison Forsbery & April Kalajzich (Ph. 9956 2408)
- Mandurah - Christine Gillies (Ph. 9581 4059)
- Midland - Melaine Taylor (Ph. 9274 4748)
- Rockingham - Melaine Taylor (Ph. 9274 4748)
- Perth - Karen Davies (Ph. 6389 7818 Mon & Wed or 9382 9347 Tues, Thurs, Friday)

[Resources, websites and videos](#)

Brand new Aboriginal Cancer Fact Sheets

There are brand new Aboriginal fact sheets about cancer now available on [Cancer Council WA's website!](#)

Cancer Council NSW and Menzies School of Health Research in conjunction with a Clinical Advisory Group and an Indigenous Consultation Group have collaboratively produced more detailed fact sheets about cancer for Aboriginal and Torres Strait Islander people, covering the following topics:

- [What is cancer?](#)
- [Understanding cancer talk](#)
- [Breast cancer](#)
- [Bowel cancer](#)
- [Cervical cancer](#)
- [Lung cancer](#)
- [Prostate cancer](#)

To download these fact sheets go to our website at [Aboriginal resources](#)

[Making Time for Bowel Cancer Screening \(DVD\)](#)

Making Time for Bowel Cancer Screening is a seven minute DVD you can order and use to talk with your communities about bowel cancer screening and prevention. Each year until 2020 the National Bowel Cancer Screening Program is adding new age groups to get a kit; some age groups are being replaced too. By 2020

every person aged 50-74 will be sent a kit every two years. Use the DVD to start a yarn about screening, being more active, drinking less and eating for health!



To order this DVD today, go to our website [Aboriginal resources](#).

Cancer Council WA also has other Aboriginal cancer resources to order -

- [Let's talk about living with cancer](#) (brochure and A3 poster)
- [We're here for you](#) (bookmark)
- ["A whispered sort of stuff" community report](#) (A4 book)
- [Aboriginal Cancer Journeys](#) (A5 booklet and fact sheets)
- [Aboriginal fact sheets about cancer](#) (fact sheets)
- [Find Cancer Early - Are you over 40?](#) (postcard and poster)

To find out more about these resources go to our website at [Aboriginal resources](#).

[Events and courses](#)

Cancer Education Course for Aboriginal Health Professionals (Perth)

We would like to invite you to apply for the upcoming 2015 course to be held Monday 8 to Friday 12 June 2015 in Perth.

Overview:

The Cancer Council WA is now calling for applications for the 2015 Cancer Education Course for Aboriginal and Torres Strait Islander Health Professionals across metro, rural and regional Western Australia.

The five-day Cancer Education Course aims to increase the cancer knowledge of participants by providing information

about cancer, treatment and the impact of the disease to improve the care of Aboriginal people with cancer.

Applications close 5pm Monday 11 May 2015.

Contacts

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Cancer Council WA

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Shenton Park WA 6008

Phone: (08) 9388 4382 / 9388 4347

Fax: (08) 9388 4399

Email: education@cancerwa.asn.au

View website:

<http://www.cancerwa.asn.au/professionals/aboriginalhealth/>

Program of Experience in the Palliative Approach (PEPA) Education for Aboriginal Health Professionals

Do you care for people who have a chronic or advanced illness and are unlikely to get better?

Cancer Council WA run a National Palliative Care Education Program for Aboriginal & Torres Strait Islander health care professionals called the Program of Experience in the Palliative Approach (PEPA). The PEPA program provides an opportunity for Aboriginal Health Workers, Liaison Officers & Community Outreach workers to improve their skills and confidence when working with people who have a chronic or advanced illness and are unlikely to get better. PEPA provides two day supported palliative care placements set within your local palliative care service. One day basic palliative approach workshops are also available around the state. If you are interested in a placement or workshop please contact Brooke Wilkinson, PEPA Coordinator on 08 9382 9372 or Pepa@cancerwa.asn.au.

"It was good to see where our mob can go when they come down for appointments... I will be better able to assist a client or loved one as they go through their final stage of life." Said by an Aboriginal Health Worker who attended a PEPA placement.

World No Tobacco Day Traditional Aboriginal Games Day, 29 May 2015 Broome

The World No Tobacco Day Traditional Aboriginal Games day will be held on the 29 May at PCYC in Broome!

The Kimberley Aboriginal Medical Service (KAMS) Tackling Smoking Healthy Lifestyle Team is working in partnership with key health organisations in Broome, including Cancer Council WA, to once again celebrate World No Tobacco Day 2015.

Last year KAMS Nuff of the Puff team developed and introduced the first Corporate Traditional Aboriginal Games Day Challenge in Broome. Participants were challenged both mentally and physically by games such as; spear throwing, wrestling, an obstacle course and a memory game. Friendly rivalry was in the air and there were many laughs amongst the residents of Broome. Some new games will be introduced this year including bag throwing and a relay race to end all relay races. Favourites such as spear throwing, wrestling and stick fighting remain. This year there will be an emphasis on connecting each of the games with a specific health message, with a different health agency assigned to each game. This day aims to engage with local communities in raising awareness of smoking and encouraging a healthy and active lifestyle.



The Incredibles: Winners of the inaugural Corporate Traditional Aboriginal Games Day

Smoking is a big issue in the Kimberley region and statistics show that tobacco smoking is still one of the leading causes of death in Australia. Smoking contributes to more deaths than alcohol, motor vehicle accidents, murder and illegal drugs added together. As a team, we are constantly working to battle these numbers, put

supports in place for people who want to quit and to make it as easy as possible to give up the smokes.

For more information about World No Tobacco Day Traditional Aboriginal Games Day please contact Kelly Blackburn, Regional Education Officer (Kimberley) at Cancer Council WA on (08) 9192 9770 or email Kelly.blackburn@health.wa.gov.au.

[NAIDOC News!](#)

NAIDOC Week is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements. It's a time to acknowledge our Aboriginal and Torres Strait Islander artists, scholars, sportspeople, Elders, community members and more. National NAIDOC Week is held from Sunday, 5 to Sunday 12 July 2015.

2015 National NAIDOC theme is *We all Stand on Sacred Ground: Learn, Respect and Celebrate.*

The theme highlights the Aboriginal and Torres Strait Islander peoples' strong spiritual and cultural connection to land and sea and how their living culture is inherently linked with significant sites and sacred places. This was specifically chosen to also highlight and celebrate the 30th anniversary of the 'Handback' of Uluru to its traditional owners on 26 October, the theme provides an opportunity to pay our respects to those who work tirelessly on preserving land and culture; and to share the stories of many of our sites of significance with the whole nation.

Cancer Council WA would like to host a Cancer Council NAIDOC Community event on Thursday 9 July 2015 to build relationships, share Aboriginal cancer survivor stories and increase cancer controlled knowledge across Perth and Western Australian communities. (Details will be confirmed later). For further information or how to become involved please feel free to call Louise De Busch, Aboriginal Projects Officer, CCWA on 08 9388 4382 or ldebusch@cancerwa.asn.au.

[National NAIDOC Poster Competition](#) is now open, closing on Friday 27 March 2015.

[National NAIDOC Awards](#) are also open, closing on

Friday 24 April 2015.

[Job Vacancies](#)

Aboriginal Project Officer (part-time) Cancer Council WA

The PEPA program in WA are seeking an experienced Aboriginal Project Officer to join the WA PEPA team. The applicant needs to have previous experience working within the Aboriginal health sector or a health related tertiary qualification. For more information please contact Brooke Wilkinson on 08 9382 9372 or go to <http://www.cancerwa.asn.au/aboutus/jobs/>

[What's On!](#)

National Sorry Day: 26 May

National Reconciliation Week: 27 May - 3 June

Bowel Cancer Awareness Month: 1-30 June

National NAIDOC Week: 5-12 July

Cancer Council WA NAIDOC Community Event: 9 July

Our next edition is due in June!



Cancer Council Western Australia acknowledges the traditional Aboriginal owners of country throughout Western Australia and pay our respect to them, their culture and their Elders past and present.

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