

# Let's Talk

Cancer Prevention and  
Living with Cancer



Throughout this eBulletin we use the term *Aboriginal Western Australians* to include people of Torres Strait Islander descent.

## Welcome to the July edition of 'Let's Talk' for 2018!

'Let's Talk' is published quarterly for Aboriginal health professionals and those working with Aboriginal communities who are proudly leading the way to a cancer-free future in WA. It has up-to-date information on Aboriginal cancer education and research programs, Aboriginal cancer events, cancer issues, trends and cancer support services available in Western Australia.

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## 60 seconds with Cancer Council WA's new Aboriginal Projects Coordinator

*We would like to introduce Taneisha Hansen, our new Aboriginal Projects Coordinator at Cancer Council Western Australia, working in the Education and Research Division.*

*Tell us a bit about yourself:*

I am a proud Wongi and Balardong Noongar woman with family ties in Kalgoorlie and Perth. I graduated from UWA with a Bachelor of Health Science majoring in Public Health and Physiology and have experience working in the not-for-profit sector and within a government graduate program.

*Imagine money was no object – describe your perfect day...*

I would be on a luxury holiday in the Maldives, relaxing by the beach, getting massages and eating too much food.

*If you could time travel would you go to the past or the future? Why?*

The past – I'd love to meet older family members that I never got the chance to meet and learn more about my family history.

*What's the greatest bit of advice a parent or mentor has given you?*

"Work hard now and you will be rewarded in the long run" – My Dad

*Which invention do you clearly remember being created?*

Mobile phone

*Would you rather....*

*Have a night out or evening in?*

Evening in, I'm not a huge fan of going out. I'd prefer to be home in my warm bed watching movies.

*Fill your tank up when it hits halfway or when the empty light turns on?*

When the empty light turns on, I try to put it off as long as I can.

*Take a guaranteed \$100,000 or a 50/50 chance at \$1,000,000?*

I'd go for the \$1,000,000. You've got to be in it to win it.

*Have the ability to fly or the ability to read people's mind?*

Read minds – I'd be one step ahead of everyone and be able to answer any question. Though, I'd want to have an off-switch and only use it when it benefits me.



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.

## Aboriginal Cancer Education Video and Yarning Guide – Available for Order!

Cancer is a leading cause of death among Aboriginal and Torres Strait Islander people, but fear, stigma and shame can make it a sensitive topic to discuss. Cancer Council WA has developed an Aboriginal Cancer Education Resource to assist in providing cancer information to Aboriginal clients and community members.

The Aboriginal Cancer Education Video is a seven minute long, cartoon style video which is broken into key chapters including what is cancer?, risk factors and prevention, cancer screening, how to find cancer early, treatment and support, and a summary. It also comes along with a yarning guide to help you to discuss each of the topics in more detail or answer any questions clients may have.

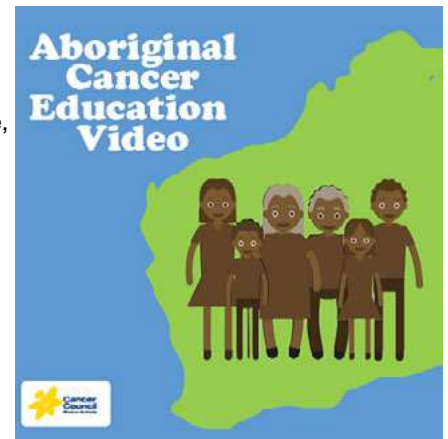
You can view the full video on our YouTube [here](#). Order your copy of the video and the yarning guide by calling Taneisha on 08 9388 4360.

We hope this video will help close the gap and be a useful tool for improving awareness and understanding about cancer among Aboriginal people.

We would like this video to reach as many Western Australian communities as possible, so we would be grateful if you could share this information with your colleagues.

We would like to acknowledge the Australian Health Promotion Association and Healthway for their contribution to this project.

If you have any questions, please feel free to [contact us](#).



## Whisper No More Online Resource

The Western Australian Centre for Rural Health (WACRH) has developed an online learning package called 'Whisper No More', for health science students and health professionals. It aims to improve the understanding of Aboriginal people's views and experiences of cancer care, and ultimately improve the way health care is provided for Aboriginal patients, their families and communities.

The 'Whisper No More' learning package incorporates story-telling through video interviews with Aboriginal people sharing their experiences of cancer. These stories are collated into key themes including diagnosis, screening, strength, family and difficult conversations. For each theme, there are a variety of discussion questions and links to other resources.

Health science students and health professionals can complete the learning package individually through the online website. Additionally, the resource comes along with a Facilitator's Guide which can be used to deliver face-to-face group sessions.

To access the resource, go to the [website](#), select the tab 'Aboriginal Health' and select **Whisper No More** from the drop down menu. This will take you to the login page where you will need to set up an account.

If you need more information about the resource, you can visit the WACRH [website](#), contact them by [email](#), or phone 08 9556 0200.

## A yarn about quitting smoking

In April earlier this year, Noongar man and former smoker, Graham Riley, shared his quitting experience on live community radio. Health Matters, a radio show produced by Noongar Radio in partnership with WA Health, focuses on positive health messages tailored for an Aboriginal audience, with input from Aboriginal and other health professionals. Graham was invited onto the show following his starring role in the recent Make Smoking History campaign 'From Every Quitter - Interviews'. The campaign shows how four Western Australians used their loved ones as inspiration to quit smoking. Graham appeared alongside Make Smoking History's Campaign Coordinator, Sarah Beasley, and host, Jeremy Garlett to yarn about quitting smoking.

You can listen to this and other episodes of Health Matters, [here](#). Graham also features in [this quitting story video](#) on Make Smoking History's YouTube channel.

*Share your experience!*

If you or someone you know has quit smoking and would like to share your experience, contact our Make Smoking History team through the Make Smoking History [website](#).





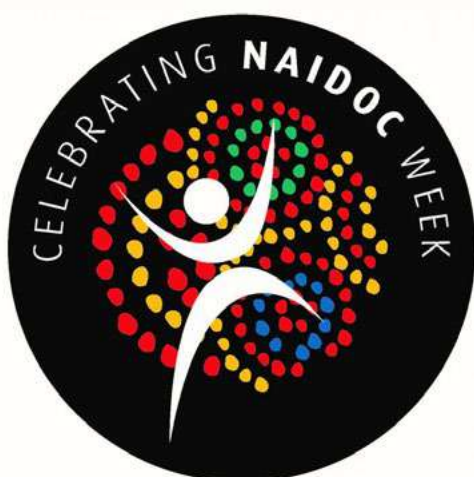
## National Reconciliation Week: Don't Keep History a Mystery

National Reconciliation Week (NRW) took place on the 27<sup>th</sup> May until the 3<sup>rd</sup> June 2018. To celebrate, Cancer Council WA displayed a timeline of significant historic events in the communal kitchen area to encourage staff to learn more about the history and achievements of Aboriginal Australians.

In commitment to our Reconciliation Action Plan (RAP), Cancer Council WA staff members were also encouraged to attend external NRW events in the community. A number of our staff attended the 'Walk for Reconciliation' event which took place at Elizabeth Quay. The event commenced with a Welcome to Country including a traditional smoking ceremony and a dance performance.

The walk around the Quay featured a number of art installations that centred on the six Noongar seasons Birak, Bunuru, Djeran, Makuru, Djilba and Kambarang.

The event was a great opportunity for our staff to experience and learn more about the local Noongar language and culture and see some of the art installations developed by local Noongar artists.



**BECAUSE OF HER,  
We Can!**

**8-15 JULY 2018**

## NAIDOC Week: 8<sup>th</sup> – 15<sup>th</sup> July

NAIDOC week is fast approaching and Cancer Council WA has an exciting event planned. We will be celebrating NAIDOC week with a morning tea held on the 12<sup>th</sup> July at our head office in Subiaco. The morning tea will include a Welcome to Country, traditional dancers and an update from our CEO on the organisation's RAP progress.

## Recognise an Aboriginal woman in your community!

Recognise an Aboriginal woman in your community!

This year's NAIDOC theme is "Because of her, we can!" to acknowledge and celebrate the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make – to our families and our communities.

In honour of this year's theme, Cancer Council WA would like to recognise Aboriginal women across WA and invite you to share a story about an Aboriginal woman who has inspired you or made a difference within your family or community. It may be a family member, friend, colleague or role model. Please send your stories through to our [Aboriginal Projects Coordinator](#) to have your story featured in our next e-bulletin.



# PEPA Program of Experience in the Palliative Approach

Funded by the Australian Government Department of Health

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The Program of Experience in the Palliative Approach will be facilitating some palliative care workshops in regional WA over the coming months. For more information please click on the link below:

Culture Centred Care (Aboriginal perspective) in Broome on 31<sup>st</sup> July & 1<sup>st</sup> August

[culture-centred-care-yiriman-women.eventbrite.com.au](http://culture-centred-care-yiriman-women.eventbrite.com.au)

2-day palliative care placements are also available for Aboriginal health professionals who would like to increase their knowledge in palliative care. For more information please contact [pepa@cancerwa.asn.au](mailto:pepa@cancerwa.asn.au) or call Brooke Wilkinson on 08 9382 9372.



## Other useful links

The Australian Institute of Health and Welfare has released a few new reports and resources that might be of interest:

**Closing the Gap targets:** 2017 analysis of progress and key drivers of change

Download report: [www.aihw.gov.au/reports/indigenous-australians/closing-the-gap-targets-2017-analysis-of-progress/contents/summary](http://www.aihw.gov.au/reports/indigenous-australians/closing-the-gap-targets-2017-analysis-of-progress/contents/summary)

**Tracking progress against the Implementation Plan goals for the Aboriginal and Torres Strait Islander Health Plan 2013–2023**

Download report: [www.aihw.gov.au/reports/indigenous-australians/closing-the-gap-targets-2017-analysis-of-progress/contents/summary](http://www.aihw.gov.au/reports/indigenous-australians/closing-the-gap-targets-2017-analysis-of-progress/contents/summary)

**Cancer in Aboriginal & Torres Strait Islander people of Australia**

Download report: [www.aihw.gov.au/reports/cancer/cancer-in-indigenous-australians/contents/table-of-contents](http://www.aihw.gov.au/reports/cancer/cancer-in-indigenous-australians/contents/table-of-contents)

**MyHealthyCommunities: Incidence of selected cancers in 2009–2013**

Download report: [www.aihw.gov.au/reports/primary-health-care/incidence-cancer-screening-program-2009-13/contents/summary](http://www.aihw.gov.au/reports/primary-health-care/incidence-cancer-screening-program-2009-13/contents/summary)

**Australia's health 2018: in brief**

Download report: [www.aihw.gov.au/reports/australias-health/australias-health-2018-in-brief/contents/about](http://www.aihw.gov.au/reports/australias-health/australias-health-2018-in-brief/contents/about)

**Analysis of bowel cancer outcomes for the National Bowel Cancer Screening Program 2018**

Download report: [www.aihw.gov.au/reports/cancer-screening/analysis-of-bowel-cancer-outcomes-nbcsp-2018/contents/summary](http://www.aihw.gov.au/reports/cancer-screening/analysis-of-bowel-cancer-outcomes-nbcsp-2018/contents/summary)



## Submit an article

We invite past course participants of the Cancer Council WA Aboriginal Cancer Education Course, health services and organisation, government departments working with Aboriginal Western Australians to submit contributions for publication in this eBulletin. Articles and events that pertain to cancer control and support are most welcome.

If anyone would like to submit an article for the next eBulletin, [please refer to our Contribution Guidelines](#) and email [thansen@cancerwa.asn.au](mailto:thansen@cancerwa.asn.au)

**Our next edition is due in September 2018!**