



2018 Ashford Local Health Report

We look forward to continuing this important work throughout 2019 as your partners in health.

## Acknowledgement of Country

We would like to acknowledge the traditional owners of the land covering Hunter New England Local Health District and remind people that we live and work on Aboriginal land. Aboriginal and Torres Strait Islander people should be aware that this document may contain images or names of people who have since passed away.

## Our Health Committee

Every two months, our five dedicated Local Health Committee members gather to ensure the health services we provide meet the needs of the Ashford community.

## Year at a Glance

This year our Local Health Report will showcase the achievements of our staff and the local community of Ashford as an integral part of the Inverell Community Health Service.

## Introducing the Ashford Local Health Committee

Robyn Keating is the chair of our committee, and has lived in Ashford for the past 13 years.



### *Ashford Health Service*

Throughout 2018, we have focused on supporting healthy outcomes within our community, with our immunisation team providing Gardasil and Boosterix immunisations to Year 7 students at Ashford Central School.

Our clinicians achieved a perfect result in the annual Pressure Injury Prevention audit, which aims to identify pressure injury prevalence and identify best practices for evaluating and preventing pressure injuries.

Closing the Gap in health outcomes for our Aboriginal and Torres Strait Islander community remains a priority for our clinicians, who continue to offer monthly screening clinics for chronic diseases.



### *Robyn Keating*

Jodi Lennon is a Community Health Nurse who has been nursing for over 33 years. Jodi is an Ashford local and enjoys a good barbeque.



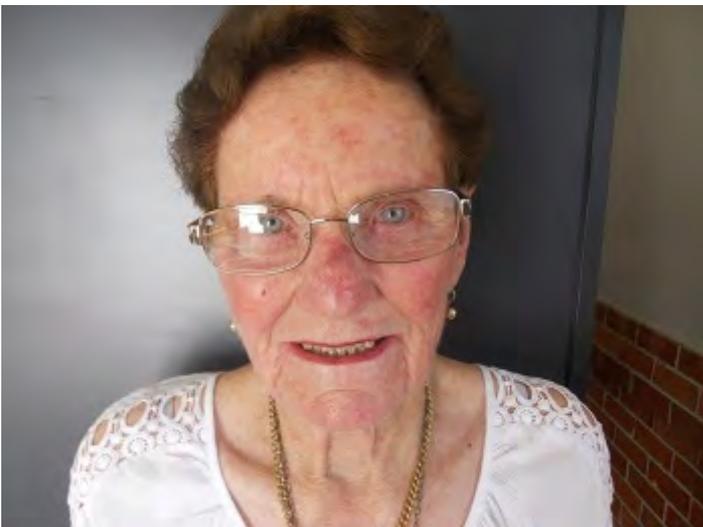
*Jodi Lennon*

**Daphne Jones** has lived in Ashford for many years with her husband Bob. She enjoys a spot of gardening in her spare time and is a wonderful cook.



*Daphne Jones*

**Margaret Mell** has been an Ashford resident for over 54 years and works part-time as the General Practice receptionist.



*Margaret Mell*

**Jenny Evans** is the newest member of the Ashford Local Health committee, joining the team at the end of 2017.



*Jenny Evans*

## Our Health Service

Ashford is a small town situated 57 kilometres from Inverell located within the Inverell Shire.



*Ashford Community Health Centre*

The Ashford Community Health Centre, which operates under Inverell Community Health also provides health care to the areas of Bukkulla, Graman and Bonshaw.

## Services include

- Aboriginal Health
- Aged Care Assessment
- Audiometry
- Cardiac Rehabilitation
- Child and Adolescent Mental Health
- Child Protection Counselling
- Community Nursing
- Dementia Support
- Diabetes Education
- Dietetics
- Drug and Alcohol Counselling
- Healthy Eyes Better Hearing Better Listening (HEBHBL)
- Integrated Chronic Care for Aboriginal People (ICCAP)
- Mental Health
- Occupational Therapy

- Palliative Care
- Pulmonary Rehabilitation
- Respiratory Education
- Sexual Assault
- Social Worker
- Speech Pathology
- Women's Health (Armidale)

General Practitioner services are provided to Ashford twice monthly on a Wednesday, and every Saturday by Dr Abbas. Dr Braslin provides services every second month.

NSW Health Pathology provides services to Ashford fortnightly on a Thursday.

## Hours of Operation

Ashford Community Health operates Tuesday, Wednesday and Thursday from 8.30am to 5pm.

Inverell Community Health operates Monday to Friday, from 8.30am to 4.30pm.

## Address

13 Jubilee Street, Ashford NSW 2361

## Contact Details

Phone Number: (02) 6726 2030

Fax: (02) 6725 4308



*Community Nurse, Kirsty Biddle*

## Partnering with Our Community

On the 21 November 2018, Inverell Community Nurse Kirsty Biddle visited Ashford as part of the annual audiometry screening service.

During the visit Kirsty provided care to five clients requiring treatment of normal to severe hearing loss.

This service provides hearing assessments, otitis media screenings, preschool screenings and advice on hearing conservation protection for those aged 10 months and upwards.

# Hunter New England Local Health District



## Highlights

Each month the Integrated Chronic Care for Aboriginal People Program (ICCAPP) provides a free service to the Aboriginal and Torres Strait Islander community of Ashford.

Clinical Nurse Consultant, Peter Kam, works with local general practitioners, nurses and the Armajun Aboriginal Medical Service to provide support with chronic disease management, screening and smoking cessation.

Our staff use videoconferencing to link in with chronic disease and pain service clinicians, and connect the Aboriginal community with family when travel is not a possibility.

A steady increase in attendances has been noted this year, with the service set to continue throughout 2019.



*Clinical Nurse Consultant, Peter Kam*

## Community Health Highlights

Throughout 2018, Inverell, Ashford and Bundarra Community Health have continued to improve the services provided to our local community, while celebrating the achievements and programs led by our talented and dedicated health care teams.

We kicked off the year with a new healthy approach to the meals we consume in the workplace. Our dietitians led the change, introducing new, healthy food into our staff fridges.

More big changes were to come as our reception area underwent refurbishment. The new area was a welcome

change for both staff and clients, and includes a shiny new workspace and public toilets.

Our new mothers group was met with praise, as mums and bubs attended educational sessions hosted by audiometry, speech pathology, occupational therapy, oral health, ambulance and gynaecology.

July saw the commencement of our Child Development Clinics, aimed at parents of children under three years of age who have, or are at risk of developmental delays. This new service provides support to families through assessment, monitoring and education.

In July, our community health teams celebrated NAIDOC Week. The theme this year was 'Because of her, we can', reflecting the significant role that Aboriginal women play in our society, cultural identity and Aboriginal and Torres Strait Islander history. A true testament to this theme was long-term employee Leona Quinnell who sadly passed this year. Staff gathered in tribute of Leona, remembering her passion and the work she had done to improve health outcomes for the aboriginal community.

To reconfirm our commitment to providing a safe work environment, our team celebrated the 'I'm Safe, You're safe, We're Safe.' campaign with a morning tea for staff in October. This message aims to promote the natural cycle of good health and safety practices in our workplace for all our staff.



*Workplace Wellbeing team building workshop*



*Harley Ames and Catherine Anderson, celebrating Safe tea for Safety*

We were proud to welcome three new team members this year, Anthony in social work, Deborah in sexual assault, and Tara in

the diabetes team. Our staff from all specialties continued to learn new skills, with a health literacy workshop assisting the development of a new and improved discharge form for our patients.

## Our Medical Leaders

Medical Services at Ashford Community Health Centre are provided by our wonderful General Practitioners Dr Abbas and Dr Braslin.

Dr Abbas provides services to the community twice monthly on a Wednesday, and every Saturday, and Dr Braslin provides services every second month.

## In the Spotlight

Inverell was honoured to host the Tablelands Sector Quality Awards this year. Special guest, Northern Tablelands MP Adam Marshall presented the awards to health professionals across the region, celebrating our staff, programs, and projects that have improved patient care.

Our community nursing teams from Ashford, Inverell, and Bundarra were the proud winners in the 'Health and Research and Innovation' category for their important work on streamlining stock management and costs.



Thank you to the wonderful staff who have allowed us to feature their photographs and have joined us in celebrating our successes over the past year.

A special thank you to those who contributed to the production of this year's Local Health Report and our Ashford Local Health Committee members for their continued commitment to the Ashford community.

The Ashford Local Health Committee would love to hear from you. Please send your comments to:

Ashford Local Health Committee  
PO Box 701  
Inverell NSW 2360

## Feedback & Acknowledgements