



Making it happen in the South West

At ICCWA, we are dedicated to promoting positive perceptions of young people and valuing their importance in our community.

ICCWA has received funding to hold a forum for community safety stakeholders in the Bunbury area to engage with young people and enhance their understanding of young people's perceptions of safety.

The question and answer seminar between a panel of young people and an audience of government and

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Y-Safety? A question and answer seminar with young people

non-government stakeholders who are involved in injury prevention and promoting community safety, will be held in April 2010. The vision is for a shared understanding between young people and safety professionals of how young people can contribute to improving safety in their community.

In December 2009, ICCWA and South West VetLink hosted a Y-Safety information session in Bunbury for relevant stakeholders in the region. Staff at ICCWA introduced

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Promoting Safety in our Community

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You can nominate someone now for the 2010 ICCWA Community Safety Awards

Find out more www.iccwa.org.au/awards



Working together to prevent community violence

Stakeholder Forum 26 March 2010

“ The forum will be an opportunity for different agencies including Local Government and politicians to build relationships with young people. ”

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the project and successfully recruited a working party of ten key stakeholders.

The forum will be an opportunity for different agencies including Local Government and politicians to build relationships with young people, and involve them in future decision making processes.

For more information email Shelley O'Brien, ICCWA Project Officer South West on shelley.o'brien@health.wa.gov.au or contact ICCWA on 08 9420 7212.

'Y Safety -Youth Forum' to be held in April of 2010 is made possible through funding from the WA Department for Communities, Office for Youth.

In partnership with the North Metropolitan Area Health Service (NMAHS), ICCWA will host a Community Violence Stakeholder Forum at Altone Place in Lockridge on Friday 26th March.

Over 300 key stakeholders from the NMAHS and beyond have been invited to attend the workshop, with the outcome of developing a strategy for the area, which addresses the root of community violence.

Evidence suggests that the factors that contribute to violence, whether they are factors of attitude and behaviour or related to larger social, economic, political or cultural conditions can be changed. Violence can be prevented.

In 2009, the World Health Organisation and Liverpool John Moores University released the report, Violence Prevention: The Evidence. The report provides the evidence

“ Violence can be prevented but we must work together. ”

for interventions that prevent violence. The following strategies form the basis of the international report:

1. Developing safe, stable and nurturing relationships between children and their parents and caregivers;
2. Developing life skills in children and adolescents;
3. Reducing the availability and harmful use of alcohol;
4. Reducing access to guns, knives and pesticides;
5. Promoting gender equality to prevent violence against women;
6. Changing cultural and social norms that support violence;
7. Victim identification, care and support programmes.

This is a closed forum for professionals working to prevent community violence. A forum for community members will follow shortly after the stakeholder forum.

The first phase of the project is funded by the Department of Health WA.

For further information, please contact Leanne Gledich at ICCWA on 9420 7212 or email lgledich@iccwa.org.au



South West Project Shows Resilience



Following on from the success of the award winning *Understanding and Building Resilience Project* ICCWA has again been successful in obtaining further National Suicide Prevention Strategy funding from the Department of Health and Ageing.

Now known as the *Resilience Project*, ICCWA will continue to work with local communities, agency networks and working groups to review and progress Community Action Plans in the South West region of Western Australia.

Gatekeeper Workshops have continued to be well received, with another sixty-six health professionals working with people at risk of suicide having attended training already.

Project staff have also been involved with many community groups and agencies in the region that are organising

awareness raising events and expos over the next few months. These events and expos aim to raise awareness of services available, bring different parts of the community together and reduce stigma of mental illness.

For further information about the project model and outcomes, please refer to the Project Summary available on the ICCWA web site www.iccwa.org.au

For more information about our activities, please contact –

Marina Johns – Project Coordinator

Based at Bridgetown District Hospital
Phone: 9782 1222
Email: marina.johns@health.wa.gov.au

Shelley O'Brien – Project Officer

Based at 18 West St Busselton
Phone: 9754 0518
Email: Shelley.O'brien@health.wa.gov.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 SW of WA)
Kids Help Line	1800 55 1800
Psychiatric Emergency Team	1300 555 788

President's Report



Another Christmas has passed and ICCWA looks forward to a new and productive 2010 as we continue to effectively penetrate our important programs into the community with a single focus: continuously improving the health and safety of all Western Australians privileged to live in our community.

ICCWA has been successful in receiving extended funding to continue the award winning work on the Suicide Prevention program, which reflects the success this program is achieving. ICCWA is also placing a focus on engaging our younger community

members to ensure they are part of the broader solution to improving community safety and health and so that they have a significant role in influencing the development of strategies and the effective implementation of them. The investment in engaging our younger community members is essential so that as a community we build a culture of awareness and positive action early.

Since the last edition we have welcomed two new staff members, Mary Ashe, Manager of Alcohol Projects and Rachael Stampfli, Project Officer. With their experience they will both be a valuable addition to the operational team at ICCWA.

Chris Peck
President

“ The investment in engaging our younger community members is essential so that as a community we build a culture of awareness and positive action early. ”

Forget the Fool! April No Falls Day – 1 April

April No Falls Day is a state-wide falls prevention initiative held on the 1st April in regional and metropolitan hospitals, as part of the Stay On Your Feet WA® program. ICCWA and Rockingham General Hospital are partnering to hold an April No Falls Day launch, which will include a number of short educational seminars.

Hospitals are encouraged to embrace the no falls message and conduct an event on or during the week of April No Falls Day to educate all staff (including nursing staff, support staff and allied health) in a fun and innovative way about the importance of falls prevention.

ICCWA through the Stay On Your Feet® program, will

support hospitals and health professionals hosting a falls prevention event by providing them with falls prevention resources and merchandise that would best complement their event.

For more information please contact Shelley Harwood on 9420 7212 or email soyfa@iccwa.org.au

CEO Report



As it's our first newsletter for 2010, it is my pleasure to welcome you all back after what I hope was a safe and relaxing holiday season. Once again, we have a busy and exciting year planned at ICCWA providing you with many opportunities to be involved in a diverse range of projects and key events.

With support from the Department of Health WA, we will be holding a community violence forum in March to develop a strategy for the North Metropolitan Area Health Service. Already positive feedback and interest is being generated for the forum from politicians,

health professionals, the police and community members.

ICCWA also continues to develop our youth safety and engagement strategies. A community safety forum with young people, Y-Safety?, will be held in Bunbury in late April, and we will soon be launching Our Space, Safe Place - an exciting social research project that aims to engage young people on issues around the importance of safety in public spaces.

ICCWA has also experienced some changes to our staff profile and it was with sadness that we farewelled Beth Jackson from our Suicide Prevention SW

project and Amy Robertson, Manager of Alcohol Projects. Beth and Amy made a significant contribution to ICCWA and the community in their time with us and we wish them the very best for their future.

I would to thank all our funders, members and partners for your ongoing support and contribution to the critical work we undertake in the WA community.

Deborah Costello
CEO



ICCWA Lunchtime Forums

February 2010 / Beyond Anger
Presented by Robert Reekie

MATES Men's Support Group is a grass-roots community based organisation supporting men in the south west of WA. Within the first two years of operation MATES had set up a cooling off house, emergency accommodation, youth mentoring, their own 24 hour crisis phone line, counselling, food bank and job network. The impact the group has had in helping men face and overcome depression, communication, relationship and domestic violence issues has been overwhelming. The presentation looked at the forming of the group as well as the concept, strategies and future directions.

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/>

Feb2010

Healing through The Map

RIGHT: Project Officers Shaun Nannup and Rachael Stampfli

ICCWA has received funding from the Australian Government, Department of Health and Ageing to deliver *Healing Through the Map* in regional WA.

In January ICCWA project officers, Shaun and Rachael, travelled to Broome to meet with frontline mental health service providers to develop a plan. A framework has been designed to deliver *The Map* workshops to staff at our partnership organisations and to their clients.

'*The Map*' workshops are facilitated by *Wisdom in Your Life* and provide a set of practical tools for health professionals to engage the communities they serve on mental health issues whilst improving their capability for self care. *The Map* workshops are a key component of ICCWA's resilience building and suicide prevention programs.

Our partnership organisations include:

- Nirrumbuk Aboriginal Corporation Inc.
- Men's Outreach Services Inc.
- Australian Red Cross (Kimberley)
- Kimberley Men's Groups

The project focuses on supporting the healing process our partnership organisations give to; the long term unemployed, prisoners, families of prisoners, people in crisis and families and communities experiencing violence. A trial client workshop is scheduled to take place in April and phase two of the project is due to start in July.

The '*Healing Through the Map*' South West and Great Southern regions project continues on well. Two workshops will be held in March – one for mental health service providers who requested a follow-up workshop and the other is for men in Bunbury Regional

The Map – 2 Day workshop

The Map was developed in 1999 by Roslyn Snyder, published in *Journey to the Centre of Your Life – The Map*. While appearing simple and easy to understand, the map is a powerful tool, which has been used in self-care, clinical practice and community development.

For more information visit www.wisdominyourlife.com.au

Prison. Grant applications to expand ICCWA's work in Bunbury Regional Prison and other areas, and to develop workshops to support families of prisoners due for re-entry are underway.

For more information on this project contact Rachael Stampfli on rstampfli@iccwa.org.au or ICCWA on 08 9420 7212.



Welcome aboard!

Rachael (pictured above) joined ICCWA at the start of this year and works alongside Shaun Nannup on the 'Healing Through the Map' projects. Rachael's background is in education where her focus has been on curriculum development and cross-cultural awareness. Rachael was Head of Department at an International Baccalaureate World School in Colombia for three years and her focus was on integrating social justice education into the College's curriculum.

Rachael has taught in Chile and Australia, worked in volunteer community outreach programs in Latin America and supported the work of Habitat for Humanity in Chile. She is currently undertaking a MA at ECU where her focus is on Indigenous learning communities. Rachael is a traveller but finds herself very happy to be settled in at ICCWA.

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ICCWA provides Professional Development in the Regions

Advocacy and Working with the Media

A partnership with the Public Health Advocacy Institute of WA has been formed to deliver a series of regional capacity building workshops to be held from February-June 2010. Injury prevention specific case studies have been prepared for the workshops, which are based on the Advocacy in Action Toolkit.

The Toolkit is available to download free from www.phaiwa.org.au

Local media and politicians are recruited to provide tips on media and advocating for issues in the community. The first workshop was delivered in Bunbury on 11th February and more are scheduled for Albany, Broome, Port Hedland and Kalgoorlie in coming months.

To register your interest in the workshops, phone Kylie on (08) 9420 7212 or email kmarchewka@iccwa.org.au

Community Safety Net

Community Safety Net is a networking and information sharing initiative for people

working or interested in community safety promotion and injury prevention. 2010 will see a redevelopment of the service which will include a log-in access page for members and an update alert system. If you have community safety issues, news, professional development opportunities or events to share, please forward details to kmarchewka@iccwa.org.au.

Kimberley Visit

ICCWA is planning the next in a series of community safety and injury prevention forums for Broome in 2010. Project Officers joined staff from the Stay On Your Feet® Falls Prevention Resources Information Centre, the Resilience and 'Healing Through The Map' Projects on a regional visit to Broome in September 2009.

ICCWA will seek to promote more locally focussed forums and seminars to link in and support initiatives at a regional level. If you have ideas on how ICCWA can support staff in your region, please contact us (08) 9420 7212.



New Directions for Farmsafe WA Alliance

Sheila Payne is the new driving force behind the Farmsafe WA Alliance.

"I am very excited about my appointment at Farmsafe WA and hope to continue with the good work achieved over the past few years," Sheila said.

"With over 30 successful years experience in sales, marketing, and management I believe I am well grounded and experienced to accomplish the tasks set before me at Farmsafe WA to deliver and achieve our goals in supporting regional WA farming communities. I am looking forward to these exciting challenges and working alongside the Farmsafe WA Alliance Committee who are a committed and capable team of professionals."

"Farmsafe WA Alliance is a very important body that

is extremely proactive in ongoing farm health and safety awareness and practices throughout WA. Our mission is 'in partnership with the WA farming community, Farmsafe WA Alliance will identify health and safety issues, provide knowledge and motivation to develop strategies and help find solutions for improved work practices and lifestyles'.

It has been a busy start to the year, with planning underway for upcoming regional visits. Emergency Care in the Bush workshops will soon be delivered in partnership with St John Ambulance and Fire and Emergency Services. The workshops are tailored to the region and aim to provide local farmers with vital information on injury prevention and emergency planning on their properties and communities. Expressions of interest from farming families are welcome.

Farmsafe WA Alliance is again joining up with Kidsafe WA and Royal Life Saving Society of WA to deliver a series of regional child safety forums. The forums, supported by the Department of Health WA, are scheduled to visit towns across the Wheatbelt during March and April 2010. For further information on child safety forums in your area, contact Melita Leeds at Kidsafe WA at melita@kidsafewa.com.au.

Sheila will be based at the Forrestfield office which is located within the grounds of the Department of Agriculture at 100 Bourgainvillea Avenue. For further information or details on workshops in your area, contact (08) 9359 4114 or email Sheila@farmsafewa.org



“ It has been a busy start to the year, with planning underway for upcoming regional visits ”

LEFT: Sheila Payne is the new driving force behind the Farmsafe WA Alliance

2010 ICCWA Community Safety Awards

Promoting safety in our community
29 July 2010



Call for Nominations

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

Do you know one of the many amazing people achieving great results in Western Australia?

If you do, then we would like you to help us to recognise the significant impact and important role these people have in addressing community safety issues in our community.

The annual ICCWA Community Safety Awards in July will showcase the excellent work being undertaken in Western Australia. We invite you to nominate an organisation or an individual to recognise their commitment and positive contribution towards community safety.

Need more information?

A Nomination Form and Selection Criteria can be downloaded from the ICCWA website www.iccwa.org.au/awards or information and assistance can be obtained by contacting the ICCWA office on 08 9420 7212 or email sbaker@iccwa.org.au

Categories are:

ICCWA Community Innovation Award

Recognising innovative action by individuals or organisations to promote safety in their local communities.

ICCWA Outstanding Achievement Award

Recognising individuals or organisations that have achieved outstanding outcomes on community safety in Western Australia.

ICCWA Research Award

Recognising excellence in community safety research undertaken in Western Australia.

ICCWA Media Award

Recognising excellence in reporting of community safety issues and prevention efforts in Western Australia.

ICCWA Student Award

Recognising the achievements and leadership of students in a community safety or injury prevention study program.

**Nominations
Close
9 July 2010**



ICCWA Membership 2010-2011

Promoting Safety in our Community

ICCWA is the peak non-government not-for-profit organisation involved in injury prevention and the promotion of community safety in WA. ICCWA was incorporated in May 1992 and was officially launched by the then Commissioner of Health, Dr Peter Brennan on 23 November 1992.

Our energetic staff have extensive health promotion and project management experience in the public health sector, and are respected for their ability to successfully complete projects. Staff are continually working to improve networks and strengthen partnerships with a broad range of organisations and people who promote community safety and injury prevention in Western Australia.

“ Your membership of ICCWA will help to ensure that we can continue to grow as a strong voice for injury prevention and community safety in Western Australia. ”

ICCWA's activities include

- Community education
- Capacity building of health professionals
- Community engagement
- Research
- Advocacy at the local, state and national levels
- Policy analysis and advice
- Coordination of conferences
- Workshops and forums
- Media liaison
- Representation on local, state and national committees
- Promotion of Safe Communities
- Professional development services to rural and remote areas
- Mall walking groups
- Community violence
- Road safety
- Various research projects
- Suicide prevention
- Aboriginal health

Past and current program areas

- Falls prevention among seniors
- Prevention of alcohol related harm

Membership fees for 2010-2011 are due on 30 June

Corporate Membership
\$143 (gst inclusive)

Individual Membership
\$25 (gst inclusive)

For further information view our website <http://www.iccwa.org.au/join-iccwa/>



Application for 2010/2011 Membership

New Membership

Title First Name

Last Name

Occupation/Position

Organisation

Mailing Address

Postcode

Telephone Facsimile

Email

Injury Prevention area of expertise/interest

On being elected a member for 2010/2011, I/We hereby agree to abide by the rules of the Constitution of ICCWA.

Signature Date

Fax or Mail this completed Membership Form with your payment

Corporate Membership \$143.00 (gst inclusive)

Individual Membership \$ 25.00 (gst inclusive)

Reciprocal Membership and Fee Negation with not-for-profit agencies will also be considered.

Direct Debit Account Name: ICCWA **Cheque** Enclosed
BSB: 066130 / Account No: 10216296
Reference: Please enter your name

Credit Card Bankcard Mastercard Visa Amount: \$

Card number / / /

Expiry date /

Name on card Signature

OFFICE USE ONLY	RECEIVED	ENTERED	BOARD APPROVED

TAX INVOICE ABN 16 423 380 886 GST Registered



City West Lotteries House / 2 Delhi Street, West Perth WA 6005
tel: 08 9420 7212 / fax: 08 9486 7955
email: iccwa@iccwa.org.au / www.iccwa.org.au

2010

Conferences/Seminars

Kidsafe Playground Conference: The Nature of Play

18 – 20 April 2010
Perth WA
[www.kidsafewa.com.au/
playgroundconference](http://www.kidsafewa.com.au/playgroundconference)

Climate for Change: Ageing into the Future, International Federation On Ageing 10th Global Conference

3 – 6 May 2010
Melbourne VIC
<http://www.ifa2010.org/speakers.asp>

6th Australian Women's Health Conference

18 – 21 May 2010
Hobart, Tasmania
[www.leishman-associates.com.au/
awhn2010/](http://www.leishman-associates.com.au/awhn2010/)

Positive Schools 2010: Mental Health & Wellbeing Conference

21 May 2010
Fremantle, WA
<http://positiveschools.com.au/>

Australian Health Promotion Association 19th National Conference: Walking the Talk Together

30 May – 2 June 2010
Melbourne, Victoria
[http://www.conferenceco.com.au/
AHPA/](http://www.conferenceco.com.au/AHPA/)

3rd Local Road Safety and Traffic Engineering Conference 2010

9 – 10 June 2010
Sydney, NSW
[http://www.halledit.com.au/
traffic2010](http://www.halledit.com.au/traffic2010)

Inaugural National Indigenous Drug and Alcohol Conference 2010: Listening, Learning and Leading

16 – 18 June 2010
Adelaide, SA
[www.nidaconference.com.au/
weblease/tp8/content.cfm?idClient=982](http://www.nidaconference.com.au/weblease/tp8/content.cfm?idClient=982)

17th Western Australian Drug and Alcohol Symposium

30 August – 1 September
Fremantle, WA
www.dao.health.wa.gov.au

10th World Conference on Injury Prevention and Safety Promotion

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

40th Public Health Association Annual Conference

27 – 29 September 2010
Adelaide SA
[http://www.phaa.net.
au/40thPHAAAnnualConference.php](http://www.phaa.net.au/40thPHAAAnnualConference.php)

National Falls Prevention Summit

19 – 20 October 2010
Brisbane QLD
[http://www.iir.com.au/conferences/
healthcare/national-falls-prevention-
summit](http://www.iir.com.au/conferences/healthcare/national-falls-prevention-summit)

4th Australian and New Zealand Falls Prevention Conference

21 – 23 November 2010
Dunedin, New Zealand
[http://anzfallsprevention.org/
conferences.html](http://anzfallsprevention.org/conferences.html)

Useful Links

ICCWA: www.iccwa.org.au

Alcohol Think Again Campaign:
www.alcoholthinkagain.com.au

Australian Indigenous HealthInfoNet:
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](http://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

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](http://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](http://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