

## Surf Life Saving WA flags safety message

As Perth heats up for another summer, Surf Life Saving Western Australia (SLSWA) have again commenced their patrol season.

*“A large number of rescues occur due to shifting banks and bigger swells. Both serve to create rips and other dangerous swimming conditions which many beach users aren’t prepared for.”*

October and November are historically the busiest months for surf lifesavers, last season

over one third of the season’s total rescues occurred during these months.

With the arrival of warmer weather it is expected that volunteer surf lifesavers will be in high demand on their first patrol of the season. To supplement beach patrols in this busy period, the SLSWA Support Operations Team will be patrolling the coastline on their Rescue Water Craft (RWC / jet skis). This is the first time SLSWA has undertaken this variation on regular patrols and it promises to be a worthwhile investment of time and resources.

SLSWA has reminded all beach goers to swim between the red and yellow flags and remember the FLAGS message:



- F** Find the flags and swim between them
- L** Look at the safety signs
- A** Ask a Lifesaver for some good advice
- G** Get a friend to swim with you
- S** Stick your hand up for help

# Surf Life Saving WA flags safety message

(continued)

Chris Peck, SLSWA Operations Manager said "At the very least it is imperative you swim on a patrolled beach, don't swim alone and choose beaches that suit your swimming capability."



Along with keeping safe in the water remember to be sun smart. Seek shade, slip on a shirt, slop on sunscreen, slap on a hat and wrap on some sunglasses. Skin cancer amounts to over 50% of cancer treated in Australia so preventative action must be taken.

It's also imperative that when drinking to stay away from the water. Alcohol dramatically impairs your vision and statistics indicate that one in three drownings of young people involves alcohol.

SLSWA urges all members of the community to stick to these safety tips and have a safe and happy summer.

## ICCWA MEMBERSHIP

ICCWA is the leading non-government body representing organisations and individuals concerned with the prevention and control of injuries and the promotion of community safety.

ICCWA works in partnership with individuals and organisations involved in injury prevention and control at both State and National levels. Injury remains a critical issue for Western Australians and ICCWA continues to raise awareness and advocate for change on community, state and national levels.

Your membership of and participation in ICCWA will help to ensure that we can continue to grow as a strong voice for injury prevention in Western Australia and work together to reduce the burden of injury on our community.

Membership fees for 2007/2008 are:

**Corporate Membership \$143**  
**Individual Membership \$25**

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

## Royal Life Saving Society WA promotes the “Don’t Drink and Drown” message to Leavers

Every year thousands of school leavers pack up and head away from the city to celebrate finishing Year 12. It is a time of celebration and for some the first time away from parents.

Royal Life Saving Society WA (RLSSWA) has been sending volunteers to Leavers celebrations at Dunsborough and Rottnest for the past three years, providing activities and support along side other support services. The main aim of this volunteer presence from RLSSWA is the promotion of the Don’t Drink and Drown message. RLSSWA volunteers promote Don’t Drink and Drown for the entirety of the Leavers week which is from the 26th of November till the 30th in 2007.



On average one in three drownings of young adults involve alcohol. In 2006 ten drowning deaths had alcohol and/or other drugs recorded as a contributing factor, 40% of all drowning deaths over the age of 15.

High levels of alcohol consumption can lead to impaired judgement, greater risk taking behaviour, a lack of coordination and impaired reaction times which all increases the chances of getting into trouble while participating in aquatic activity. If an incident does occur a number of physiological reactions can reduce the chances of survival including spasm of the vocal chords, disturbance of the inner ear, and increases in the time that hypothermia occurs.

RLSSWA volunteers promote the Don’t Drink and Drown campaign to Leavers as they are at high risk of combining alcohol and aquatic activities. Leaver’s celebration sites have typically been near the beach, and the culture of drinking at this event has led to the need for the Don’t Drink and Drown promotion to be visible and effective at Leavers celebrations. They are also entering the age bracket of 18-29 years of age which statistically is the most at risk age group of injury or drowning due to combining alcohol and being around or in the water.

***“The Don’t Drink and Drown program is an alcohol and water safety campaign aimed at reducing alcohol related drownings and injuries in WA.”***

Through support and activities the RLSSWA volunteers engage Leavers celebrants and inform them about the dangers of alcohol consumption and aquatic activities. Volunteers lead leavers through activities based on an aquatic scenario twice, first without and then with vision altering beer goggles that simulate the numbing of senses that alcohol consumption produces. The RLSSWA volunteers provide activities during the day, including program specific and beach games. Leavers expectations, due to hype and other means, tend to be far from what they experience when they arrive at Leavers locations and find that activities, that RLSSWA and other support services provide, engaging. These activities while giving the celebrants something to do promote health messages such as Don’t Drink and Drown.

During the evenings RLSSWA volunteers provide a support service for the Leavers, cooperating with authority and other support services to ensure celebrants are having a safe and enjoyable time.

If you’d like more information about the Don’t Drink and Drown campaign or about RLSSWA presence at Leavers please contact James Stewart or Lauren Nimmo on 9383 8200 or [jstewart@rlsswa.com.au](mailto:jstewart@rlsswa.com.au).

## President's Report

Welcome to the final 2007 edition of the Injury Control Council of Western Australia's Newsletter. This year has been very successful for ICCWA and we have continued to raise the profile and importance of injury prevention in Western Australia. The events and activities undertaken have addressed the critical injury issues facing West Australians.



*Associate Professor  
Richard Midford*

members for their contribution to the Board and to ICCWA.

I would like to mention our CEO's recent trip to Canada for the Injury Prevention and Promotion of Community Safety Conference. Deborah presented a paper on "Violence and suicide prevention initiatives in Australia". As Deborah indicates in her report, this was a great opportunity to showcase ICCWA's work in injury prevention to

an international audience, and establish some useful networks in Canada.

Finally I would like to acknowledge and congratulate the winners of the 2007 ICCWA Injury Prevention Awards. The presentations were made by Wendy Murray, Director, Office of Crime Prevention, at an award ceremony in early November.

As the holiday season approaches, I would like to take this opportunity to wish you all a happy and a very safe festive season and best wishes for 2008.

*Associate Professor Richard Midford  
President, ICCWA*

This year we welcomed Rhonda Barrett-Smith, Beth Jackson, Greg Little and Gina Grizaard to our staff and farewelled Jody Smith and Anita Busacca. We wish both them all the best in their future endeavors. We also farewelled our long standing CEO Chris Costa, who handed over to Deborah Costello in May. Thanks also to the ICCWA board for their support and work throughout 2007.

The board for 2007/2008 was elected at the AGM with three new members joining us. I would like to welcome David Beattie, Terri-Anne Pettet and Michelle Taylor and also farewell Dr Sudhakar Rao, Professor Cobie Rudd, Dr Marisa Gilles and Mr Alan Philp. I would like to thank our retiring

## Chief Executive Officer's Report

The last few months have been an extremely busy time for ICCWA with Stay on Your Feet® Week, RAC Community Safety Month, ICCWA AGM, lunch time forums, professional development workshops and the ICCWA awards.



*Deborah Costello*

I would like to congratulate the recipients of the 2007 ICCWA Injury Prevention Awards and thank them for their contribution to injury prevention. We commend you for your work and wish you well for your future endeavors. Thank you to all organisations and individuals who nominated for an ICCWA Award for their efforts and assisting us to raise the profile of injury prevention in WA.

As mentioned by our President, I have recently returned from Toronto where I presented on 'Violence and suicide prevention initiatives in Australia' at the Canadian Injury Prevention and

Promotion of Community Safety Conference. I also had the opportunity to meet with key individuals and organisations involved with Safe Communities across North America, children's safety, road safety, education, injury prevention resource development and sector capacity building. This trip provided an excellent opportunity to showcase ICCWA's work at an international level and to learn from

and establish networks with the injury prevention sector in Canada.

I would like to sincerely thank all Board members for their support and staff and volunteers for their fantastic work and commitment to ICCWA. Finally, I would like to wish all of you a safe festive season and I look forward to working with you in 2008.

*Deborah Costello, CEO, ICCWA*

## Denmark – Western Australia's only World Health Organisation designated Safe Community

**D**enmark has been named as Western Australia's only "Safe Community" by the World Health Organisation.

The World Health Organisation (WHO) defines a "Safe Community" as a place that actively promotes 'safety promotion, injury, violence, suicide and natural disaster prevention, covering all age groups, genders and areas and is a part of an international network of accredited programs.'



**Henk Harberts (Chairman: WHO and Australian Safe Communities Foundation) presents International Safe Community Plaque to Denmark representatives.**

Coordinator of the Denmark Safe Community Committee Dr Gillian Sellar said everybody had a responsibility to promote and maintain their safety and the safety of others.

"People are the key to making communities safer places in which to live, work, learn, travel and play," she said.

"Our community will continue to be well served by those who believe "prevention is better than cure" and the implementation of programs to prevent and control injuries."

Safe Community programs include:

- Road and transport safety – Road Wise, accident prevention, Shire and Main roads programs (all ages) – Road Safety Mystery Tours for high school and Agricultural College students

- Coastal, surf and water safety (all ages)
- Child and infant safety – Kid Safe, Playground safety (0 -5 year olds)
- Seniors and disabled safety – Stay on your Feet (SOYF) fall prevention programs, disability access issues
- Farm safety – Farm Safe including vehicles and animal issues
- Occupational safety – Work Safe
- Crime and personal safety – Domestic violence, drug and alcohol etc (all ages, particularly youth and young adults)
- Emergency Services – SES, Fire, Ambulance

"The Safe Community Committee is producing an action plan for 2008 -2009 which will identify areas of key concern and strategies to address these," Dr Sellar said.

"Ongoing community consultation will ensure that relevant and effective programs are being implemented, and it is hoped Denmark's rate of injuries decreases while public awareness and participation in these initiatives increase."

For further information visit

<http://safecommunity.dwalc.org.au> or contact Dr Gillian Sellar on (08) 9848 3514.



**The redesignation ceremony was held on 19 October 2007 at the Denmark Shire Function rooms.**

# ICCWA Injury Prevention Award Winners For 2007

On Friday 2nd November 2007, the Injury Control Council of Western Australia held its annual Injury Prevention Awards. The purpose of these awards is to recognise the valuable contributions to the reduction of injury and the promotion of community safety in Western Australia. The Awards were presented by Ms Wendy Murray, Director of the Office of Crime Prevention.

Winners of the Injury Prevention Awards 2007 were:

- **The ICCWA Community Injury Prevention Award:**  
The North Parmelia Primary School Safety Club
- **The ICCWA Award for Outstanding Achievement in Injury Prevention:**  
The Denmark Safe Community Committee
- **The ICCWA Award for Excellence in Injury Prevention Research:**  
Gerri Clay, Independent Living Centre of WA
- **The ICCWA Media Award for Excellence in Injury Prevention Reporting:**  
Jaime Muirhead, The South Western Times
- **The ICCWA Student Award:**  
Sarah McKerracher, University of Western Australia.
- **The ICCWA Volunteer Awards:**  
Helen Clark, Nancy Ciampini, David Taylor



*L-R: Associate Professor Richard Midford (President, ICCWA), Wendy Murray (Director, Office of Crime Prevention), Sarah McKerracher (Student, UWA), Dr Gill Sellar (Denmark Safe Community Committee), Sharni Winter (North Parmelia Primary School), Gerri Clay (Independent Living Centre), Jordan Adams (North Parmelia Primary School), Dena Stafford (Independent Living Centre), Deborah Costello (CEO ICCWA)*

# ICCWA Injury Prevention Award Winners For 2007 *(continued)*

## *The ICCWA Community Injury Prevention Award* **“The North Parmelia Primary School Safety Club”**

The North Parmelia Primary School has established the North Parmelia Safety Club. The Safety Club has been instrumental in raising awareness and implementing strategies that reduce risk to staff, students and families. The students constantly promote the message “think safe, play safe”.

Activities of the Safety Club have included bike safety awareness, painting of visual prompts in the school to reduce the risk of injury resulting from running around blind corners, monitoring the ‘pick up, drop off’ car park to ensure that families adhere to the rules when picking up children, and introducing sun smart strategies that encourage their peers to be more conscious of the dangers of sun exposure.



*Accepting on behalf of the North Parmelia Primary School Safety Club were students Jordan Adams and Sharni Winter with teacher Angela Luttrell*

The leadership skills displayed by this team of dedicated students to improve safety and awareness around the school has been inspirational to both staff and students.

## *The ICCWA Award for Outstanding Achievement in Injury Prevention*

### **“The Denmark Safe Community Committee”**



*Dr Gill Sellar accepts the award for The Denmark Safe Community Committee*

In October this year, Denmark was re-designated as the only World Health Organisation Safe Community in WA, and the Denmark Safe Community Committee has done some amazing work in a range of injury prevention areas in order to achieve this result.

The Denmark Safe Community Committee (comprising representatives from community groups, emergency services, local health services and local government) adopts a whole-of-community approach in dealing with safety issues and is currently producing a new action plan addressing key priority areas.

# ICCWA Injury Prevention Award Winners For 2007 *(continued)*

## *The ICCWA Award for Excellence in Injury Prevention Research* **“Gerri Clay, Independent Living Centre of WA”**



*Gerri Clay and Dena Stafford, Independent Living Centre*

The Independent Living Centre of WA undertook a large research project investigating the Physical Impact of Caring on Family Carers, with a particular focus on injury and prevention. The research originated out of recognition of the physical demands placed on people who care for family members at home and the lack of evidence and research on this topic.

The research project provides significant evidence on which policy makers and program designers can draw upon when developing manual handling training programs for family carers and the results of the research have provided sound evidence of the risk of physical injury associated with caring.



*Jaime Muirhead,  
The South Western Times*

## *The ICCWA Media Award for Excellence in Injury Prevention Reporting*

### **“Jaime Muirhead, The South Western Times”**

Jaime Muirhead has been a journalist in the South West for a number of years and wins this award for reporting the issue of suicide in a responsible and accurate manner. There is much evidence to support the fact that reporting on suicide can have an impact on vulnerable people and the way in which suicide is reported can be particularly significant. Jaime regularly contacts groups involved with injury prevention, health and community safety where possible to obtain the most accurate information as the basis of her articles.

## *The ICCWA Student Award*

### **“Sarah McKerracher, University of Western Australia.”**

Sarah McKerracher is a final year Bachelor of Health Science student from the University of Western Australia. In July 2007 Sarah began a 13 week placement with ICCWA and has undertaken a range of tasks related to injury prevention including research, advocacy, funding proposals and preparation of educational materials. Sarah has shown an extensive interest in injury as a health issue throughout her degree and has consistently shown professionalism and leadership potential.



*Sarah McKerracher, Student UWA*

# ICCWA Injury Prevention Award Winners For 2007 *(continued)*

## *The ICCWA Volunteer Awards*

### **“Helen Clark, Nancy Ciampini, David Taylor”**



*Monica and Jonathon Taylor  
accept David Taylor's  
Outstanding Service Award*

At the Awards we recognised the volunteers who have achieved three years' service. Our volunteers work tirelessly in the community to raise awareness about falls prevention and to lead walking groups in shopping centres and encouraging people to stay physically active. They give unselfishly of their time and energy and are wonderful role models for healthy ageing.

Another very special volunteer, David Taylor, would have also reached his third year of service as a Stay on Your Feet volunteer. Very sadly and suddenly, David passed away earlier this year. David was a committed, reliable and very effective volunteer and it was ICCWA's good fortune that he chose to become a Stay on Your Feet volunteer.

## *Acknowledgements*

ICCWA felt it was very important to acknowledge other injury prevention work being undertaken in the community. Award nominees that ICCWA would like to make specific mention of include the following:

- **Graham Fisher and the Val Lishman Health Research Foundation** for their work in establishing the South West Trauma Registry
- **Mark Sorensen, Alex Ellis & Letetia Herbert from the WA Country Health Services in Kalgoorlie** for their work in falls prevention
- **Andrew Hiskins from Princess Margaret Hospital** for his injury surveillance research work
- **Sasha Jones and Vanessa Strack from Blue Dog Communications** for their media and communications activities for RAC Community Safety Month.



*Mark Sorensen accepting the  
Recognition Certificate for  
WACHS Kalgoorlie*



*Nadine Hendry, Engel Prendergast  
and Terri-Anne Pettet*



*Iain Cameron, Barbro Dowding  
and Sasha Jones*

## Building Resilience in the South West: Training for suicide prevention

The *Understanding and Building Resilience (U&BR) Project* is a multi-faceted suicide prevention project which focuses on what communities can do to prevent suicide – with community resilience being the central theme of the project. The Project is funded by the Commonwealth Department of Health and Ageing via a National Suicide Prevention Strategy grant, and is operating in the regional and rural south west corner of Western Australia.

One of the major objectives of the U&BR Project is to provide regular, affordable *Gatekeeper Workshops* for professionals and support workers in our six south west communities. Four workshops have already been conducted over the past three months. These Workshops have been developed and conducted for many years by the Ministerial Council for Suicide Prevention (MCSP) and are based on current evidence and best practice in suicide prevention. The Workshops have an interactive adult learning framework that provides opportunities for practicing new skills and each participant also receives detailed workshop resources.

### CONTACTS

#### Marina Johns - Project Coordinator

Based at Bridgetown District Hospital  
Phone: (08) 9782 1222  
Email: marina.johns@health.wa.gov.au

#### Dr Beth Jackson - Project Officer

Phone: (08) 9720 2846  
Email: bjackson.iccwa@bigpond.com

If you would like to know more about the *Gatekeeper Workshops* in the south west, or if your south west community group is interested in a two-hour presentation on suicide prevention, please contact Marina Johns as below. To find out about Gatekeeper training outside the South West Region, please visit the MCSP web site, [www.mcsp.org.au](http://www.mcsp.org.au)

Media and mental health stakeholders in the south west have also been fortunate to have members of the *Mindframe* National Media Initiative team, Hunter Institute of Mental Health, visiting the region in November. The Mindframe team promote the accurate and responsible reporting of mental illness and suicide in the Australian media. Briefings were held with south west media representatives and free workshops were conducted for mental health stakeholders.

*Mindframe* is funded by the Australian Government Department of Health and Ageing and more information about the Project can be obtained from the web site, [www.mindframe-media.info/mentalhealth](http://www.mindframe-media.info/mentalhealth)

#### Greg Little - Project Officer

Based at South West Aboriginal Medical Service, Bunbury  
Phone: (08) 9791 2779  
Email: greg.little@swams.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**

**Lifeline**

**Kids Help Line**

**Psychiatric Emergency Team**

**1800 555 336** (in South West of WA)

**13 11 14**

**1800 55 1800**

**1300 555 788**

## Stay on Your Feet® Week 2007



**S**tay on Your Feet® Week 2007 (23rd-29th September) was officially launched by John Hyde MLA, Parliamentary Secretary for Health on Monday 24th September at 9am at the Perth Cultural Centre. Other key speakers featured at the launch included Dr Neale Fong, WA Department of Health Director General and Deborah Costello, ICCWA Chief Executive Officer.

After the official proceedings, a community expo was held at the Cultural Centre. There were plenty of things for seniors to do at the expo which included blood pressure and heart rate



*Oasis Dance Studio members provided entertainment at the launch*

assessments, balance appraisals, talking to health professionals about medications, bone density testing, spectacle cleaning and much more! Seniors also had the opportunity to taste some of the amazing food creations made by Celebrity Chef Dale Sniffen, watch Belly Dancing demonstrations, learn more about Tai Chi and join in with the choir for a song or two.

During Stay on Your Feet® Week there were 67 events held across metropolitan and regional WA. Community groups and organisations who held events received funding from the Department of Health grants distributed by ICCWA. There were a wide range of activities and events throughout the week which included bush walking, cooking lessons, Tai Chi demonstrations, community expos, dances, health presentations and foot massages. The aim of the activities and events was to raise awareness about falls prevention and also help seniors identify positive steps which they can take to reduce their risk of having a fall.



*The "Sing From your Heart" choir entertaining the crowd*

## Stay on Your Feet® Community Expos

Stay on Your Feet® will be holding community expos in 2008.

If you are interested in participating in an expo or would like Stay on Your Feet® to be involved in an expo you are organising, please contact Lisa on (08) 9420 7212.

## Mall Walking Update

Lots of exciting things have happened with the walking groups over the last few months. The Armadale Shopping City re-launched their walking group, three of the walking groups had nutrition presenters, all walking groups participated in Walk Week and three new volunteers have completed Walk Leader training.

Cr Jeff Munn JP CMC, Deputy Mayor for the City of Armadale, officially re-launched the Armadale Shopping City Mall Walking Group on November 2nd. There was a great response to the launch and as a result the group now has 42 registered walkers. Armadale Shopping City treated all walkers at the launch to a show bag containing vouchers, t-shirt and a water bottle and also held a morning tea for the walkers after the launch.



**L-R: June McDonald (Walk Leader), Cr Jeff Munn (Deputy Mayor for the City of Armadale), Barbara Stevens, Centre Manager Armadale Shopping City, Holly Scott (ICCWA) and Danielle Kelly, Marketing Manager Armadale Shopping City.**

During September and October, third year Nutrition students from Curtin University conducted nutrition presentations for the Karrinyup, Garden City and Belmont mall walkers. Different nutrition topics were covered at each of the walking groups. After the presentation, a healthy morning tea was served and the walkers had an opportunity to talk further with the nutrition students.

The walkers thoroughly enjoyed the presentations and many of the walkers hoped to put their new nutrition knowledge into practice.

Walk Week was held from the 5-12th November and was coordinated by the Heart Foundation. Walk Week encourages Western Australians to be



**Centre Manager Barbara Stevens and ICCWA's Holly Scott welcome walkers.**

active by walking for transport, health, recreation and the environment. During the week, each of the walking groups held activities to encourage their walkers to be more physically active.

ICCWA is pleased to welcome Jan Lambrecht, Stuart Leake and Ben Van der Mulen to the Walk Leader team. These volunteers completed their Walk Leader training during October.

The walking groups will be having a break over the Christmas and New Year period. For details please contact Lisa on (08) 9420 7212 or talk to one of the Walk Leaders.



**Armadale Shopping City Walking Group Launch.**

## Panel Discussion: Examining the supply of alcohol to underage young people



On Monday 15th October the Injury Control Council of Western Australia and the WA Community Alcohol Network hosted a panel discussion entitled 'Examining the supply of alcohol to underage young people'. The discussion was an RAC Community Safety Month event, kindly supported by the Office of Crime Prevention.

The discussion was chaired by Professor Mike Daube, and the panel consisted of Hon Giz Watson MLC, Gary Kirby, Drug & Alcohol Office, Dr Tanya Chikritzhs, National Drug Research Institute, Sergeant Kevin Tinley, WA Police, Leeann Murphy, Office of Crime Prevention, and Frances, a year 11 student. Lee-Anne Raeside from the Parent Drug Information Service was unfortunately unable to participate due to ill health.

There was conversation around the size of the problem, what young people are drinking and where they get it from.

Females by far favour pre-mixed drinks and alcopops at all ages. This has rapidly increased since sophisticated alcopops entered market in 2000. Boys lean towards beer and full strength spirits, although popularity of pre-mixed drinks has increased since early 2000.

Most current drinkers get alcohol from a non-retail source (91%), and majority of that from their own parents (40%).

Frances gave a moving account of her experiences with alcohol, claiming that she found it easy to purchase alcohol from liquor outlets despite being underage, and that drinking alcohol gave her the confidence to socialise in a way that she usually wouldn't.

What are some of the ways to reduce the supply of alcohol to young people? The panel discussed strategies to manage young people at Leaver's celebrations, reducing trading hours of liquor outlets, raising the drinking age to 21, discouraging the promotion of cheap alcohol, and regulating alcohol advertising that appeals to young people as possible options.

DVDs of the panel discussion will be available – contact Sarah on (08) 9420 7212 for a copy.



### RAC Community Safety Month

RAC Community Safety Month highlights the safety and prevention programs currently run in the community. The month aims to encourage people to participate in public events and make WA a safer place.

ICCWA had a particularly busy month in October with a number of Community Safety Month events, kindly supported by the Office of Crime Prevention. Events included a display at Forrest Place, a Motorised Wheelchair and Scooter Safety Lunchtime Forum, a panel discussion on the supply of alcohol to underage young people hosted by ICCWA and the WA Community Alcohol Network, a Falls Prevention Seminar for health professionals, a guest presentation at the ICCWA AGM on "Alcohol consumption amongst older people", and the ICCWA Injury Prevention Awards.

Further information can be found on the website [www.communitysafetymonth.wa.gov.au](http://www.communitysafetymonth.wa.gov.au).



## ICCWA Lunchtime Forums

ICCWA Free Lunchtime Forums are held on the first Thursday of each month (except January)

### September

#### PREVENTING HARM: RESPONDING TO THE 'RIPPLE EFFECT' OF SUICIDE

The September lunchtime forum was presented by Sharon Hillman, Manager of Active Response Bereavement Outreach (ARBOR) Support Service, Ministerial Council for Suicide Prevention.

For every death by suicide it is estimated that between five and ten people are intimately affected by the loss and many more by what has been known as the 'ripple effect'. If people bereaved by suicide try to seek help, they find it difficult to navigate through both their grief and the lack of appropriate resources and services.

ARBOR is a pilot project that aims to provide timely and helpful support to people bereaved by suicide and is an initiative of the Ministerial Council for Suicide Prevention and Curtin University's Centre for Developmental Health and funded by the Commonwealth Department of Health and Ageing.

For more information please contact Sharon Hillman on (08) 9266 1939 or email [S.Hillman@curtin.edu.au](mailto:S.Hillman@curtin.edu.au)

### October

#### INJURIES IN THE PRISON SYSTEM

The October lunchtime forum was presented by Associate Professor Tony Butler from the National Drug Research Institute. Prisons are violent environments with a high risk of exposure to physical and sexual assaults, self-harm, and unintentional injuries. While injury is a national public health priority area we know very little about the epidemiology of injury in prison settings. In 2003 Justice Health NSW implemented a prison injury surveillance system to examine patterns of

injury among prisoners and enable interventions to be developed. The system was based on presentation to the prison clinic and it is the first injury surveillance system to be developed for prisons with a specific public health focus. This presentation discussed the injury surveillance project and its findings.

For more information please contact (08) 9266 1616 or email [t.butler@curtin.edu.au](mailto:t.butler@curtin.edu.au)

### November

#### GOPHER BROKE?

**"Safety issues associated with the use of motorised scooters, wheelchairs and gophers in Western Australia"**

Presented by Suzanne Ralston (ICCWA Manager of Falls Prevention Programs) & Sarah McKerracher (UWA Health Science Practicum Student)

Motorised scooters and wheelchairs are increasingly being used as an alternative form of transport for older people, and those with disabilities. These alternative means of transport and mobility are of enormous benefit to individuals with physical disabilities and health conditions, and their importance cannot be underestimated.



*Sarah McKerracher*

The recent increase in the use of mobility devices in Australia has raised concerns about the safety of users, and transport network users in general. This presentation discussed legislation and regulation, insurance, driver and community awareness, usage aspects and health implications compared with walking, supply and training issues, and public infrastructure and environmental issues.

Please contact ICCWA (08) 9420 7212 for more information.

## Conferences/Seminars

### **Crisis and Emergency Management, Conference 2008**

#### **Strategies for the future**

6 – 7 February 2008

Novotel Langley Hotel, Perth WA

[www.verticalevents.com.au](http://www.verticalevents.com.au)

### **3rd International Solar Cities Congress 2008**

17 – 21 February,

Adelaide SA

[www.oncreative.cmail1.com/e/242235/0](http://www.oncreative.cmail1.com/e/242235/0)

### **Young people, crime and community safety: engagement and early intervention**

25 – 26 February 2008

Melbourne, VIC

[www.aic.gov.au/conferences/2008-YoungPeople/](http://www.aic.gov.au/conferences/2008-YoungPeople/)

### **5th National Consumer Congress Challenges and Responses: Current and future issues for consumer policy**

5 – 6 March 2008

Perth Convention Exhibition Centre, WA

[www.NCC2008.Com](http://www.NCC2008.Com)

### **Diversity in Health 2008: Strengths and Sustainable Solutions**

10 – 12 March,

Darling Harbour, Sydney NSW

[www.dhi.gov.au/conference/](http://www.dhi.gov.au/conference/)

### **9th World Conference on Injury Prevention and Safety Promotion**

15 – 18 March 2008

Merida Mexico

[www.safety2008mx.info/ing/](http://www.safety2008mx.info/ing/)

### **Parents, Families and Carers: Our Place in the Human Services, Our Agenda for Change**

17 – 18 March 2008

Email: [vern@civilsociety.org.au](mailto:vern@civilsociety.org.au)

### **Australian Health Promoting Schools Association National Conference**

2 – 4 April 2008

Adelaide SA

[www.sapmea.asn.au/ahpsa2008/](http://www.sapmea.asn.au/ahpsa2008/)

### **WACOSS Conference 2008: Striving, Thriving, Aligning, Reviving and Surviving**

1 – 2 May 2008

Perth WA

[www.wacoss.org.au/conference2008/](http://www.wacoss.org.au/conference2008/)

### **Population Health Congress 2008**

6 – 9 July 2008

Brisbane QLD

[www.populationhealthcongress.org.au](http://www.populationhealthcongress.org.au)

### **17th International Safe Communities Conference**

20 – 23 October 2008

Christchurch, New Zealand

[www.conference.co.nz/index.cfm/lsc08/welcome/](http://www.conference.co.nz/index.cfm/lsc08/welcome/)

## Websites

### **ICCWA**

[www.iccwa.org.au](http://www.iccwa.org.au)

### **Drug and Alcohol Office, WA**

[www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)

### **Farmsafe WA Alliance Inc**

[www.farmsafewa.org](http://www.farmsafewa.org)

### **Mental Health and Well Being**

[www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)

### **Ministerial Council for Suicide Prevention**

[www.mcsp.org.au](http://www.mcsp.org.au)

### **Office of Road Safety**

[www.officeofroadsafety.wa.gov.au](http://www.officeofroadsafety.wa.gov.au)

### **Office for Seniors Interests and Volunteering**

[www.osi.wa.gov.au](http://www.osi.wa.gov.au)

### **RAC Community Safety Month 2007**

[www.communitysafetymonth.wa.gov.au](http://www.communitysafetymonth.wa.gov.au)

### **Royal Life Saving WA**

[www.lifesavingwa.com.au](http://www.lifesavingwa.com.au)

### **School Drug Education and Road Aware**

[www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)

### **Surf Life Saving Western Australia**

[www.mybeach.com.au](http://www.mybeach.com.au)

### **The Office of the Public Advocate**

[www.justice.wa.gov.au](http://www.justice.wa.gov.au)

## Research Links

### **World Health Organisation**

[www.who/helmets.org/headlines/](http://www.who/helmets.org/headlines/)

### **National Suicide Prevention Strategy**

[www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)

### **Injury Prevention Literature Update**

[www.safetylit.org](http://www.safetylit.org)

### **Australian Network for Promotion, Prevention and Early Intervention for Mental Health**

[www.auseinet.com/index.php](http://www.auseinet.com/index.php)

# ICCWA STAFF 2007



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Officer*



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Volunteering*



**Deborah Costello**  
*Chief Executive  
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**Gina Grizaard**  
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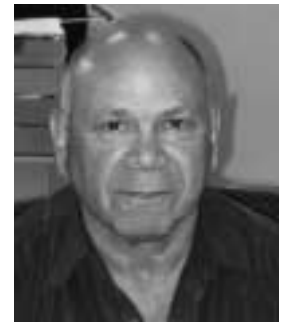
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Injury Control Council of Western Australia

Information and opinions expressed at this forum do not necessarily reflect the views of the Injury Control Council of Western Australia (Inc)

If you would like to contribute to this newsletter, by way of an article and/or photos,  
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