

NUFF of the PUFF

Presenter:

David Batty

Tackling Smoking Healthy
Lifestyles Educator

Kimberley Aboriginal
Medical Services Council LTD
Broome Western Australia



An Australian Government Initiative



This Tackling Indigenous Smoking and Healthy Lifestyle Initiative was funded
by the Australian Government of Health and Ageing

NUFF of the PUFF 'WORLD NO TOBACCO DAY 2014' PRESENTS

**CORPORATE TRADITIONAL
ABORIGINAL
GAMES DAY**
WITH A TWIST!!

FREE EVENT!
GREAT PRIZES FOR EVERY BODY!
SIX FUN GAMES
BBQ PROVIDED!

BROOME PCYC | FRIDAY 30TH MAY | 8.30AM - 12.30

NOMINATIONS CLOSE FRIDAY 23RD MAY 2014
TO NOMINATE YOUR TEAM OF 4 PEOPLE CONTACT DAVID BATTY
(08) 9195 2114 OR BY EMAIL: TSHLSWORKER1@KAMSC.ORG.AU

CLOSING THE GAP tackling Indigenous chronic disease
MANGROVE REPORT HOTEL
WATER CORPORATION
LIFE & SOUL
BROOME-TIME LODGE
MATSO'S BROOME RETURN

THIS TACKLING SMOKING AND HEALTHY LIFESTYLE INITIATIVE WAS FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH AND AGEING

State-wide Aboriginal tobacco control strategic team

Who are we?

- Aboriginal tobacco control workers WA state-wide attended a roundtable discuss on 13 August 2013 to identify issues, brainstorm solutions, and work toward a state-wide strategy to effectively address Aboriginal tobacco control in WA.
- As a result of the roundtable discussion the group came up with a total of six group action plans and several initiatives in the short, medium, and long term.

The goals of the six plans:

1. Effectively address smoking among children and pregnant women through a well-equipped and well-trained community
2. Smoke free tackling tobacco workforce with adequate and educated staff
3. Government regulation and accountability: getting local government to develop, endorse, mark with signage and enforce smoke free community areas and policies + government accountability
4. Increase community engagement/involvement and ownership
5. Funding
6. Workplace communication and training

Next Step

- The group proposed that a subcommittee be formed to continue to work up and drive these initiatives and continue work toward a unified state-wide strategy.
- ACOSH agreed to support the group by liaising, providing secretariat and communications support, and continuing to move this unified coalition approach forward.
- The attendees expressed a desire to set the high water mark in tobacco control in WA, with many of them meeting one another for the first time.
- The attendees also expressed a desire to work together and share resources and ideas with one another, and assist new Aboriginal tobacco control workers.
- This collective support allows the group, both individually and collectively, to work to their highest potential and have the greatest impact.

Outcome of these meeting

- The second Aboriginal tobacco control leadership meeting was held on the 6th – 7th of May, hosted by Kimberley Aboriginal Medical Services Council in Broome. On the second day, half day was dedicated to final discussions around the state-wide Aboriginal Traditional Games competition to celebrate World No Tobacco Day 2014.

This was to be lead by the KAMSC NUff of the PUFF team in Broome



World No Tobacco Day 2014

On World No Tobacco Day, May 31st

- 28 different events were held in Broome, Bidyadanga, Fitzroy Crossing, Bunbury, Collie, Harvey, Wyndham, Kununurra, Geraldton, Albany and Kalgoorlie.
- With more than 3500 participants at schools and community areas around the State.
- The events had significant community support and corporate donations for food, water, equipment and prizes.
- The games brought together WA communities to celebrate Aboriginal culture and provide an incentive to quit, cut back , or smoke away from non smokers, including children.
- It was also an important opportunity to draw attention, to the dangers of smoking and the benefits of quitting, in a fun, healthy, culturally significant way.

All these events were made Alcohol and Smoke-free

There is a great story on this done by Associate Professor Julie Coffin in the August MEDICUS

Broome

World No Tobacco Day Event

- Organisations from around Broome were invited to register a team or teams of 4 staff, family or friends.
- Teams must consist of 2 males and 2 females.
- Organisations were to name their team and could come in theme.
- Organisations were encouraged to set up a stall on the day, to promote all aspects of health and to advertise their services and programs.
- Teams had to compete in 6 different games on the day

Traditional Aboriginal Games Day

18 different team competed on the day
Traditional Games Played with a Twist

➤ Goori = Moving Target

This game was played using 12 tennis balls and a large rubber gym ball.

To gain points each team had to hit the moving target as many times possible with the tennis balls given.

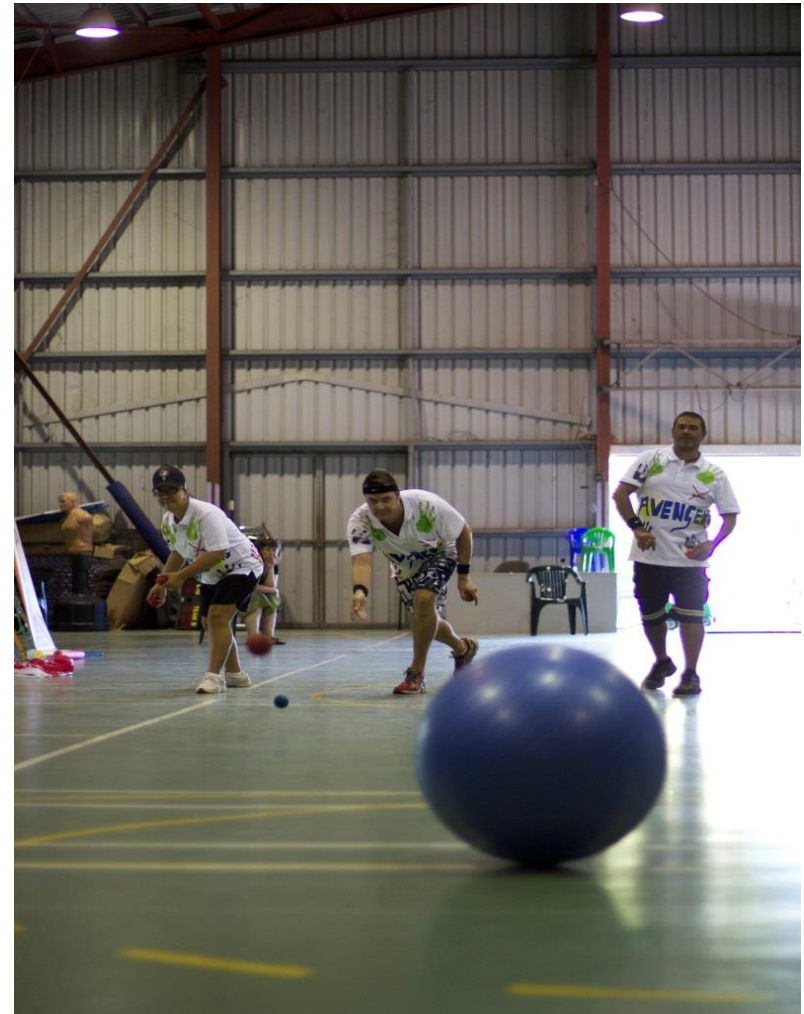
Winning team;

Kimberley Stolen Generation 1

Prize;

\$200 healthy morning tea

donated by KAMSC Population Health Unit.



Gurumba

Sumo wrestling (Male only game)

The 2 contestants started off by standing in the middle of the circle, holding an arm on each other's shoulders (opposite). Contestants gained points as to how many times they could force their opponent out of the circle. Heats were held until there was one winner.

Winner;
Lydon McKenna

Prize;
2night accommodation
Mangrove Resort Broome



Kungirruna = Obstacle course

All team members, one at a time, were to complete the obstacle course that had been set. This game was run in heats due to the large amount of teams on the day. The team with the fastest course time won.

Winning Team:
BRAMS Thunderbolts

Prize:
4 x 1 Night's
Accommodation.
Donated By Broome Time
Lodge.



Kutturi (Stick Fighting)

The purpose of this game was to hit your challenger as many times below the knee in the time given.

The game was played in heats until there was one winner

Winning team;
Trezzaz Troops

Prize;
\$200 healthy morning tea
donated by KAMSC
Population Health Unit.



Target Spear Throwing

- All team members were to compete in this game.
- The target is made as a big dart board
- Starting distance from target was 10 metres
- Aim of the game was to hit the target provided with a spear, and gain score points. 1, 3, 5, 10 points
- If a team member missed the target all together they were eliminated from the game.
- After each round, the participants were moved 5 more metres away from target.
- After each throw participants score was added to the team total.
- The person with the highest score, from the furthest distance won the game.

Winning team;
BRAMS Bullets

Prize;
\$100 Voucher.
Donated by Matso's Broome.



Walbiri (Memory Testing Game)

Female team members only

The two female team members were to compete in this race as one team. Teams were to run 10 metres up to a tarp, which was removed to reveal 30 different objects. Teams were given 60 seconds to identify as many items as possible. They then had to run back to the start and document the objects. The team with the most documented items won the game.

Winning team;
KAMSC Incredibles

Prize;
4x Gym Sports Bags (\$200)
donated by Sports Power Broome.



World No Tobacco Champion Team 2014

Awarded to the KAMSC Incredible's

With the highest point from the 6 games

The overall winning team also won 4 x 3 months gym membership

Donated by: Life and Soul Health and Fitness Broome



The World No Tobacco Day Trophy

Our NUFF of the PUff Team looks forward to making this event even bigger and better in 2015.



Presenter;
Shaun Sullivan

Tackling Smoking Healthy Lifestyle Youth Advocate

**Kimberley Aboriginal
Medical Services Council LTD
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3 on 3
NUFF OF PUFF ARE YOU SMOKE FREE?
BASKETBALL
TOURNAMENT

LOOMa
THURSDAY
26TH JUNE

For Ages
10 to 18 yrs old
10 teams only for
both divisions
boys and girls.

Register your team
early with

Or on the day

Starting time
2.45pm till 5.30pm

Followed by
Community Comedy Show
by Funny Man
Kevin Kropinyeri
6.00pm till 7.00pm

This Tackling Smoking and Healthy Lifestyles initiative was funded
by the Australian Government Department of Health and Ageing

It all started when we got a business case accepted to run 3on 3 basketball tournament + comedy show in 6 Kimberley communities.

The 6 communities that we were working with were Bidgyadanga, Mowanjum, Looma, Halls creek, Balgo and Wyndham.



To get the events off the ground we collaborated with local agencies in the places we visited.

Without their help and assistance the events wouldn't have been as successful as they were



Next Step

At the end of June we set off on a 11 day road trip with funny man and comedian

Kevin Kropinyeri.

Approximately 900 people attended throughout the 6 communities.





Feedback From Community

“Many thanks to you and the team for making it so easy for us, despite the last minute change of venue.”

“The fact that you guys were so organised was a big help to us”

“Kevin Kropinyeri went down really well with the kids, they were all you tubing him the next day and only last week a kid told me he wanted to be a comedian ‘like Kevin Kropinyeri’ which was great to hear.”

“Having the extra element of a comedian, something that was entirely new to the kids, was a real plus”