

Orana Haven Open Day

Drug Action Week

On Saturday, 28th June 2008, an Open Day was held at the Orana Haven, Gongolgong, in conjunction with "Drug Action Week".



This program was targeted at the wider community. There were about 30-40 people in attendance on the day, ranging in ages from 6 months old to 70 years old. It was hard to get an exact number because of the open area.



Brewarrina staff in attendance were Charlee-Sue Frail, Aboriginal Health Worker and Healthy for Life Program, and Iriaka Rukaiwai, Registered Nurse and Healthy for Life Program.

Orana Haven staff who attended the day were Liz Simpson, Cathy Robbins, Rodney Robbins and Anthony Williams. Judy Scolari-Gibson, member of the Bila Muuji Social and Emotional Well-Being Team also attended.





Orana Haven Open Day Drug Action Week

Smoking Causes Lung Cancer



Strategies which were put in place:

- Initial Client Assessment form was designed.
- Health Information was organised to give to clients.
- A safe and friendly environment was provided for clients to be able to ask any question about their health.
- Clients' blood pressure, blood sugar levels and weight was recorded. Staff discussed clients' lifestyles and any factors they would like to change.



Binge Drinking causes Liver Damage



The Open Day was a great success.

It was a good opportunity to assess the clients and see if they would like to change a lifestyle factor and how we could assist them.