



Welcome!

Welcome to the September 2008 edition of the 'Care for my air!' - 'Fresh air grows solid babies' newsletter. This newsletter is designed to provide you with a progress update on the Newborns Asthma and Parental Smoking (NAPS) Project.

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Indigenous Women's Project

The Indigenous Women's Project has been developing very well since it expanded across the state. The Asthma Foundation of WA is very grateful for the funding that the Health Department of WA has given the project to ensure the project will be operating across the state at least until the end of 2009. Project strategies include delivering free Brief Intervention Training to health professionals that work with Indigenous pregnant women and mums throughout the state. If you are interested in this training please contact Cherise on 9289 3641.

Brief Intervention Training

Senior Health Promotion Officer Cherise Hawkins and Health Promotion Officer Amy Murphy have been busy promoting the "Care for my air!" message throughout rural Western Australia. The project officers visited Broome, Derby, Kununurra and Karratha earlier this year to conduct Brief Intervention Training in Smoking Cessation to midwives, child health nurses and Aboriginal Health Workers. The feedback from this training was very positive, all participants learnt how to ask patients about their smoking and how to assess and assist them to give up the habit.

If you and your colleagues would like to feel more confident in providing health information and motivational advice to clients, please phone Cherise to enquire about Brief Intervention Training on 9289 3641.

Parenting Expo

Over the long weekend in June, the NAPS project officers and other helpers from the Asthma Foundation manned a stall at the Parenting Australia Expo. The Expo was held at Challenge Stadium and included entertainment for the kids, the Baby Whisperer and farm animals. The stall enabled the project officers to distribute information to pregnant mums, new mothers and fathers.

Did you know?

Asthma Week is the first week of September and the Asthma Foundation is conducting free interactive asthma education activities at the Wesley Centre (corners of William and Hay St.) in the Perth CBD.



The Newborns Asthma and Parental Smoking (NAPS) Indigenous Women's Project is funded by the Western Australian Department of Health



Smoking cessation resources

Resources such as the "Care for my air" packs have been a popular and effective way of promoting the "Care for my air!" message.

Request these and other resources by phoning Vanessa on 9289 3602.

We want to hear from you!

If your hospital or health service is undertaking any exciting activities relating to smoking in pregnancy, we'd love to publish the information and any photos in future editions.

Contact Amy on 9289 3662 or ask@smokefreebaby.org.au if you have any ideas you'd like your colleagues to know about!



Indigenous Women's Project Grants coming soon....

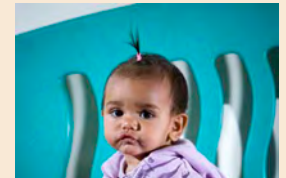
The Indigenous Women's Project is pleased to announce two grants that will soon be available.

Community Grants

Small grants will be available for community groups and health services to promote the "Fresh air grows solid babies" message. An example of how the grant can be used is by holding a health day where the message is promoted and resources are given away. Other health issues can be promoted at the same time. Examples of how the money can be used are for catering and promotion of the event. More information will be provided when the grants are open for applications. If you are interested in attaining one of these grants you can register your interest by emailing Cherise at cherise.hawkins@asthmawa.org.au.

Ongoing Education Grants

Grants will be available for health professionals that complete the Brief intervention training to continue their education by applying for a continuing education grant that will cover their cost to complete the Cancer Council WA Fresh Start Course (costs include the course cost, travel and accommodation). If you are interested in attaining one of these grants you can register your interest by emailing Cherise at cherise.hawkins@asthmawa.org.au.



Asthma Training in 2008

The Asthma Foundation of WA regularly holds courses for health professionals in order to raise awareness and provide up-to-date asthma information. These courses are designed to give people the skills and knowledge to directly impact the management of patient/client asthma.

Asthma Seminar for Health Professionals, \$99

4th September 2008

6th November 2008

Asthma Educators' Course, \$600

25th - 28th August 2008

20th - 23rd October 2008

Please call Vanessa on 9289 3602 to reserve your place and request a registration form.

To find out which course would suit you, please contact Tegan O'Rafferty, Education and Training Manager, on 9289 3649 or etm@asthmawa.org.au.

The Indigenous Women's Project has some great resources that the community can access free of charge. If you would like these resources to give out in your health service you can order them in bulk completely free.

Please contact Vanessa to arrange delivery on 9289 3602.



New Commonwealth Funding for NAPS

The NAPS Project has received funding by the Australian Government Department of Health and Ageing to continue health promotion strategies to reduce smoking amongst pregnant women.

The funding will allow the project to revisit two previous strategies piloted by the NAPS project. These include a Pregnancy Quitline Referral Project and Smoking Assessment Form. Two hospitals have been chosen to participate in the project and we welcome King Edward Memorial Hospital and Armadale Hospital on board. The midwives who work in the antenatal clinic will be able to fax refer the pregnant women and their partners to the Quitline. The Quitline will then provide a call back service to the woman or her partner to assist with quitting smoking. For more information on the Quitline or the NAPS Project, please contact Amy on 9289 3662.