

HOW SMALL GRANTS CAN TURN IN TO BIGGER GRANTS

Armajun Aboriginal



Health Service Inc.



Who are we?

- Aboriginal Community Controlled Health Service (ACCHS)
- Based in Inverell Northern NSW.
- Opened in September 2005.
- Relocated to larger premises in January 2011
- Auspiced for 1st 8 years of operation. Independent with local Board from 1st September 2013





What do we do?

- Holistic Primary Health Care
- GP services
- Visiting Specialist and Allied Health Clinics
- Drug and Alcohol Services
- Sexual and Reproductive Health Project
- Dental Clinics and Oral Health Promotion
- Health and Healthy Lifestyle Promotion Activities



How did it start?

- Community Consultation
- Funding / Health promotion grants
- Training opportunities
- Forming Partnerships
- Community participation





Our 1st project

Big things become little things:

- HNE Community Health – Armajun ran the program
- 10 week Group Exercise program for 10 men
- Weights, Spinning, Pilates, Swimming
- Clients showing results





Our 2nd project

Murrun Bamba (Alive & Strong)

- 12 month program
- Exercise 2 days a week (separate Men's & Women's)
- Education once a month- e.g. Smoking, D&A, Diet,
- 35 participants signed up Men & Women all had Aboriginal Health Checks





Our 2nd project cont.

- Minor Problems
 - Clients not attending
 - Staff away
- Trialled incentive program \$25 gift vouchers





Our latest Project

ARMAGYM

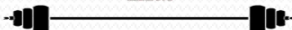
- Successful, \$10,000 grant
- Purchase large variety of gym equipment

ARMAGYM



SPINNS

Est. 2013





ARMAGYM

- All Armajun Clients have access to Armagym after;
 - ✓ Aboriginal Health Assessment
 - ✓ Completed Induction & sign Indemnity form
- Clients feel comfortable (Safe environment.)
- Armagym is open between 9am-4pm week days.
- There's no set time like all our other programs
(Less Stress for you and the clients)

ARMAGYM



FAST NEAS

Est. 2013