

Aboriginal Health Worker Telephone Support Cancer Network Project

Information Sheet



Overview

This project has been funded through the Cancer Australia's "Building Cancer Support Networks Initiative", an initiative of the Australian Government to help reduce the burden on individuals living with cancer through the provision of grants to community-based organisations for innovative cancer support projects. Cancer Council NT is proud to facilitate this project.

What is the project all about?

The project aims to provide a monthly telephone support network for Aboriginal Health Workers (AHW's) from health clinics within remote communities in the Northern Territory. Through this format, members will be able to come together via the telephone, a readily available service to most, rather than the geographical challenges of meeting face-to-face when living and working in Northern Territory remote regions.

The project will offer information, emotional support and advice to those working in a remote health setting, with a focus on AHW's to better equip them to assist Indigenous people affected by a cancer diagnosis, including patients, their families, friends and carers and to link with others in a similar environment.

Facilitated by a Nurse Counsellor employed at Cancer Council NT, the health professionals involved will have an increased knowledge base and skills in dealing with people affected by a cancer diagnosis. CCNT also employs a Psychologist who will attend the network meetings bi-monthly as needed, and guest speakers will also be invited to join the teleconferences as a "need" is identified within the network.

Who can be involved?

The network is aimed at Aboriginal Health Workers within the Northern Territory who have an interest and/or cancer clients within their community. It is also open to other regional and remote health clinic staff who would benefit from networking and sharing and regional / remote health professionals working in the Northern Territory.

What are the advantages for those who participate?

- An opportunity for remote health workers to be supported, and to help support others, and feel less isolated due to geographical challenges;
- Professional advice and support from skilled Cancer Council facilitators;
- A chance to talk about your concerns, share experiences and information; and
- A chance for Aboriginal health workers to develop new skills for looking after themselves, and coping strategies for patients.

Do participants have to commit to dial into network each month?

No, it is not compulsory to dial in every session and participants can use the network when and how often they feel necessary.

Steps to being involved

If you or a colleague might be interested in participating, please contact **Marg Hodgetts or Jill Naylor**: ph 08 8927 4888 or email: support.manager@cancernt.org.au for further information or to enrol. Information and participation details will then be provided .

This is a free service and participants are able to use the network as they are able