

Woorabinda fun day



“ Welcome to Nhulundu News, your monthly newsletter from Nhulundu Wooribah Indigenous Health Organisation.”

As I put the finishing touches to my column this month, I am also rushing to finish packing, for what for me, will easily be one of the most humbling but incredible experiences of my time in the Aboriginal health sector.

By the time this newsletter is printed, myself and two colleagues from the National Aboriginal Community Controlled Health Organisation, will be on our way to New York to attend the United Nations Caucus of Indigenous Peoples Rights. This will be a significant and unique opportunity to see firsthand how Indigenous people and organisations from around the world are working with Governments and Corporate Citizens to address the social disadvantage faced by Indigenous nations.

I cannot express how grateful I am for this opportunity to extend my contribution to tackling Indigenous chronic disease and Closing the Gap. We seem to have had a steady stream of visitors at Nhulundu Health Service this last month.

Our consultant Chris O'Connell has been here assisting us with input to roll out the Multi Disciplinary Models of Care in Central Queensland and Wide Bay.

Also visiting were Nhulundu Health Service's new Chartered Company Secretaries up from Brisbane, Kris Trott and Wendy Riley who were undertaking work to ensure that this health service has functioning governance practices and policies.

On a final note, I would also like to offer a very warm welcome to the new members of the Tackling Tobacco and Healthy Lifestyles team. Kirrie Machen joins us as a tobacco action worker, Jade Pengelly as a part time healthy lifestyle worker and Sharrna Parter as a casual healthy lifestyle worker. The employment of these three workers now has the team operating at full strength for the first time in many months. With their assistance and the co-operation of the entire Nhulundu Health Service we can make a difference and Close the Gap in Indigenous Health.

I will bring back a full report of my United Nations trip for the next newsletter.

Matthew Cooke CEO

It may have been a long trek out to Woorabinda, but the smiles on the faces of the children who attended the first Woorabinda Family Fit and Fun day made it all worthwhile.

The inaugural fun day, held at the beginning of April was attended by almost 300 people.

Staff from Nhulundu Health Service set off late on Tuesday afternoon with a trailer packed to the limit with fun activities and goodies for the young people in the community. After an overnight stay at the Duaringa hotel, the staff drove off bright and early to set up the community day at the local primary school.

Activities for the day included a rock wall, super slide and jumping castle, face painting, netball skills station and a pass the ball station.

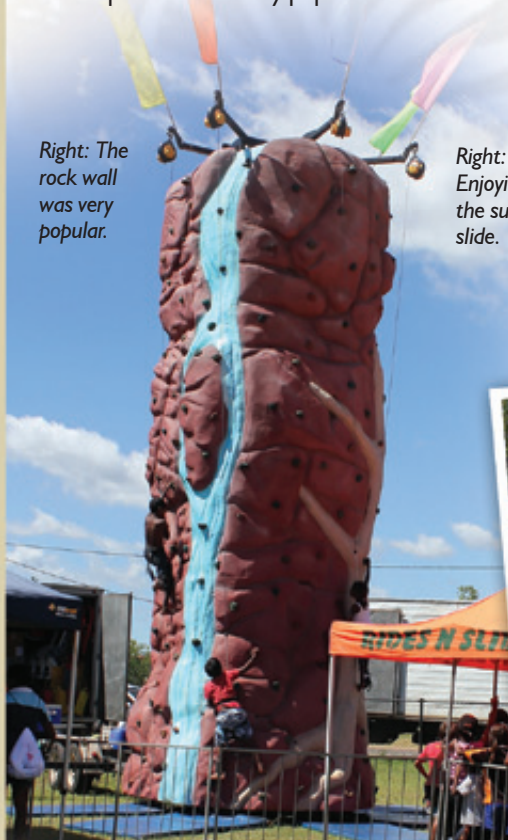
Tobacco Action Worker, Elaine Daylight conducted a Tobacco Education area which was visited by 90% of the young people participating in the activities on the day.

A fun, and informative nutrition game organised by senior health worker Richard Geesu proved to be very popular as well.

Queensland Health workers took registrations for health checks on the day. A big thank you to the girls from the Wooriettes for conducting the netball station and also Leo Rebel for looking after the pass the ball station. Participants in the activities were rewarded with a bag of goodies after they had completed three activities.

Catering was once again provided by Lorelle and her team who travelled out from Rockhampton to provide a healthy barbecue lunch and fruit platters.

Right: The rock wall was very popular.



Right: Enjoying the super slide.



Above: Richard Geesu has the trailer loaded with prizes and activities for the young people of Woorabinda.

Doctor's Appointments

Nhulundu Health Service would like to advise their clients the Dr Sabitha Yakkala has now returned from maternity leave appointments are available by phoning the office on 4979 0992.

Dr John Mitchell is also available for appointments. Where possible please think ahead and book your doctor's appointment as it is not always possible to accommodate your appointments on short notice.



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Monday to Thursday 7.00am to 5.00pm

Friday 8.00am to 5.00pm | Cnr Manning & Hixon St, Gladstone | Ph: 4979 0992 Fax: 4979 0967

Deadly Choices Touch Carnival

Organising continues at a cracking pace for the much anticipated Deadly Choice, Murri Touch Footy Carnival in conjunction with World No Tobacco Day, sponsored by GP Links Wide Bay, and sponsored by Nhulundu Health Service to promote anti-smoking messages and resources through a Central Regional Indigenous Carnival event on June 1 – 2.

The Deadly Choices Murri Touch Footy Carnival will be conducted over two days and will be hosted at the Bundaberg Touch Football Association Grounds in Bundaberg.

Competition will include both men's and women's teams, mixed opens, under 17's and masters (over 35).

Prize money on offer will be dependant on registration numbers.

There will be winners and losers rounds and plenty of games assured for all teams.

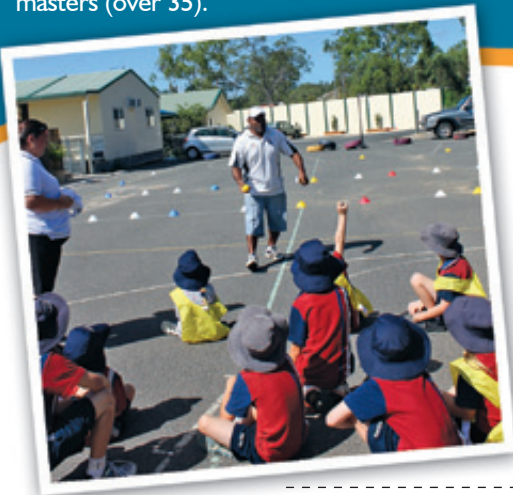
Nomination packs will be available soon.

There will be a great line up of entertainment with the very popular 'Black Pearl' featuring Reggie Little, Roger Knox and Angus Rabbit as well as a great line up of local talent.

Players and spectators are encouraged to come down to the touch

grounds for some great entertainment.

For further information contact Ardy Muckan on 0439 704 366 or email amuckan@gplinks.org.au Cut off date for registrations is May 17 and unfortunately, no late nominations can be accepted.



Harmony Day at St Stephens School

Richard Geesu, Elaine Daylight and Liz Rye attended Harmony Day activities at St Stephens school on Wednesday March 28.

Approximately 88 students from prep through to year 8 participated in an exercise activity with staff and teachers.

The students were divided into 4 groups and rotated through a variety of activities with other groups for 30 minutes each. The Nhulundu Health Service

activity was an Indigenous Game called CHIBA.

The game required the students to run backwards and forwards, throw soft balls, swerve from the balls, and duck and weave from the balls.

Although it was a warm day, the children were encouraged to wear their hats and drink water, and take lots of water breaks.

The school will be incorporating that game into their curriculum for sports activities.

Fun run to commemorate Mabo Day

Nhulundu Health Service has formed a community partnership with Gladstone Roadrunners and Ecofest to organise a fun run. The fun run, which will be held on Sunday June 3, will commemorate Mabo Day and will be run in conjunction with the Ecofest celebrations.

The event is a true fun run, with only a gold coin entry. Participants are invited to walk or run either the 3km or 10km course which winds through the Botanic Gardens. There will be prizes for both male and female winners of both events, as well as 40 random prize draws. Competitors can register on the

day between 7.00am and 7.45am with the first event commencing at 8.00am.

In keeping with the Tackling Tobacco and Healthy Lifestyle team's mandate, the proceeds from the run will be donated to the Oncology Unit at the Gladstone Base hospital to assist with providing items for patients with cancer.

Myths and facts about tobacco smoking and quitting

Myth: It's the nicotine in cigarettes that causes cancer

Fact: Tobacco smoke contains more than 4 000 compounds including tar, ammonia, carbon monoxide and arsenic, which harm nearly every organ in the body. Nicotine is not harmless but it is these toxins – not nicotine – that are responsible for tobacco-related diseases. See www.quitnow.info.au for information on the 4000 chemicals in cigarettes.

Myth: People need to be ready to quit smoking

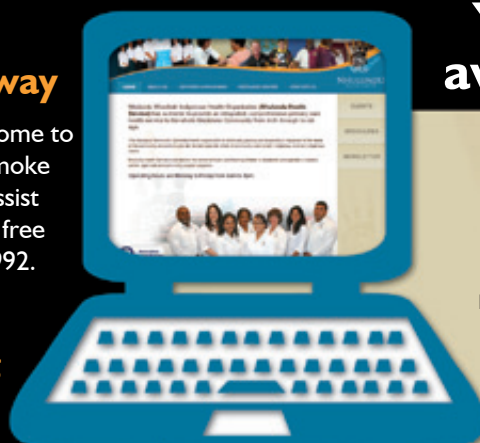
Fact: There is some evidence that the likelihood of success in a quit attempt is not related to the smoker's expressed interest in quitting in the period leading up to an attempt. Unplanned attempts to quit are as likely (or even more likely) to be as successful as planned attempts. This means there is benefit in encouraging all smokers to consider quitting whenever the opportunity arises.



QUIT Smoking could be just a phone call away

Tobacco Action worker Elaine Daylight will come to your home, explain the process, conduct a smoke check and you are on your way. Elaine will assist and support you on your journey to a smoke free life. Pick up the phone and call today 4979 0992.

Smoking in another room, by an open window or after the kids have gone to bed is not enough to avoid them being affected by passive smoking.



Your newsletter is now available on our website

Visit our website at www.nhulundu.com.au

Nhulundu Health Service offers a safe and non threatening medical environment where our patients feel cared for and valued in an environment that has a zero tolerance policy of aggressive and threatening behaviour.

Youth Week

It was all action and dance moves as Nhulunyu Health Service's Tackling tobacco and Healthy Lifestyle team combined with the Gladstone Regional Council to celebrate National Youth Week.

Motivational speaker and dancer, Marcus Pedro conducted a Dance Kombat session on Sunday, April 22. The session was great fun and Marcus had everyone, including parents and staff, up and moving in a very active dance session which incorporated Aboriginal and Torres Strait Islander culture.

Small numbers of participants did nothing to dampen the enthusiasm.

After the dance session, it was up to Nhulunyu Health Service's very own Master Chef, Richard Geesu, ably assisted by Jade Pengelly,

to prepare a culinary delight. Richard prepared and cooked a delicious coconut curry chicken and a tasty island fruit salad.

These recipes are from the Good Quick Tukka Program which is designed to provide tasty and nutritional meals that are inexpensive, easy to prepare in around 30 minutes. Judging by the comments, Richard once again produced the goods and

everyone went home very satisfied.

The event was held at Nhulunyu Health Service's offices in Manning Street.



Right: Marcus Pedro shows off some Dance Kombat moves.



Left: Jade Pengelly, Sharna Parter and Richard Geesu cook up some coconut curry chicken.

SERVICES AVAILABLE

MEDICAL CENTRE

General Practice services, immunisation, maternal and child health, mental health support, diabetes support, men's health, women's health, chronic disease support, skin checks, Indigenous health incentives, smoking cessation and healthy lifestyle education.

Nhulunyu Health Service is a bulk billing practice. Operating hours are Monday to Thursday 7.00am – 5.00pm and Friday 8.00am -5.00pm - appointments necessary.

This practice is AGPAL accredited for quality assurance and ISO 9001:2008 Management Systems Standards accredited.



COMMUNITY SUPPORT SERVICE

This service provides a culturally acceptable and readily accessible place for local Indigenous community members, and offers access and referrals to a range of mainstream and Indigenous specific services including health care, child care, court support, education, employment, housing and an internet café.

AGED CARE

Nhulunyu Health Service offers a comprehensive community-based aged care program called Community Aged Care Package, designed to improve and maintain independent quality of life for the aged living in their home and residential environment. The Aged Care team also runs the Home and Community Care Program.

All clients must have an aged care assessment before being accepted into any program.



Left: Matthew Cooke

Could you be a Foster hero?

There are around 200 children on child protection orders in the Gladstone region, who require safe, stable homes until they are able to return to their families, or live independently. Foster Carers are our heroes as they provide this opportunity. Being a Foster Hero doesn't have to be full-time. We require Respite, Emergency, Long-term, and Short-term Carers.

If you would like to find out more about becoming a Foster Hero, call Camille Gregg at Anglicare today on 4972-8220.

Opportunity to highlight Aboriginal health on world stage

Nhulunyu Health Service CEO Matt Cooke, in his role of Deputy Chairperson of the National Aboriginal Community Controlled Health Organisation (NACCHO), will join with fellow NACCHO representatives Chairperson Justin Mohammed and Director Sheryl Lawton to head to New York to attend the United Nations Caucus of Indigenous Peoples Rights in May.

The opportunity for the NACCHO Executive to attend the United Nations – Rights of Indigenous Peoples Caucus will be a significant and unique opportunity to see firsthand how Indigenous people and organisations from around the world are working with Governments and Corporate Citizens to address the social disadvantage faced by Indigenous nations. Both Indigenous and Non-Indigenous Australians have a lot to learn from the international arena. As a first world nation our Indigenous people have a health and social status worse than those people living in third world countries, with some 17-25 years difference in life expectancy between Indigenous and Non-Indigenous Australians.

“It has been acknowledged by both sides and all levels of Government that the time has come to close the gap and move forward together as a prosperous and healthy Australian community, Matt said, “I look forward to seizing this opportunity to discuss these issues and to work hard to seek answers and bring back the knowledge that will help improve health outcomes for our people.”

Nhulundu Wooribah Indigenous Health Organisation Newsletter



Left: Senior Health Worker Richard Geesu plays a nutrition game with the children of Woorabinda.



Above: The Salvation Army's Lyn Whittaker, Zinc Radio's Joel Anderson, and Gladstone News' Faye McGown joined Carly Cooke and Liz Rye at the launch of the Salvation Army Red Shield Appeal Business Breakfast.

Hero Rewards

Hero Rewards is a QAIHC (Queensland Aboriginal and Islander Health Council) initiative that encourages Indigenous community members to better manage their health.

The initiative is part of the Australian Government's



Indigenous Chronic Disease Package (ICDP) program supporting and encouraging General Practice and Indigenous Health Services to provide improved health care for Indigenous Australians, especially in the area of tackling Indigenous chronic disease and Indigenous health care.

At Nhulundu Health Service we encourage our Aboriginal and Torres Strait Islander community members to have regular health checks, to maintain good health and prevent the onset of chronic disease.

The Hero's Rewards program offers Aboriginal and Torres Strait Islander people a reward on the completion of a health check. Not only do you have our friendly staff taking care of your health but you also receive a reward for doing so.

For further information please feel free to call Nhulundu Health Service and book your appointment today on 4979 0992.

Right: Registered Nurses Elaine Smit and Jackie Tully are spreading the message and urging clients to have their flu shot.



Left: Leo Rebel supervises the 'pass the ball' activity at Woorabinda.

Flu vaccines now available

Indigenous clients over 15 years are eligible for a free flu vaccine and are encouraged to register today. For further information or to organise to have your flu shot done, please contact the centre on 4979 0992.

Congratulations Elaine

Elaine Daylight was employed as a trainee Tobacco Action Worker during her Traineeship and gained a Certificate III in Aboriginal and Torres Strait Islander Primary Health Care. She is now a Tobacco Action Worker, and taken up the option to work on a part time basis for a while due to the lack of, and expense of, childcare in Gladstone at the moment. Elaine is currently enrolling in Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care. She is really enjoying her time at Nhulundu Health Service.



UPCOMING EVENTS

- May 27 Gladstone Family Fit and Fun Day**
- May 31 World No Tobacco Day**
- June 1 & 2 Deadly Choices Touch Carnival**
- June 3 Nhulundu Health Service's Ecofest Fun Run commemorating Mabo Day**



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