



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

It has been a great last few weeks working here at Nhulundu. You will see from the following pages that the staff have been very active in the community delivering programs and facilitating events.

Recently staff from Nhulundu were involved in facilitating the inaugural Murri Inter-Agency meeting where we invited all the organisations and business that have Indigenous programs or that provide services to the Murri community, to come and share their information.

We received a great response with lots of agencies attending and sharing their programs and explaining the services that they offer to the Indigenous Community. We are now in the process of creating a newsletter which will contain all the information we received from the various agencies. Once this is finalised we will circulate the newsletter out into the community.

Many of you will be wondering where we are at with the appointment of the new CEO. The process is now in its final stages and we should have an announcement of who will fill the position by the next newsletter.

Nhulundu Health Service celebrated Seniors Week with a 'Live and Love Life' theme. Clients were invited to the centre for a social afternoon and a shared lunch. By all accounts everyone had a wonderful afternoon. Well done to all the Aged Care staff.

For those members of our community who may have experienced difficulty in getting an appointment with the clinic, we have now allocated appointment times for Indigenous clients every day. If you require an appointment and ring before 9.30am, we should have a space available for you.

Take care,

*Melody Ingra - Acting CEO*

**Nhulundu Wooribah Indigenous Health Organisation Inc**

**AGM will be held**

**Saturday October 13, 2012**

**at 10.30am at**

**Nhulundu Health Service  
I Manning Street, Gladstone**

**Healthy choices are 'Deadly Choices'**

Chronic diseases and associated risk factors are responsible for about two thirds of the Indigenous health gap, with the biggest contributors to excess mortality being circulatory diseases, cancer, diabetes and respiratory diseases. Smoking alone accounts for around 20% of all Indigenous deaths.

The 'Deadly Choices' program is a seven week health education and capacity development course aimed at supporting participants to be positive role models and mentors for their family, peer group and community in leading a healthy lifestyle. It covers a wide variety of topics from leadership and substance misuse through to the importance of local primary health care.



Advertising for the 'Deadly Choices' campaign features leading Indigenous players and legends from the National Rugby League, including Sam Thaiday and Preston Campbell. The campaign aims to encourage Aboriginal and Torres Strait Islander people to make 'Deadly Choices' regarding their health and lifestyle and join the 'Deadly Choices' team in tackling Indigenous chronic disease.

'Deadly Choices' also encourages Aboriginal and Torres Strait Islander people to access their local Community Controlled Health Service for a health check.

The 'Deadly Choices' program includes a specific strategy targeting smoking within Indigenous communities, particularly young people and pregnant mothers. Rather than focusing solely on the dangers of smoking (and other risk factors for chronic disease), the program focuses on the positives of NOT smoking and living a healthy lifestyle.

Keiron Lander and Nathan Appo from the Institute of Urban Indigenous Health visited Nhulundu Health Service recently to conduct training for the staff involved in presenting this program. Keep your eyes out for 'Deadly Choices', it is high profile and deadly!

**Great effort from Botanic to Bridge participants**

Thank you to those staff and community members who participated in the Botanic to Bridge recently. It was great to see so many familiar and new faces!

Through the Regional Tobacco and Healthy Lifestyle Team's health promotion activity (to be eligible the community member had to complete a survey) for the 2012 Botanic to Bridge, **55 community members between the ages of 1 and 54 had their registration fee sponsored by the team. Out of those 55 community members, 46 identified as Aboriginal and/or Torres Strait Islander.**



The health promotion activity in conjunction with the Botanic to Bridge was another step towards 'Closing the Gap' on life expectancy between Aboriginal and Torres Strait Islander people and other Australians.

The survey's which were completed has provided the team with valuable feedback regarding Nhulundu Health Service's programs and community access.



**NHULUNDU HEALTH SERVICE**



# Seniors 'living and loving life'

Nhulundu Health Service Aged Care and Home and Community Care Program workers entertained guests to celebrate Seniors Week and embrace this year's theme 'Living and Loving Life'.

Thirty five guests came together to partake in games, quizzes and to join together as one, to place their mark on a mural depicting a 'Living and Loving Life' theme. Those who had not painted nor had ever partaken in any form of art work for many years, got their hands dirty and thoroughly enjoyed themselves. Once completed the mural will be placed on the wall at the Nhulundu Health Service Home and Community Care Day Respite Centre for everyone to see.

Morning tea with lunch and dessert were provided and some wonderful entertainment followed.

The girls of Nhulundu Health Service thought it a great idea to put their own spin on the living and loving life theme, and dressed up in wedding and bridesmaids gowns to surprise their guests. With many smiles and much laughter the cat walk parade went down a treat. The biggest laugh was saved for support workers Linda and Cheryl who chose to dress as those who had become very comfortable with who they were after many years of marriage. Needless to say, no one expected both ladies would walk out in dressing gowns, curlers and face cream on! The laughter just about brought down the house.

Thank you to everyone who was involved in this special day.



## Ladies enjoy walk, swim and yarn

The Walk, Swim & Yarn program, under the guidance of Healthy Lifestyle Worker, Jade Pengelly is gaining in popularity with seven participants now registered and enjoying the 12 week program.

This program offers the participants the opportunity to enjoy free, low impact exercises with other women and enjoy a good yarn at the same time. Simple suggestions to better manage and help reduce the risk of chronic disease are also included.

The program runs each Wednesday at the Gladstone Aquatic Centre Heated Indoor Pool at 9.30am. Transport is available if required. For more information speak to Jade Pengelly on 49790992.



## Message from the Manager

### Carly Cooke – Regional Tackling Tobacco & Healthy Lifestyle Co-ordinator

Aboriginal and Torres Strait Islander people experience a burden of disease two-and-a-half times that of other Australians. A large part of the burden of disease is due to chronic diseases such as cardiovascular disease, diabetes, cancer, chronic respiratory disease and chronic kidney disease. This can be reduced by earlier identification, and management of risk factors and the disease itself.

An important part of the Australian Government's response to Closing the Gap in Indigenous health outcomes, a National Workforce of Regional Tackling Tobacco and Healthy Lifestyle Teams were introduced.

Nhulundu Health Service's Regional Tackling Tobacco and Healthy Lifestyle Team service the Central Queensland region. The team delivers various health programs and events to tackle chronic disease risk factors including smoking, poor nutrition and lack of exercise. The team strongly encourages community members to have regular health checks and maintain good health. The team consists of Richard Geesu, Jade Pengelly, Sharrna Parter, Kirrie Machen, Elaine Daylight, Liz Rye and Emma Delta.

The team boasts qualifications including Certificate III and IV in Aboriginal and

Torres Strait Islander Primary Health Care, Diploma of Population Health and Certificate IV Training and Assessment to name a few. Soon staff will enrol into another course of study to equip them with the knowledge and skills to better service our people.

Smoking is responsible for 1 in 5 of all Aboriginal and Torres Strait Islander deaths and is the most preventable cause of poor health and early death among Aboriginal and Torres Strait Islander people.

It has been estimated that if all tobacco-related deaths among Aboriginal and Torres Strait Islander people could be eliminated, then life expectancy would increase by 2.5 years for males and 1.7 years for females.

Our Tobacco Action Workers offer a range of tobacco cessation support for smokers and also raise awareness of the dangers of tobacco smoking through our Murri's Say NO to Durries campaign. Smoke Check is offered which provides brief intervention for Aboriginal and Torres Strait Islander tobacco smokers.

In the near future, the Famous Camus Program which was adapted from Bila Muuji in Central New South Wales, will be delivered to Primary School aged children around the region. The Famous Camus Program educates our youngsters about the harmful effects of tobacco smoking incorporating a camel, finger puppets and a boppy sing-song. Watch this space.....

Our Healthy Lifestyle Workers offer a range of programs:

Good Quick Tukka educates and encourages participants to choose healthier meal choices, identify

affordable recipes and ingredients, shop smarter and practice cooking healthy meals at each session.

Walk, Swim and Yarn is a new program offered to women in our community who want to participate in low impact water exercise and socialise.

Nutrition and Physical Activity Brief Intervention is offered to those who wish to make healthier choices in their diet and increase their physical activity.

Deadly Choices is a 7 week program aimed at Aboriginal and Torres Strait Islander people aged 13 years and over. The program offers 7 sessions which include valuable education about Leadership, Nutrition, Physical Activity, Health Checks/Medicare, Tobacco, Harmful Substances and Chronic Disease.

Together as a team we facilitate:

Healthy Active Community Days, formerly known as Family, Fit & Fun Days, are delivered to communities around the region, encouraging healthy lifestyles through various health promotion activities and a healthy BBQ.

After 10 years of dedication to Aboriginal and Torres Strait Islander Health, the Gladstone community and Nhulundu Health Service, Senior Healthy Lifestyle Worker Richard Geesu is moving on. I would like to take this opportunity to thank Richard for his commitment to the health sector and wish him all the best.

Look after your health and together lets 'Close the Gap'!

*Carly Cooke*

# Building strong partnerships with local schools

Staff from the Tackling Tobacco & Healthy Lifestyle team have been busy throughout August assisting local schools facilitate some activities for NAIDOC week.

Richard Geesu and Kirrie Machen attended South Primary School on August 15 where children from across all classes at the school participated in a Traditional Indigenous Game (TIG) called Chiba and enjoyed a healthy barbecue lunch and fresh fruit.

Richard and Kirrie, accompanied by Jade Pengelly and Emma Delta visited Chanel College on August 29 and spent the afternoon with 150 year 8 students. The group conducted Chiba (this is always very popular with the school children), facilitated

nutrition activities, kangaroo meat and damper tasting and explained to the students the history of both the Aboriginal and Torres Strait Islander flags.

Time spent in the schools is always enjoyable to the staff. The enthusiasm of the students and their desire to learn more about the Aboriginal and Torres Strait Islander culture is great.



Below: Students try taste testing kangaroo meat and damper.



## Congratulations Sharrna

Our very own Healthy Lifestyle Worker, Sharrna Parter was shortlisted as one of three finalists in the Aboriginal and Torres Strait Islander Student of the Year at the Queensland Training Awards held in Brisbane recently.

For the last 18 months Sharrna has been working at the National Bank of Australia undertaking a Certificate II in Business while attending school full time, working at Video Ezy and also undertaking casual work with our Regional Tobacco and Healthy Lifestyle Team!

Sharrna and her very proud mum Kym, along with teachers from Toolooa High school, travelled to Brisbane to attend the awards presentation.

Sharrna's Certificate II in Business will assist her to complete her year 12 education at the end of the year with a tertiary entrance eligibility and a Queensland Certificate of Education.



## Revamped Internet Cafe opens

Indigenous Community Links Co-ordinator Michelle Stout is excited that the much anticipated internet café is now operational as part of her community support program.

Michelle said her program was committed to improving access to human and social services for Aboriginal and Torres Strait Islander people and their families in the Gladstone region. The opening of the newlook internet cafe will now allow community members free access to computers for preparing resumes and professional documents, as well as internet access for online applications, research or homework assistance.

These computers do not allow access to facebook. If you would like to access this service, call Michelle on 49790992.



Above: Nhulundu Health Service's Carly Cooke and Gladstone Roadrunner's Brett Stevens present Kerry Rose, Cheryl Bensted and Jenny McLeod from the Gladstone Hospital Auxillary with a cheque.

## Fun run provides positive outcomes

On June 3, Nhulundu Health Service and Gladstone Road Runners co-facilitated the Nhulundu Health Service Ecofest Fun Run commemorating Mabo Day at the Gladstone Botanical Gardens.

A huge thank you to those staff who helped organise and/or participate in the event. Your participation and assistance was much appreciated; it also show cases to the community our commitment to encouraging healthy lifestyles and combating chronic disease.

\$200 was raised and donated to the Gladstone Hospital Auxiliary Association Inc. The event achieved positive outcomes for all those involved.

It developed a partnership between Nhulundu Health Service and Gladstone Road Runners, encouraged and promoted physical activity for all, educated community about the history and importance of Mabo Day, promoted Nhulundu Health Service in a very positive light and provided a team building opportunity for staff and families of Nhulundu Health Service.

## Multidisciplinary Models of Care provides ear health training

Four Health Workers, gathered under the banner of the Central Queensland Regional Aboriginal and Islander Community Controlled Health Organisation, based in Bundaberg, Hervey Bay and Rockhampton have completed an ear health training workshop under the facilitation of Gwen Troutman Weir at Kempsey. A facilitator/teacher, Gwen is very knowledgeable about ear health and Aboriginal affairs.

Dale Brown and Sharon Blucher (MDMC), Peter McIntosh (Bidgerdii) and Leanne Broome (Wide Bay Medicare Local) were taught extensively about the anatomy and physiology of the ear, ear conditions, equipment, outcomes, referral processes and the different methods to screen for both adults and children.

They undertook demonstrations on the calibration

procedure and received instruction on who to contact if further calibration was required. The importance of having procedures and policies to follow was highlighted. The group were made fully aware that it is essential that these policies and procedures be followed exactly to protect both the health professional and the patients.

At the completion of this course the group will be awarded with a certificate which will allow them to go out into their communities and screen their people without the need for an RN.

The group were also privileged

to attend further ear training out in Alice Springs, assisting health workers in this remote area.

Below: The 'Indigenous Ear Stars' at the Kempsey workshop.





Left: Congratulations to Jane Watkins, Nihilundu Health Service's employee of the month.

Below: The Tackling Tobacco & Healthy Lifestyle team recently conducted brief intervention in physical activity and nutrition with the staff at the health service. Those who participated went into the draw to win a box of fruit and vegetables. Winners were Raewyn Hahn (pictured) and Kirrie Machen.

Below: Nihilundu Health Service staff participated in the NAIDOC Corporate Touch Carnival held in Rockhampton recently. The team went down to the eventual winners CQID in the quarter finals.



Below: Nihilundu Health Service staff participated in updating their CPR accreditation recently.



**UPCOMING EVENTS**

**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.

Nihilundu 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.



**INDIGENOUS COMMUNITY LINKS**

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**

Nihilundu 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.

**NEWSLETTERS ARE NOW AVAILABLE ONLINE**

- World Heart Day September 30
- Jeans for Genes Day October 5
- Bidgerdii Community Health Service's Healthy Active Community Day October 5
- Pink Ribbon Day October 22

**Murri's say NO to Durries**

Tobacco Action Workers Elaine Daylight and Kirrie Machen offer tobacco cessation support for Aboriginal and Torres Strait Islander smokers. Elaine and Kirrie can assist you to make your home and car smoke free spaces! Make a deadly choice and quit the smokes, call 49790992 for an appointment.

**QUIT Smoking Tip**

Did you know that smoking causes more Aboriginal deaths than alcohol & all other drugs combined, and that every cigarette you smoke takes 11 minutes from your life.

**VISIT OUR WEBSITE**

Nihilundu 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.

