

Program teaches participants to make a 'Deadly Choice'

Deadly Choices is a campaign which aims to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families – to stop smoking, to eat good food and exercise daily. Deadly Choices also encourages our people to access their local health service and complete a 'Health Check' – not just to see the Doctor when they are sick.

The Deadly Choices program was developed to inform participants about staying strong and healthy, maintaining healthy lifestyles and making positive lifestyle choices. The program nurtures leadership and encourages participants to become positive mentors and role models in their community.

Deadly Choices covers seven key health areas:

- Leadership
- Chronic Disease
- Physical Activity
- Nutrition
- Harmful substances
- Smoking cessation
- Medicare and access to Primary Health Care

Throughout the seven week program, those involved will receive a small Deadly

Choices incentive for their participation e.g. sunscreen, wrist bands, tattoos, balloons, USBs, toothbrush/paste and then on completion of the program, participants will receive a Deadly Choice's pack.

Tannum Sands State High School is the first school to introduce the Deadly Choices Program to Year 10 students. This program is being facilitated by Sharrna Parter under the guidance of Regional Tobacco and Healthy Lifestyle Co ordinator, Carly Cooke.

The sessions are delivered each Wednesday morning. Tannum High will receive the program from the March 13 to May 29. It is hoped that Gladstone State High School will be the next to embrace the program after NAPLAN testing is completed.

The aim of 'Deadly Choices' is to support our communities to make a 'Healthy Choice' – to make a 'Deadly Choice'.

Below: Carly Cooke and Sharrna Parter explain the 'Deadly Choices' program to staff and students from Tannum Sands High School.



'Deadly' visit for Sharrna

Healthy Lifestyle Worker, Sharrna Parter recently spent some time in Brisbane as a guest of the Institute for Urban Indigenous Health to participate in the facilitation of their Deadly Choices program. While she was in Brisbane, Sharrna assisted to deliver the program in two schools, a primary school with 15 participants and a high school which had 10 participants. Sharrna said "it has been so interesting to be learning 'hands on' in the delivery of this program. The kids at the school's really enjoyed it and I could see how excited they were to be involved. It was great to learn new techniques which will help involve the kids and keep them engaged."

Sharrna was also fortunate to participate in some Good Quick Tukka sessions as well. These sessions were well attended with between 6 and 10 participants at each one. These sessions were conducted for the parents of the children in the participating schools. The parents either already had a chronic disease or were at a high risk of developing one.

Sharrna packed a lot into her three day visit and is already putting her learning into practice with the roll out of Deadly Choices at the Tannum Sands High School.

A word from the CEO...

Another busy month for our Nhulundu Health Service community. As I mentioned last month our health service is expanding and it is with real pride that we welcomed seven new staff members this month, including our new doctor, Claudia Collins.

With the employment of the new doctor, we needed to increase our clinical staff, and now have on board Daissy Blanco Cortes (Practice Nurse, Chronic Disease), Practice Nurses, Helen Cassidy and Suzi Williams

who are job sharing and Cara Colthup (Aboriginal Health Worker – Chronic Disease, part time). To improve the quality of the care we are able to offer to our older clients, we have also employed Poks Okinga (Aged Care Support Worker/Transport) and Denise Bradshaw (Aged Care Quality and Staff Coordinator).

To accommodate these new staff, we have been building new screening rooms which are now finished. This will help speed up the process of clinic staff taking the patients basic 'obs' before they see the Doctor. We will also now have a designated area for hearing screening with the hearing booth.

On the subject of our clinical team, don't forget the importance of having a comprehensive check up once each year through a 715 health check - plenty of rewards on offer simply for looking after yourself.

Nhulundu Health Service staff and community came together to celebrate National Close the Gap Day on Thursday March 21. With the support of governments,

and community we can all work together to close the gap in Indigenous health. We can all make a difference by making sure our family and friends are looking after themselves and taking advantage of health checks and services on offer at our organisation.

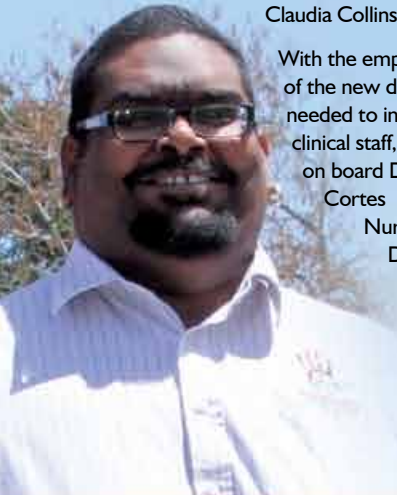
Finally, the Board of Directors has begun the process of developing a new constitution for Nhulundu Wooribah Indigenous Health Organisation Inc. This new constitution will be workshoped over the coming months by our Directors and expert advisor, and will result in a more up to date and modern constitution for our organisation.

Until next month,

Robbie



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Welcome to our new staff...

CARA COLTHUP

Cara Colthup has recently moved to Gladstone and is employed at N hulundu Health Service in a part time capacity and is an Aboriginal Health Worker with our Chronic Disease Management Team.

She has completed a Certificate III in Aboriginal and Torres Strait Islander Primary Health Care and also holds a Certificate IV in Child Youth Health Care. While undertaking this studying, Cara was working at the Toowoomba Base Hospital as a Child, Youth and Family Aboriginal and Torres Strait Islander Health Worker. She is looking forward to making a positive difference in the lives of our clients with chronic disease.



HELEN CASSIDY

Helen has been employed part time as a Registered Nurse in the Primary Health Care team. She will be responsible for delivering primary health care and managing the orthopaedic clinic.

Helen has been a registered nurse for the past 20 years. She has worked with Indigenous people in the Pilbara region in Western Australia and has a keen interest in wound care and health promotion. Helen has been in the Central Queensland region for two years and has two sons who keep her very busy. She loves a good laugh and has been enjoying her work at N hulundu Health Service.



POKS (UPOKOINA) OKINGA

Poks Okinga is N hulundu Health Service's Transport Officer / Aged Care Support Worker.

In her role, Poks transports our clients to their medical appointments, as well as carrying out personal hygiene care and house cleaning duties. Poks said she enjoyed working with a fantastic group of other Support Workers who all provide a great service to NHS clients, ensuring that their needs are met to the best of our abilities. She is proud to be on board and a part of such a caring and supportive team.

Prior to joining NHS, Poks has been a Teacher Aide in New Zealand and spent 6 years working with kids who had behaviour disorders. She also worked as a Support Worker/Acting Team Leader (Co-ordinator) for Civic Lifestyle Disability Services for over a year where she had a lot to do with clients with physical and mental disorders, bi-polar, depression, mental disorders, autism, asperges, drug / alcohol abuse tendencies.

Poks loves living in Gladstone and thinks it is a nice community with nice people.

DENISE BRADSHAW

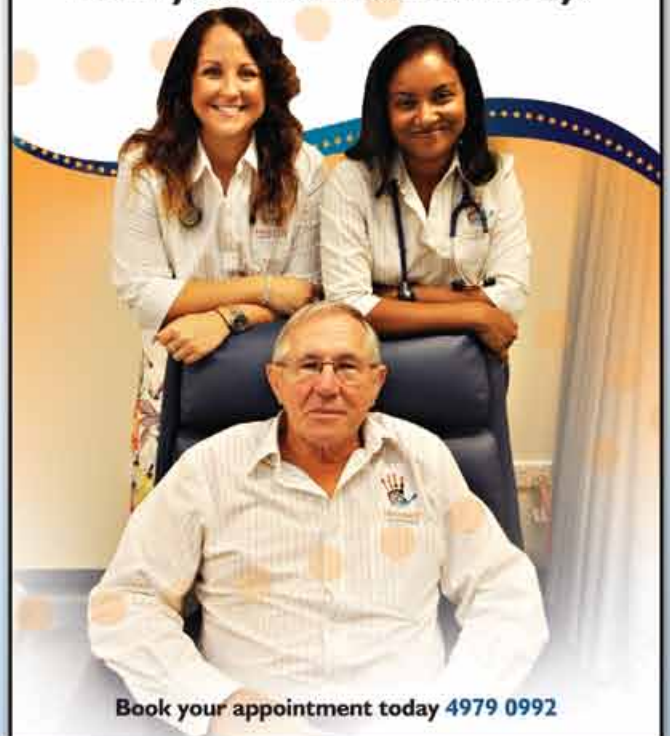
New Aged Care Quality and Staff Coordinator Denise Bradshaw brings to her role a wealth of experience. Denise was formally employed as a TAFE teacher for 15+ years teaching Aboriginal Studies and Aboriginal Art, and also taught in Goulburn Jail and other jails and the Juvenile Justice system. Denise also filled the role of the Chairperson Illawarra Aboriginal Medical Service (NSW – Wollongong and Dapto) for around 6 years. Prior to this she worked for Aboriginal Community Development with Wollongong City Council. Along with these roles, Denise has worked with Barnardos as an Aboriginal Early Childhood Worker and as a Foster carer for a small baby.

She is still a Director of Coomaditchie United Aboriginal Corporation in Wollongong where family members still reside.

Denise has a Diploma of Community Welfare, TAFE teaching qualifications and lots of Social Welfare type qualifications. In her free time she is very involved with her artwork (www.koorikullas.com). Denise moved to Gladstone from Kiama in NSW in June last year.



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sick to see a Doctor
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Book your appointment today 4979 0992

Next month meet up with Suzi and Daissy.

Community unites to help 'Close the Gap'

Twenty-five community members including Mayor Sellers, Elders, Board of Directors, and representatives from other local organisations joined staff at Nhulundu Health Service on Thursday March 21, to celebrate National Close the Gap Day with a Community Morning Tea. Attending guests were encouraged to sign the Oxfam Pledge to help Close the Gap.

The event was an opportunity for community members to see the great work that is carried out at Nhulundu Health Service and how the organisation is contributing towards Closing the Gap. The event also allowed Aboriginal and Torres Strait Islander services and non-Indigenous services to network and discuss how to better service their clientele.

Those who attended were treated to a Good Quick Tukka demonstration by Healthy Lifestyle Workers Jade Pengelly and Sharna Parter whose One Cup Pancakes and Parfaits proved popular with everyone. The demonstration showed community members how quick and easy it could be to make healthy snacks. The pancakes were further enhanced by a delicious selection of bush tukka jams and spreads along with other healthy snacks.

Several staff members took the opportunity to present their programs to those in attendance. Shelley Cook, Aboriginal Health Worker, shared with everyone not only the importance of having regular Health Checks, but also how quick

and easy it is to have one. Shelley also spoke about the Hero Rewards Program which offers an incentive on the completion of a Health Check (715 only). Another Aboriginal Health Worker, Lizzy Cartwright, provided information on the eligibility for free flu vaccines and importance of being immunised against this season's common flu. The final speaker was Tobacco Action Worker, Kirrie Machen, who shared information on the Murri's Say NO to Durries Program, and reiterated the alarming rates of Aboriginal and Torres Strait Islander people who smoke, and are dying from smoking related illnesses. Kirrie offered her professional support for Aboriginal and/or Torres Strait Islander people who would like assistance with tobacco cessation, smoke-free cars, homes and workplaces. Programs are also available for primary schools and high schools regarding the dangers of tobacco smoking.

A big thank you to Michelle Stout from the Indigenous Community Links program who provided transport to enable Elders to attend the event. It is always wonderful to see the Elders involved in, and enjoying these community events.

If anyone is interested in any of the programs mentioned please contact Nhulundu Health Service on 4979 0992.



Above: Healthy Lifestyle Workers Jade Pengelly and Sharna Parter provided a healthy morning tea from the Good Quick Tukka Program.



Left & Above: Community gathers to help 'Close the Gap'



Left: Aboriginal Health Worker, Lizzy Cartwright models the new casual shirts for staff. These shirts will be worn on Wednesday each week to promote the Hero Rewards program and encourage community members to register for their health check. Rewards, including gift vouchers and shirts are on offer to community members who complete a 715 health check.

How else you can spend your money...

Quitting is not only good for your health it is good for your wallet!

Smoked a day	How long	Money saved	Reward
10	1 week	\$48	New cloths
10	12 months	\$2,482	New home entertainment system
10	5 years	\$12,410	Over seas holiday
20	1 week	\$95	Restaurant dinner and a movie at the cinema
20	12 months	\$4,964	
20	5 years	\$24, 820	A new small car
40	1 Week	\$ 190	Family pass to movie world
40	12 months	\$9,928	Swimming pool
40	5 years	\$ 49, 640	House deposit or house renovation



If you are ready to try to quit the smokes, contact Tobacco Action Workers Elaine Daylight or Kirrie Machen.

Expressions of Interest

Interested Elders are required to make monthly visits to Capricornia Correctional Centre. Please contact Michelle Stout.

We are seeking interested participants for a 10 week program which will incorporate Good Quick Tukka and a Walking Group. Contact Jade or Sharna for more information.



Left: Flu season is upon us and staff members Michelle Cook, Emma Feldman and Lizzy Cartwright are keen to get the message out to the community that it is time to make an appointment for your flu shot.

Once again, Nhlulundu Health Service will be providing immunisation clinics for the flu vaccine which are now available.

Indigenous clients who are over 15 years old are automatically eligible for a free flu vaccine. If you suffer from a chronic disease or you are a smoker or heavy drinker it is more important to have this done. For non Indigenous clients, if you are over 65 years of age you are automatically eligible.

If you suffer a chronic disease you are seen as medically at risk and so then also become eligible – heart, lung, liver, diabetes, chronic asthma are all included.

For further information or to organise to have your flu shot done, please contact the centre on 49790992.

Below: Healthy Lifestyle Worker, Sharna Parter displays the new posters which will be displayed around Nhlulundu Health Service. The series of posters feature staff and community members to promote the services and programs available through the organisation.



Left: Transport Officer Raewyn Hahn proudly shows off her 'Deadly Choices' cap she received in the Healthy Weight Week challenges.

The challenges, which ran over a 10 week period, encouraged participants to eat healthier options, increase their daily physical exercise and set goals.

Healthy Lifestyle Worker Sharna Parter has been encouraging all staff to participate with rewards available to all those who take part.



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.

Nhlulundu 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

Nhlulundu 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.

Nhlulundu 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.

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