

Mums and Bubs

Doctor Claudia Collins, assisted by Nurse Roxy Thompson, facilitates a Mums & Bubs clinic for Aboriginal and Torres Strait Islander clients at Nhulundu Health Service. The clinic is held each Tuesday at the centre, and targets pregnancy, newborns and vaccinations for under sixes.

Nhulundu Health Service endeavours to care for their clients throughout their pregnancy and birth through to school aged children. Dr Collins also holds a clinic at the Gladstone Hospital. Please call our service to make an appointment and let reception know it is for the Mums and Bubs clinic.

Right: Doctor Claudia Collins chats with Danielle and Tyrelle Hawkins. Danielle and Tyrelle regularly attend the Mums & Bubs clinics that are held each Tuesday morning.



Below: Doctor Collins admires the mobiles made by the HACC group.



HACC members support Mums & Bubs

The Home and Community Care Group at Nhulundu Health Service, took pleasure in presenting Dr Collins with a number of colourful mobiles for her Mums and Bubs clinic which is held each Tuesday.

The mobiles were crafted by the clients who attend the Aboriginal and Torres Strait Islander Home and Community Care Program each Tuesday and Friday.

These clients who attend really enjoy seeing their handy work put to good use, and were delighted to be able to create such beautiful pieces for the mums and bubs program. Dr Collins expressed her thanks to all the clients for their kindness and told them that the bubs will certainly be mesmerized by the colours and the creations that were especially made for them.

Live Strong, Live Long chronic disease program

This program is for clients of any age and is designed to offer education and support to achieve a healthier lifestyle. The program includes 30 minutes of light exercise and a good Quick Tukka session.

It is a great way to get out of the house and catch up with others who have similar experiences and issues. The

feedback so far has been fantastic, with participants sharing their stories of preparing and passing on Good Quick Tukka recipes.

This program runs each Thursday from 10am till 11:30am and participants can enjoy a variety of venues each week.

For more information please call Sharrna or Michael on 4979 0992.



Managing chronic disease

Chronic Disease clinics are held each Thursday at NHS with Doctor Sabitha Yakkala, Diabetes Educator/ Dietician Louise Bolger, and Registered Nurse Daissy Blanco Cortes whose main focus in the clinic is chronic disease.

This clinic is targeted at Aboriginal and Torres Strait Islander clients who suffer from chronic disease or are at risk of developing one. Along with attending the clinics for support and monitoring, clients are encouraged to attend the information sessions facilitated by the Healthy Lifestyle team and take part in the exercise programs on offer. The team also runs the educational Deadly Choices program. Nhulundu Health Service takes a holistic approach to health and wellbeing for their clients.

If you suffer from a chronic disease such as diabetes, heart disease, chronic asthma, chronic kidney disease, depression or cancer then call reception today and book for our Thursday Chronic Disease clinic.

Left: Clients experience a variety of venues around the region as they participate in their 30 minutes of light exercise at the beach.



NHULUNDU
HEALTH SERVICE

Nhulundu Health Service now has its own Youtube channel – check out our videos www.youtube.com/user/Nhulundu

Monday to Thursday 7.00am to 5.00pm | Friday 8.00am to 5.00pm



Find us on facebook

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The Nhulundu Health Service Aboriginal and Torres Strait Islander Home and Community Care Program recently linked up with Mental Illness Fellowship Queensland (MIFQ) for a fun filled day of tie dying, for Mental Health Week.

Invited guests and HACC clients were thrilled to participate in the art of tie dying and, as the picture shows, the end results were spectacular.

Clients put their heart and soul into creating beautiful and colourful pillow cases they were able to take home.

Thanks to Aunty Julie, Sheree and Barry who ensured that, along with all the staff at Nhulundu Health Service, the day was a huge success.

The partnership with MIFQ for Mental Health Week produced a hands on, creative and memorable day for everyone involved.

Remember!

It is important to have your 715 Health Check. Call Reception today to book your Health Check and be rewarded with a choice of movie passes, Woolworths voucher or Hero Rewards shirt.



New HACC area

Nhulundu Health Service HACC and Aged Care Clients are thoroughly enjoying the beautiful new fit out of the respite area.

The fit out has been work in progress for several months but everyone agreed that the final results were well worth the wait.

The reclining theatre chairs, computer desk, storage cabinets and comfy new chairs and tables have all received the thumbs up from the clients.

Big thank you to Sassi Furniture and Jada Building Services for a job well done!

Right: Aunty Nona Sirriss enjoys the assistance she gets through the HACC program.



HACC Services – helping our community members

Nhulundu Health Service operates the Aboriginal and Torres Strait Islander Home and Community Care Program.

This program provides assistance for Indigenous people 50 years and over and those with a disability to remain independent in their own homes. Those who are frail and those who have a disability, can find this difficult without support.

These services provide eligible people with help at home, support in getting out into the community, and a break for carers.

Aunty Nona Sirriss is a member of the Nhulundu Health Service HACC group. She receives assistance with yard maintenance and community outings. Aunty Nona usually attends outings to the respite centre twice each week.

She said, "Being involved in the HACC group is terrific. It gets me out of the house and I love catching up with everyone. We go on outings and the girls always provide lovely meals for us."

"Nothing is ever a problem for them. I get picked up and taken home each time and nothing is too much trouble. Mark looks after my yard and it always looks lovely after he has been."

To find out more about how this program could help you or a family member, have your doctor or a family member or friend contact Joanne Kersey, Aged Care Client Coordinator. Jo will discuss your daily living needs and carry out an assessment to identify your ongoing needs. This information will then be used to decide whether you are eligible for a service and what type of service you need to assist you to remain living at home.

Nhulundu Health Service HACC Program currently requires nil contribution from its clients.



Ride to end violence against women

Gladstone residents are invited to participate in the **White Ribbon fundraising motorbike ride to help end violence against women**. N hulundu Health Service is proud to be supporting this worthy event.

Current plans are for the riders to assemble at the centre at 7.00am and enjoy a healthy breakfast supplied by the NHS Healthy Lifestyle team. The group will be briefed on the ride route and plan to depart around 9.30am. The riders will head off to Lomead and finish the ride with a barbecue, prizes for the best bike, best paint and best female bike.

The theme for this ride is MEN AGAINST VIOLENCE AGAINST WOMEN AND CHILDREN.

This message is one that resonates with our community, and to us all. With support from everyone, we can get the message out that it is NOT OK, and hopefully we will see a change in attitudes and responsibility.

All community members are invited to come down to N hulundu Health Service and check out the bikes, fundraise and help a good cause that



affects many families.

Anyone wishing to participate in the ride is very welcome.

School Holidays Activities in Gladstone and Biloela

The Tackling Tobacco and Healthy Lifestyle team travelled to Biloela on October 3 to conduct school holiday activities. Around 20 young people and 5 adults participated and enjoyed a great day, playing traditional Indigenous games, having races and playing touch.

The kids cooked their own lunch in a Good Quick Tukka session and enjoyed healthy rissoles and salad burgers.

Thanks to all the parents who came along and helped out, the team really enjoyed the day out at Biloela and look forward to returning in the next lot of holidays.

Team members Michael and Ricco conducted holiday activities at Barney Point Beach for 20 local parents and children in Gladstone.

Once again the traditional games were very popular as were the games of touch footy, cricket and red rover.

Everyone agreed they enjoyed themselves catching up with friends and getting out of the house! A healthy lunch of subway and fruit was appreciated and once again a big thank you to all the parents who came and helped.



Tobacco Fact

If you are trying to quit and you slip up, remember setbacks can happen, forgive yourself, learn from it and keep going. Each attempt is a step forward in your quitting story and when you are ready, give it another go.



Local community members share their quitting stories in N hulundu Health Service's 2014 calendar. This calendar will be available in December. Make sure you get your copy.

Bidgerdii Community Day

The Regional Tackling Tobacco and Healthy Lifestyle team travelled to Rockhampton during the school holidays to participate in Bidgerdii Community Health Service's Healthy Active Community Day.

The community enjoyed a wonderful day out with the children enjoying a great day in the sun, on the amusement rides, and learning about a healthy lifestyle before finishing off the day with a steak burger and cold fruit for lunch. Local entertainer Shannon Mann entertained the community with his guitar and singing. Other community members were invited to join in on the entertainment for the day, and perform a song of their choice.



Tobacco Action Workers, Kirrie and Ricco conducted testing using the smokerlyser to determine the carbon monoxide readings in participant's bodies/blood stream. Both smokers and non-smokers were shocked by their readings. Community feedback was great, and everyone can't wait to do it again next time!

Introducing Roxette Thompson

Roxette hails from Victoria and completed her Enrolled Endorsed Nursing at Monash University in Victoria. She has been nursing for 4 years and moved to Gladstone 18 months ago. Roxette is part way through completing her Registered Nursing Degree and is ready to finish her last year now she is settled in Gladstone.

Roxy is currently working in the clinic and runs the Mums & Bubs clinic along with Dr Collins as she has a special interest in babies. Roxy loves the diversity of working in an Aboriginal Medical Service and enjoys meeting new people each day.



Key to Ricco's career

Tobacco Action Worker, Ricco Chapman recently graduated from the GLNG Keys to Careers program which was held at N hulundu Health Service. The program, for Indigenous youth, was delivered in partnership with industry skills body Energy Skills Queensland (ESQ) and Gladstone Regional Council, funded by Santos GLNG and the Federal Government's Australian Apprenticeships Access Program.

Nine participants graduated, with seven of them already employed. Five have already obtained their manual driver's license and several others are also booked it for the test.

The program forms part of Santos GLNG's overall support for Indigenous education and training.

November

Community members are encouraged to get their 'mo to grow' and support Ricco Chapman and Michael Cook in their efforts to raise funds for Movember. With help from their Mo Sistas, Sharrna and Kirrie, the pair have organised

a golf day at the Gladstone Golf Club November 19 from 9am-2pm, a BBQ at Ship Park at the Marina on Saturday November 16 and a monster raffle. The Mo bros aim to raise as much money as possible to support Movember and men's health issues. Contact Ricco or Michael for more information.

Deadlys Touch

N hulundu Health Service has one team participating in the local junior touch competition this season.

The B grade team plays on Monday afternoon at Briffney Creek Touch Fields. The kids enjoy getting out of the house to play touch and socialize with other kids and community members and according to coach Sharrna Parter they are not doing too badly this season. Michael Cook also coaches the team and makes sure that all players have had their 715 Health Check.

Come down to Briffney Creek fields and support our Deadly team.



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.

N hulundu 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

N hulundu 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.

N hulundu 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.

Newsletters are now available online - visit our website www.n hulundu.com.au



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