

# Staff get in the pink

**Monday October 28 was Pink Ribbon Day, and staff at Nhulundu Health Service organised an afternoon tea to finalise the fundraising for this worthwhile cause.**

Staff members had been fundraising throughout October and sold raffle tickets, a money board and collected donations in money boxes at the front counter.

It wasn't just the ladies who participated with male staff turning out in pink as

well in support of this wonderful cause. All the monies raised this time will go towards funding a grant for new research into ovarian cancer. All together the team raised slightly under \$600.

**The Tackling Tobacco and Healthy Lifestyle team would like to thank everyone at Nhulundu Health Service who assisted with planning and raising awareness of the importance of woman's cancers – hopefully we can raise even more next year!**



## Tips to keep healthy over the festive season

**The festive season is fast approaching, that means a lot of socialising involving eating and drinking. Christmas is a time to enjoy yourself and have fun, here are a few tips that might help you survive the silly season:**

- Continue with your regular meals and don't go to a function hungry, if you are starving you're more likely to fill up on high fat snacks
- If you are taking a plate make sure yours is healthy, that way you can enjoy healthy food and the not-so healthy foods
- Take the time to enjoy some light physical activity with friends and family. For example, after dinner walks or backyard cricket
- Enjoy the healthier Christmas foods such as cherries, strawberries, salads, seafood and skin-free turkey
- It can be helpful to follow each alcoholic drink with a glass of water or diet soft drink to help spread drinks out

- Try to avoid having your drink topped up – it's very easy to lose count this way
- Don't aim to lose weight over the festive season - with parties, families and all of the special food losing weight is very difficult! Aim to maintain your weight and get back to your healthy eating plan after the festivities have finished
- Most of all have fun, Christmas is a wonderful time of the year full of sharing and giving. Enjoy it, stay safe & healthy, and be merry

**by Louise Bolger**



### OPENING HOURS FOR THE CHRISTMAS & NEW YEAR PERIOD

Christmas Eve – 7am to 2pm

We will be **CLOSED** December 25,26,27,30,31 and January 1.

Normal business hours resume January 2, 2014 (7am to 5pm)

Management and staff of Nhulundu Health Service wish our clients and community members, a merry Christmas and a happy and prosperous New Year.

Nhulundu Health Service now has its own Youtube channel – check out our videos [www.youtube.com/user/Nhulundu](http://www.youtube.com/user/Nhulundu)

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



Find us on facebook

Cnr Manning & Hixon St, Gladstone | Ph: 4979 0992 | Fax: 4979 0967 [www.nhulundu.com.au](http://www.nhulundu.com.au)

# ...November in a snapshot



Above: Sharna Parter and Kirrie Machen spread the message of the benefits of a healthy lifestyle and quitting the smokes, at the 150 year anniversary of South Sea Islander Day.

Below: HACC clients and staff enjoyed a fun filled Christmas luncheon get together at the Harvey Road Tavern.



Above: Auntie Cindy Williams accepts her secret santa present from Debra Wimbus with a little help from Big Ears the Elf (Lynette Ghee).

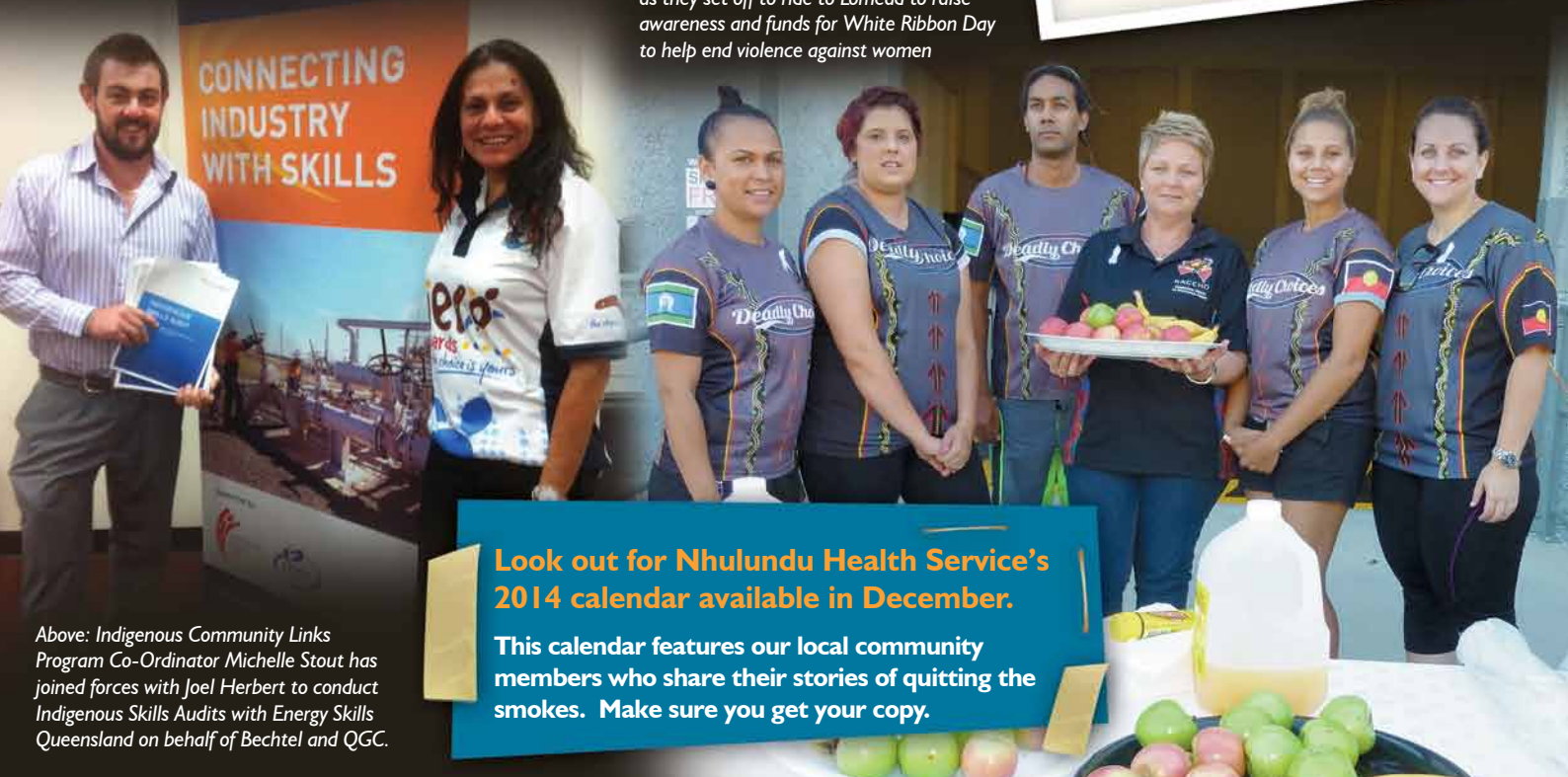


Above: Aged Care Support Workers Lynette Ghee and Kerri Marlin look beautiful in their Melbourne Cup finery.



Above: General Manager Health Services Operations Carly Cooke, Board of Management's Lee-Ann Dudley and Primary Health Care Manager Kym Brodie attended the 2013 NACCHO Members Meeting, Perth – Healthy Futures of Generational Change recently.

Below: Staff at Nhulundu Health Service provided a healthy breakfast for bike riders as they set off to ride to Lomead to raise awareness and funds for White Ribbon Day to help end violence against women



**Look out for Nhulundu Health Service's 2014 calendar available in December.**  
This calendar features our local community members who share their stories of quitting the smokes. Make sure you get your copy.

Above: Indigenous Community Links Program Co-Ordinator Michelle Stout has joined forces with Joel Herbert to conduct Indigenous Skills Audits with Energy Skills Queensland on behalf of Bechtel and QGC.

# Community comes together for healthy, active day

The Regional Tobacco and Healthy Lifestyle Team travelled to Woorabinda on November 12 and were once again warmly welcomed into the community to facilitate the latest Healthy Active Community Day.

The event was held at the Opal hall, and was well attended by the local community. There were amusement rides, a healthy barbeque dinner, and plenty of delicious fruit on offer. Entertainment was provided with local musicians and dancers.



Nhulundu Health Service staff provided educational activities to promote healthy eating, physical activity and quitting the smokes.

Eight lucky community members took home a large box filled with fresh fruit and vegetables for participating in activities.

The afternoon was a great success and the community were inviting the team back as they were leaving. Big thank you to the Woorabinda community for making everyone so welcome.



## November Mens Health Day

Nhulundu Health Service showed their support for men's health on November 20 with Dr John Mitchell focusing his appointments on our Indigenous male clients.

Seventeen clients took advantage of Dr Mitchell's appointments to undertake a health check and received a Deadly Choices pack and enjoyed a free barbeque lunch.



## Well done Taleah!

Nhulundu Health Service's school based trainee, Taleah Cleland was awarded Tannum Sands High School Senior Indigenous Student Award.

A year 10 student at Tannum Sands High School, Taleah said she received the award in recognition for attaining a traineeship, attending Tafe in addition to her school studies, and setting an overall example to her peers.

Taleah is undertaking a Certificate III in Aged Care, and would eventually like to study nursing.

"I love coming to Nhulundu and helping with the HACC clients and visiting them in their homes. Everyone is very friendly and the best part of the job is meeting new people," she said.



## Congratulations graduating students

A big congratulations to all our Indigenous students who graduated year 12 in November. Congratulations on finishing high school and best of luck with your future. Well done also to all the students who received awards at their recent awards night.

Aunty Loris Corowa organised a graduation dinner for all the graduating year 12 students as a celebration.



## Brenda McKee – Aged Care Support Worker

Brenda has recently joined the Aged Care team at Nhulundu Health Service. Prior to this she had worked as a teacher aide for children with special needs.

In her role, Brenda takes the clients shopping, provides domestic assistance and assists with craft projects on respite days. She loves her job and enjoys spending time with the older clients and chatting with them.



## Aimee Burns – Aged Care Support Worker

Aimee has recently joined Nhulundu Health Service after spending time as a disability support worker with another organisation where she fulfilled similar services including in home care and community access.

Aimee assists with the HACC programs and visits clients in the community as well as assisting them with home cares, check-up visits, social visits and shopping. She enjoys meeting and assisting the clients with their daily tasks and having a chat with them.



# National Walk to Work Day

National Walk to Work Day is an annual event which helps employers and employees to build regular walking into their daily routine. This is the first year Nhulundu Health Service has participated in this day.

Tobacco Action Worker, Kirrie

Machen and Healthy Lifestyle Worker Sharrna Parter walked 3 km to work, while Tori Cowburn and Roxette Thompson parked their cars further away and walked to work. A big thank you to everyone who participated and let's hope it draws more participants next year.



## Driver training >

Nhulundu Health Service staff members Michelle Stout and Helen Cassidy recently completed driver training to ensure their competency in driving the CQRAICCHO mobile health clinic van. The pair were joined by Chris Henaway (QAIHC) Francis Renouf (QAIHC) and Kenny Munns (BCHS) to complete the training under the guidance of the van's

manufacturer, Ralph Bolsch. Most of the training was conducted at Nhulundu Health Service premises with driving skills being practiced out and around Gladstone, Calliope and Yarwun. The van, funded by QGC, completed its first outing to Mundubbera on the weekend.

# Good Quick Tukka with HACC

Healthy Lifestyle Worker Sharrna Parter worked with the HACC group on Tuesday to help promote a healthy morning tea.

Assisted by Dietician and Diabetes Educator Louise Bolger to produce a healthy menu for each day, Sharrna cooked up rainbow pancakes served with fruit and yogurt prior to providing a healthy lunch.



## 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.

Nhulundu 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

Nhulundu 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.

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.

Newsletters are now available online - visit our website [www.nhulundu.com.au](http://www.nhulundu.com.au)



An Australian Government Initiative



**NHULUNDU**  
HEALTH SERVICE