



## Busby Marou entertains community

**Nhulundu Health Service facilitated its final Healthy Active Community Day at the Gladstone Marina on Saturday, December 7.**

The event drew a crowd of around 300 people across the day.

General Manager, Health Services Operations Carly Cooke said that while numbers were a little down on previous events, she was very happy with the response from the community.

“There was so much on in the Gladstone region on the day we knew it would impact on attendance at our event,” she said.

“The aim of these community events is to educate and encourage members of our local Aboriginal and Torres Strait Islander community to look after their health. The

day provided plenty of fun activities for the children, a beautiful healthy lunch, fresh fruit and lots of information on having a health check, the importance of eating well and exercising and quitting the smokes.”

“This year, those who attended had the bonus of listening to a Busby Marou performance as well as the opportunity to meet young Aboriginal boxer, Damien ‘Super’ Hooper.”

“Many community members visited the CQRAICCHO mobile health clinic and the feedback we received was both positive and insightful. I think our key stakeholders; our Aboriginal and Torres Strait Islander community members, Elders and clients of Nhulundu Health Service would all agree this was a very successful event.”



## Spreading the word at HACC

The Aged Care and HACC team spent an enjoyable day down at the Marina promoting the services that each program delivers to the community for the Aged and those with disabilities.

Staff talked to community members on what each program could deliver, and the method used to assess client’s need and the services they could access.

The Aged Care Program and Home and Community Care Program take full advantage of the Healthy Active Community Days to ensure that they get the word out to the wider community on what services are available to assist clients to remain independent within their own homes and to promote a safe and independent lifestyle with assistance and cares when required. This is what our service is all about.



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HEALTH SERVICE



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



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# Christmas party fun

**Nhulundu Aged Care and Home and Community Care clients and staff gathered to celebrate the end of year with a Christmas party.**

Clients sat and yarned while staff served a wonderful roast meal to everyone. Old and new faces sat around the tables and enjoyed a terrific day of mixed culture and stories.

Both clients and staff enjoyed a good singalong and were entertained by some interesting stories from those present.

Prizes were presented to the best dressed gentleman and lady, as well as a lucky door and seat prizes.

Best hats went to Aunty Miriam Geesu and Aunty Debra Wimbus.

Each guest left with a lovely gift, full tummies and smiles on their faces.

**The day was voted an absolute success and everyone enjoyed themselves immensely.**

*Above Right: Santa's helpers Kerri Marlin and Lynette Ghee.*

*Below: Best hats – Aunty Miriam Geesu and Aunty Debra Wimbus.*



*Below: Staff get into the spirit of Christmas.*



*Above: Clients enjoyed a lovely festive lunch.*



*Above: Aunty Chrissy and Lynette Ghee.*



## New role for Tori

Nhulundu Health Service's receptionist, Tori Cowburn will take on a new role in 2014.

Tori's smiling face will no longer greet clients at reception, instead Tori will be taking on a new challenge in the Primary Health Care clinic in the role of Aboriginal Health Worker.

She will undertake a Certificate 3 in Aboriginal and Torres Strait Islander Primary Health Care. Tori has been with Nhulundu Health Service since commencing employment as a trainee back in 2011.

## AGM

The Annual General Meeting of Nhulundu Wooribah Indigenous Health Organisation was held on December 20, 2013 to elect a new Board of Management for the next year.

Lee-Ann Dudley, Valerie Dempsey and Matthew Cooke were elected to the board, with several other positions to be filled in the coming weeks by other community members. Thank you to the outgoing Board members for their service.

For the first time staff from N hulundu Health Service and Bidgerdii Community Health Service joined forces with the Mt Morgan community to host a Healthy Active Community Day.

The day coincided with the final session of the 'In Control Program' which was facilitated through local community services, Mt Morgan schools and Bidgerdii Community Health Service.

Awards were presented to students who had participated in the program and also to organisations who had been involved in its delivery. Constable Tamara White and Auntie Shirley Anderson presented these awards.

The community enjoyed a day of free amusement rides and participated in some ball games, including a game of bulrush. Students showcased their performance with song and dance.

Those in attendance enjoyed a lovely barbeque lunch and delicious fresh fruit. Free fruit and vegetable raffles were also popular.

A big thank you to Uncle Noel Anderson for his Welcome to Country.



## South Sea Islander Day

Community members enjoyed a night out on Quoin Island to commemorate 150 years of South Sea Islanders in Australia. N hulundu Health Service staff presented information on maintaining a healthy lifestyle and quitting the smokes.



## If you are thinking about quitting the smokes, here are some tips:

- > If you feel like you may need some extra help, contact your local Aboriginal Community Controlled Health Service.
- > Find out whether one of the proven pharmaceutical treatments would be right for you – they could increase your chances of success.
- > Seek the support of your family and friends to help you on your quit journey. Give it a go! You've got nothing to lose!



Check out our new website [www.nhulundu.com.au](http://www.nhulundu.com.au)

## Biloela Deadly Choices program

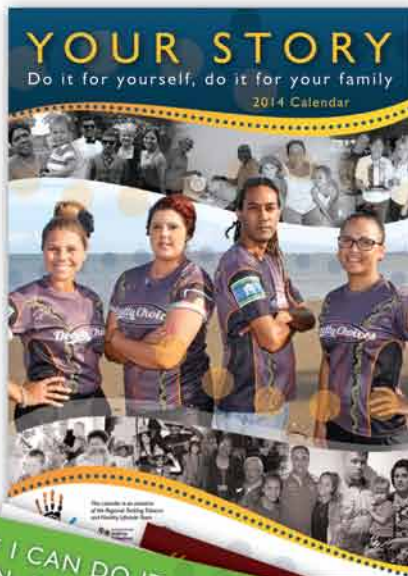
Over the past few months, seven members of the Biloela community have undertaken the Deadly Choices program. The Deadly Choices program was run in parallel with the local Biloela playgroup. On December 5, the members who had completed the program joined with N hulundu Health Service staff to enjoy a healthy lunch and discuss what they had learned from participating in the program. All those who completed the program received a Deadly Choices pack. Congratulations to all those who successfully completed this program.



# Calendars are now available

2014 Nhulundu Health Service Calendars are now available from reception.

These handy calendars feature the journey of 12 community members and their efforts to quit the smokes. Participants talk about why they started smoking, why they would like to quit and their battle to either quit or keep trying. Thank you to everyone who participated and shared their stories. **They are inspiring...**



Right: Indigenous Community Links Program Co-ordinator, Michelle Stout and Joel Herbert have been conducting a Skills Audit through Energy Skills Queensland on behalf of Bechtel and QGC. Those participating in the skills audit had the opportunity to go into a draw to win a 40 inch LCD television. The lucky winner was Steve Setters. Congratulations Steve.



## Have a Health Check & WIN



Community members who registered for a 715 Health Check at the recent Healthy Active Community Day and completed their health check prior to Christmas were entered into a raffle for the chance to win a Christmas ham and a \$50 meat tray. **Congratulations to our two winners Lovaye Saltner and Tony Blackman. Deadly Choice!!**

**Remember!... It is important to have your regular 715 health check. Call reception today to book your health check and, as a reward for helping to Close the Gap, you will receive your choice of movie passes, Hero Rewards shirt or Woolworths voucher.**

## 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

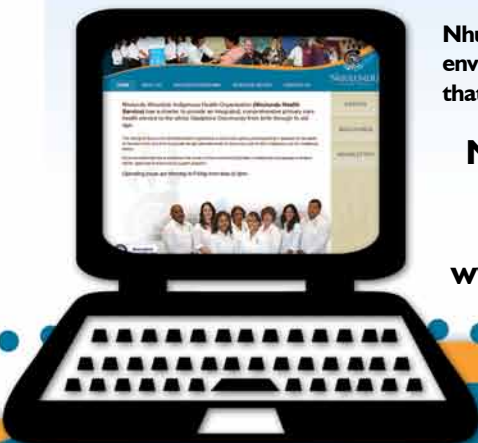
This service provides a culturally acceptable and readily accessible place for local Indigenous community members, and offers access and referrals to a range of mainstream and Indigenous specific services including health care, child care, court support, education, employment, housing and an internet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



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