

Deadly Choices Community Day in Gladstone

Organisers of the Deadly Choices Community Day in Gladstone on Sunday, April 6 couldn't have been happier with the proceedings held at the Gladstone Police Citizens Youth Club (PCYC).

As the Community day was aimed at sending a positive message about health, Nhulundu Wooribah Indigenous Health Service used the QGC/CQ RAICCHO Mobile Health Van to offer free flu vaccinations to families and to provide health checks.

Carly Cooke, the General Manager of Nhulundu Health Service, reinforced the importance of educating people about their health.

"Many health problems and chronic diseases can be avoided through making the right lifestyle choices," she said. "If we can encourage people to seek assistance in quitting smoking, eating healthy and exercising regularly, we can help them avoid getting

diseases such as type-2 diabetes, smoking related cancers and high blood pressure."

Special guest and Olympic boxer Damien Hooper was on hand to share his own personal story about how making positive choices turned his life around. Kids at the event were thrilled when their hero invited them into the ring to spar with the champion.

The Good Quick Tukka team treated families to a tasty lunch and cooked up a storm with their healthy food options. Peta-Marie and her team from Express Fitness got everyone moving and shaking with their fitness routines and had kids and adults alike joining in the fun to work off the calories.

Make an appointment now for the dental clinic

With a commitment to improving health outcomes for Aboriginal and Torres Strait Islander people in the Gladstone region, Nhulundu Health Service launched their dental services in March.

Building on the success of this inaugural visit, the dental clinics now operate on a monthly basis and are available to Aboriginal and Torres Strait Islander clients who have completed an Aboriginal and Torres Strait Islander health check (MBS 715).

Featuring a dental chair, sterilisation equipment and an x-ray machine, the new Oral Health Service will provide oral health checks and cleans, as well as tooth extractions and fillings. Not included are orthodontic or cosmetic services.

The service is based on a broader charter around chronic disease prevention and management.

The next clinic will be held May 26 – 30. Please phone reception for an appointment. A small cost will apply for these services.



Appointment of new General Manager

Carly Cooke has been appointed as the new General Manager, Health Service Operations at Nhulundu Wooribah Indigenous Health Organisation.

Her appointment was announced by the Board of Management in April. Carly has been acting in the role since July 2013.

Board of Management Chairperson, Lee-ann Dudley said that the Board were delighted to confirm Carly's appointment, and looked forward to working with her to Close the Gap in Aboriginal and Torres Strait Islander health and to provide better health outcomes for the community.



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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



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Easter eggstravaganza a hit with clients and staff



Celebrations for Easter kicked off for the staff and clients of both Aged Care and HACC on April 15.

There was loads of fun and laughter as the assembled group got themselves into the spirit of Easter fun.

Clients participated enthusiastically in an egg smashing competition, until they found out that two of the eggs had not been hard boiled – a lessening in enthusiasm but still lots of laughter.

The construction of an Easter bunny outfit made of toilet paper had everyone working hard to produce a runway quality outfit.

Prize for the best Easter hat was awarded to Lisa Veber for her very colourful and decorative ensemble.

Aged Care Client Coordinator, Jo Kersey said it was wonderful to have all the Aged Care and HACC clients come together and enjoy a meal while catching up with each other for a good yarn.



Deadly Choices team opens up a 'Treasure Trove' at Toolooa High School

On Thursday April 24, Toolooa State High School hosted an event called the Treasure Trove. The event was designed to provide students with information about support people and organisations within both the school and wider

community. Nhulundu were represented by the Healthy Lifestyle team with two displays facilitated by their Tobacco Action Workers and the Healthy Lifestyle Worker.



In total 146 year 8 students participated with 19 students identifying as Aboriginal and/or Torres Strait Islander. Within the student body, 62 live in household with smokers and ten of these households have people who smoke inside the house.

The Regional Tackling Tobacco and Healthy Lifestyle team were able to talk with students about the dangers of smoking as well as the significant financial cost. Michelle Cook said that students were extremely surprised by the number of chemicals contained in cigarettes.

Sharrna Parter provided information about how much sugar is contained in different beverages. The students were asked to guess how much different beverages contained and were shocked by how much was in their favourite drinks.



Woorabinda Health Strategy

The Woorabinda Health Strategy commenced in early April, when the QGC-CQ RAICCHO Mobile Health Clinic held the first in a rolling series of Woorabinda 'Deadly Choices' Community Days. The Community Day was a joint program involving the Woorabinda Shire Council, the Police Citizens Youth Club (PCYC), Nhulundu Health Service and CQRAICCHO.

A range of service providers in Woorabinda participated, including Queensland Health, Red Cross, and Employment Services Queensland. Staff from Central Queensland Indigenous Development (CQID) also assisted with transporting families to and from the event which was greatly appreciated.

The Regional Tackling Tobacco and Healthy Lifestyle Team from Nhulundu Health Service were kept busy with Good Quick Tukka demonstrations and providing education on quitting the smokes. Deadly Choices Ambassador Damien Hooper was a huge crowd pleaser and shared his story with the community.

Around 300 community members attended, with 15 undertaking a Health Check, 26 participated in Smokerlyzer testing and everyone enjoyed the Good Quick Tukka demonstration and games.

The day was a huge success and the team was back again the following week with the Mobile Health Van visiting on Tuesday and Wednesday and the Deadly Choices team participating in a mini community day on Wednesday.

More than 350 community members attended and 46 Health Checks were completed across the two days. Activities undertaken by the Deadly Choices team included hoola hooping, badminton, rock-climbing, pass the footy and the jumping castle.

The Mobile Health Van will continue to visit Woorabinda as part of the health strategy and the Deadly Choices team will attend to offer support whenever they are available.

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Winners are Grinners

Well done to Bernadette Dodd who was the lucky winner of the MBS 715 Health Check draw recently.

Bernadette was able to take her winnings all the way to Eidsvold over the Easter Long Weekend.

To be a winner too, all you have to do is make an appointment at Nhulundu Health Service, your local AMS and get your 715 Health Check today.



Left: Congratulations to Cristelle Jarrett, the first client from Woorabinda to complete an MBS 715 Health Check with the Mobile Health Van under the Woorabinda Chronic Disease Strategy. Cristelle shows off her Deadly Choices shirt.

Right: A pair of signed boxing gloves from Olympian Damien 'Super' Hooper was a great reward for monthly winner for Nhulundu Health Service's flu vaccine promotion. Vivian Granzen received her prize from Healthy Lifestyle worker, Sharnna Parter.



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.



Accredited
General Practice

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.

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