



Exciting opportunity for our future leaders

A six-day residential program for young Aboriginal and Torres Strait Islander Queenslanders (18–25 years) to develop leadership skills and learn about democratic processes will provide an exciting opportunity for Nhulundu Health Service staff members, Tori Cowburn and Kirrie Machen.

The Indigenous Youth Leadership program will be held in Brisbane from Saturday 21 June to Thursday 26 June 2014. Tori and Kirrie will be provided with all travel including flights and transfers, meals and accommodation during their attendance.

The pair will take part in leadership and professional development workshops run by community leaders, facilitators and mentors. They will have opportunities to work with Elders and respected Indigenous community leaders, as well as Members of Parliament and senior government representatives.

They will also experience the role of a member of parliament for a day with a mock legislative experience called the Eric Deeral Indigenous Youth Parliament. This will provide Kirrie and Tori the opportunity to raise issues of importance to their own community in the presence of elected Members of Parliament.

"I just cannot believe I have been selected," said Kirrie "I am so excited and grateful for the opportunity. I can hardly put it into words."

"I am so looking forward to the end result. I want to get to the end of the program and come back to Nhulundu Health Service and share everything I have learned. I am especially excited to be able to share this knowledge with the local school children when we undertake programs with them."

As part of the selection process, Kirrie and Tori were required to answer in their own words what leadership meant to them and how they could grow through attending this program. They were also required to outline programs and activities they were currently involved in within their community, including voluntary work, education and employment.

Primary Health Care Manager, Kym Brodie said it was a great experience for any young Indigenous person to be involved in.

Chronic Disease Information Session and Morning Tea

Clients with a current GP Management plan in place are invited to attend an information session and morning tea to meet our Chronic Disease team and members of the Healthy Lifestyle and Tobacco Action Team on June 26.

Allied Health Professionals will be in attendance to provide information about how their role can assist in Chronic Disease management. Louise Bolger our Diabetes Educator and Dietitian will discuss the

importance of diet and present some great healthy food choices with our Healthy Lifestyle team.

Meet Senior RN Sarah Mackay, who will be facilitating the Chronic Disease programs and find out how she can help you manage your chronic disease.

Please contact Nhulundu Health Service on 49790992 to register your interest. Transport available upon request.



NHULUNDU
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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



Find us on facebook

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Nhulundu Health Service and the local Theodore community joined forces to deliver their first Deadly Choices Community Day.

There was a great turn out and community members were keen to visit the CQRAICCHO mobile health van. Around 60 clients took advantage of the free BSL/ blood pressure and height and weight checks.

The children were keen to listen to the education provided by the Deadly Choices team who explained the dangers of smoking and how much sugar is in certain drinks, along with discussions around how many fruit and vegetables they should eat every day. Many of the children were shocked by the amount of sugar in cordial over every other drink.

The jumping castle and rock climbing wall proved popular and it was great to see everyone having fun, doing exercise/activity whilst enjoying a healthy afternoon tea cooked by the local Junior Roosters Football Club.

One of the highlights of the event was meeting Jharal Yow Yeh (former Broncos Player) and having a quick game of football with him and all the Deadly Choices staff.

The next day it was on to Biloela and another community day with the Deadly Choices team and CQRAICCHO mobile health van.

Almost 90 community members visited the van and more than 100 members registered for activities. Community members enjoyed footy drills, nutrition education and learning about the chemicals in tobacco.

A big thank you to the students from Biloela and Theodore High Schools trained by the Bangarra Dance Theatre's under the Rekindling Program dancers who performed and entertained the crowd.

Both community days were very popular and it is wonderful to see these local communities supporting the visits from Nhulundu Health Service and the CQRAICCHO team.



Tackling Tobacco and Healthy Lifestyles



Good Quick Tukka at Toolooa

The Regional Tobacco and Healthy Lifestyle team have been working with Toolooa State High School students building their knowledge of healthy nutritious meal options.

Toolooa has an embedded program that helps build the social and emotion wellbeing that in turn sees an increase in positive behaviour. Through their 'Connections' program there was an identified gap of students who have little or no access to food outside of the school environment.

With over 60% of these student identified as being of Aboriginal and/or Torres Strait Islander decent, Nhulundu Health Service have been able to help by participating in the 'Connections' program once a week to run Good Quick Tukka.

The students make two recipes, one main meal and one desert, with four teams cooking simultaneously.

The outcome is between 25-40 single serves that can be frozen and accessed by students when needed.



Biggest Morning Tea

All the trappings for a classy morning tea were out recently when the HACC and Aged Care group held a 'Biggest Morning Tea' at Nhulundu Health Service.

Staff laid out the finest crockery and it was best manners to the fore as a delightful morning tea was revealed to the assembled clients.

Not only was it a great social occasion and a chance for the clients to enjoy a lovely morning tea but they were also able to participate in some entertaining activities and enjoy a good yarn and laugh with their mates.

Pin the teapot on the doyley created giggles all around. Lots of guests thought they were close to the target only to discover they were miles away.

A game of 'guess the items in the picnic basket', had everyone vying for the chance to win a lovely fruit basket.

It was an enjoyable day, and clients and staff went home with smiles on their faces and full tummies, and knowing that they had contributed to a wonderful charity as well. Funds raised from the day were contributed to the Regional Tobacco and Healthy Lifestyles Team's fundraising target. In all \$611 was raised. Thank you to everyone who assisted.



Expressions of Interest

Serving Country Centenary and Beyond

This year's NAIDOC theme honours all Aboriginal and Torres Strait Islander men and women who have fought in defence of their country.

This year the local NAIDOC committee is seeking to identify families whose ancestors have served with honour and pride in Australia's military conflicts across the world.

We would like to highlight and recognise the roles they have played in shaping our identity and pause to reflect with pride on their sacrifices. The committee celebrates and honours their priceless contribution to our region.

If you know of some local Aboriginal or Torres Strait Islander men or women who have served in any branch of the Defence Forces in any conflict, we would love to hear their stories.

Please contact Lisa Lowe on 4972 9082 or lisa.lowe@gladstonenews.com.au



6-13 July 2014

SERVING COUNTRY - CENTENARY & BEYOND

Nhulundu Health Service receives renewal of AGPAL accreditation

Nhulundu Health Service has recently been reaccredited under the Royal Australian College of General Practitioners (RACGP) 4th Edition Standards.

This accreditation acknowledges Nhulundu's ongoing demonstration of quality and safety in our medical practice in line with best practice principles across the country.

At Nhulundu we see accreditation as part of our journey of continuous quality improvement that is the responsibility of everyone in the organisation it relies on individual and group efforts of all key stakeholders and looks at client feedback as key indicators.



Introducing our new staff: Sade Beezley – Medical Receptionist

New Medical Receptionist, Sade Beezley was born in Gladstone but grew up on the Sunshine Coast. Sade is of proud Aboriginal and South Sea Islander decent. She completed Grade 12 in 2010 and completed a Certificate III in Allied Health on a school based traineeship at Sundale Garden Village – Day Therapy. On completion, Sade was employed as an administration assistant at North Coast Aboriginal

Corporation for Community Health.

She has been employed with Queensland Health for the past 18 months working with BreastScreen Queensland. During this time she completed a Certificate III in Occupational Health and Safety.

Sade has returned to Gladstone to be with her family. She is currently undertaking a Diploma in Practice Management.

Winner

We have another happy winner, Tyrn Littleboy. Tyrn made a deadly choice and had his health check. He is the lucky winner of a fruit and meat pack.

To make an appointment for your MBS 715 Health Check please call the friendly staff on 49790992.



Congratulations on a wonderful milestone birthday

Nhulundu Health Service client, Harry Bennett celebrated his 99th birthday on May 25. He spent the day celebrating quietly with his grandson and daughter-in-law and enjoying a delicious cupcake.

A member of the stolen generation, Harry was born to a white dad and a full blood nomadic woman at Wahanindra near Tennant Creek in 1915. One of three children, Harry was removed from his family and relocated to 'Bungalow' in Alice Springs, where he was taken into the care of missionaries.

Harry trained as a butcher's assistant and, after leaving the mission he became a camp cook, travelling around the country. He later opened his own butcher shop.

Harry met and married his sweet heart, Mona Hart nee Rankin. The couple had three children. This family has now grown to 13 grandchildren and 24 great grandchildren.

"Harry remembers all their names", said his daughter-in-law Adelaide Bennett. He might be getting on but he is still very sharp.

His hearing and eye sight have let him down, but apart from this he is still in good health. He used to love reading but now he limits himself to the television. He enjoys the news and likes to have a little potter around in the yard."

And what is the secret to Harry's long life and good health?

"Never smoking or drinking is what he reckons," Adelaide laughed, "but the staff at Nhulundu Health Service provide him with wonderful care now, and we are grateful for this."



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



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