

NAIDOC Activities with the Regional Tobacco and Healthy Lifestyle Team

On Wednesday the July 16 the Regional Tobacco and Healthy Lifestyle Team participated in the combined Biloela NAIDOC celebrations and Deadly Choices Community day. Dave Dow undertook song writing workshops with the Biloela students during the day and then provided entertainment to everyone in attendance during the afternoon.

Sixty-six people registered and participated in a Good Quick Tukka session making a lovely bowl of Chick Pea salad with Lemon Myrtle Dressing. Jacob was busy with the Smokerlyzer, and many people were surprised by their elevated carbon dioxide levels – a result of smoking tobacco or passive smoking.

With the 'giant worm' and the rock-climbing wall there was lots of active fun to be had in between grabbing a healthy feed or having a dance to Dave's great tunes.

Good Beginnings Gladstone coordinated combined NAIDOC celebrations for the students of Toolooa State High School (Gladstone) and the kindergarten children from Rainbow Valley Early Learning Centre. Students from all year levels at Toolooa SHS assisted in setting up a range of activities for the 36 youngsters to enjoy, as well as arriving very early to help get the Kup Murri set up for a very tasty lunch.

The Regional Tobacco and Healthy Lifestyle team kept an eye on the Toolooa SHS students as they guided their 'buddies' making a healthy morning tea snack. The team also set up an area where everyone could play ball sports and run around to their hearts content. It was lovely to see the older students modelling exemplary behaviour to the kindergarten children, showing them that with patience everyone gets a turn of all the activities.

By lunch time you could see fatigue setting in and the event ended with a fantastic dance display and lesson from Djuran Johnson.



Above: Sharrna Parter helps out with some healthy lunch decisions



Above: Tilly and Bella have fun with Good Quick Tukka

Live Well morning tea

- Clients with a current GP Management plan, were invited to attend a Live Well morning tea on June 26. Diabetes Educator and Dietitian, Louise Bolger introduced members of the Chronic Disease Management team, Dr Sabitha Yakkala and RN Sarah Mackay, and explained how Health Assessments work under Medicare.

- She spoke also spoke of available funding through Medicare Local. The aim was to show clients the framework we work within and how it can be individualised to benefit each client's needs and understanding.

- Allied Health guests, Shane Podbury from Active Physio Health, podiatrists from Shoes Feet Gear, Ben Robinson from Gladstone Physio and Fitness and Josh Iaquinto from Physio Call all contributed their expertise and advice on how allied health practitioners can assist people with a chronic disease. Alinitia Williams, CQ Medicare Local's Aboriginal Project Officer discussed the funding options available.

- Healthy fruit salad and yogurt, salad wrap and fried rice food options were provided by the Healthy Lifestyle Team. Services offered by Nhulundu Health Service through various programs were explained to the attendees.



NHULUNDU
HEALTH SERVICE

Wound management workshop

A Wound Management workshop was held at Nhulundu Health Service on July 24. This workshop was a joint collaboration with CQML and Smith & Nephew. Twenty-nine clinical staff from general practices around Gladstone attended.

Topics covered included wound healing, holistic wound assessments, wound bed preparation and new products and solutions available. Nhulundu staff Tori Cowburn, Skye Manthey, Sarah Mackay, and Roxy Thompson attended.



Nhulundu Health Service is now able to offer eye scanning for clients who are over 40 years old and who have or are at risk of chronic disease. The scan is performed onsite and sent to specialists who view the photos and advise if follow up treatment is necessary. These photos are sent to the client chart and compared each 12 months. To date more than 50 clients have taken advantage of this new service.

DRS Eye scanner



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

Cnr Manning & Hixon St, Gladstone | Ph: 4979 0992 | Fax: 4979 0967 www.nhulundu.com.au

Farewell Dr John

One of Gladstone's longest practicing and best loved General Practitioners is hanging up his stethoscope after more than 40 years taking care of generations of families in the region.

Dr John Mitchell has been practicing at Nhulundu Health Service for the past 3 years, and patients, friends and colleagues are invited to share a joke or a fishing yarn and to bid farewell to a great bloke at a morning tea in his honour.

WHAT: Farewell Morning Tea

WHO: Patients, Friends and Colleagues

WHERE: Nhulundu Health Service (Car Park)

WHEN: Tuesday, August 12, 2014

TIME: Between 9.30am – 10.30am



Nhulundu Health Service delivers quality care to our community



Nhulundu Health Service Aged Care and Aboriginal and Torres Strait Islander Home and Community Care Programs have set a new high with the delivery of supports to their clients within the Gladstone Community.

Nhulundu Aged Care Program is proud to have on board an amazing 67 clients whose cares are delivered to best meet that persons individual needs.

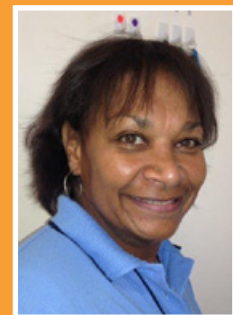
The professionalism and commitment, from all staff within these programs, is an asset to our organisation.

Our team delivers quality care to all clients to ensure they remain living safe, independent lives within their own homes, for as long as they are able.

Nhulundu Health Service thanks you for a job well done.

Introducing our new staff members

Jodene Yew Yeh - Aged Care Support Worker



Jodene Yew Yeh comes to her role from positions as a canteen assistant at NRG and TAFE. She holds Certificates in Food Safety, Retail and Traffic Control

as well as having completed her General Construction Safety Induction.

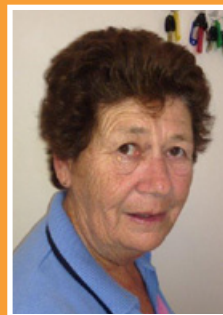
Jodene enjoys her role working with the Aged Care clients and her role includes taking them shopping, cleaning and tidying their home and assisting with HACC.



Sharon Ward - Aged Care Transport Officer

Sharon Ward is a chef by trade, but is currently working as Aged Care Transport Officer and is delighted to be working at Nhulundu Health Service and caring for her community.

As transport officer, Sharon is involved in not only transporting the Elders and picking them up for their appointments and ensuring that they arrive and return safely, she is also responsible for maintaining the fleet of Aged Care cars and buses.



Margaret Conza - Aged Care Support Worker

Margaret Conza has been employed at Nhulundu Health Service as an Aged Care Support Worker. She was previously employed at a laundry service.

Margaret loves her job and enjoys talking to people and meeting new people in the community. She loves being able to assist the elderly community members.



NAIDOC Snapshot

Commencing with a Gala Ball at the Gladstone Entertainment and Convention Centre on July 4, NAIDOC Week has been celebrated with a host of activities across the week, honouring the culture of Aboriginal and Torres Strait Islander people.

From the official flag raising ceremony with Mayor Gail Sellers, a community Elders luncheon, youth sports day and the Peter Dempsey Memorial Golf Day to the March along Goondoon Street and the Family Fun Day and picnic, the staff of Nhulundu Health Service have been busy assisting the community to enjoy a wonderful week of celebrations. Thank you all for your efforts.



Farewell and thanks

Nhulundu Health Service recently farewelled our Senior Receptionist Nikita Titmarsh and Receptionist Sade Beezley.

Thank you ladies for your hard work and dedication to our clients. Your welcome smiles will be missed at the front desk.



Thank You

A big thank you to Lyn Tasslin and the management and staff of Laserit. They have kindly donated a large number of beautiful and colourful stuffed bumble bees to Nhulundu Health Service.

These toys will be given to some of the very ill children who attend our clinic. Dr Claudia Collins was pleased to accept the toys on behalf of Nhulundu Health Service.



Thank you also to the talented and generous Sharon Ward for the beautiful cakes we enjoyed during our NAIDOC celebrations.

Introducing our Board of Management

Lee-ann Dudley
Chairperson

Valerie Dempsey
Secretary

Matthew Cooke
Treasurer



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.

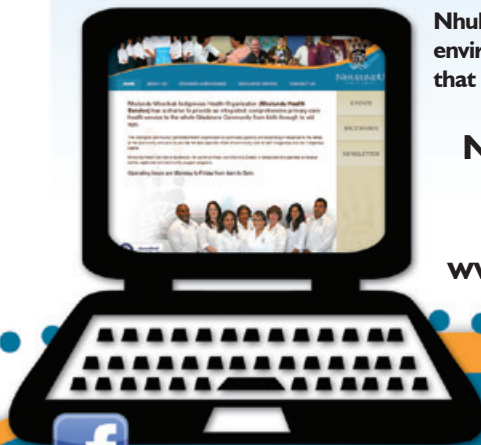
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