

Fun activities for the school holidays

The Regional Tackling Tobacco and Healthy Lifestyle team have been enjoying School Holiday Activities across the region in Gladstone and Biloela these holidays.

The activities in Gladstone have been water focussed and a great way of cooling off in the sweltering hot weather that has been blanketing the region for the past month. The team spent Tuesdays at the GRC pool and Thursday's at Barney Point Park. Judging by the looks on the participants faces the activities were well received and enjoyed by everyone.

Biloela youth had a wonderful day at Lions Park on Wednesday 7 & 14 January.

These school holiday activities provide physical activity in a fun environment for the children, while the team have the opportunity to talk to the participants (children and caregivers) about nutrition, physical activity, the harms of smoking and the importance of having a 715 health check.

Both team members and participants agree these school holiday activities have been awesome.



Below right: Congratulations to Sharrna Parter and Kirrie Machen who have recently completed their Certificate III in Aboriginal and/or Torres Strait Islander Primary Health Care. Sharrna is one of our Healthy Lifestyle Workers and will be able to use the skills gained through this qualification in her daily duties. Kirrie is one of our Tobacco Action Workers and knows that this additional knowledge will assist her to help our community members quit the smokes and live a longer and healthier life. Congratulations also to Jade Pengelly for completing her Certificate III in Aboriginal and/or Torres Strait Islander Primary Health Care. Remember that a healthy lifestyle includes nutrition and regular activity for the mind and body as well as not smoking!



NHULUNDU
HEALTH SERVICE

4979 0992 | nhulundu.com.au

Corner Manning & Hixon Street, Gladstone

Monday to Friday 8.30am - 5.00pm





• When did you have your last MBS 715 health check?

Janacia Beezley made a great start to the year by having her MBS 715 health check. As a reward for looking after her health, Janacia also received a back to school kit which included a hat, Deadly Choices water bottle, school backpack and sunscreen.

Phone our receptionist on 4979 0992 for an appointment and you could receive your very own Deadly Choices back to school pack.

“ Making back to school easy for our families ”

Australian Rotary Health Indigenous Health Scholarship 2015

Closing date for applications: Friday 20th February, 2015

These scholarships are available for any medical or health related degree.

To obtain an application form go to the Australian Rotary Health Website www.australianrotaryhealth.org.au

Do you have a good news story you would like to share with the community. Please email info@nhulundu.com.au

We may not have space available to publish all stories but we would love to hear from our clients.



Above: Nhulundu Health Service bid farewell to Dr Sabitha Yakkala with a dinner and gift presentation in January. Dr Sabitha was NHS's first full time Doctor, commencing with the organisation when it was still a fledgling practice in Tank Street. Dr Sabitha and her family have moved to Brisbane and take with them best wishes and thanks from our community.

• ‘Work it Out’ for your health with our new program

Currently a select group of clients who suffer from a chronic disease are being assessed to participate in the first round of the ‘Work it Out’ program. The program is designed to help improve the health of clients suffering from a chronic disease and also assist them to better manage their condition.

A typical work it out day includes 45 minutes of a yarning (education) session delivered by interdisciplinary health professionals including exercise physiology, occupational therapy, dietetics, psychology, podiatry, tobacco action worker, research, pharmacy and an Aboriginal Health Worker.

This is followed by an hour exercise program

which is tailored by an Exercise Physiologist in a group setting and concludes with a 15 minute tucker session.

Outside of the group sessions clients are able to meet one-on-one with allied health professionals who will assist them to master self-management strategies unique to their chronic condition/s.



EXPRESSION OF INTEREST

Medical Receptionist - (Full Time position)

We are looking for an experienced admin person, preferably with a medical services background, who can immediately take on the front desk and billing responsibilities.

Apply now and you will be rewarded with interesting work, a friendly team environment and a competitive salary with Salary Sacrifice.

(Adult Base Salary \$43,000 per annum plus superannuation, plus salary sacrifice)

Essential Qualifications / Experience:

- Certificate III in Business / Medical Reception or equivalent is required
- Sound experience and track record in equivalent in medical services or office administration roles
- Excellent data entry skills/good attention to detail
- Excellent communication skills – written, verbal and interpersonal

Enquiries and Applications (Resume and Covering Letter) can be addressed to: Craig Flegeltaub - HR Manager – N hulundu Health Service by email at: jobs@nhulundu.com.au

APPLICATIONS CLOSE 13 February 2015.

Expressions of Interest are also called for the position of Indigenous Trainee in our Business Services Unit. Please check the website for further details.

• Welcome to our new staff



Donna Dwyer

The Primary Health Clinic would like to welcome their new nurse Donna Dwyer.

Donna is employed at Nhulundu Health Service as a full time Registered Nurse.

Donna said "I love the challenge of working in such a diverse environment and working closely with the community, as well as working beside such friendly and helpful staff. I can't wait to meet and assist our clients on their health journey."

Donna looks forward to doing her part to help close the gap for Aboriginal and Torres Strait Islander community members.



Sharon Law

Sharon Law is an Aboriginal woman from the Wakka Wakka and Wulli Wulli tribe, She was brought

up in the small town of Eidsvold, and lived there for 15 years. Sharon later moved to Gladstone and attended Gladstone State High.

Sharon is mum to a beautiful boy Kielin, who is 6 years old, and loves to spend time with her extended family.

Sharon said "in the short time I have been at Nhulundu Health Service, I have met many lovely clients and staff. I am looking forward to commencing my Certificate III in Aged Care and am excited about my future."



Nikita Cowley

Nikita was born and grew up in Charleville. She left after completing year 12.

She has recently relocated to Gladstone from Central Western Queensland and so far is enjoying the sea change .

Nikita is an Aboriginal woman who enjoys spending time with her family, outdoors, fishing, swimming and exploring new places.

"I have only recently started with Nhulundu Health Service, but before then, I previously worked as a support worker for 6 years in rural remote locations and an Aged Care Facility," she said.

"I will be commencing Studies in Certificate III in Aged Care. I currently have a Certificate II in Business Administration."

Nikita is an Aged Care Support Worker.

Have you collected your 2015 Nhulundu Health Service calendar yet?

This great FREE calendar is available at reception - ask our friendly staff for one next time you visit our medical service. Enjoy the healthy recipes and be inspired by the handy tips for healthy eating. Our Aged Care clients regularly enjoy healthy and delicious meals cooked from the recipes in this calendar. Make the change to healthy - you will be amazed at how easy and delicious healthy eating can be.



We salute these outstanding young community members



Georgia McMannus



Keecia Mallie

Congratulations to Georgia McMannus on receiving her first preference for University. Georgia is off to James Cook University in Townsville to study Psychology and is applying to do a dual degree, with Sports Science. Nhulundu Health Service staff and management wish her all the best on her challenging but exciting journey.

Nhulundu Health Service also recognises and congratulates Keecia Mallie for on her nomination for Senior Sportsperson in the Australia Day Awards. This nomination is a tribute to the incredible dedication and outstanding results Keecia has gained in her chosen sport. She is a gymnastics judge and coach in both WAG and Acrobatics, as well as undertaking full time university studies. Keecia travels between Rockhampton and Gladstone and will commence her third year of Occupational Therapy study. Congratulations and good luck Keecia. You are a great role model for our community.

● What's your New Year Resolution?

Have you set yourself a New Year's resolution to pursue a healthier lifestyle, to exercise more, to eat healthier or to quit the smokes? The Regional Tackling Tobacco and Healthy Lifestyle team are here to help. The team can offer a brief intervention for one on one help and are running the Murri's say NO to Durries program every Thursday from 1.00pm-2:30pm at Nhulundu Health Service. The team can offer clients programs that can help with meal planning and healthy cooking along with physical activity hints and tips.

Make your New Year's Resolution a reality and call the team today on 4979 0992.

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. Open hours are Monday to Friday 8.30am to 5pm - 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 cafe

→ 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 own homes. The Aged Care team also runs the Home and Community Care Program. All clients must be assessed 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.

We look after your health from birth through to old age.



Newsletters are now available online - visit our website www.nhulundu.com.au



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