

# Let's begin to 'Work It Out'



Staff from the Healthy Lifestyle team will be keen to encourage members of their current programs, such as Swim and Yarn, to participate in the Work it Out Program.

**Work It Out is a free education and exercise program that helps Aboriginal and Torres Strait Islander people with chronic conditions to cope, take part in everyday activities and live a healthy lifestyle. Participants are referred to the program by their doctor.**

The program aims to:

- improve your quality of life
- provide a better understanding of how to live a healthy and active life
- increase your confidence and ability to cope
- improve your level of fitness

Each program runs for 12 weeks (Participants can complete more than 1 program). Each week there are 2-4 sessions. Each session

involves one hour of exercise and a 45 minute education session. Each participant's exercise program is individually tailored for them by an Exercise Physiologist and delivered within a supportive group setting.

Participants will enjoy education sessions that will cover a wide range of topics including:

- How the body works
- What chronic disease is
- The importance of physical activity
- Medication use
- Stress management & Relaxation techniques
- Ways to save energy
- Nutrition and how to cook quick easy meals

Nhulundu Health Service is excited to have the program commencing in Gladstone shortly.

## • Welcome to 2015

**As we usher in the New Year it is timely to look back and reflect on the past 12 months.**

From celebrating our achievements in 2014 and now continuing onwards to enhance and expand the scope and distribution of health and aged care services offered to our community.

I would like to thank our community for their ongoing support of our service and for your feedback. It is always good to know what you think we are doing well and what you think we could do better. Special thanks go to the Nhulundu Health Service Board of Directors who gave so freely of their time and expertise to ensure that our Community Controlled Service continues to be just that.

There are many people and organisations in the community who have assisted us throughout the year; far too many to mention individually, but I would like to take this opportunity to make a special mention of the ongoing support we have always received from our outgoing Member for Gladstone Mrs Liz Cunningham. Enjoy your well-earned retirement and thank you for your solid support over the years.

Finally, I offer a big thank you to our staff, who have worked hard to 'Close the Gap' in Aboriginal and Torres Strait Islander Health throughout 2014. It is never an easy job but through your efforts we are making progress.

2014 saw the introduction of some dental services to Nhulundu Health Service and also the first visit of the IDEAS van, which is dedicated to improving eye health in our Aboriginal and Torres Strait Islander patients. Sadly, last year we bid farewell to our much loved Dr John Mitchell as the lure of fishing finally encouraged him into retirement, while Diabetes Educator Louise Bolger commenced maternity leave as she awaits the birth of her first child.

Looking forward to the coming year, Nhulundu Health Service is excited to announce the visiting services of a Paediatrician commencing in January, as well as an Orthopaedic Specialist and a Podiatrist later in the year.

It is exciting to consider what the year will bring in terms of new services, and better health care for our community. It is a long journey, but together we can meet the challenges and close the gap in Aboriginal and Torres Strait Islander Health and ensure better health outcomes for our people.

Regards,

**Carly Cooke** General Manager



**NHULUNDU**  
HEALTH SERVICE



4979 0992 | nhulundu.com.au

Corner Manning & Hixon Street, Gladstone

Monday to Friday 8.30am - 5.00pm



## GOOD QUICK TUKKA

### proves a winner on all levels



Over the last six months the Regional Tobacco Action and Healthy Lifestyle team have been working with students from Toolooa State High School in Gladstone on both the Deadly Choices and Good Quick Tukka programs.

Deadly Choices is a multi part program that focuses on healthy lifestyle choices and healthy role modelling. The program encourages Indigenous people to be healthy role models for family, friends and their communities.

The students defined the protocols for the group in the first session and were responsible for making sure everyone every one followed these throughout the program.

The success of this program, and others like it are one of the reasons that Nhulundu Health Service's Healthy Lifestyle Team have once again been announced as the winner of the Good Quick Tukka trophy for 2014.

The time period for data collated was from July to December 2014. Data was collated for 7 groups (pre and post group data) and for 6 community events with an average of 90 people attending each event. They have also produced the 2015 Nhulundu calendar including recipes and healthy eating tips.

Debbie Chen, QAIHC's facilitator for the GQT program said, "Congratulations to the team. I would also like to say a huge THANK-YOU to all the partner organisations who have welcomed us to their groups/community to be able to deliver the GQT program."

The GQT program will be presented as a poster at the Dietitians Association Australia Conference in 2015.

## Christmas fun for clients

One of the most popular events on the Nhulundu Aged Care and Home and Community Care calendar is the annual client Christmas party. And this year was no exception with the guest list topping more than 40 attendees.

Staff and clients enjoyed a delightfully festive luncheon with delicious treats on offer. As well as the normal Christmas fare, clients enjoyed homemade fudge and white Christmas supplied by the staff, and these little delicacies, went down a treat.

Games were played and there were plenty of prizes taken home. Best outfit went to a very, very green Aunty Joy Cowburn, who looked as cute as a button in her elf outfit.



Celebrations throughout the year have been popular and the numbers attending event continue to grow. Thank you to all the beautiful staff of the Aged Care Team who

work tirelessly to ensure their clients are not only looked after in a safe and caring manner, but are also shown a good time when they visit our service.

## ● Last Programs for 2014.

December saw the ongoing programs delivered by the Regional Tobacco Action and Healthy Lifestyle team finish up for 2014. The school based program ran up until the last week of the school term and the non school based programs ran up until Friday 19 December. The Regional Tobacco Action and Healthy Lifestyle Team would like to thank all of the participants across our district for their support of our programs. Remember that sometimes we get a bit too festive in the festive season. If you're lucky enough to have time off from work, go for a casual walk at your favourite spot. You can always take a healthy picnic or BBQ to the park and have a fun game of footy. Staying healthy and active doesn't have to be hard work, make it fun!

The team will be providing school holiday activities commencing the week of 5 January 2015, keep an eye out on the Nhulundu Health Service Facebook and Instagram pages for more details.



# • Christmas luncheon shows appreciation to staff

**Nhulundu Staff and Board Members enjoyed a beautiful Christmas luncheon on December 10. The staff turned out looking their best, all dressed in their Deadly Choices shirts.**

Secret Santa had plenty of gifts for everyone, and many a good laugh was shared over the contents of some of the packages. It seems that Nhulundu Health Service staff really do know their workmates very well!

Management and Program Coordinators shared their Christmas messages and thanked staff for their efforts over the past year.

The luncheon proved a perfect way for everyone to show their appreciation to each other for a fantastic effort throughout the year,

It is wonderful to belong to an organisation that is one of the best organisations to work for in Gladstone.



## Congratulations on your achievement William Docherty

**School Based Trainee William Docherty was one of seven local Aboriginal and Torres Strait Islander high school students who were awarded their graduation certificate for completing the Santos GLNG Work Readiness and Retention Program.**

William has been working as a trainee in the Regional Tobacco Action and Healthy Lifestyle team and has shown an excellent understanding of the community needs and works hard to contribute to team goals. The school-based apprenticeship and traineeship initiative is a two-year program funded by Santos GLNG that provides pathways for Aboriginal and Torres Strait Islander students to begin work placements and complete formal qualifications in their chosen fields.

William completed Year 12 at Toolooa State High School in November 2014 obtaining his Queensland Certificate of Education and is keen to pursue a career in the Health sector. Nhulundu Health Service would like to congratulate William on his successes. Your hard work paid off and we know you have a wonderful and successful life ahead of you.



When did you have your last MBS 715 health check? Call us today on 4979 0992



Above: On August 19, Aged Care Support Worker Lynette Ghee became a proud Grandmother to little Aalirah. Baby Aalirah's proud parents Taneesha and Jason, were over the moon with their first beautiful little bundle of joy.

Lynette hopes that this is the first grandchild of many to come, and maybe followed by many great grandchildren.

Below: Nhulundu Health Service held an afternoon tea for our Dietitian and Diabetes Educator, Louise Bolger, who has commenced 6 months maternity leave. We look forward to Louise's return later this year. Congratulations Louise and Matthew, and we look forward to meeting your new baby.

Louise is farewelled by Dr Sabitha Yakkala. Dr Sabitha, along with Noelene Cant and Cheryl Warry received Employee Recognition Awards last month. Congratulations ladies.



## 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*



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