



• Scholarship to aid student to achieve his goals

Year 11 Gladstone State High school student, Dylan Wales is the proud recipient of a Queensland Certificate of Education Scholarship (QCE).

Under the QCE Scholarship Program, The Queensland Aboriginal and Torres Strait Islander Foundation (QATSIF), provides two-year scholarship funding to support students commencing in Year 11. QATSIF funds successful schools which then provide scholarships to individual students. The intention of the funding is to increase Aboriginal and Torres Strait islander student retention in Years 11 and 12 rather than simply sustain existing retention rates, and funding has to be used to complement and build on existing school and community programmes and support for individual students.

Dylan's mother, Melissa Cook said she was very proud of Dylan. "This money will assist us to purchase school uniforms and hire resources," she said.

Melissa said Dylan was a very active young man. "He plays soccer for Yaralla and has also coached their U7 soccer team for three years. As a family we are very aware of the importance of eating well and being physically fit to give our children the best possible chance in life."

Every parent knows the stress that faces students as they undertake their senior years and Melissa said they encouraged Dylan to balance his studies and sport with sensible eating and exercise.

"Dylan is undertaking board subjects to obtain an OP score and would like to study engineering, so it is very important to look after his health."

For many years Dylan has undertaken his MBS 715 health check at Nhulundu Health Service to ensure his health remains on track.

Staff and the community members congratulate Dylan and wish him well in his studies for the rest of his senior years.

Have you collected your free Nhulundu Health Service 2015 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 make the change to healthy - you will be amazed at how easy and delicious healthy eating can be.



NHULUNDU
HEALTH SERVICE

4979 0992 | nhulundu.com.au

Corner Manning & Hixon Street, Gladstone

Monday to Friday 8.30am - 5.00pm





Podiatry service a welcome addition to the primary health care clinic

Nhulundu Health Service is pleased to announce the commencement of podiatry services in the clinic.

The visiting service is provided monthly by Emily Harrison of Evolution Podiatry in Rockhampton and has been made possible through funding available from CheckUp Outreach services.

Evolution Podiatry has been servicing the Central Queensland Region since 2009. They provide sports and general podiatry, orthotics for adults and children, foot and nail care podiatry services,

chronic foot health care, aged care and diabetic foot assessments. All their Podiatrists are highly skilled in all areas of diagnosis and treatment.

Emily will be visiting Nhulundu Health Service each month and will be seeing clients who have a current Care Plan as well as MBS 715 clients.

She will assist clients in the areas of heel pain, plantar fascia issues, arch pain, knee pain, ingrown toe nails, diabetic assessments and general skin and nail care.

Patients with current Care Plans (EPC) are bulk billed

WHAT'S YOUR NEW YEAR'S 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.

• New smoking laws

New smoking laws have come into effect for hospitals and health care facilities. From January 1, 2015, smoking is banned at all Queensland public and private hospitals and health facilities, and for 5 metres beyond their boundaries.

These no-smoking laws apply at all times, and to all staff and patient residential areas on healthcare facility land, and include the use of all smoking products, including regular cigarettes and devices commonly known as electronic cigarettes (e-cigarettes).

The laws cover:

- land on which any Queensland Health Hospital and Health Service provides health services, including hospitals, community health centres, health clinics, rehabilitation centres and residential aged care facilities
- land on which a private health facility (private hospitals and day hospitals) provides services.

Nhulundu Health Service has a strict no smoking policy and staff and visitors to our service are reminded that smoking on the steps of the building, inside the building, the carpark and surrounds is strongly discouraged and now against the law. We thank you for your co-operation in adhering to our policies.





● Programs recommence for the year

New Year is a busy time for the Regional Tackling Tobacco and Healthy Lifestyle team. February has seen the recommencement of our school programs including Deadly Choices and Good Quick Tukka.

In Biloela, the Sista Yarning group are looking at nutrition in more depth with the first two sessions based on healthy lunch boxes, and then carbohydrates. This will cover how to read the labels on food so you know the carbohydrate content is and what 'total' verses 'sugar' means.

Jarjum Learning will kick off on Tuesday March 3, and we are hoping TC Marcia doesn't delay this any further. Travel to Biloela has been difficult with the highway having been cut at Collards Creek No.1 Bridge; the bridge has collapsed and it is expected to take some time before it can be repaired. The team has been able to access Biloela on the old coal road and will continue to deliver their programs as needed.



Popular youth group activities return

The Friday afternoon Gladstone Youth Group re-commenced for 2015. The youth group meets at the Toolooa State High school each Friday afternoon during school term between 3.30pm-5.50pm.

Any young person from the Gladstone region is welcome to attend but children under 13 years must be accompanied by a parent or guardian.

Physical activities such as volley ball, touch footy, cricket, traditional games, and arts and crafts (including traditional dot painting) on offer. A light afternoon tea is provided. These activities are all provided free of charge. For further information contact Cassie at Toolooa High School 4971 4333, Wendy at Nhulundu Health Service 4979 0992 or Shannara at Roseberry Community Services 4972 0047.



START YOUR
NEW YEARS
RESOLUTION
TODAY AND
JOIN OUR
WORK IT OUT
PROGRAM!

Above: Clients at Nhulundu Health Service are now into their third week of the Work It Out program and no one is holding back, all getting stuck in to reap the benefits of this deadly program. If you live in the Gladstone area visit Nhulundu Health Service to see if you can join the Work It Out program. WIO is about preventing and managing chronic disease through exercise, education and healthy eating.



Below left: Congratulations to new mum Louise Bolger, Nhulundu Health Service's Dietitian/Diabetes Educator (currently on maternity leave). Louise and husband Mathew welcomed a beautiful baby boy on Tuesday February 17. Hayden Thomas Gleodie and mum are both doing well.

Left: Jade Pengelly has completed her Certificate III Aboriginal and Torres Strait Islander Primary Health Care. This qualification will assist Jade in her role of Community Liaison Officer. Congratulations on your achievement.

Bottom right: Medical Receptionist Chris McManus spent her last day with us on Friday, February 20. Chris has been one of the smiling, efficient faces that greet you as you walk in the door at Nhulundu Health Service. Chris has relocated to Mt Isa and leaves us to take up a new and exciting role in banking. We wish Chris all the best for her future and thank her for her hard work.



When did you have your last MBS 715 health check?
Call us 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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