



• Living healthy fuels a big dream

Thirteen year old Lincoln Rebel is a young man with a big dream. The Toolooa State High School year 9 student intends to play NRL for the Cowboys (or a certain other club if mum has any say). A big dream, but this young man has the natural talent, the dedication and all the support he needs to help him live his dream.

The 3rd child of 6 siblings, Lincoln has always loved his sport, excelling in athletics, touch footy, volley ball and of course rugby league.

"We have always encouraged him to play sport and stay fit and healthy," said Lincoln's mum, Elaine. "I try to make sure the whole family eats well, and Lincoln is very aware of how important it is for him to stay healthy to enable him to keep on top of his studies and play sport. Lincoln is careful to eat healthy food, drink lots of water and make sure he has plenty of sleep. We also make sure he attends Nhulundu Health Service to undertake a health check every 9-12 months."

Even though footy is his first great love, Lincoln is a good student and understands that even if he makes the big time in NRL he will need a career to fall back on, and this well rounded young man would like to study engineering.

It isn't always easy for a country kid to make the big time but hopefully his huge talent will see the doors open for Lincoln to pursue his dream. A couple of years ago, he was offered a sports scholarship to the prestigious Ipswich Boys Grammar but, as Elaine explained he was too young to leave home.

"Young kids need the support of their family at this age, and he will have other pathways and hopefully another scholarship offered in the future."

Not only is Lincoln a talented rugby league player he has recently been selected in the Capricornia U15 boys volley ball team to attend the State titles in Toowoomba. The state team will be selected from this carnival.

This young sportsman has received many awards over the years. He has collected several Player of the Year Awards from Brothers Junior Rugby League, received Toolooa State High School '2014 Shaping the Future' Scholarship for sport and the Best and Fairest Award, Volley Ball Interscholar Sports.

Lincoln is a recipient of a Junior School ATSI Bursary from Toolooa State High and this year received a Gladstone Ports Corporation Talent Today, Talent Tomorrow Bursary.

If all of this wasn't enough to keep him busy, he also plays the trumpet and is a keen participant in the Artie program.

There are no guarantees but with a lot of hard work, dedication and a healthy lifestyle, Lincoln Rebel might just be the name to look out for in a couple of years.



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Corner Manning & Hixon Street, Gladstone



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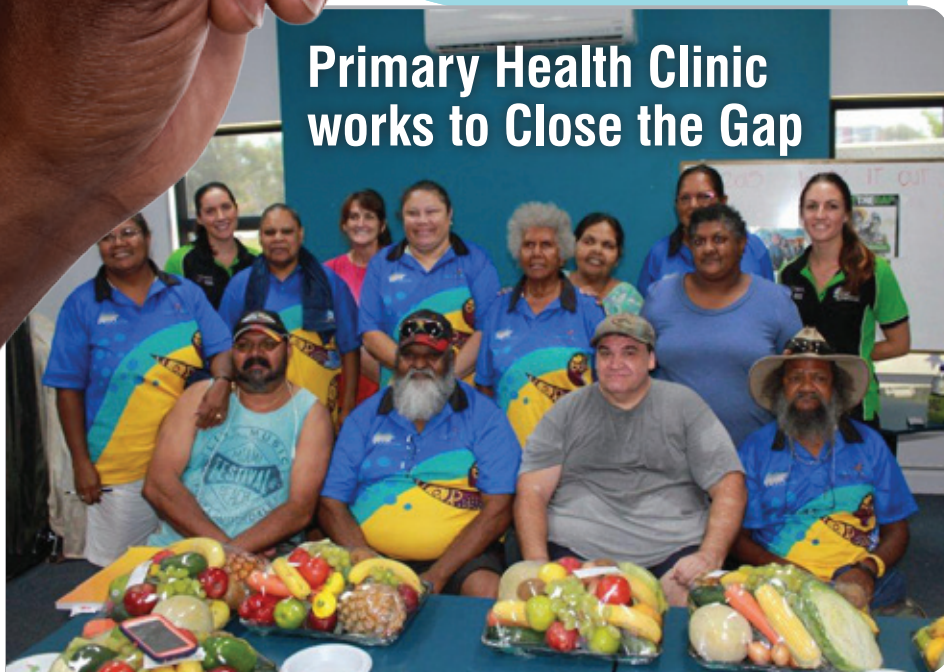
CLOSING THE GAP

The goal of the Closing the Gap campaign is to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians within a generation.

The campaign is built on evidence that shows that significant improvements in the health status of Aboriginal and Torres Strait Islander peoples can be achieved within short time frames. The Close the Gap campaign plans to make sure that by 2030 any Aboriginal or Torres Strait Islander child born in this country has the same opportunity as other Australian children to live a long, healthy and happy life.

Help us to **Close The Gap** today!

Primary Health Clinic works to Close the Gap



Jade Pengelly attended the weekly 'Work it Out' program recently and presented rewards to each participant for playing their part in Closing the Gap on Indigenous health. These clients are great role models for other community members and are looking after their own health. Each participant received a fruit and vegetable pack to add to the already healthy lifestyle changes they are making.

On Thursday morning, Senior Registered Nurse Sarah Mackay attended 'Work it Out' and presented a talk on chronic disease and diabetes. All participants were keen to learn about the different ways of helping themselves or family members who suffer from chronic disease.

Staff constructed displays for the Gladstone Hospital and Community Centres across Gladstone to show the wider community the importance of Closing the Gap on Indigenous health.

• Enjoyable luncheon for 'Close the Gap' day

Nhulundu Health Service held a traditional Aboriginal and Torres Strait Islander cook up for 'Close the Gap' day for clients of the Aged Care and HACC Programs.

The taste sensations of Sop Sop, Bully Beef Stew, Kangaroo Stew, Namus, Coconut Curry and Rice proved to be a hit for those who had never experienced these delicious dishes before as well as being a real treat to those who were lucky enough to have tried them previously.

Aunty Jacqueline Johnson performed songs on her ukulele and the crowd clapped along with enthusiasm. Clients related stories of times gone and how things had changed so much in today's world.

Those attending the luncheon produced a hand printed mural and the writing surrounding the hands depicted what 'Closing the Gap' meant to each person.

It was a beautiful day and one that was thoroughly enjoyed by all.



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Deadly Choices Community Days in Biloela and Theodore

Ask the participants at these Community Days what they remember most about the visit and, aside from the excitement of meeting Deadly Choices Ambassador, Jharal Yow Yeh the answer is sure to be it was very, very hot.

In Biloela, almost 100 people registered to participate in the activities.

Jharal spent time with the students of both the primary and secondary schools and discussed the issues around Close the Gap. He explained that focusing on attendance at school will help Close the Gap. He broke it down into small steps and told the students that if you miss 1 day a week for a term you miss 2 weeks of school. 1 day a week for a year you miss 8 weeks of school. 1 day a week from year 1-10 you miss 2 whole years of school.

The day in Theodore was once again hot, but fortunately not quite as hot as Biloela.

Nat and Tim from the Rural Fire Brigade attended with their fire truck and sprayed the entire fire truck tank of water over the kids and adults which was a wonderful way to cool down.

Participants on the day were able to chat with Jharal Yow Yeh and learn about the importance of a healthy diet and encouraging physical activity. Jharal is a wonderful role model and encouraged everyone to join in the activities and enjoy the barbeque lunch.



CONGRATULATIONS!

A huge congratulations to Jacob Tranby (Tobacco Action Worker) and Sharon Ward (Transport Officer, Aged Care) on receiving their Employee Recognition Awards for February and March. Well done, your efforts are appreciated.





Above: Elders visits to the Rockhampton Correctional Centre have recommenced for the year. Elders from Gladstone and Mackay (Binga Birry Justice Group) made the trip to Rockhampton recently to spend time with those who are incarcerated in the facility. These Elders' visits are welcomed by staff at the centre and provide valued guidance and cultural connection for the inmates.

Front row (L-R) Aunty Julie Ingra, Aunty Carol George, Aunty Brenda Vegi (M), Aunty Jacqueline Johnson and Uncle Noel Tass (M).

Back Row (L-R) Uncle Wally Ingra, Uncle Robert George, Aunty Lyn Irving (M), Uncle Lindsay Johnson, Michelle Stout and Uncle Jeff Timor (M).

This good looking mob have made the Deadly Choice to participate in regular exercise sessions and they tell us they're feeling stronger and fitter for it.

Over the past 8 weeks, around 16 participants have gathered every Monday, Wednesday and Friday to participate in fitness classes. Under the watchful eye of trainer Eddie, they have seen their fitness levels jump dramatically. Eddie said that all the participants had worked very hard and progressed well and he was very proud of their efforts. Well done ladies.

Have you made a Deadly Choice that you'd like to tell us about? Send us a photo so we can share it with everyone.



Services Available

→ Medical Centre

General Practice services, immunisation, maternal and child health, mental health support, diabetes support, 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.



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