Nhulundu Health Service is fortunate to have the Indigenous Cardiac Outreach Program (ICOP) hold their first cardiac Outreach clinic at the service recently.

A great deal of work has invested into getting the clinic operational and Nhulundu is very grateful for the funding provided by CheckUp/QAIHC which has made it possible for the ICOP team to bring their services to Gladstone.

The ICOP team saw ten Aboriginal and Torres Strait Islander patients throughout the day and saved many patients from having to make the long trip to Brisbane.

Andrew Goodman from ICOP wished to extend a special thanks to Senior Aboriginal Health Worker, Cecelia Cook who discovered numerous patients who required further investigations to confirm or dispel any suspected cardiac conditions. Having the ICOP team in Gladstone has meant the patients do not have to travel for their appointments and can remain close to family and friends when undergoing investigation. This is so important as illustrated in the story below shared by the ICOP team.

“A patient we saw was extremely nervous about attending. The only other cardiac related health service she had was last year when she had a heart attack and was medivaced down to Brisbane for treatment. Since then she has been asked to have cardiac follow-up down in Brisbane but refused to attend due to personal apprehension about Brisbane & leaving her family for whom she is the cultural & supportive matriarch. ICOP has now allowed “Aunty” to re-engage with cardiac follow-up into the future without the need to leave her town and family”.

Nhulundu would like to extend thanks to the visiting ICOP team, Andrew Goodman-Senior Project Officer ICOP, Dr John Atherton, Cardiologist RBWH, Matt Holt, Senior Project Officer ICOP & Emma Savill, Cardiac Scientist RBWH for providing the inaugural ICOP clinic.

The ICOP team will be visiting Nhulundu Health Service every 3 months.

Community members are working it out!

The Tackling Tobacco team attended Work It Out on Thursday June 25, to have a yarn about impacts of tobacco use on our mob and the services available to support anyone trying to give up the smokes as well as how to support a loved one in their attempt to give up the smokes. The group talked about how the Work It Out program had benefitted each of them with their personal goals. Many spoke about how they can go for brisk walks now without feeling puffed out, how their feeling better all round and how they enjoy getting together to do the program.

A wonderful success story was shared by Valmay Wimbus. Val had previously suffered a stroke and had little control over her balance and coordination.

Since commencing the Work It Out program 4 weeks ago she has made amazing progress through sheer determination and effort. Val has been undertaking exercises that have increased the strength in her arms, legs and her core.

It is very rewarding for the Work It Out staff to be able to see how quickly their clients are progressing - whether it’s balance and coordination, strength and agility or watching blood pressure and blood sugars improve. Congratulations and well done.

Preparations are well underway for the annual NAIDOC Elders luncheon to be held on July 7. This year the luncheon will be held at the Gladstone Entertainment Centre and clients and invited guests are looking forward to enjoying a three course luncheon.

Nhulundu Health Service appreciates the ongoing sponsorship provided by Gladstone Ports Corporation for our luncheon each year. This sponsorship allows the Nhulundu Health Service Aged Care Program to provide its guests with a truly memorable outing, encompassing not only enjoyable company, great entertainment, games and raffles. This NAIDOC Week activity provides an opportunity for members of the community, both Indigenous and non Indigenous to come together and enjoy these events.

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Nhulundu Tackling Tobacco and Healthy Lifestyle team attended the final Parental & Community Engagement Program (PaCE) BBQ at Biloela this month. Students and parents from both the primary and secondary school are rewarded for improved attendance and effort at school. It’s wonderful to see students attitudes to school changing and a genuine want to go to school and learn. With the PaCE program finishing up in Biloela, we will miss having Sharon Beck to help us connect with the Indigenous community groups in Biloela but know that she will still be around and the good work she’s been part of will continue to develop.

PaCE Biloela – Deadly Students

Nhulunudu Health Service is pleased to once again offer a service providing social and emotional wellbeing support for the Gladstone Indigenous community. Lyndell Ilka-Chittick is an experienced Mental Health Nurse who provides a confidential and supportive service for all of her patients. Her services are available two days each month and appointments can be made for clients through a referral from their GP. These Outreach clinics are made possible through funding provided by CheckUp/QAIHC.

Social and emotional support makes a welcome return

Tobacco Cessation Training

The team undertook three days of Tobacco Cessation training with Deb and Harold from the SA Cancer Council. The training was held at the Queensland Health building in Brisbane where the QUIT telephone team are based. The team were lucky to have Leah from QUIT join them and provide insight into the support they are able to provide as well as getting to know the Indigenous QUIT line staff.

Motivation to give up the smokes is determined by how important it is, balanced with how confident you are. If it’s really important to you but you’re not confident you will succeed, the journey can be hard. The Tobacco team can help by providing ideas and tools to increase your confidence to give up for good. If you’re thinking about giving up the smokes and you’d like some support, give us a call on 4979 0992.

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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.

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

4979 0992 nhulundu.com.au
Corner Manning & Hixon Street, Gladstone
Monday to Friday 8.30am - 5.00pm