

NhulunduNews

Winter 2017



NEW CLINIC WORTH THE WAIT

After months of planning, hard work, and persistence, Gladstone Region Aboriginal and Islander Community Controlled Health Service made the final transition to its new premises in Goondoon Street.

The former Observer, and more recently QGC building, has undergone a startling transformation to a purpose built, state of the art medical clinic.

The project, undertaken by Jada Building Services, entailed a staged transition from Nhulundu Health Service at Manning Street to the Goondoon Street premises. Business Services and the Deadly Choices team were the first to come across followed by Aged Care and finally the Medical Clinic.

The new Medical Clinic has capacity for four GP consulting rooms, two assessment rooms, two treatment rooms and two rooms to accommodate visiting specialists. As well there are blood collection facilities and a dental clinic is planned for a later date.

Nhulundu Health Service has available the services of a podiatrist, diabetes educator, psychologist, psychiatrist, mental health nurse, alcohol and other drugs counsellor, and a paediatrician as well as the continuing support for chronic disease patients provided by the Work It Out program.

Nhulundu Health Service provides holistic, patient centred care and offers bulk billing

services for both Indigenous and non-Indigenous clients.

The expanded floor space has allowed for the co-location of Central Queensland Regional Aboriginal and Islander Community Controlled Health Organisation, the Aboriginal and Torres Strait Islander Legal Service and the soon to be established Family Wellbeing Centre, along with existing Aged Care Services and Deadly Choices.

GRAICCHS CEO Matt Cooke said "having all these services under the one roof allows us to offer seamless and culturally appropriate care which places our clients firmly at the centre of the process. It provides practical support as well as ensuring social and emotional wellbeing, not only for our clients but for their whole family."

GRAICCHS Chairperson, Lee-ann Dudley agreed and commented that the Board was extremely happy with the new facilities, and paid tribute to everyone who had worked so hard to bring the project together. "There has been very little disruption to our services and the staff, builders and trades people have all worked together to ensure the end product is excellent. I would especially like to acknowledge the efforts of Nhulundu's Project Officer, Faye McGown who has managed the refurbishment of the building so well." she said.

Trading Hours

Monday	8:30am - 5:00pm
Tuesday	8:30am - 5:00pm
Wednesday	8:30am - 5:00pm
Thursday	8:30am - 5:00pm
Friday	8:30am - 5:00pm
Saturday	Closed
Sunday	Closed

Under the one roof

Did you know you are able to access the following services at Nhulundu Health Service:

Medical clinic, mental health services, diabetic educator, podiatrist, cardiac specialist, paediatrician, aged care services, chronic disease support (Work it Out), smoking cessation support and education (Deadly Choices), blood collection and Aboriginal & Torres Strait Islander Legal Services. Ask at reception for further details.

State of the art medical clinic is a joy to work in

Jenny Kerr is Nhulundu Health Service's Clinical Practice Manager and has played an important role in the establishment and operation of our new medical clinic.

Jenny's primary role is to ensure the smooth running of the medical clinic and the new layout and process of operation will allow the clinic to deliver even better service and care to clients.

"One of the best things about the new clinic is the space," said Jenny, "it is great to have the space that allows us to have a separate treatment room and specimen (blood) room but still have them side by side for ease of use and patient flow."

"Because this facility has been purpose built, we have been able to have all our teams located closely together. This makes it so much easier for our day to day workloads and care coordination. We feel like an entire team again with everyone able to easily access each other when needed. With a clear design in mind when the build commenced, the work flow from reception to pre-screen, to doctor is now a smooth and very easy process.

In addition to this we have an extra GP consulting room,

as well as the two rooms available for our visiting specialists. This will ease the burden when we have a number of visiting specialists, especially the cardiac team."

"This state of the art facility will allow Nhulundu Health Service to deliver the very best health care possible to our clients. Not only is it a great facility, but it is in a great location, with wonderful harbour views and plenty of parking."

The entire building is not only functional and a delight to work in; it looks beautiful and has a fantastic array of storage that keeps everything in its place but allows for quick and easy access.

"The community is blessed to have this wonderful facility, and we as staff are so lucky to have this environment to work in," was Jenny's final comment.



A SNAPSHOT OF A MODERN CLINIC



Right: Practise Manager, Jenny Kerr, Dr Dorcas and Dr Logini.





"This modern, professional working environment allows us to provide great service to our clients"
Shayla - Medical Receptionist

T OF OUR CLINIC FACILITIES

Staff and patients alike are enjoying the state of the art medical clinic and patient facilities. Nhulundu Health Service extends an invitation to its clients and community members to experience first hand what is now available.

It is really nice to have somewhere away from the wait room for the children to play while waiting to see the Doctor"

Chris - Parent

For parents convenience, A baby change station is located in the disabled toilets

"The purpose built design allows for optimum patient flow and care provision"

Danielle - Registered Nurse

It is wonderful to be able to provide such comprehensive healthcare here in the one location"

Donna - Registered Nurse





Nhulundu's NAIDOC wrap

Young football enthusiasts in the Gladstone region were in for a treat when former Brisbane Broncos captain, Justin Hodges visited Gladstone as a special guest at the Deadly Choices Youth Day.

The Youth Day, which formed part of the local NAIDOC celebrations, was held at Memorial Park Netball Courts on Thursday July 6.

Everyone was welcome to attend and the day offered a host of activities for our regional youth. There was plenty of netball games and a great DJ. Thurston fans went into a draw to win a limited edition Jonathan Thurston Farewell Jersey just for participating. The jersey was won by Majallah Cedric.

There were fun inflatable's including a jumbo slide, face painting, traditional games, a sausage sizzle and loads of activities and plenty of prizes for everyone.

Once again Nhulundu Health Service hosted the NAIDOC Elders Lunch. The luncheon was held at Meteors Sports Club and was generously sponsored by the Gladstone Ports Corporation. Everyone agreed it was an enjoyable day out and the activities and lovely food were much appreciated.

NAIDOC marchers were happy to pause at the refreshment stop outside of Nhulundu Health Service's new premises in Goondoon St. The brightly decorated premises sported balloons in Aboriginal and Torres Strait Islander colours and staff handed out chilled water and Deadly Choices merchandise. The refreshment stop was a welcome break on the march to the Marina.

NHULUNDU HEALTH SERVICE



Significant milestone for local Reconciliation

National Reconciliation Week 2017, embraced two significant dates: May 27, the day the historic 1967 Referendum was carried and June 3, the day the High Court delivered its landmark judgement in the Mabo case in 1992.

This year those dates were especially significant, being the 50th anniversary of the Referendum and the 25th anniversary of Mabo. Both these events forever changed Australia and it is fitting that locally 350 community members attended a Civic Ceremony at Barney Point Beach to commemorate these events.

A Welcome to Country was delivered by Byellee Traditional Owner Mr Michael Eggmolesse.

Guests were entertained by traditional Torres Strait Islander Dancers, vocals by Mr Dave Dow and Jess Johnson, footy drills with the Capra's Rugby League team and numerous activities and health promotion messages from the Deadly Choices team.

Visitors enjoyed a delicious barbeque lunch of kangaroo sausages and the day concluded with a ceremonial cutting of the cake by Mayor Matt Burnett, Councillor Cindy Bush, and Elders Mr Michael Eggmolesse and Mr Richard Johnson.

The day also saw the launch of a book to commemorate '50 years since the Referendum'. The book presents a collection of stories, recollections and thoughts from many community members from Elders who lived through the somewhat turbulent times to young people who had their own thoughts on what it meant and where it was taking them.

The book was made possible through a donation from the Gladstone Ports Corporation.

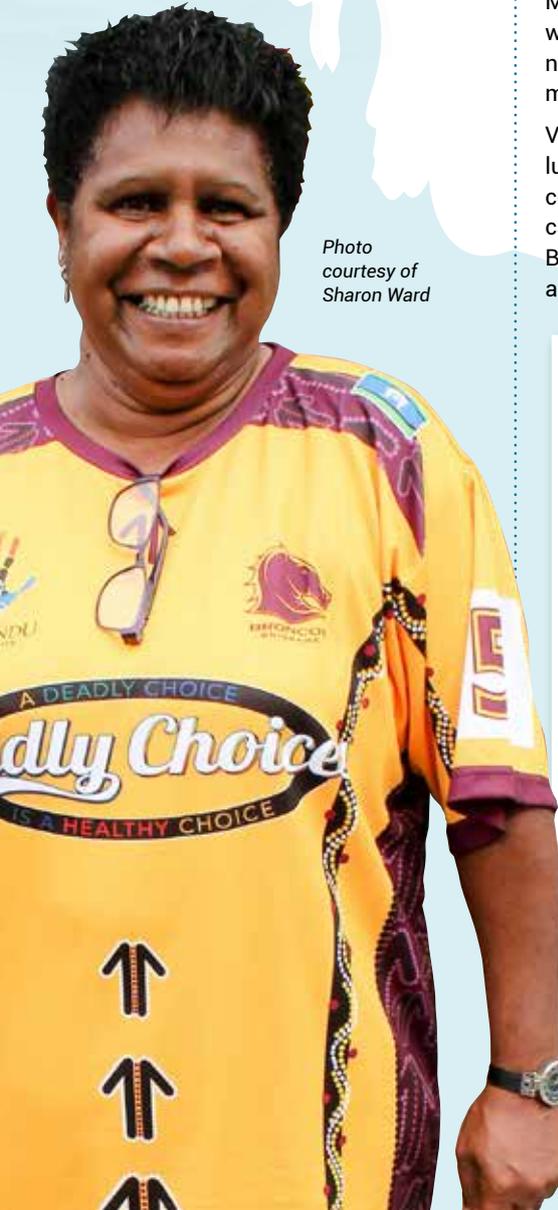


Photo courtesy of Sharon Ward



Councillor Cindy Bush, Matt Burnett, Elders Mr Michael Eggmolesse and Mr Richard Johnson cut the cake.

Mental Health Nurse, Lyndell Ilka-Chittick



Providing mental health assessment and support

Mental Health Nurse Lyndell Ilka-Chittick is a familiar face around Nhulundu Health Service. Lyndell has been delivering services to the community at Nhulundu for the past 6 years.

Last year she took on the position of providing Outreach services and now delivers mental health assessment and support to local Aboriginal & Torres Strait Islander clients.

Lyndell attends Nhulundu Health Service two days each month.

"I love coming to the organisation," she said, "the environment is fabulous, it is a great clinic and the staff are great and very supportive, both to the clients and to the visiting service providers. The new clinic is also a wonderful place to work out of."

"It is always important to build a rapport with the clients I work with, and building trust is very important. Some of my clients having been seeing me on and off for years, and I love that they feel comfortable enough to be able to come back in and pick up where we left off. Sometimes a bit of a chat is all that is needed."

Lyndell said she always tries to do the best for her clients and is heartened that she is able to help them resolve some of the issues that concern them. Nhulundu Health Service has an excellent visiting mental health team and service providers are able to assist each other to ensure that each client gets the correct support and referral pathway.

Clients who wish to access these services are encouraged to see their GP at Nhulundu Health Service who can organise a Mental Health Care Plan and referral. Services are available to a Psychiatrist, Psychologist, Mental Health Nurse and Alcohol & Other Drugs Councillor. These services are bulk billed.

CLINIC

Visiting Services

Ed Mosby Psychologist
August 17, & 31

Gil Thomsen - AOD Counsellor
August 17, & 31

Dr Ryan – Psychiatrist
August 30

**Lyndell Ilka-Chittick
- Mental Health Nurse**
August 23 & 24

Cardiac Team – ICOP
August 24

Dr Tran – Paediatrician
September 6

Ms Lisa Grice – Diabetes Educator
August 14 & 28

Work It Out program
Tuesdays 10.00am to 12.00pm
Thursdays 1.00pm to 3.00pm

Welcome Dr Logini to Nhulundu

Nhulundu Health Service is pleased to welcome Dr Logini Mathevarajah to their clinic in the role of GP Registrar.

Dr Logini commenced her role in late July and will be engaged in providing services to our clients for the next 6 months in a part time capacity. Previously to accepting this role, she worked in Queensland Health and is also employed with Gladstone's GP Superclinic.

Dr Logini has a passion for preventative health and she see the model of care that applies in Community Controlled Health Services as complementary to her own ideas. She believes preventative health is vital to providing quality health care and she is looking forward to the opportunity to work with Indigenous clients and gain more experience in this field.

"I believe I will gain a great deal of job satisfaction from this role," she said.

When she isn't working, Dr Logini enjoys spending time with her family.





Family Wellbeing Centre coming to our region

Nhulundu Health Service has been successful in securing funding for Family Wellbeing Centres to be located in Gladstone/Biloela and the Banana Shire. The funding is for a period of 4 years and will target vulnerable Aboriginal and Torres Strait Islander children to ensure that children and young people are reunified with family and community and families are assisted to improve their capacity to meet their children's care, protection and development needs.

The Family Wellbeing Centre will operate with a variety of practice principles. One of the guiding principles is to value and support families as the primary place of nurturing children and the best way to promote the safety and wellbeing of children and young people and to protect them from harm is by supporting families to care safely for their children at home and by creating safe and supportive communities. Our service will work collaboratively and in partnership with children, families, communities and other service providers where appropriate, to develop case plans and to make decisions, with a view to enhancing capacity and resilience while addressing identified risks or problems.

The Family Wellbeing Centre will provide both tangible and non-tangible forms of assistance.

A mix of practical, personal development, therapeutic and enabling services will be utilised as appropriate. Practical services may address a specific need in the family, such as transport to medical appointments, establishing daily routines related to meals or getting to school or respite care, while personal support and development could include information and advice, parenting skills courses, budgeting and household skills development. Families requiring clinical or therapeutic services may access casework, counselling, emotional support, family mediation, anger management, or development of social supports.

It is possible to self-refer into the centre or be referred by another organisation or professional service provider.

The Family Wellbeing Centre in Gladstone will be operational in the last quarter of the year.

INFLUENZA VACCINE 2017



AVAILABLE NOW!

AT NHULUNDU HEALTH SERVICE

Make an appointment today with our friendly reception staff

Why have a flu shot this year?

The flu season is fast approaching and staff at Nhulundu Health Service are keen to get the message out to the community that it is time to make an appointment for your flu shot.

Nhulundu Health Service will be providing vaccinations to protect you from this year's flu. These vaccines are now available at no cost to Indigenous clients 6 months to 5 years, over 15 years of age, or for non-Indigenous clients who have a chronic disease, over 65 years of age.

Heart, lung, liver, diabetes, and chronic asthma are all recognised as chronic diseases.

Flu strains change each year, and Nhulundu Health Service has vaccines available for this year's flu strains. For further information or to organise to have your flu shot, please contact reception on 4979 0992.

7-10
Work It Out
Participants
each session

52
Childhood
Immunisations
in the last 3 months

214
Health Checks
Completed over the last 2 months

240
Flu Shots

64 Care
Plans

64% Clients registered for
CLOSE THE GAP
Sign up now!

STAFF PROFILE



Naomi Jackson

Client Contracts Co-ordinator

Naomi is well known to staff and clients at Nhulundu Health Service, having worked in the organisation for many years in various roles. She has been employed in this position for around four months.

Naomi has previously completed a traineeship in Office Administration, and holds Certificate III in Medical Reception, Certificate IV in TAE and a Certificate IV in Mentoring. Naomi said, "When Nhulundu Health Service commenced as Nhulundu Wooreibah Aged Care back in the very early 90's with my mother, Morag Johnson who was a Registered Nurse, I used to refer to Nhulundu Wooreibah as my step sister. So Nhulundu Health Service has been a part of my life for more than 20 years. The Service has grown so much over the years not only servicing Aged Care but our entire community."

"I like working with like-minded people, people with passion to enrich the lives of our Murri community," she said. When asked if there was anything she would really like to achieve in her time at Nhulundu Health Service, Naomi said she was just taking it one day at a time at the moment.



NHULUNDU
HEALTH SERVICE



27-29 Goondoon St,
Gladstone, QLD 4680

(07) 4979 0992

nhulundu.com.au

Staff farewell popular Doctor

Staff attended a farewell dinner at the Lightbox recently for Doctor Claudia Collins.

Dr Claudia has been a very popular doctor at Nhulundu Health Service for the past 4.5 years.

Previously to her role at Nhulundu, she had worked for several years at the base hospital in Rockhampton. In 2012 she accepted a position as SMO at Longreach hospital as well as becoming part of the team at the Longreach Family Medical Practice as a GP Registrar.

It was here that Dr Claudia discovered her passion for Indigenous health, and in 2013 she accepted a GP position at Nhulundu Health Service.

Last year, after six years of studying and training, she completed and attained her qualifications for Fellowship. Dr Claudia gained specialist Indigenous Health qualifications with the Australian College of Rural and Remote Medicine (ACRRM).

Dr Claudia has always had a special interest in maternal and child health, particularly antenatal care and her knowledge and experience in this field has been a wonderful addition to Nhulundu Health Service.

Dr Claudia will make her home in Yeppoon and will undertake locum work in the region. We wish her all the best and know she will remember her time in Gladstone each time she looks at the beautiful Patricia Coleman painting presented to her at her farewell.



We will miss you!