

# NhulunduNews

Spring 2017



## LGAQ MAYORS & COUNCILLORS VISIT NHULUNDU



**Gladstone recently played host to 100's of visitors who flocked to the region to attend the Local Government Association of Queensland's annual conference.**

Amongst those attending the conference were a large number of Mayors and Councillors from Aboriginal and Torres Strait Islander Councils, and Nhulundu Health Service hosted a tour of our new facility and a light lunch for the attendees.

Around 40 delegates from as far as Thursday Island visited our organisation on Tuesday October 17.

Staff members Shelley Cook, Jordanna Ghee and Naomi Jackson escorted the Mayors and Councillors through our new facility and answered questions around our services and how we managed our transition to the new building.

Everyone was unanimous in their praise for the facility. Following the tours, a light lunch was served in the board room. CEO Matthew Cooke welcomed everyone and, in his role as NACCHO Chairman, answered questions relating to Aboriginal and Torres Strait Islander Health funding, ongoing issues for the sector and the role local councils could play in helping their communities gain improved health outcomes.

The visit concluded with a group photo at the front of the building. Delegates were undeterred by the continuing rain and departed back to their conference with a gift bag from Nhulundu Health Service.

*Inset Above: Councillors Sellina Bowen, Margaret Mara and Pauline Smith get a guided tour around the Clinic.*

*Inset Right: Councillors and Mayors share lunch after a welcome from Matthew Cooke, Nhulundu Health Service CEO.*

### 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

GLADSTONE REGION ABORIGINAL AND ISLANDER COMMUNITY CONTROLLED HEALTH SERVICE LTD



# Christmas ISLAND on Quoin

SATURDAY 2 DECEMBER 2017

Join us for a fun filled Community Day celebrating the Christmas spirit on beautiful Quoin Island.

Are you eligible to board the ferry?

- Have a current 715 Health Check
- Register for Indigenous PIP
- Sign a Deadly Places Smoke Free Spaces pledge

A FREE ferry service will depart from Gladstone Yacht Club.

Ferry 1 - Departs at 10:00am returns at 3:00pm.

Ferry 2 - Departs 11:00am returns at 4:00pm



NHULUNDU  
HEALTH SERVICE



LIVE MUSIC



SWIMMING



FOOD & DRINKS



GAMES FUN

Bookings Essential. Limited Seats.

Talk to our friendly reception staff for more details or call 4979 0992

# OPENING OF NEW BILOELA OFFICE

## to commence Family Wellbeing services

**Gladstone Region Aboriginal & Islander Community Controlled Health Service is delighted to have secured premises in Biloela. The premises in Callide Street, will initially house the newly established Family Wellbeing Centre.**

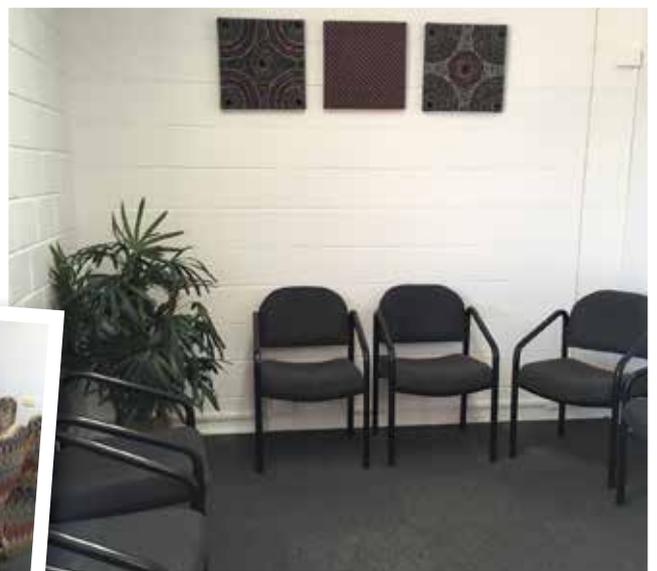
The Family Wellbeing Service will commence operations in the Banana shire on November 6, with one full time staff member and onsite visits from a Project Officer based in Gladstone. It is expected that the office will expand and offer additional services, and the newly established premises offer plenty of scope for this expansion at a later date.

The service has been established with funding provided, over a five year period, by the Department of Communities. The wellbeing services will provide wraparound services and support to families identified as being vulnerable to fall into crisis. With family lead decision making, early intervention services will assist these families through practical assistance, education and case management plans. These services are

established and negotiated with full input and cooperation of the families, professional advice and a caring and compassionate case manager.

There are currently around 40 Indigenous families in the shire and the Family Wellbeing Centre will be ideally placed to assist them with practical support but also organise medical and social wellbeing assistance as required.

Well-known local, Julie Bayles will be the Family Wellbeing Officer in Biloela.



## Introducing Julie Bayles FAMILY WELLBEING OFFICER - BILOELA

Julie Bayles has joined the Gladstone Region Aboriginal & Islander Health Service in the capacity of Family Wellbeing Officer. She will be based in the Biloela office which will service community members in the Banana shire.

Julie has lived in Biloela for the past 22 years, and 19 of those years have been spent as a Community Liaison Officer at the Biloela State School.

Her work with the school and her deep attachment to her community makes Julie the ideal person to head up the wellbeing team in the Banana

Shire. "I am very excited to be offered the position of Family Wellbeing Officer," she said.

Julie is a Larrakia woman from the Northern Territory on her mother's side and her father is a Wakka Wakka man from Eidsvold. She has 3 sisters and 2 brothers. Family is hugely important to Julie. She has 3 children of her own and 2 grandchildren with another on the way. She loves spending time with them and she is looking forward to helping other families in the community who may need assistance and wraparound services to ensure they do not fall into crisis.



# Video conferencing to bring improvements to the clinic

Nhulundu Health Service has been fortunate to receive a funding grant from James Cook University through their Generalist Medical Training program.

The funds have been provided to Nhulundu Health Service to support and assist Registrars in progressing their training and to encourage them to further their clinical experience and career.

The funds will allow Nhulundu Health Service to install video conferencing systems to the board room and to both visiting specialist offices. It is expected that with a 'state of the art' system in place our GP Registrars will have access to online forums as part of their training and to access e-learning as well as on site

learning through client consultations via video conferencing with outreach specialist services.

Not only will it broaden the scope and quality of the learnings available to our GP Registrars, it will provide an improved service to our clients who will also benefit from the increased experience that our GP Registrars will acquire through the contact with specialists and other health care providers.

Not only professional learning, but cultural training and safety is a high priority for our organization when bringing new GP Registrars into our Aboriginal Medical Service.

A portion of the funds allocated will be used to continue their education through the development of a formalized Cultural Awareness package for the Registrars and assist them to understand the holistic nature of Community Controlled



Health services, and to understand the importance of traditional ways and how their interaction with modern medicine can provide improved outcomes for our Aboriginal and Torres Strait Islander clients. This package will not only provide information around general culturally appropriate behaviour and knowledge, but will be specific to our locality. The package will incorporate information from all the Traditional Owner groups of the region.

## TRAINING



## Staff take on fire safety training

It is a legal requirement that all staff undertake fire safety training every 12 months, and our staff completed Fire Awareness and Evacuation Training presented by Chubb Fire and Safety in August. The course comprises a theory component and a practical component.

Donna Dwyer, Jordanna Ghee and Kirrie Machen undertook additional training to take up the positions of Fire Wardens. Naomi Jackson has the task of Chief Fire Warden, with Jordanna being the back-up Chief Fire Warden. The ladies will participate in a skills retention activity every 6 months to keep their skills relevant. This additional training provides them with knowledge in using human behaviour characteristics during the stressful times associated with an emergency, information on workplace emergency systems operation and communication needs to safely and effectively deal with workplace emergencies.

At the completion of the training, a fire emergency evacuation training drill (also a Standards requirement) was undertaken. Everyone in the building, including clients was required to evacuate.



# STAFF GO PINK FOR CANCER FUNDRAISER

October was the month to raise awareness of cancers affecting Women's Health.

Nhulundu Health Service staff were actively fundraising throughout the month. Fundraising efforts included selling pink ribbons at reception, catering for a pink ribbon luncheon and selling raffle tickets. The support from staff was excellent and in excess of \$500 was raised.

Not only will the money raised be directed into research to combat the deadly disease, but the fundraising luncheon also provided also an excellent opportunity to educate everyone about the signs of breast cancer, how to undertake checks and what you should do if

you are concerned. If everyone is aware of the signs and symptoms and they can then seek assistance from a Doctor.

Nhulundu Health Service would like to thank The Fruit Shop, Wooworths Kirkwood Road, Barney Point Butchery and Little Bloom Room for the donation of raffle prizes. Your support is gratefully appreciated.

Above: Staff come together to raise awareness of Cancers affecting Womens Health

Right: Deadly Choices Tobacco Team Member Kearny Pholi organizes prizes for the Raffle

Right Below: Business Services Coordinator Melissa Cook puts together a donation box at reception.



**1 IN 8 WOMEN**  
WILL DEVELOP BREAST CANCER

**RISK FACTORS**

-  BEING A WOMAN
-  PERSONAL HISTORY OF BREAST CANCER
-  FAMILY HISTORY
-  INCREASING AGE

# MY HEALTH FOR LIFE TRAINING

Staff members Donna Dwyer and Lucy Miller recently attended training in Rockhampton for the My health for life Services.

My health for life is a statewide integrated health risk assessment and lifestyle modification program delivered by appropriately qualified and trained health professionals.

This program is implemented and overseen by the Healthier Queensland Alliance made up of Diabetes Queensland, National Stroke Foundation, Heart Foundation, Ethnic Communities Council of Queensland, QAIHC and all Queensland PHN's.

The alliance will work with primary health care providers and other stakeholders to develop, promote, implement and evaluate My health for life to identify people at high risk of developing chronic disease, and provide them with appropriate lifestyle modification interventions; increase health literacy levels and the capacity of program participants to adopt and maintain positive lifestyle changes. It will also seek to improve community awareness, knowledge and attitudes around chronic disease risk factors and how to make positive lifestyle choices.

In their current roles, both Donna and Lucy work with chronic disease patients, and the knowledge they have gained from this training will be invaluable in developing improved management plans moving forward.

## Visiting Services

**Ed Mosby Psychologist**

November 10 & 23

**Gil Thomsen - AOD Counsellor**

November 10 & 23

**Evolution Podiatrist**

November 14

**Dr Ryan – Psychiatrist**

December 13

**Lyndell Ilka-Chittick**

- **Mental Health Nurse**

November 15 & 16

**Cardiac Team – ICOP**

November 9

**Dr Tran – Paediatrician**

December (date to be confirmed)

**Ms Lisa Grice – Diabetes Educator**

November 20

**Work It Out program**

Tuesdays 10.00am to 12.00pm

Thursdays 1.00pm to 3.00pm

## VISITING SPECIALISTS

# Support for those with diabetes is now available

**Lisa Grice has been a Diabetes Educator for more than 20 years. She owns and operates Private Diabetes Education in Rockhampton.**

Lisa is an Outreach service provider funded by the Department of Health through CheckUp and delivers services each month, not only to Nhulundu Health Service, but to communities in Moura and Wowan as well.

Lisa's service has been operating in Gladstone for the past four months and, on average she see ten clients on each visit. These clients are across the whole age spectrum and her range of services covers diabetes self-management, pre-diabetes, pregnancy, insulin initiation, insulin pumps,

gestational diabetes, Type 1 and Type 2 diabetes.

Lisa is passionate about her chosen health field and finds that sometimes patients are not as concerned about complications of diabetes as they should be. "Education is a huge part of my role," she said, "along with support and guidance for my clients. Unfortunately around 50% of diabetes sufferers can develop depression."

Lisa said that advances in technology have made it much easier for patients to manage their diabetes and she encourages them to take an interest in their own health.

Referrals to see Lisa can be arranged through your Nhulundu Health Service GP.





OFFICIAL OPENING

Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd (GRAICCHS) t/a N hulundu Health Service

# NHULUNDU

HEALTH SERVICE

by Glenn Butcher MP  
 Assistant Minister for Infrastructure and Transport  
 Member for Gladstone  
 and Lee-ann Dudley - Chairperson

Wednesday 27 September 2017





COMMUNITY

# MAKE A DIFFERENCE IN MEN'S HEALTH



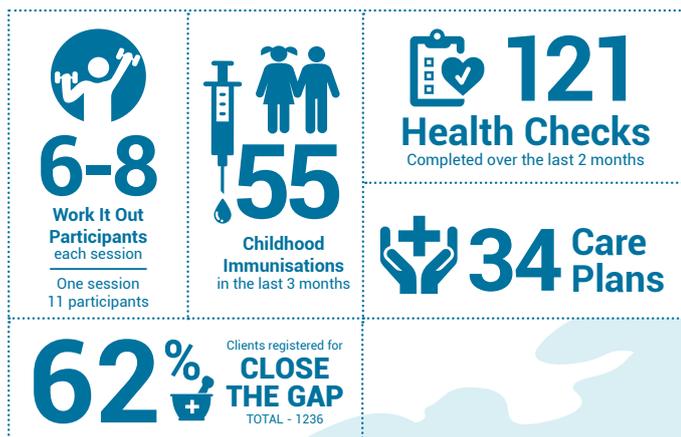
Nhulundu Health Service is encouraging staff and community members to 'grow a mo' and make a difference during Movember.

Across the world, men die on average six years younger than women, and for reasons that are largely preventable which means we can all take action to live healthier, happier and longer lives. By growing a mo and raising funds, we can all contribute to improving the health of the men in our lives.

Nhulundu Health Service is sponsoring two teams of golfers into the Scott Claridge Memorial Golf Day and has provided sponsorship of the day by way of prizes.

Become an active part of the change for better health for men – raise some funds, raise awareness and raise the roof with some fun – together we can all make a difference.

## CLINIC SNAPSHOT



## Nhulundu partners with schools for improved health outcomes

Nhulundu Health Service recently visited West Primary School to undertake MBS 715 health checks for eligible students.

CQRAICCHO provided support for the operation through offering Nhulundu Health Service the use of the mobile medical van to deliver the services.

The project was jointly organised by Education Queensland staff and the Deadly Choices team. West State School has more than 90 students who identify as being of either Aboriginal or Torres Strait Islander descent.

The first round of health checks were delivered by Dr Logini, Aboriginal Health Worker Mary-anne Coolwell, and RN Danielle Allen. Subsequent visits will be carried out over the coming weeks.

This innovative approach to health care will help close the gap in Indigenous health through working in partnership with education providers.



**NHULUNDU**  
HEALTH SERVICE



Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd

27-29 Goondoon St,  
Gladstone, QLD 4680  
**(07) 4979 0992**

[nhulundu.com.au](http://nhulundu.com.au)