



NhulunduNews

Summer 2020 



NHULUNDU HEALTH SERVICE

Murri Christmas

COMMUNITY FUN DAY 2020 

CROWDS CONVERGE FOR MURRI CHRISTMAS COMMUNITY FUN DAY

The Nhulundu Health Service 'Murri Christmas Community Day' saw a huge crowd roll up at Barney Point Beach last Friday 18 December.

Running from 10am to 2pm, there was plenty to keep the crowds entertained. Face painting proved popular, as did the jeep rides, water slide and jumbo jumping castle. The Deadly Ninja, Jack Wilson was an absolute crowd pleaser

posing as the Deadly Santa in the photo booth. As with all Nhulundu Health Service events, the Business Services Unit took care of admin duties such as registration forms and COVID and digital image consent forms. Clients stopped by the Primary Health Clinic tent to have their BSL, weight, height, blood pressure and eyes checked out while the Tucka-Time team kept people



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busy icing biscuits and making stencil print bags. Gift bags were distributed to the Aged Care clients and the Family Wellbeing tent hosted colouring in.

All-in-all, it was a fantastic day and a great opportunity for people to enjoy some Christmas spirit in a COVID safe environment.

Murri Christmas everyone!

AGED CARE

TURKEY BEACH

Christmas Workshop

with HeART

Turkey Beach Christmas workshop a winner with our Social Support Group

The Aged Care Social Support clients were totally on-board for the Christmas road trip to Turkey Beach last week. Boarding the bus at 8am meant getting the most out of the day, and that's exactly what they did!

A fantastic women's program, run by diversional therapist Lindy Fry-Mitchell and her assistant Kim Scott, saw the ladies having the choice of icing Christmas cakes or making a mini succulent garden in the morning session, while in the afternoon they had the chance to create their own ceramic Christmas decorations.

Meanwhile the men's group sought refuge in the 'Men's Shed' where Lindy's husband Barry showed off his model displays and got them involved in making their own model trains and boats.

Held at Lindy and Barry's home studio at Turkey Beach, the group were kept well entertained with live music - not to mention well fed with a menu that included hot damper for morning tea and a lunch of camp oven stew and dumplings or cold cuts with salads.

The day was an outstanding success with the busload of clients talking enthusiastically on the way home about the next Turkey Beach road trip scheduled for March next year.



Above: The local community has been mourning the loss of colourful character Wallace 'Wally' William Ingra. Born on 9 January 1943, Wally was heavily involved in the Gladstone community and in his later years was often seen sitting outside the Westpac Bank in Goondoon Street. Wally was a past Chairman of N hulundu Wooribah Indigenous Health Organisation (now N hulundu Health Service), and a strong advocate for the Gladstone Ports Corporation. He was an active member of the Labor Party and the Painters and Dockers Union. Wally passed away on 29 August 2020 surrounded by his family.

Significant milestone reached...
We're Celebrating 20 years!

2020 marks a significant 20 year milestone in the history of the Gladstone Region Aboriginal and Islander Community Controlled Health Service (GRAICCHS) t/a N hulundu Health Service.

Originally N hulundu Wooribah Indigenous Health Organisation Inc., the then pilot program began by providing in-home care to a small number of aged people in the Aboriginal Torres Strait Islander community. Since then the service has grown into an integrated, holistic, comprehensive primary health care service that includes Primary Health Care and wrap around services including Aged Care, Allied Health and a Family Wellbeing Program

The programs and services are designed and delivered by the Aboriginal Torres Strait Islander community in the Gladstone Region.

NHULUNDU
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COMMUNITY
Careers

N hulundu - move for our community

NEW STAFF SET TO ENHANCE SERVICE

N hulundu Health Service has seen a number of staff changes in the past few months, including some key appointments that will lead to increased service delivery for clients in 2021.

Tanya Taylor joined the team in October. Bringing over 27 years of experience in community services, Tanya has worked across the entire sector including disability, mental health, child safety and aged care. One of her main goals is to bring new and innovative services to community members to enable service growth and expansion for N hulundu Health Service.

Specialist Social Worker **Dr Ken O'Brien** has become a familiar sight with staff and clients alike. Working across both the Clinic and Family Wellbeing Program, Dr Ken offers a wide range of culturally relevant and meaningful approaches to personal, family and community mental health and wellbeing.

The Family Wellbeing Program recruited a new full-time team member last month. With a background in mining and construction, Family Wellbeing Officer **Ronald Donald** is looking forward to the career change that this position offers.

Clinic staff were happy to welcome back **Sharon Ward** as Medical Receptionist. Already well known to existing staff and clients, Sharon has previously worked at N hulundu Health Service in the Aged Care Program and with Deadly Choices.

Meanwhile the introduction of the Community Connector Program has seen **Kerri Bates** come on-board to provide information and support to people needing help accessing the National Disability Insurance Scheme (NDIS). The newly rolled out program has already proved popular with clients welcoming Kerri's helpful assistance.

The Aged Care Program continues to expand with three additional Home Care Workers joining the team. **Wayne Warradoo, Carol Hunter** and **Marie Hagan** all commenced duties recently.

Fond farewells for out going N hulundu staff members


Changes are afoot at N hulundu Health Service. Not only have new staff appointments been made, but a few friendly familiar faces have left. These include Medical Receptionist Charmaine Ginn along with Aboriginal Health Practitioner/ITC Coordinator Lucy Miller who has relocated to Brisbane where she will continue working within the health sector. The Aged Care Program has seen Kerry Akers retire from her position as Registered Nurse recently. Changes within the program will see Kerry's position restructured in the New Year. Watch for more information in the next newsletter.

CLINIC
SNAPSHOT

 **549**
Influenza
Vaccinations

 **77** Care
Plans
in the last 3 months

Clients registered for
CLOSE THE GAP **590**
94 New Registrations in the last 3 months

60 
Childhood
Immunisations
(2 months)

 **231**
Health Checks
Completed over the last 3 months

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HEALTH HERO
INCENTIVE REWARDS

Tucka-Time brings Charleville kids to the kitchen

School students were cooking up a storm at Charleville State School this term with the rollout of the popular Tucka-Time Program.

Following the program's previous success within the local Charleville community, Tucka-Time manager Melena McKeown said it was a first for the primary school. "The principal, John Mohr, was very keen to run the program at the school. He's already looking at the possibility of holding Tucka-Time in the last term of 2021 as a type of 'reward' for the students to look forward to," she said.

With 28 students across all primary school grades participating, Charleville facilitator Di-Erin Williams had the support of the Gladstone team. Tucka-Time Program Facilitator, Kym Donald joined Melena for both the first

and final day of the program. "You could just see the joy and excitement in the children's faces," Kym said. "They loved the hands-on cooking part and I really believe this program will boost their confidence to make healthier food choices and get involved with cooking at home."

An extra bonus – for the facilitators, students and families alike – was the presentation of a large bag of fruit and vegetables for each student. "There were two distributions – one at the start of the program and a second one on the final day," said Kym. "Each bag

held a good quantity of fresh produce and it was great to see the students try things they'd never eaten before." The produce was ordered from Warrego Food Suppliers in Charleville, with funding made available through the Tackling Tough Times Together grant program.



Tucka-Time ready for face-to-face delivery of 2021 program

Plans are well underway for next year's Tucka-Time programs around the Gladstone Region. Facilitator Kym Donald said the past few months had been busy planning for the expansion and roll-out of the program over the next two years. Ready to get kids cooking as soon as school kicks off next year, Kym said Clinton and South schools will host the program in Term 1, along with Tannum Sands State High School and Kin Kora Primary later in the year.

The response from other schools has been very positive with Kym saying she already had tentative bookings for Term 2 and 3. "I'm just excited that we'll be doing classroom delivery of the program. COVID-19 meant there were a lot of restrictions over the past few months, but now I'm looking forward to the chance to work face-to-face with the students," she said.

"As Tucka-Time facilitator I get to combine my favourite things – working with children, cooking, and the behind-the-scenes work of preparing and shopping." Kym said she expects the popularity and success of Tucka-Time will see other schools in the region also embrace the opportunity to host the program.



Happy  Snaps



Thank You FOR THE SUPPORT

Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd (t/a Nhulundu Health Service) wishes to acknowledge the generous grants and funding support provided by the following organisations:

- Commonwealth Home Support Program (CHSP) – COVID-19 Emergency Funding
- RDAQ Foundation – Grants for Good Health
- NAIDOC Local Grants Program – Department of National Indigenous Australians Agency
- Gladstone Regional Council – Ignite Grant (Community Celebration Fund)
- Queensland Government - Gambling Community Benefit Fund

Acknowledgement and thanks also goes to the organisations supporting the Centre for Rural and Regional Indigenous Health (The Centre).

- NAIDOC Local Grants Program – Department of National Indigenous Australians Agency

This on-going financial support allows our organisations to continually improve service delivery and provide better health outcomes for our community.

New year offers technology opportunities for Aged Care clients

Additional COVID-19 funding will enable Aged Care clients to become IT-savvy in 2021. Brandon Muller has been appointed to teach clients how to use computers, smart phones and tablets. In addition to helping them set up Zoom/Teams/Skype for Allied Health appointments and link MyGov with My Aged Care, Medicare, etc. Brandon will also teach clients online safety and how to avoid scammers. Working with clients in their own homes, and assisted by Aged Care staff, Brandon begins work on January 4.

TUCKA-TIME

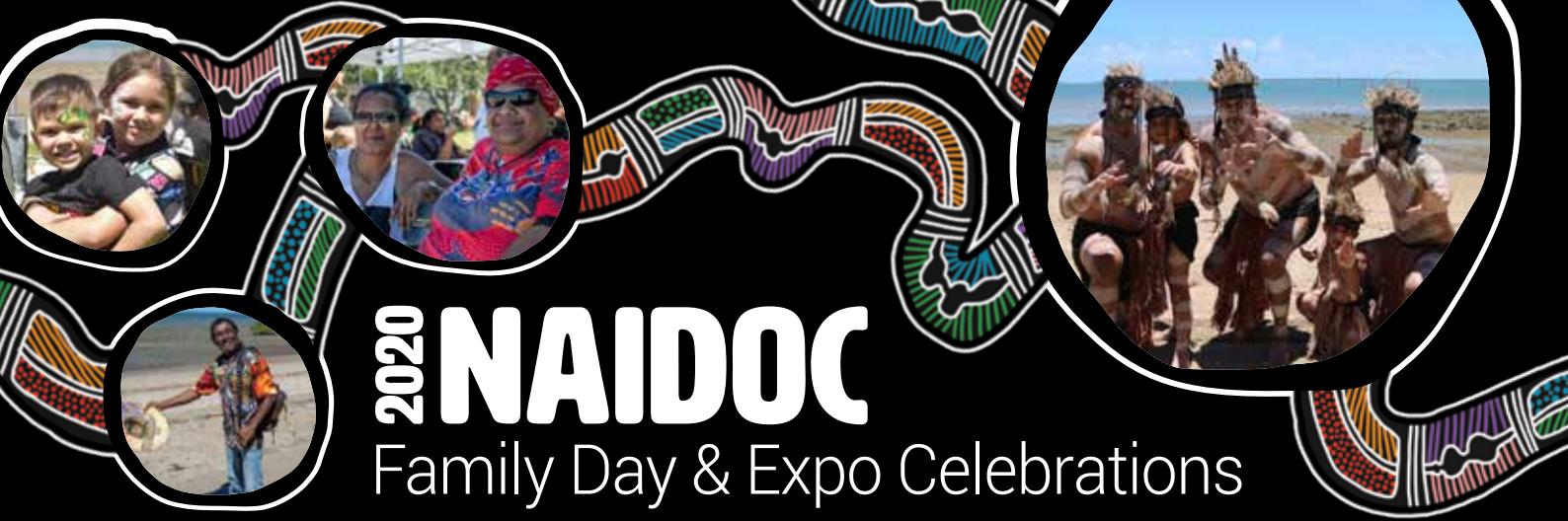
Never stop having fun in the kitchen

Age is no barrier when it comes to having fun in the kitchen and producing yummy food. For Tucka-Time Program Facilitator, Kym Donald, the proof was in the pudding when Nhulundu Health Service Aged Care clients whipped up some festive fruit balls recently. With plans to run Tucka-Time as part of the Aged Care Social Support Group activities from early January 2021, Kym said she would tailor the program accordingly. "We will probably run the program over five weeks rather than the usual 10. It will suit both the clients and the Aged Care support team better if we hold two sessions each day - probably with a morning tea break between them," she said.

Rather than concentrate on the nutritional, psychological and physical activity components of the program, Kym said the focus of Tucka-Time for the Aged Care clients would be more about social interaction and engaging with others.

Aged Care clients had a ball whipping up batches of Tim Tam balls for Christmas recently. Clients also made Christmas cookies and Christmas themed handcrafts.





2020 NAIDOC

Family Day & Expo Celebrations

The COVID-19 pandemic created a few challenges for organisers of this year's NAIDOC celebrations. Not only did it mean postponing it, but it was limited to a single event - a hugely successful Family Day and Expo held at Barney Point Park on November 12.

Gladstone NAIDOC Coordinator, Gay Sirriss, said the committee appreciated sponsorship from GPC/PCCC, ConocoPhillips, GRC, QGC/Shell and Santos. "Nhulundu Health Service provided auspice support, and we particularly thank staff member Maree Daylight for her assistance," she said. "And the help from staff at Programmed Skilled Workforce was much appreciated too."

With over 300 people attending, including Gladstone Mayor Matt Burnett and

Councillor Glenn Churchill, the event was open to the entire community. The introduction of an Expo at the Family Day meant there was no shortage of things to see and do. Many of the organisations that participated in the Expo had craft and activities," she said. "We also invited community members to bring along their wares to sell. We have a lot of talented people, so hopefully this will catch on and become part of future NAIDOC events."

There was an abundance of food and drink with both morning and afternoon tea provided and a lunch of hot dishes, cold meats and salads, plus desserts. The crowds were entertained by the Warrior Descendants Dance Group who also performed a Welcome Smoking Ceremony, the newly formed Yallarm Gooreng Gooreng Nurreegoo Dancers and the Pacific Pikininis

Dancers. There was even a coconut de-husking display by Kenny Ilaisa.

Feedback from the event was very positive with comments that the Expo should be a regular NAIDOC event - possibly as a standalone event – and the Family Day should continue to be held at Barney Point Park.



Always Was,
Always Will Be.



Aged Care clients kept busy with diversional therapy



Diversional Therapist Lindy Fry-Mitchell has been delivering a range of interesting craft activities for the Aged Care Social Support clients.

Recently contracted by Nhulundu Health Service, Lindy – along with her husband Barry - have had clients experimenting with pottery and assorted Christmas crafts. Not to mention a road trip to their home art studio at Turkey Beach where Lindy works as a potter and mixed media artist.

Lindy and her assistant Kim Scott conduct art workshops at Kendrick Hall every Tuesday, with clients deciding what activity they would like to do. With a solid background including diversional therapy, aged care, disability and youth services, Lindy is able to connect with clients in a unique way that allows each individual to embrace a holistic art experience.

Looking ahead to 2021, it is hoped that Barry can encourage greater participation by men and establish a separate program for them.

NEW PROGRAM SURPASSES EXPECTATIONS

The recently introduced Community Connector Program has proven timely with Coordinator Kerri Bates amazed at the uptake of clients.

Designed to provide information and support to people needing help navigating the National Disability Insurance Scheme (NDIS), Kerri said there was an obvious need for this type of program in the community.

To date the majority of clients are from Gladstone and Biloela, however Kerri said she is fielding enquiries from service providers in Agnes Water and other areas. "At the moment around half of the clients are being referred from our own Clinic and the rest via interagency organisations," she said. "I've also had enquiries from schools and medical centres, so there's been a very favourable response to the program."

Kerri acknowledged the NDIS application process could be quite lengthy. "There is often a delay for clients needing to provide medical evidence - they might have to wait

several months for specialists' appointments and so on," she said.

A number of Kerri's clients are already on the NDIS but need help to understand how to fully utilise their budget. "Many don't know how to source the right information; so unfortunately some of them just give up. My role is to work through their plan with them and make sure it's meeting their needs. Sometimes it means providing more evidence, or it may be as simple as re-presenting the information."

In some instances clients do not qualify for the NDIS and Kerri is able to assist them by referring to other agencies.



Let us walk with you to navigate the NDIS

Stompen' Ground a standout success

The 1770 Cultural Connections Immersion Festival was a winner. Held in early October, it was a great opportunity for the local mob to share their culture and history while giving visitors the chance to learn about Byelee, Gooreng Gooreng, Gurang and Taribelang Bunda from local First Peoples perspective.

The two day festival drew more than 1400 people with many travelling to 1770 especially for the event. The program was jam-packed with activities including storytelling, bush tucker, cooking presentations, yarning circle, language awareness and memory cards, plus assorted workshops such as didgeridoo, weaving, painting, art, spear making/throwing, and dance. Live entertainment by OKA and CKNU was popular across all age groups.

Twenty four Indigenous artists were involved in workshop delivery and participation was high amongst both Indigenous and non-Indigenous people. Everyone was keen to experience

and learn more about local history, culture and tradition through the variety of music, dance, art, craft and language workshops on offer.

The organising committee was encouraged by the feedback as it proved the community had embraced such an event. The majority of attendees surveyed said they were not well versed in the traditional ways and history of the area. An even larger number said they would like to see more information in local council area signage and many agreed more Indigenous culture and true history should be taught at school.

The festival's overall success marks a milestone in promoting local Indigenous culture and knowledge. In addition to giving Elders and Traditional Owners the chance to share their culture and history, it was an ideal opportunity for everyone – Indigenous and non-Indigenous alike – to learn and to understand our true history.



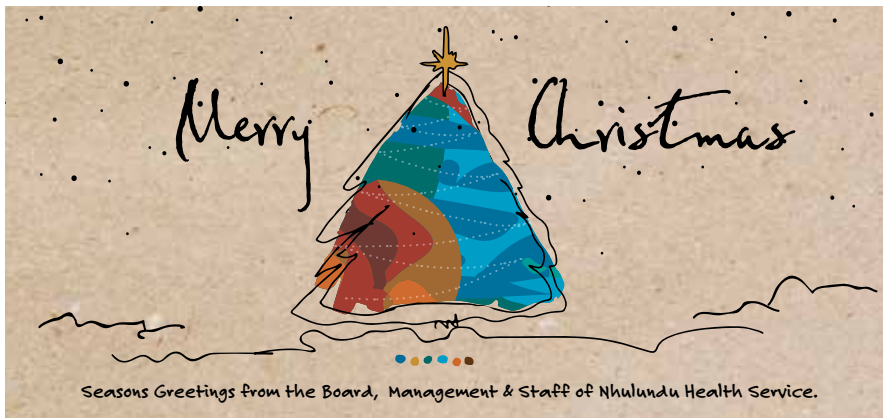


Staff set to benefit from

RESET & RECHARGE

Despite a few delays, the second Reset and Recharge Day for Nhulundu Health Service staff is scheduled to be held at Agnes Water on January 27, 2021.

Facilitated by Shelley Lawton and CEO Matt Cooke, the Reset and Recharge Day will benefit Clinic and Family Wellbeing teams. Feedback from staff who attended September's in-service day was very positive with the Aged Care and Business Services teams very appreciative of both the relaxation components (beach yoga/massage) and the various team building exercises.



Seasons Greetings from the Board, Management & Staff of Nhulundu Health Service.

**Our health service will be closed from 1.00pm Thursday
24 December & re-open 8.30am Monday 4 January 2021.**

GLADSTONE REGION ABORIGINAL AND ISLANDER COMMUNITY CONTROLLED HEALTH SERVICE LTD



During our Christmas closure period, please call Gladstone Hospital on 4976 3200 or for emergencies call 000 immediately.

New programs, flyers, & expanded services

There have been huge changes at Nhulundu Health Service over the past few months. All four programs have seen new staff join their teams.

With the goal of establishing Nhulundu Health Service as the provider of choice for the Gladstone Region, not only have new programs been introduced (see page 7 for more information) but existing programs have expanded.

As a part of increased service delivery, a range of new and updated flyers have recently been published. Available at Nhulundu Health Service, medical centres and various service providers throughout the Gladstone Region, the flyers provide information to both existing and potential new clients.



Compliments, feedback and complaints are welcome.
Please visit our website and complete our online form
<https://www.nhulundu.com.au/contact/>

SPECIALIST

Visiting Services

JANUARY - MARCH 2021

PSYCHOLOGIST

Joe Sproats

Every 2nd Friday – Telehealth

PODIATRIST

Katie Ambrum

5, 19 January, 16 February, 11, 25th March

PSYCHIATRIST

Dr Ryan

6 weekly on a Wednesday
(to be confirmed)

ICOP Cardiac Team

18 February

DIABETES EDUCATOR

Ms Lisa Grice

18 January, 15 February & 15 March

ENDOCRINE TELEHEALTH CLINIC

Dr Menon

19 January, 23 February, 23 March

OPTOMETRIST

Mr Michael Young

15, 16th February

PAEDIATRICIAN

Dr Tran

24 February



NHULUNDU
HEALTH SERVICE

27-29 Goondoon St, Gladstone

07 4979 0992

nhulundu.com.au

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

