

Message...from the CEO

I would like to welcome everyone to the sixth edition of the Bidgerdii Bi Monthly Newsletter and congratulate the Board of Directors' for their Annual Report for the 2012-13 year to the Members at the recently held Annual General Meeting on Friday November 29, 2013.

The Institute of Urban Indigenous Health (IUIH) has developed a model of care that focuses on core Primary Health Care services where one (1) General Practitioner (GP) is capable of 800 regular clients of a full cycle of care completed over 12 months.

In Chairperson, Ms Mitzi Jarvis' report to the Members,

Ms Jarvis spoke of the implementation of this new model of care being introduced into all Bidgerdii clinics during the 2013-2014 financial year. Chairperson, Jarvis stated that comprehensive preventive health checks and structured chronic disease management are essential components of good quality care for clients and Bidgerdii can use Medicare Benefits Scheme income to support this work at the same time as generating income to expand the scope and volume of care being provided.

As we approach the festive season I would like to thank all the staff for their contribution in the continuous improvement

of internal processes to achieve best practice in both the business and service delivery of the organisation. Bidgerdii remains committed to its endeavors to ensure that the model of care is strictly focused on the patient and we continue to strive to fulfill our vision.

I very much look forward to working with our community in shaping the direction for primary health care in Rockhampton and surrounding districts.

To each and everyone in our community I would like to wish you a very Merry Christmas and a Happy and Prosperous New Year in 2014. Be safe and healthy.



Thalep Ahmat
Chief Executive Officer

Woorabinda Healing Camp

On the weekend of 28th September, the community of Woorabinda held its first Healing Camp for the people who were put into the boys and girls' dormitories as children.

The motto for the camp was "the past has brought us back here today, let's heal together".

Eighty people attended the camp which was held at Blackboy, an old station near Woorabinda.

The Healing Camp project was created under a unique three-way agency partnership between the Australian Red Cross Woorabinda Family Centre, Bidgerdii Aboriginal

and Torres Strait Islander Community Health Service (Rockhampton) and Link-Up Qld (Brisbane).

Bidgerdii was the lead agency responsible for coordinating the weekend camp and was also supported by the Woorabinda Aboriginal Community Shire Council.

A number of Elders and community people from Woorabinda and Rockhampton

came out to support the participants in the camp and to get involved in the weekend activities. It was an opportunity to gather, reconnect, share photos, and most importantly, to share each other's journeys and stories in a safe and supportive environment.

The weekend included group sessions, yarning circle storytelling, a cemetery visit and an official plaque unveiling in the main street in Woorabinda in remembrance of all the children who stayed at the dormitories.



Binbi Meta

The Healthy Dwelling Program

This twelve month pilot project is tailored specifically to Aboriginal, Torres Strait and South Sea Islander communities in Rockhampton to enable the individual person or kinship family to utilize a range of services from a single point of service delivery, Bidgerdii Community Health Services, and to take ownership and control over their health, wellbeing and lifestyle changes to achieve a healthy, active and long life.

The engagement tool for this program is the development of the backyard gardens of their homes, including recycling, food handling and storage, shopping, food labelling, tool maintenance, and energy saving tips.

In order to work with these families, a coordinated approach has been used in order to link services from all government and non-government organisations.

The program aims to provide an holistic, family-driven program, encompassing early intervention for children and adults in the

health, developmental and wellbeing space and to provide supported access to a range of allied health services and other community services/ programs at one site. It also aims to nurture and encourage individual/family ownership of their health through the provision and delivery of The Healthy Dwelling Program.

The delivery of this program has been made possible through the Australian Government's Communities for Children initiative, funded by the Department of Social Services. The Smith Family is the facilitating partner for Communities for children in the Rockhampton LGA.

It is hoped that individuals/families will access the local health services rather than the public hospital for non-acute care and that they will be provided with and delivered health and wellbeing interventions and promotional sessions/activities concurrently.

The program will ensure that services and programs are available in a space that is



convenient and culturally appropriate for access by individuals/families.

Twelve families are participating in this program which has led to the development of a community calendar. Each family features in a different month and talks about a different topic and the impacts of being a part of the Binbi Meta program on their families.

These calendars will be available from Bidgerdii Community Health Service and other outlets in late December.

Below: Michelle Richards and her sons are excited to be participating in the Binbi Meta program and featuring in the upcoming calendar.



Bidgerdii Community Day

Bidgerdii Community Health Service facilitated another Healthy Active Community Day during the last school holidays.

The community enjoyed a great day out with the children enjoying a great day in the sun, on the amusement rides, and learning about a healthy lifestyle before finishing off the day with a steak burger and cold fruit for lunch. Local entertainer Shannon Mann entertained the community with his guitar and singing. Other community members were invited

to join in on the entertainment for the day, and perform a song of their choice.

Nhulundu Health Service staff from Gladstone also attended and conducted testing using the smokerlyser to determine the carbon monoxide readings in participant's bodies/blood stream. Both smokers and non-smokers were shocked by their readings.

Community feedback was great, and everyone can't wait to do it again next time!





Community Day recognises 'In Control Program'

For the first time staff from Bidgerdii Community Health Service joined forces with the Mt Morgan community to host a Healthy Active Community Day. The day coincided with the final session of the 'In Control Program' which was facilitated through local community services, Mt Morgan schools and Bidgerdii Community Health Service.

Awards were presented to students who had participated in the program and also to organisations who had been involved in its delivery. Constable Tamara White and Aunty Shirley Anderson presented these awards.

The community enjoyed a day of free amusement rides and participated in some ball games, including a game of bulrush. Students showcased their performance with song and dance.

Those in attendance enjoyed a lovely barbeque lunch and delicious fresh fruit. Free fruit and vegetable raffles were also popular.

A big thank you to Uncle Noel Anderson for his Welcome to Country and to Nhulundu Health Service staff for their assistance and input.



Incentives to stay healthy!

The Australian Government currently has a program designed to assist Aboriginal and Torres Strait Islanders to better manage their health, especially chronic disease.

The Practice Incentives Program (PIP) is a program for your doctor and clinic to help you manage your chronic disease and to ensure you have access to the care you need.

To be part of the PIP incentives program you must be of Aboriginal or Torres Strait Islander descent, over 15 years old, have a Medicare card and suffer or be at risk of suffering a chronic disease.

From next year, Bidgerdii Community Health Services will be offering incentives to encourage their clients to undertake a 715 health check. One of the incentives on offer will be a great new shirt. (sample only as shown).

Contact the clinic for more information on how you can score a great shirt and look after your health at the same time.

Mobile health van launched

A mobile health van for use by Indigenous people, funded by QGC Pty Limited, was recently launched in Gladstone by the Premier of Queensland, the Honourable Campbell Newman MP, and Queensland's Health Minister, the Honourable Lawrence Springborg MP.

Representatives from Bidgerdii Community Health Service's management and board attended the event.

The van will be based at Nhulundu Health Service in Gladstone and comes under the banner of the Central Queensland Regional Aboriginal & Islander Community Controlled Health Organisation (CQRAICCHO) of which Bidgerdii Community Health Service (BCHS) is a member. Other members include Nhulundu Health Service (NHS), Barambah Health Service and Galangoor Duwalami Primary Health Service.

The van was officially launched at the marina, with dignitaries and guests then returning to NHS to enjoy the guest speakers and partake of a delicious afternoon tea.

Amongst the visiting dignitaries were Gladstone Mayor Gail Sellers, Selwyn Button CEO of Queensland Aboriginal and Islander Health Council, Justin Saunders Regional Strategy Manager of CQRAICCHO, Steve Renouf, QGC representatives and members of the boards of BCHS, NHS and CQRAICCHO.



Sample only

Bidgerdii Community Health Service wishes you a

Merry Christmas

Bidgerdii will be **CLOSED** from Monday 23th December 2013 and will **RE-OPEN** on Monday 6th January 2014

Please check your medication **NOW** and make an appointment 0749304600 before Friday 20 December if your Prescription needs to be renewed for the xmas period

Should you require urgent medical assistance, please call 000

Jummy Christmas Cake

Ingredients:

- 1kg mixed fruit
- 3 cups (750ml) fruit juice
- 3 cups (525g) self raising flour

Method:

1. Stir flour into soaked fruit and mix well. Spoon mixture into a 22cm lined cake tin.

2. Bake for 2½ hours in the bottom of the oven or until cooked through. Remove and leave to cool.

3. Wrap in alfoil or place in an air tight container where this cake will keep nicely for 3-4 weeks.

Optional: Add a shot of your favourite tippie, sherry, brandy, rum or grand marnier.

Source: 4 Ingredients Cookbook



National and Local Events

Celebrate Healthy Weight Week
January 19-25

World Kidney Day
March 13

National Close the Gap Day
March 20

CLOSETHEGAP

Anniversary of the National Apology
February 13

Harmony Day
March 21

Donate Life Week
February 23 – March 1



Have you had your 715 health check yet?

Exciting new rewards available!

Ask the receptionist about booking in for a health check today.



BIDGERDII
Aboriginal & Torres Strait Islander
Community Health Service

CLOSING THE GAP
tackling
Indigenous
chronic
disease

An Australian Government Initiative

Ph. 4930 4600

Fax. 4921 3658

162 Bolsover Street, Rockhampton