

MESSAGE FROM THE CEO

“ It has been very busy at Bidgerdii Community Health Centre since the last edition of our newsletter. We now have in place several new initiatives.

- The Rockhampton Children and Family Centre with establishment of an Advisory Committee for the centre.
- One Stop Shop Allied Health Specialist clinics - Started Monday July 23 – these clinic will be held fortnightly, you only need a referral letter from your GP to attend these clinics.
- The Bidgerdii Community Health Service Outreach service - with a newly established north side clinic
- And the ongoing services from the Cardiac Outreach team, in partnership with Royal Brisbane and Prince Charles Hospitals in Brisbane.
- Bidgerdii Community Health Service has become a partner in the newly established CQRAICCHO which is really exciting, not only to BCHS, but the communities in the Central Queensland Region that we service.

NAIDOC activities have also keep us busy. Bidgerdii Community Health Service's's entrant in the Miss NAIDOC competitions this year was Shakira Taylor. Shakira is employed as Executive Support Officer and has worked

with us for the past 12 months. On behalf of our Board of Directors, we would like to congratulate all winners through NAIDOC week, especially Aunty Margaret Lawton who was announced as the National NAIDOC Elder of the Year.

Bidgerdii Community Health Service continues to enhance service delivery in partnership with other stakeholders and services around eye and ear health, child health, social & emotional well-being and allied health. Our organisation continues to grow to be a more productive service, which offers additional health care services to clients and establishes effective partner s with other key service providers, to improve and make available better health opportunities for our people in Rockhampton and the surrounding district.

Maleeta Richards
Chief Executive Officer



Congratulations Aunty Margaret Lawton

Bidgerdii Community Health Services and the community of Rockhampton extend their congratulations to Aunty Margaret Lawton for the recognition she has received for her outstanding achievement in being awarded the National NAIDOC Elder Award for her amazing contribution to the Aboriginal & Islander Community of Rockhampton & Central Queensland since the 1970's.

Aunty Margaret has been a tireless and dedicated Aboriginal woman who has worked so hard for her people. She is recognised as having assisted in establishing many of Rockhampton's Indigenous organisations among them the Fitzroy Basin Elders Committee, Aboriginal Legal Aid, Dreamtime Cultural Centre and Bidgerdii Community Health Service.

Aunty Margaret is a Ghungalu and Garingball Elder, a traditional owner of the area and a very strong and independent lady.

One Stop Shop Allied Health Clinics

These clinics are held fortnightly on Mondays with the next clinic scheduled for August 6.

Allied Health professionals available to offer assistance include a Diabetes Educator, a Pharmacist for medication review and a Podiatrist.

Bidgerdii Community Health Service is also pleased to have available the services of a Psychologist fortnightly on Wednesdays.

Other visiting specialist to Bidgerdii Community Health Service (BCHS) include Endocrinologist, Dr Young Mon Tan at BCHS on August 20, and the services of the Cardiac Specialist Team whose next visit to BCHS will be on August 28.

Appointments for these services are by referral from your GP. Contact Bidgerdii Community Health Service's Chronic Disease Health Worker, Kerry Stewart if you have any inquires about the Chronic Disease clinics.



Health support for the younger members in our community

Bidgerdii Community Health Service's Maternal and Child Welfare Clinics are held each Thursday between 9am and 1pm. These clinics are staffed by Registered Nurse Kaye Maver and Aboriginal Health Worker Rachael Aberdein. The clinics offer a wide range of services to our Indigenous community members. Families can take advantage of the services on offer including children's health checks, immunisations, recording and checking of growth and development milestones.

Staff are also able to conduct home visits if required and can ensure that parents receive all the support they need with regards the health and well being of their children. A specialist referral service is also available. The clinic staff are also excited to conduct a 'Lets Read' program.

The Bidgerdii Community Health Service Child and Maternal Health Unit is working hard to foster and develop a close and effective working relationship with members of the Phillip Street Community Health Services Shared Care team to enable them to continue to deliver and grow the services available to the younger members of our community.

Young parents often need additional support, not only from family but from organisations within the community. An event which is designed to cater to the needs of younger parents is the Teen Parents Festival and was held at the PCYC on May 25. Members from the Bidgerdii Community Health team were on hand with an interagency information booth and display which showcased what the organisation has to offer as well as services available



Julie and Lorgay from the Phillips Street Community Centre with Rose Swaddling

to young people. Amongst the information available was nutrition, the Good Quick Tukka program, Hero's Rewards and how to maintain a healthy weight.



Left: Rebecca, Marcia Pensio, Kerry Stewart with Bridie and Aaliyah at the Teen Parents Festival



Below: RN/Child & Maternal Health Manager Kaye Maver and Rachael Aberdein Child & Maternal Health Aboriginal Health Worker

Good Quick Tukka! COCONUT CURRY

Ingredients:

- Canola or olive oil spray
- 2 chopped onions
- 1 chopped garlic clove
- 2 tablespoons curry powder
- 1 kilo diced chicken thigh pieces (remove skin and fat)
- 2 peeled and cubed potatoes
- 1 peeled and chopped sweet potato
- ½ cup frozen beans
- 2 peeled and chopped carrot
- ½ cup of water (as needed)
- 1 x 370g tin low fat coconut flavoured evaporated milk
- 1 teaspoon cornflour

What to do:

1. Lightly spray pan with oil and cook onions, garlic and curry powder on a low heat, stirring constantly until onions are soft.
2. Add chicken pieces and cook on a medium heat until chicken is browned all over and cooked through.
3. Add potato, sweet potato, beans and carrot and cook until the vegetables are cooked but still firm.
4. Add water if the mixture starts to get too dry.
5. Add the evaporated milk and cornflour, and stir for 2 minutes or until heated through.
6. Serve with basmati rice and a side salad.

The Queensland Government is acknowledged as the owner of this healthy recipe and the information extracted from the Living Strong Healthy Lifestyle Cookbook has not been altered in any way.



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FLU SHOT!

Have you had your flu shot?
Make an appointment today!



QUIT SMOKING

Could be just a phone call away!
Ph. 4930 4600



NAIDOC Week activities around our region

There were plenty of events organised around the region to celebrate NAIDOC Week this year.

The NAIDOC Expo was held at the Phillips Street Community Health Centre and featured lucky door, entertainment, sample bags, refreshments and face painting. A good roll up at the NAIDOC Ball saw Charnell White crowned Miss NAIDOC, Sharna Willie as Miss Charity and Miss Photogenic and Jacinta Corbett as Miss Personality.

The NAIDOC Corporate Touch Footy Challenge has been rescheduled for Saturday August 4. This event was cancelled because of bad weather.

Happy NAIDOC, hope you enjoyed the events.

Below: Bidgerdii Community Health Service staff and Board Member Mitzi Jarvis, support Shakira Taylor at the Rockhampton NAIDOC Ball.



Left: Registered Nurse Victoria Rutayisire conducts blood pressure and diabetes testing at the Bidgerdii Community Health Service stand on NAIDOC Day.



Right: This year's Miss NAIDOC Charity and Photogenic Sharna Willie and Bidgerdii Health Service's Shakira Taylor carry out presentation duties during Rockhampton's NAIDOC Week celebrations.



Below: Bidgerdii Community Health Service's Miss NAIDOC entrant Shakira Taylor (purple gown) and other entrants with Rockhampton's Miss NAIDOC for 2012, Charnell White.



Peter is an Aboriginal Health Worker and has been with the organisation for the past 7 months.

When Peter left school he spent several years working as a general labourer and then decided to take his career in a completely different direction. He decided he would like to pursue a career in the health industry and has been involved in health for the past 5 years now.

The main aim of Peter's role is to continue to promote a healthy lifestyle to his mob. Peter enjoys working at Bidgerdii Community Health Service which he describes as 'a great organisation' and working with good team mates is an added bonus.

He loves his work and derives a great deal of satisfaction from knowing his patients are happy with his work and that in turn makes him happy.

Peter is very passionate about being an Aboriginal person and being able to help his mob.

Although he loves the area, if he could live anywhere in the world it would be in Vanuatu.

Peter's words to live by are "such is life, so live ya life ."

Hello, let me introduce you to...

Peter McIntosh

Aboriginal Health Worker Rockhampton

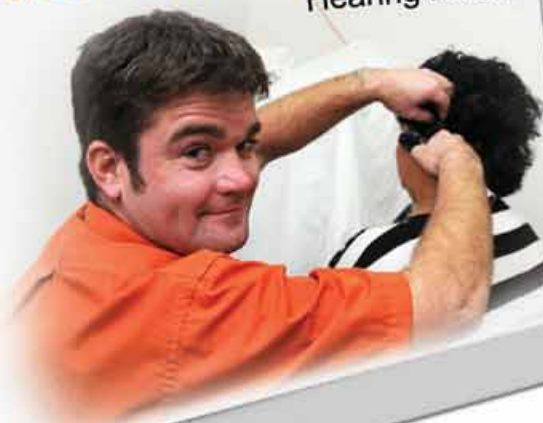


Upcoming events...

AUGUST 4
National Aboriginal & Torres Strait Islander Children's Day



EVERY WEDNESDAY
Hearing health



EACH TUESDAY
Gracemere Clinic open from 8.30am to 4.00pm

AUGUST 9
International Day of the World's Indigenous People



coles
\$25
voucher

Receive a Coles \$25 voucher when your Health Check is completed by a Doctor at



Bidgerdii Community Health Service

BIDGERDII
Aboriginal & Torres Strait Islander Community Health Service



Ph. 4930 4600

Fax. 4930 4679

162 Bolsover Street, Rockhampton