

MESSAGE FROM THE CEO

“ I would like to welcome everyone to the third edition of the Bidgerdii Community Health Service (BCHS) bi-monthly newsletter as the newly appointed Chief Executive Officer. Prior to commencing on September 19, I was the Deputy CEO of Woorabinda Aboriginal Shire Council and recently employed with the former Queensland Government Department of Employment, Economic Development and Innovation and Department of State Development, Infrastructure and Planning in the implementation of Indigenous Business Support Services.

I come to the organisation with a strong business background that will enable me to use those skills to guide BCHS on the business, legal and legislative environment in which Indigenous economic development exists. I see the key success factors as strong leadership through good governance; the funds necessary to run our business effectively; systems that give us accurate feedback about what

our community think of the service; and then developing the right products and services to provide holistic, primary health care to Aboriginal and Torres Strait Islander people in Central Queensland.

I will endeavour to ensure that the model of care is strictly focused on the patient and that Bidgerdii strives to fulfill its vision. Bidgerdii is fully equipped to embrace the current health reform agenda and, together with the strength of our community, find the resolve to overcome the challenges we may encounter. I very much look forward to working with the Board and staff members to achieve our goals in the 2012 – 2013 financial year.

Thalep Ahmat
Chief Executive Officer

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Staff enjoy team building day

Staff turned up to work on November 23, not knowing what fellow staff members, Ellaina Wingate, Marissa Smith, Louise Martin and Linnea Mower had in store for them.

As part of a team development day, the staff were divided into four teams of red, blue, green and yellow. They then proceeded to race around Rockhampton, stopping at the Auscare City Centre Plaza pharmacy, Botanical Gardens, Quay Street Pier, Victoria Park (Dinosaur Park), Kershaw Gardens and Dreamtime Cultural Centre to receive their clues. At each of the check points the teams had to participate in a few challenges.

The final clue was available from Dreamtime Cultural Centre, and to receive this clue the teams had to sing to the staff 'We wish you a Murri

Christmas' whilst wearing a Santa hat and tinsel.

The final destination was the Mercure Capricorn Resort Yeppoon. Staff enjoyed a lovely lunch and then participated in more team building activities. The mini triathlon and blind archery proved popular.

At the completion of the activities, the staff enjoyed a game of water volleyball, which provided a fair amount of laughter for both spectators and participants.

The day was a big hit and staff are looking forward to the next surprise this quarter may have in store for them.



Good start to the day with brekky club

Breakfast Club initiative services the students at the Berserker Street State School, and operates from the Charles Street Gymnasium kitchen on Wednesday and Friday mornings.

Officially breakfast starts at 8.00am but many children come earlier, & finishes up around 8.30am.

The main items on offer are milo drinks and toast, and both have proved to be very popular.

On each occasion more than 100 items of toast and milo are supplied to the children from Prep to Year 7. Many children return more than once for these popular items.

All of the children involved are very well mannered and are a credit to their parents and teachers.

Below: (from left) Thalep, Marcia and Poy prepare breakfast for the students at Berserker Street State School.



Support grows for Community Day

The recently held Healthy Active Community Day drew a crowd of around 750 people to the Rockhampton PCYC grounds.

Staff from Bidgerdii were busy all day with a variety of information stalls and activities on offer to the community.

The Child and Maternal Health team drew a large crowd with their reading corner where Leslie Purcell read stories to the kids. Sparkles the Clown was on hand to keep them amused with bubble blowing and face painting, while oral health demonstrations by Child and Maternal health workers was well received.

A first aid bay was administered by the Clinic team. They also conducted health screenings and basic obs in the Winnebago, ear health screenings and bubble blowing (for healthy ears). 50 people registered for a Health Check.

Aunty Marcia Pensio facilitated some Good Quick Tukka demonstrations throughout the day.

Great entertainment was provided throughout the day by Shannon Mann and the crowd enjoyed the performances of the SAIMA Torres Strait Islander Dance Group and the Wuru local Indigenous dancers.

The day was once again well supported by other organisations in our community and it was great to have SAIMA Torres Strait Islander Corporation back again to demonstrate their basket weaving.

Aboriginal Health – Phillip St, and Relationships Australia also attended and supported the event, as did our sister organisations (Nhulundu Health Service – Gladstone and Barambah Health Service – Cherbourg) with a health promotion on offer. Their attendance was truly appreciated.

A great day was rounded off with a lovely lunch from Big G caterers and of course the children were kept amused with the great amusement rides provided by Rides N Slides.



Good Quick Tukka! SWEET CHILLI PRAWNS

Ingredients:

- Canola or olive oil spray
- 1 teaspoon crushed ginger
- 1 teaspoon crushed garlic
- 1 kilo green prawns, peeled and cleaned
- 1/2 cup sliced shallots or onion
- 1 green capsicum, finely chopped
- 1 red capsicum, finely chopped
- 2 teaspoons fish sauce
- 1 teaspoon salt reduced soy sauce
- 1/2 cup sweet chilli sauce

- 2 tablespoons cornflour
- 1 cup low-fat evaporated milk

What to do:

1. Peel and take the vein out of the prawns.
2. Lightly spray pan or wok with oil and cook ginger, garlic and prawns on medium heat for 2 minutes or until prawns are a light pink colour.
3. Toss in shallots and add fish sauce, soy sauce and sweet chilli sauce to prawn mixture.
4. Mix the cornflour and the milk in a cup and pour over the prawns.
5. Stir slowly and bring to a boil (this will help thicken the sauce).
6. Serve with rice and/or a green salad.

Tukka Tip

Try basmati rice as it gives you more energy for longer.

If unable to get fresh ginger or garlic you can buy them in a paste or a jar.

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.



Wishing clients, family, friends and community a Merry Christmas and wonderful New year from the Clinic, Chronic Disease, SEWB and Child and Maternal Health teams, Management and Administration support.

"We look forward to working with our community in 2013 and achieving great things"

Rockhampton Children and Family Centre

Work is well under way for the building of the new Rockhampton Children and Family Centre which will be located on the Berserker Street State School site. This new, purpose built Centre will be completed in February 2013 and aims to improve outcomes for Aboriginal and Torres Strait Islander families with children aged from birth to 8 years by providing access to integrated early childhood education and care, parenting and family support services and child and maternal health services.

The Children and Family Centre is the result of a partnership between Bidgerdii Community Health Service, Australian Red Cross, Queensland Health, Tarumbal Pre-Prep, the Fitzroy Basin Elders, and Education Queensland.

The Centre aims to be a place where children and families feel comfortable, can receive the services they need, and can connect with a range of other specialist services in Rockhampton.



Right: Closing the Gap 'Rocky Way' program Community Garden project.



Looking forward to a healthier you

Working towards Closing the Gap, the Chronic Disease team will provide a range of options/ programs in 2013 to promote a healthy and active lifestyle. These will include:

- Healthy Lifestyle programs • Living Strong Program
- Rocky Way Program • Good Quick Tucka Program
- Podiatrist • Spotlight on Health and Well being
- Endocrinology clinic with Dr Tan (clinics commence on Thursday 3rd January)
- Case Management and co-ordinated care by the Team
- Specialist Services (quarterly visits commencing Feb 2013)
- Cardiac Clinic with the Royal Brisbane Outreach Team
- Diabetes Educator • Endocrinology Clinic with Dr Tan
- Ear, Nose and Throat (ENT) Clinic with Dr Earnshaw
- Allied Health Services (Clinics commence January 14, 2013)
- Psychologist • Physiotherapist • Exercise Physiologist
- Let's get Moving - walking, water activities and a range of exercise programs

Got Suga a hit in Rockhampton

The Got Suga team travelled to Rockhampton on October 11 to deliver the Got Suga workshop to thirty Rocky locals.

The workshop was delivered with great success at the Rockhampton Community Health Care by Rockhampton local health professionals Lexie Jarrett, Queensland Health, Poy & Marcia Pensio and Kerry Stewart from Bidgerdii Community Health Service.

The workshop participants gained an active interest in improving the management of their condition. Bidgerdii is now looking forward to working closely with the community members

to develop an action plan to maintain the enthusiasm and interest in improving diabetes management the community gained through the workshop.

Highlights from the day included Lisa Grice's delivery of the Feltman education session and Anthony Newcastle and his team's Theatre for Change - providing important information to community members to assist to better plan, understand and manage their diabetes.

Bidgerdii Community Health would like to thank the following people for their help and support in making the workshop such a great success.

Grace Ward & Ted Dean from Diabetes QLD, Lexie Jarred Queensland Health, Georgina Tabui and the Queensland Health Phillips Street team, Anthony Newcastle and his team from the Natjul Indigenous Performing Arts Theatre for Change, Graham White for welcome to country, Lisa Grice's Diabetic Educator and the participants on the day.

Below: Congratulations and thank you to Poy, Marcia and Kerry for your great efforts in engaging the participants for the day.



Ringo has worked as the Transport Officer at Bidgerdii Community Health Service for the past 2 years, he reckons the best thing about his job is being able to talk to and get to know the patients. He also likes listening to music and the air conditioning. Ringo enjoys having very busy days so the time just flies.

His job involves transporting patients to other appointments outside of BCHS as well as to Bidgerdii, also minor vehicle maintenance such as washing the cars or checking when they are due for their service.

Ringo will also help out at reception and by his own admission annoys the girls there.

Originally from Emerald and later Mt Morgan, Ringo moved to Rockhampton and has spent the past 35 years here. He has been married for 13 years and has 4 children and 2 grandchildren. Ringo is from the Iman Tribe.

Ringo said, if he was ever down to his last \$10 he would spend it on Gold Lotto, and if he was ever given the

chance to go on a date with someone famous he would choose Jessica Mauboy.

A few things you might like to know about Ringo:

- He likes to eat cake as it is his favourite food.
- The colour Ocean Blue is his favourite.
- His favourite saying is 'Which Way?'
- He is passionate about the Parramatta Eels
- He likes to watch the news
- He likes to listen to AC/DC and Tribal Link.
- Likes XXXX Gold.
- He loves fishing with his son whilst he isn't at work.

Hello, let me introduce you to...
Terence Henry (Ringo)

Transport Officer



Christmas Closing Times...

...and extended trading hours

The service will be Closed from Monday 24th December 2012 and Reopen on Wednesday 02nd January 2013, the service has extended opening hours prior to this:

Saturday 15th December	9.00am to 4.30pm
Sunday 16th December	9.00am to 4.30pm
Monday 17th December	8.30am to 8.00pm
Tuesday 18th December	8.30am to 8.00pm
Wednesday 19th December	8.30am to 8.00pm
Thursday 20th December	8.30am to 8.00pm
Friday 21st December	8.30am to 5.00pm

Book appointments on 07 4930 4600
Should you require Urgent Medical Assistance after hours please call 000

Coming in January 2013 Woman to Woman!

Early detection is the best protection and in January 2013 we commence the new Pap smear clinic every Thursday.

Pap smears will be provided by a Registered Nurse and bookings are welcome through the reception team.

Bidgerdii Health Service also provide group bookings for Mammograms with Breast Screen Queensland. Once again, please book through reception.



BIDGERDII
Aboriginal & Torres Strait Islander
Community Health Service

CLOSINGTHEGAP
tackling
Indigenous
chronic
disease

An Australian Government Initiative

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