

A MINUTE ON THE Mount

Welcome!! Since our last chat, we've been into the community a little bit.

NAIDOC was a busy time for us. We held a morning tea at the local dam with CQID. The local children seemed to enjoy the activities we had available for them, and all of the food went down a real treat. There was a yummy cake to try. And to top off the day, the children got a little gift to take home. It was definitely a positive day.

The local Relationships Australia Community Hub held a cultural day during this week as well. Our NAIDOC entrant, Davina Toby, came along to perform the Welcome to Country for them. While she was there, she also helped a group of children to perform a traditional dance for the gathered crowd. Thank you, Davina. This day had a definite slant towards children, with games and crafts the order of the day. With this in mind, Bidgerdii had a stall to colour the hair of the children in attendance. The children all had their own idea of what they wanted, whether it was a single colour, all of them, spots or stripes. Some even came back to add to their design after some consideration (and a look in the mirror).

On Friday the 4th of August we celebrated National Aboriginal and Torres Strait Islander Children's Day. This year's theme was "Value our Rights, Respect our Culture, Bring us home." We held an afternoon tea with activities for the children. While the paint and glue held their interest for a good while, the winner of the day was the cake, with the children repeatedly asking for more. Thank you to everyone who attended this event, you help to give recognition to this important day.

September will see us participating in R U OK day on the 14th and October we will host Diabetes Queensland on the 19th to talk with Feltman. Please contact Tammy on 48 354 202 or 04 1931 7526 for further information closer to the date.

Take care and be safe!



HIGHLANDERS

Indigenous Sports



Firstly I would like to thank Bidgerdii Community Health Service for teaming up with our women's team the Highlanders for this joint initiative. Your kind support towards our recent community events held in Blackwater and Bluff has been a blessing to our community. I can proudly say that it was a huge success with our community and we had great turnouts on the day. As you know the Highlanders held a fun day for Blackwater & Bluff with the goal to complete 715 health checks for Aboriginal & Torres Strait Islander people. We were lucky enough to have Aunty Pat Leisha a Ghungalu elder attend the fun days to welcome us to country and former Bluff elders Aunty Mona Kielly, Aunty Amy Lester along with other elders like Aunty Monica Row Row, Uncle Victor Row Row, Aunty Geraldine Barber, Aunty Eunice Graham and Jenny Muller. Thank you also to you Thalep and Mitzi for coming to our events and taking the time to join us. So good to have the CEO and Board members attend as that strengthens relationships.

Our initiative to promote healthy lifestyle by conducting 715 health checks specifically for Aboriginal & Torres Strait Islanders was a huge success. The Lumai Yumbah Outreach Team conducted over 60 health checks over a four day period and the clientele ranged from children, teenagers, adults and elders some of whom had never had a health check before until now. This initiative ensures our people have the opportunity to seek medical assistance from our own specialist. We also wanted to encourage and promote our culture to the wider community by inviting participation to all our community members. This couldn't of happened without the support of our local services but more importantly from the commitment between Bidgerdii and Highlanders.

Nicole Muller, Highlanders Indigenous Sports Club Inc.



INTRODUCING THE INTEGRATED

PROGRAM

Team Care

Integrated Team Care (ITC) Program helps coordinate primary health care services to bridge the gap in health care access for Aboriginal and Torres Strait Islander people in the management of chronic disease. The ITC program transitioned from PHN and was established under the umbrella of Bidjerdii from 3rd of July 2017.

- The ITC program aims are to:

1. Contribute to improving health outcomes for Aboriginal and Torres Strait Islander people with chronic health conditions through better access to coordinated and multidisciplinary care
2. Contribute to closing the gap in life expectancy by improving access to culturally appropriate mainstream primary care services (including but not limited to general practice, allied health and specialists) for Aboriginal and Torres Strait Islander people.

Objectives: achieve better treatment and management of chronic conditions for Aboriginal and Torres Strait Islander people, through better access to the required services and better care coordination and provision of supplementary services; increase the uptake of Aboriginal and Torres Strait Islander specific Medicare Benefits Schedule (MBS) items, including Health Assessments for Aboriginal and Torres Strait Islander people and follow up items; support mainstream primary care services to encourage Aboriginal and Torres Strait Islander people to self-identify and to increase awareness and understanding of measures relevant to mainstream primary care.

- The ITC team is made up of two care coordinators and one outreach worker, currently only one care coordinator which is Katrina Ingra. Recruitment is under way for another care coordinator and outreach worker.

- It was originally identified that services were hard to attend especially if the clients needed to see more than one allied health clinician. Therefore to close this gap in accessing different allied health services (Primary Health Care) the ITC program established an allied health clinic to offer access of up to five different allied health clinicians at one convenient location.

- Services the ITC allied health clinic provide are as follows: Podiatrist, Dietetic, Diabetes educator, Physiotherapist and Exercise Physiologist.

- The ITC program is accessible via a referral from you GP and anyone who is of Aboriginal and Torres Strait Islander heritage with a diagnosis of a chronic disease can access the program.





HEALTHY CHICKEN WALDORF SALAD

Ingredients

- 1 whole granny smith apple (chopped into pieces)
- 1 whole pink lady apple (chopped into pieces)
- 2 sprig spring onion (sliced)
- 1/3 cup walnuts (halved)
- 200 g chicken breast (cooked, cut into slices)
- 2 stalk celery stick (finely sliced)
- 1/2 cup red grape (halved)
- 2 tbs low-fat mayonnaise
- 2 tbs natural yoghurt
- 1 tbs lemon (juiced)
- 4 cup lettuce (shredded)

Method

Step 1

Mix apples, grapes, celery, onions, walnuts and chicken together.

Step 2

Mix through mayonnaise, yoghurt and lemon juice.

Step 3

Serve on a bed of shredded lettuce and season with salt and pepper.

STAFF PROFILE

- Name: Katrina Ingra.
- Position: Care Coordinator of the Integrated Team Care (ITC) Program.
- Commenced: 3rd July 2017.
- Who is your favourite Superstar? Paul Walker (from Fast & Furious) .
- How would you describe yourself? Genuine (what you see, is me).
- What is your favourite food? Curry Chicken or Lamb .
- What is your best achievement? My Children – Darnell, Djnara & E'phraim = my three loves.
- Who would you most like to meet and why? Not sure.
- What character trait do you most admire? My integrity.
- What do you do for fun? Hang out with my children & partner by going fishing or watching movies, play with our pet dog & bird, the simple things in life.
- What book are you currently reading? An open book called 'LIFE'.
- If you were a world leader what would you change? Human Rights.
- If a genie gave you a wish, what would you wish for? To speak to my loved ones that have passed away.
- TV Show you never miss? Animal Kingdom (T.V series on Netflix).
- Any hidden talents? I can sing.
- Nicknames? Trina or Trene.
- Describe yourself in 3 words? Strong, Resilient & Gentle.
- Who would you most like to have dinner with? My man (who never likes going out to dinner).
- What advice can you give people who aspire to be where you are? Without a vision (direction in life) you will perish (fail), for if you have no vision of where your life is heading then you live blinded and will be easily tossed about in different directions. Stay focussed!



What do you most like to do to unwind?

Sit at the front veranda of my home and unwind by enjoying the view of my lovely garden.

Best advice anyone has given you? ? Promise me you will LIVE life after I am gone & don't ever lose HOPE that the best is yet to come.

What is the first thing you do when you wake up/start your day? Run around the house like a mad woman trying to organise teenager & an eight year old.

Why did you decide to work for Bidgerdii? It's a part of my vision to work as a Registered Nurse for an AMS to serve my community in health.

I believe I have this opportunity now as I am nearly to the end of my studies and I already have my foot in the door to begin this journey.

What are your goals over the next 3 years? To work as a Registered Nurse specialising in Chronic Disease Management (Aboriginal & Torres Strait Islander) health & to one day manage my own health programs.