

MESSAGE FROM CEO

Thalep Ahmat



I would like to welcome everyone to the 18th edition of our newsletter and acknowledge the traditional owners of the land the Dharumbal People and pay my respects to their elders past and present.

On Thursday 30th November 2017, Bidgerdii Community Health Service held its Annual General Meeting (AGM) at the Frenchville Sports Club. The AGM is a time when our Members have an opportunity to come together and share with the Board of Directors how the Corporation went during the 2016-17 financial year. The Board of Directors confirmed at the AGM are:

- Mitzi Jarvis, Chairperson
- Ross Atu, Treasurer
- Amy Lester, Director
- Wade Mann, Director
- Gloria Matheson, Director
- Maureen Chamberlain, Director
- Thalep Ahmat, Secretary (Not a Director)

The National Disability Insurance Agency (NDIS) is working closely with relevant Commonwealth and Queensland government departments to ensure a smooth transition to the NDIS for people with disability, their families, carers and providers. The National Disability Insurance Agency (NDIA) advised Bidgerdii Community Health Service it had been approved as a registered provider of Assist-Travel/Transport supports and has received a Certificate of Registration effective from 21st December 2017. Our NDIS Provider Portal Organisation ID: 4050004092, for more information on NDIS please visit: www.ndis.gov.au

The Central Queensland Wide Bay Sunshine Coast Primary Health Network (PHN) commissioned Bidgerdii to deliver what was formerly known as the Care Coordination Supplementary Service (CCSS) program, the Integrated Team Care (ITC) program is a free program consisting of Care Coordinators and Outreach Workers who can assist clients with:

- understanding their chronic health condition and how to manage it
- connecting with a support group
- arranging home help
- accessing medical services
- understanding their care plan and medical terminology
- accessing some medical aids for chronic conditions

For further information on the Integrated Team Care (ITC) program please contact the ITC Team on 4930 4600.

As always an important reminder to everyone that Bidgerdii has a wide range of visiting allied health services that our community can access by becoming a patient or client of Bidgerdii. Comprehensive preventive health checks and structured chronic disease management are essential components of good quality care for all of our clients at Bidgerdii so book for an appointment today.

A MINUTE FROM THE Mount

Welcome back! We hope you had a wonderful and safe holiday. Since we have been back we have had a busy couple of months as we settled back into work.

January, as everyone was preparing to go back to school and work, they came in to have a health check to ensure they had a clean bill of health. This service is available throughout the year.

During February, we utilised our window space for information about Ovarian Cancer. Everyday 4 Australian women are diagnosed with Ovarian Cancer and about 250,000 are diagnosed worldwide each year. Yet, there is no early detection test, not even the Pap smear, and treatment options have not changed in 30 years. Lucky for us, Ovarian Cancer is not a silent killer, so please speak to your health professional about the symptoms you need to know and then act.

We all know Valentine's Day is all about the heart. Here in the clinic we had an information session on how the heart works and how we can keep it healthy. Not only were there the usual recommendations, such as quit smoking, manage weight, eat nutritious food etc., but also manage mental health and regular exercise is good but also try to sit less. In today's lifestyle it is easy to sit for the majority of the day, which is not good, so break it up a bit. Speak to your health professional for information on your individual program. Our group took home some healthy recipes and fact sheets which can be found on the heart foundation website.

We've also attended the local high school to welcome their new leaders and celebrate the school's birthday. Being the oldest secondary school in the state, they take pride in being 106 years old. The diversity of the new leaders gives us hope for a successful year for the student body.

The month of March has many celebrations. World Hearing Day is on the 5th and the Australian Hearing bus will be in our IGA carpark, no appointment necessary. Closing the Gap is on the 15th and we'll attend the Community Hub's celebration for Harmony Day on the 21st. Purple Day is on the 26th for Epilepsy Awareness. Finally, the beginning of school holidays and Easter, Good Friday is the 30th. Keep an eye on the local noticeboards for how we will celebrate these milestones.

It's a little hot out there! Please take care of yourself and your loved ones. Drink lots of water, stay out of the sun and try to keep cool. If you need us, you know where we are.

See you 'round the ridges!



BECAUSE OF HER WE

Can - Naidoc 18'

The Committee meet every fortnight on a Thursday 10.00am to 11.30am

The Women's Advisory Committee meet every fortnight on a Thursday 11.30am to 1.30pm



WHERE

Rockhampton Children and Family Centre

Cnr Charles and Bawden Streets

Berserker Q 4701

Phone: 4928 5043

IMPORTANT DATES TO REMEMBER

VISITING HEALTH SPECIALIST

Dr Tan - Endocrinologist
Monday 9th April

ICOP - Cardiac Clinic
Thursday 17th May

WHAT YOU NEED TO KNOW

Diabetic Educator is here every 2 weeks

Podiatrist available every Friday

Physio available every Wednesday until 2pm

Loretta George every Thursday

Ed Mosby every Monday

All these services are available with a valid referral from one of our Doctors.

10TH ANNIVERSARY

National Apology Day

13th February 2018, marked the 10th year anniversary of Australia's National Apology to our Aboriginal & Torres Strait Islander People. This significant date in our nation's history is one for all Australians to acknowledge the traumatic experiences inflicted upon Aboriginal & Torres Strait Islander People post colonisation & remember that they are our First People of Australia.

On this day we remember the National Apology that publicly acknowledged & apologised for past government policies & laws which inflicted profound grief, suffering & loss on our fellow Australians. The Apology was a significant first step which has opened up an opportunity for individuals to be able to start their healing journeys.

Even though this step has occurred Aboriginal & Torres Strait Islander People are still experiencing transgenerational trauma, which impacts on their Social & Emotional Wellbeing. Impacts such as the



loss of identity, of cultural traditions, of connection to family, of connection to country, of language & verbal history.

It is for these reasons that the Social & Emotional Well Being Sector is a vital part of holistic healing. It focuses on self-determination in the following areas

- Connection to body (physical health)
- Connection to mind and emotions (mental health)
- Connection to Family and kinship (re-uniting & strengthening relationships)
- Connection to Community (community guidance support)
- Connection to Culture (learn & participate in traditions & customs)
- Connection to Country (re-uniting individuals to historic country)
- Connection to Spirituality & Ancestors (cultural & personal beliefs)

This is why it is crucial that as a country we continue to show respect, understanding & support for the healing journey to continue for all Aboriginal & Torres Strait Islander People.



So let's continue to strengthen & support our First Nation's people through understanding the impacts of the past, show humility and respect to build the future together

The Wellness Team hosted a Small morning tea with the local elders and staff at Bidgerdii Community Health Service. At the event we reflected on Prime Minister Kevin Rudd's Apology, Our Elders shared their stories and wisdoms, and we showed a short video of a couple of our elders, local uncles and aunties talking about Sovereignty in the Dharumbal Community. We finished off with a brief discussion around what is still occurring and where to go from here. We then worked with the media to issue a release on the behalf of the elders and

our CEO Thalep Ahmat. Overall it was an honour to share this day with our local Elders who continue to influence the way forward to healing.



EASY FRIED RICE

Ingredients

- 3 cups cooked rice
- 2 tbs sesame oil
- 1 small white onion, chopped
- 1 cup frozen peas and carrots, thawed
- 2-3 tbs soy sauce
- 2 eggs, lightly beaten
- 2 tbs chopped green onions (optional)

Step 1. Preheat a large skillet or wok to medium heat. Pour sesame oil on the bottom. Add white onion, peas and carrot and fry until tender.

Step 2. Slide the onion, peas and carrot to the side, and pour in the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.

Step 3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions if desired.

Notes. For the rice they suggest day old rice. I usually cook mine in the morning or night before and refrigerate. It will still taste great if you are not able to do this.

EMPLOYEE OF THE MONTH

Name: **Toniqwah Smith.**

Position: **Receptionist.**

Commenced: **November 2016.**

How would you describe yourself?

Bubbly, outgoing, approachable and caring.

What is your favourite food?

Fish and rice.

Who would you most like to meet and why?

Great Great Grandmother, so I can sit down and have a chat.

What character trait do you most admire?

Honesty and Trustworthy, people who are willing to listen.

If a genie gave you a wish, what would you wish for?

Wish for an end to poverty.

TV Show you never miss?

Friends and Gilmore Girls.

Any hidden talents?

No, what you see is what you get.

Who would you most like to have dinner with?

I would like to have dinner with all my pasted relatives one more time.

What advice can you give people who aspire to be where you are?

Listen to the advice that people are giving you.



What do you most like to do to unwind?

Visit my grandparents

Best advice anyone has given you?

Always be thankful.

What is the first thing you do when you wake up/start your day?

Have a shower and eat breakfast.

Why did you decide to work for Bidgerdii?

To gain experience and knowledge.

What are your goals over the next 3 years? **To move to Mackay and buy a house.**