



**BULLINAH
ABORIGINAL
HEALTH
SERVICE**

Mon. - Fri.
8.30am
to
5.00pm

Tel: 6681 5644

**CHILD &
MATERNAL
HEALTH
CLINIC**

Tues. & Wed.
9.00am
to
4.30pm

Tel: 6681 5992

**CABBAGE TREE
ISLAND
CLINIC**

Mon. & Thurs.
10am to 4pm

Tel: 6683 4732

**BALLINA CHILD
&
FAMILY
CENTRE**

Wednesdays
9.30am
to
4.00pm

Tel: 6681 5644

Bullinah Aboriginal Health Service Newsletter

3RD QUARTER EDITION

NATIONAL ASTHMA AWARENESS WEEK

1 - 7 September 2017

What is asthma?

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up'. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. These things make it harder to breathe.

What are the symptoms of asthma?

A person's asthma symptoms can vary over time - sometimes they will have no symptoms, especially when their asthma is well-controlled. Symptoms often vary from person to person, but they are most commonly:

- breathlessness
- wheezing
- tight feeling in the chest
- continuing cough

Symptoms often occur at night, early in the morning or during/just after activity. They are caused by the narrowing of the airways.

If you have symptoms regularly, or unsure if you have asthma, you should see your doctor.

Causes

The causes of asthma are not fully understood, although people with asthma often have a family history of asthma, eczema and hay fever.

Research has shown that exposure to tobacco smoke (especially as a baby or young child), obesity and some workplace chemicals can increase the risk of developing asthma.

For more information go to:- www.asthmaaustralia.org.au or call 1800 278 462

HYDROTHERAPY GROUP

A Hydrotherapy Group for Bullinah's female clients will be commencing on the 11th September 2017 at Crowley Village and will run from 3pm—4pm.

If you have mobility issues or severe joint pain and are interested in participating, follow these steps:-

1. see your GP to have a health assessment done;
2. get a referral to see the Exercise Physiologist.

NUMBERS ARE LIMIT

To avoid missing out, call Bullinah and make an appointment with your GP now.

Important Health Dates in September 2017

International Prostate Cancer Awareness Month

www.prostate.org.au

3rd—10th

Cardiomyopathy Awareness Week

www.cmaa.org.au
Tel: 1300 552 622

4th— 8th

Women's Health Week

www.womenshealthweek.com.au

6th

National Health & Physical Education Day

www.achper.org.au

11th—17th

National Headache & Migraine Week

headacheaustralia.org.au

Are You A Voting Member of Bullinah Aboriginal Health Service?

If you are a client of Bullinah and you live in the Ballina regional area, you are eligible to become a voting member of Bullinah Aboriginal Health Service.

Members have the right to vote on:-

- ◆ The constitution (rule book) which determines how the service is run,
- ◆ Nominating/Electing Directors to the Board which meet regularly to ensure the service is meeting the needs of the community,
- ◆ Other issues raised during the Annual General Meetings (AGMs),
- ◆ and when to hold Special General Meetings.

The more members from the community the better, so please register today. Come in to Bullinah and ask for a registration form.

Membership is free!

Bullinah Burners update...

During the past 9 weeks Bullinah Burners have been putting in a huge effort as part of the Julie Young Challenge.



Whilst they've been training hard, they have also participated in some information sessions about healthy lifestyle choices. This included catching up with Rugby League super star Nathan Blacklock who dropped in on a couple of occasions sharing some tips on health & fitness. The Get Healthy and Solid Mob Teams also popped in to share information about quitting smoking and Bullinah's Dietician, Josh who presented a session on healthy eating.

The Challenge is about weight loss and the team are up against over 20 teams from around the State. This being said, the team want to focus on health in the long term which is why the group will continue well after the Challenge is over. The Bullinah Burners are committed to continuing on with their health journey, so if you are interested in joining in, see your GP to get medical clearance and come along, have some fun whilst getting fit.

A big thank you to Nathan Blacklock, Get Healthy, Solid Mob and Josh for their contributions throughout the Challenge.



***Never too serious, but always
working hard***



***Join in...have fun...get
healthy!***

Are you an Aboriginal person between 20 – 40 years old? If so, come in to Bullinah for your yearly health check.

Most of us don't normally see the doctor if we don't feel sick, but the best way for us to make sure we stay healthy is to see the doctor at least once a year for a health check.

A health check is whole of life look at your health which helps to pick up any issues early and treat them before they become big problems, just like when you get your car serviced.

Every Aboriginal person is eligible for a full health check once a year.

A health check also allows you to claim Medicare rebates for future allied health appointments eg. psychologist, podiatrist, and many more which means less money out of your pocket for those services.

Call Bullinah today to book in for your next health check.

Child Maternal Health Program

Wednesday's Mums & Bubs Group Dates

6th, 13th & 20th of September & 4th October 2017

Meet at Bullinah at 10:00am for a morning walk - walks will vary from week to week. We will also provide a range of craft activities from week to week, such as making Pom Pom rugs, framed cross stitch, homemade face masks and foot soaks. A healthy morning tea will also be provided each week.

On the 27th September

Meet at 11am for a morning walk to Missingham Park and enjoy a BBQ lunch.

During the groups, we will be offering full health assessments to mums and bubs. Follow up appointments with the nurse, health worker and midwife will also be available, to ensure the health of the whole family is being addressed.

Groups will be attended by AMHIS team Bree and Carmel and Child and Family Health team Lee and Lawraye.

For more information call Lee or Lawraye on 6681 5992.

Medical Students at Bullinah!

Throughout the year Bullinah hosts medical students from the University of Western Sydney, and the University of Wollongong on 8 week, and 1 year placements.

They will be getting involved in all of our programs as well as sitting in and consulting with our doctors. Please make them feel welcome as we would love more doctors to come and join us at Bullinah.

Please let us know if you do not wish for a student to be involved in your consult.

Bullinah's Pharmacist on hand to answer questions

If you have any questions about medications or supplements, please ask reception to book an appointment with Helene, Bullinah's weekly pharmacist.

Helene attends Bullinah every Wednesday and is available to chat to you at Bullinah or at home. Helene can answer all your questions about medications including how, when, and why they are used.

If you have a Webster pack they should be reviewed at least once per year with Helene.

The pharmacist can also demonstrate proper use of a number of devices including asthma/COPD puffers/inhalers.

JALI HEALTH POST UPGRADE

Bullinah's Cabbage Tree Island Clinic 'the Jali Health Post' is getting an upgrade.

The upgrades will provide the clinic with more improved facilities allowing more services to be provided to the Cabbage Tree Island and surrounding communities.

ANSWERS
ON PAGE
10

NUTRITION QUIZ

1. Which oil is healthier?

- a) coconut oil
- b) olive oil
- c) vegetable oil

2. All gluten free foods are healthier foods:

- a) Yes – all gluten free foods are healthy
- b) No – some gluten free foods are healthy, like fruit and vegetables, however a lot of packaged gluten free foods can have added sugars and little fibre.

3. Can drinking water help you to poo?

- a) True
- b) False

4. If I drank 4 cups of tea each day and put 2 teaspoons of sugar in each cup, how much sugar would I be drinking?

- a) 32 grams of sugar
- b) 2 Tablespoons of sugar
- c) A shot glass full of sugar
- d) 8 teaspoons of sugar
- e) all of the above

5. Fruit juice is healthier than water !

- a) True – fruit juice has lots of nutrients
- b) False – fruit juice does have lots of nutrients, but also has stacks of sugar

NAIDOC WEEK 2017 “OUR LANGUAGES MATTER”



Bullinah Aboriginal Health Service was proud to partake in this years NAIDOC celebrations. The theme this year was 'Our Languages Matter' and the Bullinah team were excited to learn and teach the children of the community body parts in our local Bundjalung language.

During the cultural day held at Wardell, children were rewarded with prizes for playing games in language such as head, shoulders, knees and toes, and by matching the correct name in language to the correct body part on the display. Children were also able to create food faces with our Dietitian Josh Reed and gift bags were handed out by our doctors and health workers.

Bullinah also participated in the annual NAIDOC walk and provided assistance in catering for the sports day and movie night. This was thanks to local business's providing donations. Bullinah would like to thank Bakers Delight, Chemmart, Bunnings, Cherry St. Sports Club, Kmart and Eight Brother Barbers for their kind donations in support of Bullinah AHS NAIDOC activities. Bullinah AHS also plans to develop signs in language to be displayed in our medical clinic as lasting reminder of this year's theme 'Our Languages Matter'.





AMBASSADORS

SOLID MOB is looking for YOU...

We would like to hear from community members who want to speak out – make tobacco everyone's business.

Training will be provided to become a Tobacco Ambassador, a role model or ex-smoker to speak about tobacco in your community.

For more information, please call the Regional Tobacco Coordinator on telephone no. 6686 9465 .

Garimaleh Werlu Na

"Taking Care of Yourself"

New work from Bunjum Changing Ways

So many things happen to us in our busy lives, we don't think to do something about our own well-being.
Time for that to happen!!!!

We are holding a Yarn- Up for women in our community to talk about the Taking Care of Yourself Program.

Yarn up date: 21 September at 12.30 -2.30

Join us and yarn about the **Garimaleh Werlu Na Program** while we have lunch together.

Natalie Roxburgh (Bundjalung Woman from Tweed Heads) and I will be there to talk with you and to answer any questions you might have.

Looking forward to yarning with you.

Nancy Walke

SOLID MOB UPDATE

SMOKING CESSATION PROGRAM

Juhm Busters program – if you want to quit smoking or looking to cut down, we have the program for you.

A program is starting next Tuesday, 5th September 2017 at Bunjum Training Room. For more information about the program, contact Michael at Solid Mob on 6686 9465



PUTTING OUT THE FIRES

North Coast Primary Health Network, Solid Mob and the Northern NSW Health Promotion Talking tobacco team put in a funding submission to the Cancer Institute late 2016 and we were successful in our application to roll out a social marketing campaign targeting Aboriginal and Torres Strait Islander communities on tobacco treatment and support.

In a nutshell our project aims:

- ◆ To promote key tobacco messages on local buses, bus stops, bill boards and toilet doors in locations where Aboriginal communities reside.
- ◆ Encourage tobacco cessation promotion by community speakers and include community in the delivery.
- ◆ Engage 6-8 communities across the Northern Rivers.
- ◆ Fund a Deadly Dubai's Knockout on the Sunday of the Koori Knockout on 16-17 September 2017.

It's pleasing to report that there is 8 Women's team from across the Northern Rivers participating in this knockout.

Hope to see you at the game.

WORD SEARCH

HEALTHY FOODS FOR PEOPLE LIVING WITH DIABETES

U	B	R	O	C	C	O	L	I	M	I	L	K	A
O	S	E	L	P	P	A	T	O	L	T	D	O	C
C	B	N	D	E	U	T	L	E	G	U	L	H	A
Y	E	E	R	B	S	B	O	A	L	U	I	V	V
S	O	V	E	K	E	T	L	E	E	C	C	E	O
T	Y	G	I	F	E	H	E	H	K	M	C	E	C
U	O	E	U	B	D	T	B	E	R	K	T	M	A
N	T	B	L	R	S	E	N	E	C	C	L	A	D
A	U	F	E	R	T	O	F	S	R	F	S	E	O
L	R	T	E	A	A	O	R	I	O	R	Y	T	O
I	K	S	M	U	N	B	S	E	S	B	I	O	C
L	E	L	E	G	H	S	P	K	G	H	E	E	E
C	Y	O	L	I	V	E	O	I	L	G	S	A	S
I	O	U	B	O	C	A	R	R	O	T	S	C	C

- BERRIES
- SEEDS
- OLIVE OIL
- BEANS
- BROCCOLI
- TURKEY
- NUTS
- APPLES
- OATMEAL
- CARROTS
- YOGURT
- CHICKEN
- AVOCADO
- BEEF
- BARLEY
- FISH
- MILK
- EGGS

Find the listed words in the Puzzle

Answers to Nutrition Quiz:

1. Which oil is healthier?
 - b) Olive oil
2. All gluten free foods are healthier foods:
 - b) No – some gluten free foods are healthy, like fruit and vegetables, however a lot of packaged gluten free foods can have added sugars and little fibre.
3. Can drinking water help you to poo?
 - a) True
4. If I drank 4 cups of tea each day and put 2 teaspoons of sugar in each cup, how much sugar would I be drinking?
 - a) 32 grams of sugar
 - b) 2 Tablespoons of sugar
 - c) A shot glass full of sugar
 - d) 8 teaspoons of sugar
 - e) all of the above
5. Fruit juice is healthier than water !
 - b) False – fruit juice does have lots of nutrients, but also has stacks of sugar

*If you have coeliac disease or a gluten intolerance you should discuss this with your Dietitian

BILLING ARRANGEMENTS

Bullinah Aboriginal Health Service is a bulk billing service.

Special Health Service Notes:-

WHO CAN ACCESS THE SERVICE

Bullinah is an Aboriginal Health Service and all Aboriginal and Torres Strait Islander peoples are able to access Bullinahs' doctors and other physicians.

PERSONAL HEALTH INFORMATION

Your medical record is a confidential document. It is the policy of this Health Service to maintain security of personal health information at all times and to ensure that this information is only available to authorised staff members.

REMINDER SYSTEM - Our health service is committed to preventative care. We may issue you with a reminder notice from time to time offering you preventative health service. If you do not wish to be a part of this service, please inform the doctor.

YOUR COMMENTS & FEEDBACK

- on our health service are always welcome. If there is any way we can improve for your benefit, we will. If you have a problem we would like to hear about it. Please feel free to talk to your doctor, Clinical Service Manager, Receptionist or you may prefer to fill in one of our feedback form located at the front reception desk.

BULLINAH ABORIGINAL HEALTH SERVICE

OUR SERVICES

We have expertise and experience in:

- Aboriginal Health
- Child Maternal Health
- Immunisations & vaccinations
- Chronic Disease Management
- Diabetes checks
- 715 Health Assessments
- Women's & men's health & wellbeing
- Wound management
- Preventative health
- Outreach clinics
- Tackling Indigenous Smoking

We manage:

- Chronic illnesses
- Mental health issues
- Smoking cessation
- Weight control
- Travel medicine
- Health assessments

We can perform minor procedures and other testing:

- Doctors can perform suturing of wounds, insertion of hormone implants and IUD's
- Nurses and doctors can perform pregnancy tests, ECG's, respiratory function tests, basic vision tests.
- Health Workers can perform blood sugar level tests, measure your blood pressure & screen as part of a health assessment.

Other Services:-

Visiting Specialists & Allied Health such as:-
Podiatrist; Exercise Physiologist; Psychiatrist; Social Worker; Diabetes Nurse Educator; Paediatrician; Psychologist; Dietician; Pharmacist; Optometrist; Gynaecologist; Liver Clinic Nurse; Mental health nurses & Audiologist.

*If you have a current health assessment,
Allied Health Services are bulk billed.*

BULLINAH'S WEEKLY GROUPS

COOKING GROUP

THURSDAYS 10AM—12PM

Meet new people, help prepare a healthy meal & best of all, eat the meal you cooked for lunch

MUMS & BUBS GROUP

WEDNESDAYS
10AM-12.30PM

113 Tamar Street
BALLINA

EXERCISE GROUP

MONDAYS
5.30PM—6.30PM

Kentwell Centre
20 Bangalow Road
BALLINA

Roasted Cauliflower Salad

(Serves 3 people as a main dish, or 6 people as a side dish)

Ingredients

- 700g cauliflower (approx. one large head), chopped into small florets
- 400g tin chickpeas, drained
- 2 tbsp olive oil
- ½ red onion, finely sliced
- ½ bunch flat leaf parsley
- ½ cup roasted, unsalted almonds, roughly chopped
- 150g Danish feta, broken into chunks arils from ½ a pomegranate, optional



Dressing

- ½ tsp saffron threads
- 1 tbsp boiling water
- 3 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 2 tbsp currants

Method

Preheat oven to 190 degrees Celsius. Drain chickpeas from tin and pat with a paper towel to dry the excess liquid. Place the chickpeas and cauliflower florets in a large bowl, add the olive oil and toss well to combine. Transfer the cauliflower and chickpea mixture to a baking tray and spread out into a single layer. Bake in the oven for about 20 minutes or until golden and the cauliflower is tender. The chickpeas should become crisp and slightly crunchy.

To make the dressing, place saffron in a small bowl and add boiling water. Steep for five minutes. Whisk in oil and vinegar until well combined, then stir in currants and set aside. Stir well before serving.

Once cauliflower is golden and tender, remove from the oven and place warm cauliflower and chickpea mixture in your serving bowl. Add the red onion, parsley and almonds, pour over the dressing and toss to combine. Sprinkle with feta and pomegranate (if using) and serve.