

# Bullinah News

## Bullinah Aboriginal Health Service

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**BULLINAH ABORIGINAL HEALTH SERVICE WILL BE CLOSED FROM 5PM ON FRIDAY 21<sup>ST</sup> DECEMBER 2018 AND WILL REOPEN ON WEDNESDAY 2<sup>ND</sup> JANUARY 2019.**

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**THE BOARD OF DIRECTORS & STAFF WISH EVERYONE A SAFE AND HEALTHY HOLIDAY SEASON.**

## WELLBEING OVER CHRISTMAS



Christmas can be a time of happiness where families, friends and communities get together and celebrate, but for some people it could be a time of stress, loneliness and financial pressure.

Look out for each other, have a yarn to your neighbours and check that everyone is ok. There is no shame in talking about how you're feeling.

Try to set a budget for presents and stick to it, to help avoid any stress and have your food and drink in moderation.

If you or someone you know is feeling unwell over the Christmas break, please call one of the numbers below:-

### **Mental Health**

Beyond Blue 1300 224 636

Lifeline 13 11 14

Mental Health Access Line 1800 011 511

### **General Health**

Health Direct 1800 022 222

Ambulance 000

## THUNDERSTORM ASTHMA

During grass pollen season people may notice an increase in asthma and hay fever. October through to December is grass pollen season and also brings the chance of '*thunderstorm asthma*'.

'*Thunderstorm asthma*' is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

### WHO IS AT RISK?

People who have hay fever or asthma, and who are experiencing coughing, wheezing or shortness of breath.

### ASTHMA TIPS FOR POLLEN SEASON:

1. See your doctor and update your Asthma Action Plan.
2. If you are experiencing hay fever symptoms such as coughing and wheezing, go see your doctor to make sure you don't have asthma.
3. Use your Preventers as instructed by your doctor.
4. Carry your 'puffer' with you at all times.
5. If stormy, stay inside – especially when it gets windy.
6. If you do get Asthma symptoms, follow your Action Plan.

## BULLINAH LEADS THE WAY TO UPSKILL STAFF

Staff from 8 Aboriginal Medical Services (AMSs) across NSW and ACT is the fourth cohort to graduate from a unique nationally recognised Diploma in Practice Management for Aboriginal Medical Services developed by general practice training organisation GP Synergy in collaboration with TAFE Digital.

GP Synergy CEO John Oldfield congratulated the graduates on completing the diploma. "The diploma plays an important role in our commitment to supporting Aboriginal and Torres Strait Islander health professionals to help close the gap between health outcomes for Aboriginal and non-Aboriginal Australians," Mr. Oldfield said.

Congratulations to Gail, Sumara and Tracey on the successful completion of the Diploma of Practice Management and to George on completing his first year to becoming an Aboriginal Health Practitioner.



# ANGER

Think of anger like an iceberg. Most of the iceberg is hidden below the surface of the water. Similarly, when we are angry, there are usually other emotions hidden beneath the surface. It's easy to see a person's anger but can be difficult to see the underlying feelings the anger is protecting. The Anger Iceberg shows the "primary emotions" lurking below the surface.

## Anger as a protector of raw feelings

Anger is often described as a "secondary emotion" because people tend to use it to protect their own raw, vulnerable, overwhelming feelings, yet anger is also primarily one of the six "basic emotions" (anger, disgust, fear, happiness, sadness, surprise). Anger is simply felt by everyone at one point or another, and it's completely valid as its own emotion.

But anger doesn't come out of nowhere—there are usually other emotions or feelings that spur the anger, and that may lie beneath it.

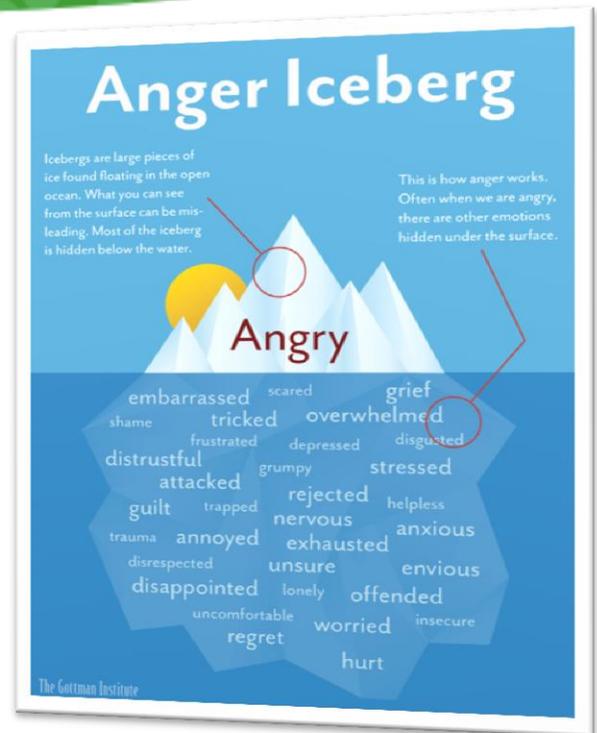
Learning to recognize anger as both a basic, valid emotion and as a protector of our raw feelings can be incredibly powerful. It can lead to healing conversations that allow parents and children to understand each other better.

## 3 tips for listening to anger

One of the most difficult things about listening to your child's anger, especially when it's directed at us, is that we become defensive. We want to fight back as our own anger boils to the surface. If this happens, we get in a heated verbal battle which leaves both parties feeling misunderstood and hurt. Here are three powerful tips for listening to anger.

### 1. Don't take it personally

Your child's anger is usually not about you. It's about their underlying primary feelings. To not taking this personally takes a high level of emotional intelligence. Aim to become curious of why they're angry.



It's much easier to become defensive, but there an alternative way. You could say to yourself "Wow, this person is angry, why is that?" This can lead to a journey of understanding their raw emotions that they may be protecting and can actually brings you closer together.

### 2. Don't EVER tell your child to "calm down"

Try not saying "Calm down" or "You're overreacting." This tells your child that their feelings don't matter and they are not acceptable. The goal here is not to change or fix your child's emotions but rather to sit on their anger iceberg with them. Communicate that you understand and accept their feelings. When you do this well, your child's anger will subside and the primary emotion will rise to the surface. Not to mention they will feel heard by you, which builds trust over time. Maybe you grew up in a family where anger wasn't allowed, so when your child expresses it, it feels paralyzing and you freeze.

### FEEDBACK / SUGGESTIONS BOX

Bullinah is committed to tailoring our services to best meet the community's needs. Please use the suggestion box and feedback / suggestion forms located at Reception, to provide any constructive feedback about our Service.

## ANGER continued.....

Or maybe you try to solve their anger for them because their anger scares you. Open yourself up to experience you and your child's full spectrum of emotions.

### 3. Identify the obstacle

Anger is often caused by an obstacle blocking a goal. For example, if your child's goal is to feel special on their birthday and their family member missing their special day makes them angry, identifying the obstacle will give you insight into why they're angry.

Be curious and find out what the story is behind the anger. The bottom line is that people feel angry for a reason. It indicates other emotions, but it is also a valid emotion on its own. It needs to be validated. By validating their emotions you will not only help them to understand their anger, but you will become closer to them in the process.

### DOCTORS WORKING AT BULLINAH

- Dr Jane Burges
- Dr Kayte Evans
- Dr Dan Ewald
- Dr Eric Sambaiew
- Dr Frank Schultheiss
- Dr Stephen Skov
- Dr Erin Stalenberg
- Dr Monica Taylor
- Dr Richard Taylor (Registrar)

### Medical Students at Bullinah

Bullinah has a number of medical students attending the service all year round.

Please make them feel welcome and feel free to share your stories with them.

**Cabbage Tree Island Public School**  
**Celebrating 125 Years**  
 Saturday 8 December 2018  
 10am-4pm

Formal Proceeding 10 am at Cabbage Tree Island Public School

Official Welcome Elders Photo Performances Entertainment Lunch and Refreshments  
 Sit and Yarn with Family and Friends Activities for ALL  
 AND SO MUCH MORE!!!!

### Bullinah resumes Health Clinic at Jarjum Bugal Nah

Bullinah has recently resumed operating a half day clinic at Jarjum Bugal Nah.

Situated at 10 Hayman Street in West Ballina, the clinic is open every Wednesday from 9.00am to 12.30pm.

Currently operating as a walk-in clinic, a GP, Nurse and or Aboriginal Health Worker are at the clinic on a weekly basis to service the community.

## SOLID MOB UPDATE

The Solid Mob team continues to work tirelessly to further develop its quality and reach of community engagement to support Aboriginal tobacco control, particularly with local AMS's in the NNSW region.

The team has been working in communities such as Baryugil, Box Ridge, Brunswick Heads, Tweed Heads South, Lismore, Mullumbimby, Maclean, Ballina, Grafton, Cabbage Tree Island and Casino.

### **Activities**

Solid Mob team is working strongly in collaboration with the following organisations / groups:

- Clarence Valley Council
- Headspace Grafton
- Rural Adversity Mental Health Program Our Healthy Clarence
- The New School of Arts Grafton, Clarence Youth Action
- Community Drug Action Team

Solid Mob participated in a 3-day 'One Stop' workshop in Grafton. The project aim is to promote health services in the region so that students become familiar with the outside support, when required.

### **Launch of Health and Wellbeing program**

In November 2018 the Southern Cross University launched a Health and Wellbeing program.

The program is designed to increase the health and wellbeing knowledge and understanding for students and staff of the university.

An important part of the program is to raise awareness of the health risks for smoking tobacco to staff and students.

Solid Mob will be involved in the A 'Thrive 2019 Wellness program of activities and events where it is encouraged that people seek smoking cessation support by joining a quit smoking group or call Quitline for telephone counselling support.

### **Tackling smoking amongst Youth**

Solid Mob has consistently worked to involve year 9 and 10 students from four [4] High schools in the Grafton and Clarence District over the past two months. We have held over 30 tobacco brief intervention focus groups with an over 218 students, which included 25% of Indigenous students. We received an excellent feedback and over 155 respondents completed a "Solid Mob smoking prevalence survey.

### **Take home message:**

***"how it affects non-smokers, especially in cars and houses"***

In August and September this year, we partnered with the Australian Indigenous Mentoring Experience (AIME), to facilitate a 3-day program for Indigenous High School students from school in the NNSW region. Solid Mob conducted over 10 focus groups to ascertain what the students think about smoking tobacco.

In 2019, we will continue work in partnership with high schools in the region, in an effort to reduce the uptake of smoking amongst our youth.

### **Juhm-free Jarjums**

Solid Mob is providing tobacco education to jarjums of Ballina and surrounding areas.

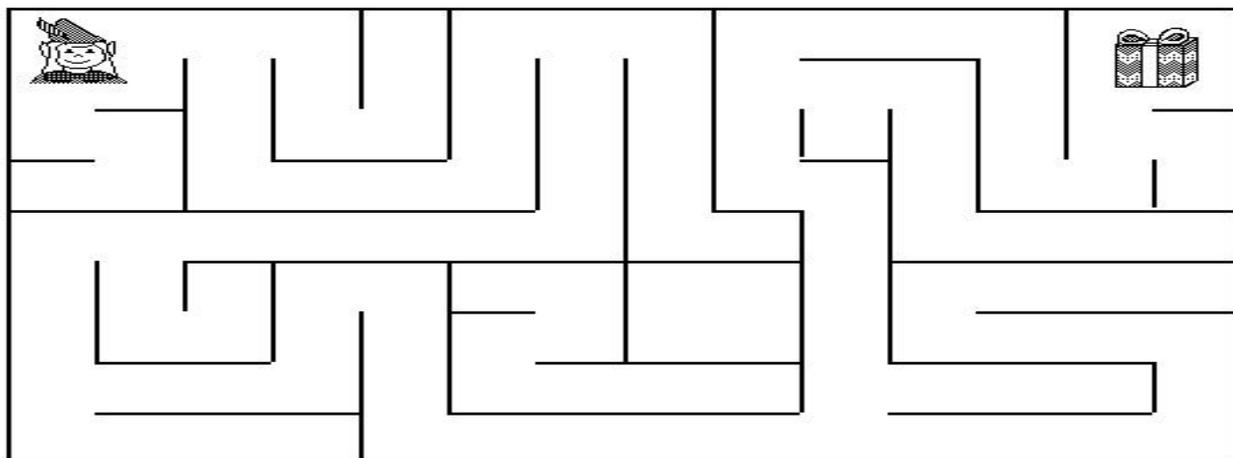
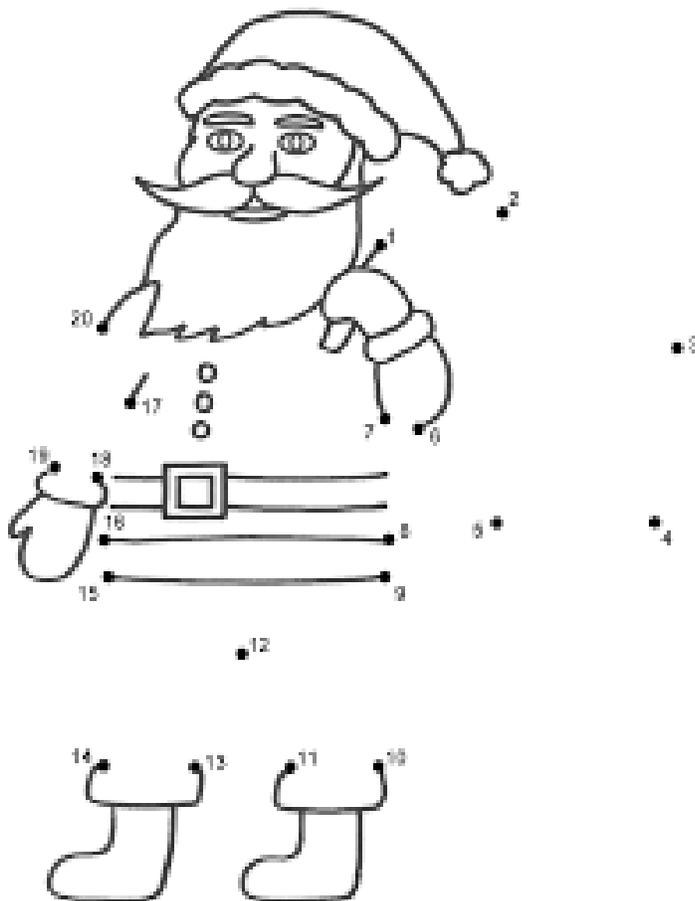
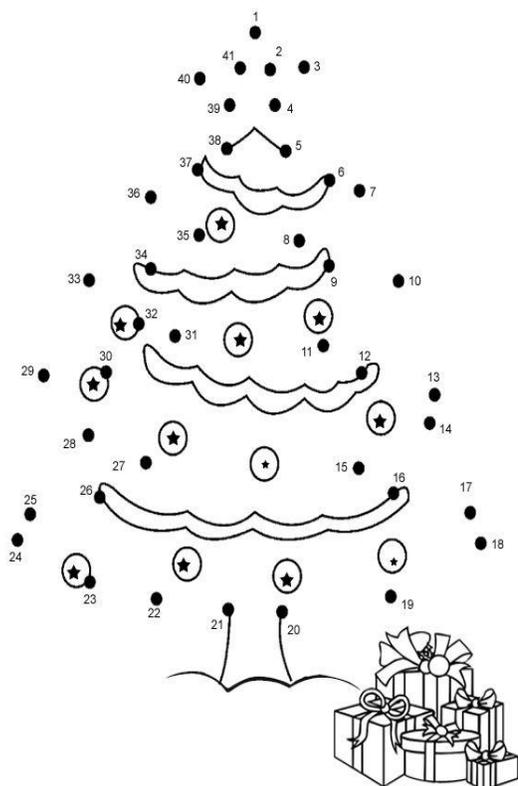
Whilst participating in a weekly local touch football competition the jarjums will be involved in tobacco yarning circles and parents and carers will be encouraged to find out more about the Solid Mob quit smoking program and other services offered by Bullinah Aboriginal Health Service.





# KIDS HEALTH HUB

## Dot to Dot and Maze Puzzle



**Elf is looking for the lost gift**

Using a pencil, help Elf find the way through the maze to get to the gift.

## WORD SCRAMBLE QUIZ

### *The Human Body*

Put your knowledge to the test with our human body word scramble. Can you unscramble the words related to bones, muscles, arms, legs and the rest of the human body?

1. MRA .....
2. OBEN .....
3. GNLU .....
4. ETRHA .....
5. EINDYK .....
6. RAHI .....
7. RAHIYEE .....
8. BDOLO .....
9. ETTHE .....
10. VLIRE .....
11. IBR .....
12. MSUCEL .....
13. OENTSKIL .....
14. NEOS .....
15. TEFE .....
16. REFGIN .....
17. INABR .....
18. EKEN .....
19. NEIPS .....
20. ULSDEHOR .....

*Answers are on page 10.*

## ADDICTIONS WORKSHOP A SUCCESS

Solid Mob recently hosted George Klein, Lecturer in Tobacco Dependence & Psychiatry Registrar Dr Derek Chong at a one day Addictions workshop in Ballina.

The workshop which focused on how addictions affect our brain, also provided participants with an insight, as to how tobacco and mental health are linked to addictions.

Guest speakers George Klein spoke about the bases of addiction and applied this to how tobacco affects our brain.

Dr Derek Chong provided great detail about how addiction is linked to transgenerational trauma, and continued substance abuse often follows an event that re-triggers the traumatised individual or group.

The day was a big success with 16 community service providers attending.

*“There is more to addiction than just the drug, look for the trauma.” (quote from participant)*

Solid Mob hopes to offer workshops similar to this one in different communities across the region.



*Addictions Workshop participants*

## TUCKER TALK

### Christmas Crunchy Noodle Salad



#### Ingredients

##### **Salad**

- 1 Chinese Cabbage (Wombok) – diced
- 6 spring onions – finely chopped
- 12 cherry tomatoes – cut in half
- 2 carrots – grated
- ½ cup slivered almonds
- 1 pack of Changs original fried noodles

##### **Dressing**

- ¼ cup white vinegar
- 2 tsp caster sugar
- 1 tbs soy sauce or tamari
- 2 tsp sesame oil
- ½ cup olive oil

#### Method

Combine all salad ingredients in a bowl and stir through.

Mix dressing ingredients together and then drizzle over and mix through salad.

Add fried noodles and slivered almonds just before serving.



## SUMMER IS HERE

### Drinks for Hydration



Did you know that about two-thirds of your body is made up of water? You guessed right – it is!

Water helps keep your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes.

You lose water from your body through sweating, breathing, urine and faeces.

Being properly hydrated helps your body function at its best. Dehydration – not having enough fluid in your body – can cause headaches, fatigue, crankiness and poor concentration. It also affects your sports performance.

To stay properly hydrated, you need to give your body a certain amount of fluids every day. This includes water, milk and other drinks.

You need to drink more on hot days or if you're exercising. Make sure you drink plenty of water before, during and after physical activity to put back what you lose through sweat. We often don't feel thirsty even when we're dehydrated, so it's a good idea to drink water regularly even if you aren't thirsty.

Recommended daily intake of water:

- **Age 9-13:** Males 6 glasses / Females 5-6 glasses
- **Age 14-18:** Males 7 glasses / Females 6 glasses
- **Adults:** Males 10 glasses / Females 8 glasses

## HOW CAN A SOCIAL WORKER HELP?

Social Workers assist clients with a variety of issues including homelessness, domestic violence, sorry business, drug addiction as well as helping people who have suffered major crisis's.

They can also be someone who listens and provide personal support and advice with any problem and help with:-

- Centrelink;
- Housing, homelessness and tenancy issues;
- Disability assistance;
- Child Protection and FACs;
- Legal matters – for example - getting a solicitor, social work assessments for Court hearings, advice on dealing with police concerns;
- Getting health aids which are recommended by doctors;
- Access to mental health services;
- Education and training – for example: TAFE courses, setting up apprenticeships, getting tutoring;
- Job Network provider concerns;
- Finding parent training, personal improvement

Just about anything!

If you want to find out more, please book an appointment with Bullinah Aboriginal Health Service. Social worker is available on Thursdays only.



## SCRIPTS & MEDICATIONS

***Make sure you have enough for the holiday season***

Bullinah will be closed over the Christmas and New Years holiday period, so it is important that you don't run out of medications or scripts through this closure period.

If you think you may need new scripts or are unsure if you have enough medications to last you throughout the holiday period, make an appointment to see your doctor for new scripts.

Call reception now to make your next GP appointment.

**HAVE YOU HAD A HEALTH CHECK  
IN THE LAST 12 MONTHS?**

**If not, come in to Bullinah for your  
yearly health check.**

**Make your appointment now.**

**'GOORI HEALTH, IS OUR WEALTH .....  
HAVE A 715 & STAY ALIVE'**

## BULLINAH'S PRIVACY POLICY

All client records, communications and interactions are bound by Bullinah's Privacy Policy. All Bullinah contractors and visiting health professionals have signed confidentiality agreements. This means that your personal details will only be shared with your consent and will not be discussed when relevant to your ongoing care.

A copy of Bullinah's Privacy Policy is now kept in the reception waiting room for clients to read at their leisure. If you have any questions regarding the policy, please ask Reception for assistance.



## 5 TASTY NUTRITIOUS SNACKS

*Which are 100 calories or less*

**Edamame (1/2 cup)** - Edamame are a whole immature soy-beans that contain rich amounts of protein (~10g/serve) and fibre (~10g/serve), both of which keep you full for longer, as well as promote digestive health.

**Blueberries (1 cup)** - A sweet, nutritious, low calorie snack, that deliver one of the richest amounts of antioxidants out of any fruit or vegetable.

### **Almonds (~13 nuts or a small handful)**

These nuts are rich in protein, fibre, healthy fats and vitamin E, as well as contain good amounts of calcium and magnesium. On top of providing high amounts of antioxidants and protecting your heart health, these nuts have been shown to help with weight loss.

**Eggs (2 boiled)** - Two boiled eggs will provide you with ~10g of protein and negligible carbs. Studies show that those who snack on high protein foods in the morning are less likely to experience those overpowering sugar cravings in the afternoon.

### **Carrot Sticks and Hummus (2tbs)**

On top of this snack being delicious and low in calories, it contains good amounts of protein, vitamin A and fibre. Furthermore, it will help to promote the growth of your good gut bacteria, via prebiotics found in the hummus (garlic and chickpeas).

### **Word Scramble Quiz Answers**

- |           |              |
|-----------|--------------|
| 1. Arm    | 11. Rib      |
| 2. Bone   | 12. Muscle   |
| 3. Lung   | 13. Skeleton |
| 4. Heart  | 14. Nose     |
| 5. Kidney | 15. Feet     |
| 6. Hair   | 16. Finger   |
| 7. Eye    | 17. Brain    |
| 8. Blood  | 18. Knee     |
| 9. Teeth  | 19. Spine    |
| 10. Liver | 20. Shoulder |

## **WOMen's action for Mums and Bubs (WOMB)**

*A trial of community women's groups to improve  
Aboriginal and Torres Strait Islander maternal  
and child health*

As part of delivering continuous quality improvement (CQI) to our clients, Bullinah Aboriginal Health Service (BAHS), in collaboration with James Cook University and the University Centre for Rural Health, will embark in a 5 year project. The project explores the effectiveness of community women's groups to improve the quality of maternal and child health care and outcomes. Due to commence in early 2019.

There is strong evidence that shows community women's groups can improve maternal and child outcomes through improved quality of care, women's empowerment, and new learnings. As we know participation in Aboriginal and Torres Strait Islander community women's groups, have shown similar empowerment.

The aim of the WOMB Project is that a women's group with the help of a local facilitator will plan and carry out changes to improve maternal and child health in their communities. De-identified maternal and child health service data and women's' stories will be captured throughout the project to see if there are any measurable differences in outcomes for Aboriginal and Torres Strait Islander mums and their bubs.

In the first instance, Bullinah will run a series of women's community consultation groups seeking input and feedback as to how and what the WOMB project may look like for our communities in the region. BAHS will also network with existing women's programs and services currently working in this space.

Watch this space for community consultation dates in early 2019. If you would like to find out more about the WOMB Project, contact Tracey or Lee on 6681 5644.

## BILLING ARRANGEMENTS

*Bullinah Aboriginal Health Service  
is a bulk bill 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 Bullinah's 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 care service. If you do not wish to be a part of this service, please inform the doctor.

#### YOUR COMMENTS & FEEDBACK

Your comments & feedback 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, the Clinical Services Manager, Receptionist or you may prefer to fill in one of our feedback forms 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:

1. Chronic illnesses
2. Mental Health issues
3. Smoking Cessation
4. Weight control
5. Travel medicine
6. 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 and screen as part of a health assessment

#### Other Services:

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

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

### BULLINAH'S WEEKLY GROUPS

**COOKING GROUP**  
Thursdays 12pm – 2pm

Come along and join in. Meet new people and help prepare a healthy meal and have a feed.

**EXERCISE GROUP**  
Mondays 5.30pm – 6.30pm

Kentwell Centre  
20 Bangalow Road  
BALLINA

**MUMS & BUBS GROUP**

Every 2<sup>nd</sup> Friday  
10am – 12pm  
113 Tamar Street.  
BALLINA

**HYDROTHERAPY GROUP**

Wednesday 9.30am  
Ballina Memorial Pool  
4 River Street  
BALLINA

### BULLINAH'S OFFICE HOURS

**BULLINAH ABORIGINAL HEALTH SERVICE**  
Monday - Friday  
8.30am - 5.00pm  
Tel: 6681 5644

**CHILD & FAMILY CLINIC**  
Monday, Tuesday & Fridays  
Tel: 6681 5992

**CABBAGE TREE ISLAND**  
Monday & Thursday  
10.00am - 4.00pm  
Tel: 6683 4732

**TACKLING INDIGENOUS SMOKING**  
Monday - Friday  
8.00am - 4.00pm  
Tel: 6686 3607