

Bullinah News

Bullinah Aboriginal Health Service

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APRIL IS 'DEMENTIA AWARENESS MONTH'

Dementia Facts:

Dementia is a disease of the brain that makes it difficult to remember, think and plan. Over time the person's dementia will get worse and they may find it harder to keep doing things they used to do.

Aboriginal & Torres Strait Islander people are at a higher risk of developing dementia and often up to 10 years earlier than non-Aboriginal & Torres Strait Islander peoples.

There are over 100 different types of Dementia – Alzheimer's disease is the most common cause of Dementia. Symptoms may include memory loss; feeling worried; find it hard to solve problems; forget things you say; ask the same questions over and over; don't want to go out and forget to take medications.

Dementia can happen to anybody. Not all older people get dementia, but they are more likely to get it than younger people. Dementia can affect people in their 30's, 40's & 50's.

If someone you know shows signs of dementia, it is important that they get it checked out by their doctor. It is better to get treatment as early as possible so the person and their family can manage things more easily.

There is support available for the person living with dementia, their families and friends. This support can make a real difference to the quality of life of those living with dementia.

National Dementia Helpline: 1800 100 500

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New CEO appointed at Bullinah Aboriginal Health Service



Bullinah CEO
Jody Irwin

I was raised in the Northern Rivers, my mother from Casino and my father from Kyogle. I grew up in Casino and finished my schooling years in Grafton before heading away to University where I studied Business.

My career and family have since led me to many places including Brisbane, Sydney, Canberra, Papua New Guinea and Alice Springs, but in 2012 we returned home to the Northern Rivers (Evans Head) because it's home, its family and it's the best place to raise our kids.

Over the years I returned to University where I studied working with Indigenous communities and Public Health and I have worked in the health and social welfare sectors since 2008 where my experience has included community development, program design, organisational development and health promotion. From 2012 to 2016 I worked with Bullinah's Solid Mob Program.

I am excited and privileged to be back at Bullinah, and I am looking forward to working hard to serve the Community, the Bullinah team and Board of Directors. Together we will work towards Bullinah's Vision of "A strong, empowered and healthy Goori community".

Feel free to drop in for a yarn sometime.

SUCCESSFUL ACCREDITATION STATUS FOR BULLINAH

On February 15th 2019, Bullinah Aboriginal Health Service attained full accreditation status under the Royal Australian College of General Practitioners (RACGP) 5th Standards.

What does this mean?

It means that Bullinah voluntarily underwent an internal examination by an independent body (AGPAL), to help identify any gaps in our systems and processes, to ensure we are delivering the best and safest possible primary health care to our community.

Congratulations to the community and the entire Bullinah team for their participation and contribution to the whole accreditation process.

NAIDOC 2019

"VOICE-TREATY-TRUTH"

Bullinah Aboriginal Health Service is proud to announce that we are this years' service to be hosting the annual NAIDOC Sports day.

Bullinah and Solid Mob have put their hand up to run the annual NAIDOC Sports Day, to be held at Kingsford Smith Park (Seagulls Field), and consecutively a Movie Night to be held at the Amphitheatre (Skate Park) across the road from Kingsford Smith Oval, on Tuesday 9th July 2019.

As we are still in the planning days, we're open to the community having input into what kind of games they would like to see run on the day.

Focusing on this years' NAIDOC theme – "Voice-Treaty-Truth" we are inviting the wider community and their families to come along and join in and volunteer on the day.

The Sports Day will start at 10am and conclude at 3pm. Kicking off with the Elders Olympics, we encourage everyone to come down and cheer on our elders and show them some support.

Other activities on the day will include Traditional games for the kids and a variety of obstacles. A jumping castle, food and drink will also be available.

Movie Night will commence at 5:30pm for a fun family night watching a movie under the stars together.

Services have been invited to hold stalls and these will be announced closer to the day.

Thank you to Jali LALC & Bunjum for their support with Bullinah hosting these events.

GO4FUN

"IT'S BACK AGAIN"



Bullinah's **FREE** healthy lifestyles program for children aged between 7-13yrs is happening again.

The program is called Go4Fun and has an emphasis on practical, fun learning. It's designed to help improve both your child's and the whole families eating and physical activity habits.

Go4Fun is completely free and runs straight after school. It is a great program that helps kids with healthy lifestyle changes including physical activity, food, self-confidence and personal development.

Bullinah's next Aboriginal Go4Fun program begins on:-

Thursday the 2nd of May
(Week 1, Term 2)
Ballina Public School

If you are interested in this program, please call Bullinah Aboriginal Health Service on (02) 6681 5644 or call 1800 780 900.

It'll be heaps of FUN☺



SOLID MOB UPDATE

The Tackling Indigenous Smoking (TIS) team has hit the ground running in 2019, with the team continuing its' ongoing community engagement and support around Aboriginal tobacco control, particularly with local AMS's in the NSW region.

The Juhm Busters Program has and continues to be delivered at Bulgarr Ngaru Aboriginal Medical Services in Grafton & Casino, Bullinah in Ballina, Bugalwena at Tweed River and Jullums in Lismore.

Solid Mob also has been working in partnership with YWCA Goonellabah in programs and events including the Goorie playgroup and Harmony Day in Lismore; Headspace in Grafton; Rekindling the Spirit "Up-Top Project" and "Dream Bigger Programs" for youth.

Other Activities

- Morning Tea for the community of Cabbage Tree Island to yarn about smoking and wellbeing;
- Ongoing involvement with Kyogle Healthy Towns challenge;
- Commenced outreach to Maclean branch of Bulgarr Ngaru;
- Attended Close the Gap day at Tweed River forming new partnerships with over 30 service providers and Casino AMS;
- Ongoing involvement with the Kyogle Community Drug Action Team (CDAT) and working towards event with them later in the year.



Tackling Smoking Amongst Youth

The TIS team is consistently working with schools in the region, running the "Amazing Race 2 Happy" program, tobacco talks and games, in an effort to reduce the uptake of smoking amongst our youth as well as raising awareness of the health risks for smoking tobacco to students and staff.

Solid Mob were invited for the first time to run the "Amazing Race 2 Happy" as part of the Healthy, Active Lifestyles program at South Lismore Primary School, receiving such positive feedback, that they have been invited to return to run other Smoking Awareness programs at the school.

The team also had huge success running the Amazing Race 2 Happiness at South Grafton High School as part of a year 7 team building exercise, with students, teachers and other volunteers from Headspace all helping out on the day. Students were highly engaged and interactive with the Solid Mob team, asking questions, and eager to participate in all the challenges presented to them.

Positive feedback was received from both schools and the Solid Mob team look forward to running more "Amazing Race 2 Happiness" programs throughout the year.

Solid Mob update continued....

Juhm Busters is now being run from the Solid Mob offices at 4/ 95 Tamar Street, Ballina, every Tuesday from 9am – 12pm.

You can also find the team at the front of Bullinah AHS, every 3rd Wednesday with their Tobacco Information Stall.

Feel free to drop in to our offices if you want help with quitting smoking or stop and have a yarn at our Tobacco Information stall at Bullinah.

Upcoming Events

Movie Night
16 April 2019 - 5.30 pm
Box Ridge

NAIDOC Movie Night
9th July 2019 – 5.30pm
Skate Park
Ballina

Quitskills Training
23-25 July 2019
Kentwell Centre
Ballina



WOmens action
for **M**ums and
Bubs
(WOMB)

Bullinah would like to invite women to attend the WOMB Project community consultation at Cabbage Tree Island Health Clinic on Thursday 4th April 2019, from 12pm – 2.30pm.

Lee and Tracey will explain what the WOMB Project is and will be seeking interested participants to be a part of the WOMB Project.

We would love to see Nans, Aunties, Sisters, Mums & Jarjums, as well as other community organisations that run women’s programs to come along and hear about the Project and ask any question you may have.

For more information please call Lee or Tracey on 6681 5644.

A BBQ lunch will be provided.

Hope to see you there.

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.

KIDS HEALTH HUB

Oral Health Puzzles & Colouring In

Hidden Dental Words



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

Have Fun Finding the Following Hidden Dental Words:

- | | | | |
|---------|-------|-------|--------|
| Dentist | Smile | Molar | Cavity |
| Tooth | Fun | Decay | Grin |
| Sealant | Floss | Mouth | Clean |
| Brush | | | |

Unscramble The Dental Words

1. ubhrs _____
2. othto _____
3. sitndte _____
4. htteaopots _____
5. yiatvc _____
6. sfslo _____
7. elsim _____
8. adyce _____
9. humot _____
10. nleca _____



**Brush EVERY DAY to
keep your teeth healthy!**

BRAIN BUSTER QUIZ

1. *What does an average human brain weigh?*
 - a) 14 grams
 - b) 1.4 kilograms
 - c) 14 kilograms
2. *Neurons are the brain cells that do all the work to keep you moving and thinking. How many neurons are there in your brain?*
 - a) 100
 - b) 100 million
 - c) 100 billion
3. *As your brain developed during early pregnancy, how fast did your neurons multiply?*
 - a) 250,000 per minute
 - b) 250, 000 per hours
 - c) 250, 000 per day
4. *Which side of the brain has more neurons?*
 - a) Right
 - b) Left
 - c) Both
 - d) 1,000 to 10,000
5. *What is the length of all the nerve fibres in your brain?*
 - a) 1 to 2 kilometres
 - b) 300,000 to 50, 000 kilometres
 - c) 150,000 to 180, 000 kilomtres
6. *How fast can information travel in your brain?*
 - a) Up to 120 metres per second
 - b) Up to 120 metres per minute
 - c) Up to 120 metres per hour

Brain Buster Quiz Continued...

7. *What proportion of the oxygen pumped around your body is used by your brain?*
 - a) 5%
 - b) 20%
 - c) 50% supply to your brain?
8. *How long before you lose consciousness after losing blood supply to your brain?*
 - a) 1 to 2 seconds
 - b) 8 to 10 seconds
 - c) 20 to 25 seconds

BULLINAHS HEALTH AWARENESS MONTHS

- *April is Dementia Awareness*
- *May is Pneumonia Awareness & World No Tobacco Day*
- *June is Infant Mental Health Awareness*
- *July is Hepatitis Awareness*
- *August is Breastfeeding/Speech Pathology Awareness*
- *September is Mental Health Awareness*
- *October is Women's Health Awareness*
- *November is Men's Health Awareness*
- *December is Heart Health Awareness & World AIDS Day*

Health promotional materials & information will be displayed in BAHS waiting room.

TUCKER TALK

Beef lentil-patties



PREP TIME: **20**
 COOKING TIME: **40**
 NO OF SERVES: **6**

Ingredients

300g lean mince
 2 cups canned cooked green or brown lentils, drained
 1 onion – finely grated
 1 clove garlic, crushed
 1 carrot, grated
 ½ zucchini grated
 1 cup wholemeal breadcrumbs
 1 egg, lightly beaten
 1 tbs salt-reduced tomato sauce (optional)
 ½ cup parsley, chopped
 Olive oil spray
 Large green salad to serve

**'Goori health is our
 Wealth...Have a 715
 and Stay Alive'**

Book your health
 assessment today.

Call now!

Method

If using the oven to cook the patties, preheat to 180 degrees C and line an oven tray with baking paper.

In a bowl, combine mince, lentils, onion, garlic, carrot, zucchini, breadcrumbs, egg, sauce (if using) and parsley. With wet hands, shape into 12 even-sized patties.

If baking patties: Arrange on prepared tray and spray with oil. Bake for 40 minutes, turning over halfway through cooking. If frying patties: Spray a large, heavy-based frying pan with oil. Cook patties over medium heat for 5 minutes each side or until crisp and golden and cooked through.

Serve with chutney and or home-made tomato sauce.

HEALTHY SWAPS

Vegetable Oil	→	Olive Oil
Butter/margarine	→	Nuttelex or olive oil spread or hummus or avocado
Full cream milk	→	Low fat milk
White rice	→	Low GI Brown rice (Sunrice)
Pasta	→	Pulse pasta or whole wheat pasta
White bread	→	Wholegrain bread or sourdough



WHAT IS A PODIATRIST? (Foot Doctor)

Often when people think about health, they don't think about feet. It's sometime easy to forget about your feet, but given that many of us use our feet to walk from the moment we are able to stand, it is important to remember that feet are an important part of our overall health.

Podiatrists are healthcare professionals who have been trained to diagnose and treat conditions of the feet, ankle and lower limbs. They can also treat and help you manage day-to-day foot problems like toenail problems such as ingrown toenails, fungal nail infections, thickened toenails, as well as corns and calluses (the thickened and hard part of the skin especially in an area that has been subjected to friction).

Podiatrists can also treat foot problems that arise from medical conditions such as diabetes and arthritis.

Some of the things a Podiatrist can help with include specific exercise, the use of custom made inserts for your shoes or medications to treat skin conditions.

Bullinah has a Podiatrist that comes once a month to help our clients. His name is David.

If you think you may need to see a Podiatrist, speak to your doctor about it today.

BULLINAH'S DOCTORS

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 Christopher Wee
(Registrar)

Dr Grace Leung
(Registrar)

NOTE: Dr Kayte Evans is away for 3 months & Dr Erin Stalenberg is going on maternity leave for 6 months in April.

Please speak to Receptionist staff about seeing another doctor if Dr Kayte or Dr Erin are your usual GP.

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.

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.



WINTER IS ALMOST HERE

Let's be ready!

What is influenza (flu)?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses, which can occur throughout the year but influenza activity usually peaks in winter.

Influenza is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change constantly. A new influenza vaccine is prepared each year to best match the strains predicted for the coming influenza season.

How is the flu spread?

The flu can be spread by droplets in the air when someone sneezes or coughs and it can be spread through touching surfaces where infected droplets have landed.

People can be infected from the day before their symptoms' start. Adults are most infectious in the first 3-5 days of their illness, while children remain infectious for 7-10 days and people with weak immune systems may be infectious for longer.

Brain Buster Quiz

1. b) 1.4 kilograms
2. c) 100 billion
3. a) 250,000 per minute
4. b) Left
5. c) 150,000 to 180,000 kilometres
6. a) Up to 120 metres per second
7. b) 20%
8. b) 8 to 10 seconds

What are the symptoms of flu?

People with influenza (flu) can experience some or all of the following symptoms':-

- fever and chills;
- cough, sore throat and runny or stuffy nose;
- muscle aches, joint pain, headaches and feeling really tired;
- nausea, vomiting and diarrhoea (more common in children than adults).

Some symptoms may last for more than a week.

Seek immediate medical advice if the illness quickly becomes worse, or if any of the following symptoms' occur:-

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting

How is flu prevented?

The best way to prevent the flu is to get a flu vaccination (needle) before winter arrives each year.

People at higher risk of getting the flu are strongly recommended to get the flu shot every year.

Sneeze into your elbow instead of your hands or cover your face with a tissue when you cough or sneeze and throw away used tissues in a bin.

Wash your hands thoroughly and often, especially after coughing, sneezing or blowing your nose.

If you're sick, stay at home & keep sick children home from school.

Be prepared and talk to your doctor about protecting you and your family from the flu this winter.

Flu vaccinations have been ordered and should be available at Bullinah in mid-April.

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 2nd 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