



**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

1ST QUARTER EDITION

**FLU SEASON IS HERE!  
SPEAK TO YOUR DOCTOR TODAY  
ABOUT GETTING THE FLU SHOT**

**BULLINAH 🧑🏓 JALI 🌞 BUNJUM**



**This winter**



**Protect your Jarjums**

**And yourself from**

**The flu 🤧🤔🤒**

**Free  
Vaccination**

**Walk in or**

**Make an**

**Appointment**

**6681 5644**

## Chief Executive Officer Message

Bullinah Aboriginal Health Service operates under the following philosophy as identified in the National Aboriginal Health Strategy 1989:-

**“Aboriginal Health is not just the physical well being of an individual but is a social, emotional and cultural well being of the whole community in which each individual is able to achieve their full potential thereby bringing about the total well being of their Community. It is a whole-of-life service and includes the cyclical concept of life-death-life”**

We continue to provide primary health care services to the local and surrounding Aboriginal communities through our base clinic in Ballina, our outreach clinic at Cabbage Tree Island (2 days a week) and the Ballina Aboriginal Child and Family Centre at West Ballina ( 1 day a week). We also provide Maternal and Child Health services through our Mum’s and Bub’s Program delivered out of our 113 Tamar St premises.

Our clinical team continue to focus on client health checks / assessments which are central to our model of care that works effectively to prevent disease, detects early and unrecognised disease, promotes healthy lifestyles and provides quality chronic disease care.

Our Tackling Indigenous Smoking Program “Solid Mob” conducts smoking cessation activities across the Northern Rivers region and works closely with the three Aboriginal Health Services in the region, as well as other health services that provide services to Aboriginal people.

It is a pleasure for staff at Bullinah to have the opportunity to work closely with the local community to address their health needs. We are fully aware that we must continually strive to improve the level of our service to ensure we are meeting the community’s health needs and that we also have a role in empowering our community to take a more active role in addressing their own health needs. We are taking a more decisive approach to embedding a continuous quality improvement framework into our organisation to ensure we are providing “best practice” models of care to our community.

Mark Moore

## **SOLID MOB UPDATE**

The Solid Mob team have been busy running Tobacco Awareness programs throughout the region over the past three months, with great participation from all schools and communities visited.

Below are some of the activities Solid Mob have been busy working on.

The School Program "Amazing Race 2 Happy" has been delivered to various schools across the region such as Murwillumbah, Yamba, Kingscliff and Lismore Public Schools.



Kyogle Youth Day was celebrated in April 2017 with Solid Mob holding a tobacco education stall and activities, to raise the awareness of the health effects of smoking tobacco.

Solid Mob is also working in partnership with the Local Health District, Chronic Care, to provide education on Women's Heart Health in seven (7) locations which include Ballina; Muli; Casino; Tweed Heads; Grafton; Lismore and Maclean. There will be three (3) workshops to be held in each community and also two workshops for men.

Over 150 women in total attended the first workshops which was a great success.

### **Upcoming Events:-**

- ◆ Solid Mob are holding a Tobacco Awareness & Cinema Under the Stars event in June 2017 in Ballina. Details will be posted on the Solid Mob Facebook site.
- ◆ Quit smoking groups are running in the region at Ballina, Tabulam and Grafton. If you need support to quit, call Solid Mob on 6686 9465.
- ◆ Keep an eye out for the Solid Mob team throughout NAIDOC Week.

**SMOKING IS THE LEADING CAUSE OF HEART DISEASE**

## Overview of Clinical Services operating from Bullinah in 2017

The weekly **Paediatrician clinic** runs on a Tuesday from the Mums & Bubs building. All patients must be referred by their GP. If you are unable to attend your appointment, please call as soon as possible to cancel, as this clinic is very busy and someone else can be offered the appointment.

**The Better 2CU Program** has been operating once a month with an increase in the number of people seen by the Optometrist. What you can expect from attending this clinic is:

- ◆ An eye or diabetic eye assessments & prescriptions for glasses
- ◆ Free glasses for concession holders
- ◆ Heavily discounted glasses for clients of Bullinah who are working
- ◆ Appointments for both adults & children

If you have an appointment with the Optometrist and cannot attend, please notify Bullinah as soon as possible so someone else can have the appointment. This is important to keep the Service available at Bullinah.

Bullinah has **2 new Mental Health Nurses** working on a fortnightly basis. 1 female & 1 male. Feel free to come and have a yarn. No shame, it's just like any other appointment.

The **Dietician** is here every Thursday & Friday to help you with any questions regarding your diet. A weekly Cooking Group is also run on Thursdays from 10am to 12pm. If you would like to see the Dietician, you will have to book a health assessment to be referred.

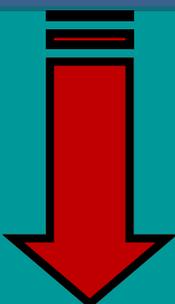
The **Exercise Physiologist** works from Bullinah weekly and can help you with injuries & other physical issues. He also runs a weekly exercise program at Riverside Gym on Thursdays from 12pm-2pm; the Monday exercise group at the Kentwell Centre from 5.30pm-6.30pm. You will need to book a health assessment so you can be referred to the Exercise Physiologist.

A **Pharmacist** is at Bullinah every Wednesday.

Everyone who has a Webster Pak should try to be reviewed at least once a year.

If you would like to speak to the Pharmacist about your medications please call Bullinah make an appointment.

The **Social Worker** works every Thursday and can assist people with housing; various applications to government organisations; talk about life issues such as homelessness; employment; personal and family issues and other difficulties people may be experiencing. The Social Worker can also help access a number of support services to help with day to day living. It is a safe place to talk about things that are going on in your life.



## HEALTH CHECKS

More and more people are coming to have health checks. This is good as it helps us keep healthy and means we are able to pick up small issues before they become big problems.

All Indigenous Australians are able to have a FREE health check once a year. By having a health check, this enables clients to then access allied health services like the ones listed here on pages 4 & 5 at a lower cost and some at no cost.

If you would like more information regarding health checks or want to make an appointment, call Bullinah on 6681 5644.

## GP CLINICS

Bullinah's GP's are very busy ensuring the community is looked after.

It is really important if not attending appointments, to call and cancel so this frees up appointments for other people to use.

The staff of Bullinah would like to thank all of our clients for their patience as we continually try to improve and upgrade the service to meet the growing needs of the community.

## "GO 4 FUN PROGRAM A HUGE SUCCESS"

Go4Fun, a 10 week healthy lifestyle program for kids, recently came to an end in Ballina.

The program which ran once a week on Thursday afternoons at the Kentwell Community Centre, for the local community, focused on healthy eating, cooking & goal setting.

Sumara, Payden and Josh from Bullinah Aboriginal Health Service helped facilitate the program spending their time talking with participants and learning about health. Exercise was also integrated into the program through games allowing participants and their families to have fun along the way.

One of the highlights for staff was seeing each person get something from the Program. One of the young participants was so inspired that he told the group, *"I cooked zucchini fritters for the whole family last night!"*

*"Another participant said, "I loved the games the best."*

Bullinah's Senior Aboriginal Health Worker Payden, also shared that the participants and staff ended the 10 week program by having some fun and going ten pin bowling.

Go4Fun was a great success. Bullinah will be running another program in Term 4 this year. If you are interested in the next Go4Fun program, or want to find out what it is all about, call Sumara, Payden or Josh at Bullinah on 6681 5644.



### Health Awareness Dates

**7th-13th May**

**Pneumonia Awareness Week**

Tel: 1800 654 301

Web: <http://lungfoundation.com.au>

**10th May**

**World Lupus Day**

Tel: 1800 802 088

Email: [info@lupusnsw.org.au](mailto:info@lupusnsw.org.au)

**31st May**

**World No Tobacco Day**

**Month of June**

**Bowel Cancer Awareness Month**

Bowel Cancer Australia Helpline:

1800 555 494

## CHILD MATERNAL HEALTH CLINIC UPDATE



Bullinah's Mums & Bubs Group runs Wednesday mornings from 10am to 11.30am.

We welcome all pregnant mums & bubs, children, grandmothers, aunts and sisters to come along and join in.

We would you to come along and have a cuppa and a yarn with Bree and Carmel from the AMIHS team, Lee and Tristan from Bullinah and with special guest speakers from time to time. The group also enjoys doing arts & crafts. So far this year, the group has made dream catchers and are looking to do more arts & craft activities in the future. Morning tea is provided.

Also, whilst attending the group, don't forget to book your child in for their health check. Ask for Lee or Tristan and they will assist you with this.

### Ballina is entering a Team into the 2017

#### Julie Young Challenge

Registration will be between Monday 29th May to Friday 9th June 2017

Julie Young  
Challenge

3 July to  
8 September  
2017



- ◆ 10 Week Weight Loss Challenge
- ◆ Exercise Sessions
- ◆ Healthy Nutrition Sessions
- ◆ Chronic Disease Education Sessions
- ◆ Other Sessions include Goal Setting, Stress Management



To participate you'll need to complete consent & rego form

If you are interest in participating and/or would like more information, contact **Bullinah Aboriginal Health Service on 6681 5644**

# BULLINAH'S WEEKLY GROUPS

## COOKING GROUP

THURSDAYS 10AM—12PM

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

## EXERCISE GROUP

MONDAYS  
5.30PM—6.30PM

Kentwell Centre  
20 Bangalow Road  
BALLINA

## MUMS & BUBS GROUP

WEDNESDAYS  
10AM-12.30PM

113 Tamar Street  
BALLINA

**PREP TIME: 20**

**COOKING TIME: 40**

**NO. OF SERVES: 6**

## RECIPE OF THE MONTH - LENTIL PATTIES



### Ingredients

1cup sweet (chopped, cooked and mashed)  
2cups canned cooked brown lentils (drained)  
2 onion (finely grated)  
1 clove garlic (crushed)  
1 carrot (grated)  
1cup wholemeal breadcrumbs  
1egg (lightly beaten),  
1/4cup sesame seeds  
1/4cup sunflower seeds  
1Tbs tomato paste  
2Tbs flat-leaf parsley (chopped)  
Olive oil spray

### Method

1. If using the oven to cook the patties, preheat to 180°C and line an oven tray with baking paper.
2. In a bowl, combine mashed, sweet potato, lentils, onion, garlic, carrot, breadcrumbs, egg, sesame seeds, sunflower seeds, tomato sauce (if using) and parsley. With wet hands, shape into 12 even-sized patties.
3. 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 TZATZIKI AND GREEN SALAD**