

# Bullinah News

## Bullinah Aboriginal Health Service

120 Tamar Street  
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### BULLINAH OUTREACH CLINICS

#### **West Ballina**

Bullinah is returning services to West Ballina from early October. Dr Sarah Cooper and one of our nurses will be based at the rooms in Jarjum Bugal Nah each Wednesday from 09:30am – 04:30pm enabling enhanced services to the Jarjums in the day care centre, as well as improved access for West Ballina clients.

#### **Cabbage Tree Island**

Our Cabbage Tree Island Clinics will be expanding in early October, also with a doctor being available two days per week plus a number of allied health and specialist services being provided on a rotating roster to improve access to 'wholistic' health care for community from Cabbage Tree Island, Wardell, and surrounding areas.

Our Doctors will be attending on Mondays and Thursdays from 10:00am – 04:00pm with various allied health services being provided on the Thursday. Our specialist service will be attending the Island monthly with community being notified in advance.

We would like to thank all of our clients, community members, and partnering organisation's for your ongoing support and patience as we continue to grow our service according to the needs of the community.

### Contents

Page 1 - 2	BAHS Outreach Clinics. Social and Emotional Wellbeing team
Page 3 - 4	Screen Time - how much is too much? Scripts & Medications.
Page 5 - 6	Solid Mob update Kids Health Hub
Page 7 - 8	Exercise quiz, feedback & Healthy Nachos Recipe
Page 9 - 10	Mental Health First Aid & Cultural Awareness Training
Page 11 - 12	BAHS Services, groups & opening hours

*Bullinah's Clinical Outreach Van parked behind the Mullumbimby Neighbourhood Centre*



## SOCIAL AND EMOTIONAL WELL-BEING

Bullinah AHS has been redesigning how mental health/social and emotional wellbeing services are being delivered to the community. The new way of doing business involves tailored and responsive support to people with social and emotional wellbeing issues. Bullinah AHS has a wide range of specialists delivering culturally safe person centred services to meet your needs

### Meet the Team

#### **SEWB Care Coordinator**

The Care Coordinator works collaboratively with clients, general practitioners, clinic staff, other health service providers and external organisations to provide appropriate multidisciplinary care services for Aboriginal people with mental health issues to optimise health and mental health outcomes.

#### **Consultant Psychiatrist- Dr Neil Phillips**

#### **Psychiatrist- Dr Theresa Grotowski**

A Consultant/ Psychiatrist is a medically trained doctor who has completed further study to become an expert in mental health. Psychiatrists are able to prescribe medications.

#### **Child and Adolescent Psychologist - Linda Causarina**

#### **Psychologist Catriona McComish**

Psychologists provide "talking" treatment, helping individuals and families with parenting, personal development, relationship issues, eating disorders, postnatal depression, low self-esteem, behavioural problems and family relationship conflicts using evidence based treatments including Cognitive Behavioural Therapy (CBT), mindfulness/relaxation strategies, Family Therapy, Motivational Interviewing and Interpersonal Therapy.

#### **Social Worker- Aunty Janet Layton**

Social workers assist clients with issues such as homelessness, domestic violence, alcohol and drug addiction, sexual assault and child abuse. They can also help people who have suffered a major crisis or are going through bereavement.

#### **Mental Health Nurse- Bronwyn Gibson**

The mental health nurse works with the psychiatrists and general practitioners to deliver a range of services and support, for example, monitoring a client's mental health, managing their medication and improving linkages with health professionals and clinical service providers. These services are provided in a variety of settings tailored to meet the individual needs of the client.

Make an appointment to see your GP at Bullinah AHS for a mental health care plan to access these services.

Contact Payden or Leanne on 6681 5644 for further information.



Sourced from the Aboriginal and Torres Strait Islander social and emotional wellbeing principles & practice.  
Artist: Tristan Schultz, RelativeCreative.

## SCREEN TIME



Screen time is a term used to describe the amount of time spent looking at a screen. Screens include TVs, computers, smartphones, tablets, and video consoles.

Small amounts of screen time can be useful and enjoyable for families. They can offer time for children to connect with others, be creative and learn. Screen time can keep children entertained, or distracted, and are used in educational settings by teachers.

The time spent in front of a screen, and the quality of the content on screen, has been linked to a number of positive and negative health outcomes. These include:

### Weight

Children who spend a lot of time using screens may not be getting enough physical activity, leading to weight gain.

Children using screens will often eat and not be conscious of the amount of food they are eating.

### Sleep

The light emitted from screens has been shown to prevent sleep onset in children when used in the evening or just before sleep.

Reduced sleep in children is linked to weight gain and to mood and behaviour problems.

### Communication skills

Screen use can isolate children from what is going on around them. Families may miss out on the everyday interactions that build healthy relationships.

Friendships may also be affected as children sit alongside each other on screens instead of interacting and communicating with each other.

### Exposure to potentially harmful information

There is growing evidence that shows children who watch violent content, are more likely to view the world as a scary, uncaring and mean place. It also suggests that children are more likely to show aggression as they see it as 'normal' behaviour.

Supervise and teach your children what is appropriate to share online and to think before posting messages and images. (Most social media platforms require users to be 13 years and over.)

### Screens and the body

Time spent leaning, or hunched over screens can lead to neck and back pain in children. Research has shown that children who spend more time outdoors are less likely to develop short sightedness.

When children stare at the screen for a long time, they may blink less than normal which can dry the eyes. This can lead to eye strain and fatigue.

### Screens and guidelines

Under 2 years – no screen time is recommended;

2 to 5 years - 1 hour of high-quality programs;

Over 5 years – up to 2 hours of screen time

Like all parenting decisions, it is important to focus on modelling the preferred behaviour to your children and involving older children in the decision-making process.

Monitor what they are accessing and use the opportunity to start conversations and learning, making sure that screens are used in family/shared areas, and not in bedrooms.



**SCRIPTS & MEDICATIONS**

Bullinah’s Doctors are no longer able to write prescriptions for clients that they have not been seen for a review.

In the interest of client safety and quality use of medications, all clients requiring regular prescriptions will need to attend Bullinah for a doctor’s appointment before their medications runs out.

Any client with conditions requiring regular medications are strongly encouraged to be reviewed by their GP every 3 months.

**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.

**Important Health Dates**

**October**

6<sup>th</sup>  
World Cerebral Palsy Day  
<https://worldcpday.org>

10<sup>th</sup>  
World Mental Health Day  
<http://www.who.int>

29<sup>th</sup> Oct. – 4<sup>th</sup> Nov.  
Blue Knot Day  
(For adults who have experienced childhood trauma)  
[www.blueknot.org.au](http://www.blueknot.org.au)

**November**

11<sup>th</sup>- 17<sup>th</sup>  
Perinatal Depression & Anxiety Awareness Week  
[www.panda.org.au](http://www.panda.org.au)

12<sup>th</sup>- 18<sup>th</sup>  
National Cervical Cancer Awareness Week  
[accf.org.au](http://accf.org.au)

**December**

Bowel Cancer Awareness Month  
[www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)

1<sup>st</sup>  
World AIDS day  
[www.worldaidsday.org.au/](http://www.worldaidsday.org.au/)

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

**If not, come into 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. Make your appointment now.

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



## SOLID MOB UPDATE

The past 3 months has seen the Solid Mob team busily coordinating NAIDOC Week events, running school programs and conducting general smoking health promotions programs across the Northern Rivers Region. NAIDOC Week 2018 was a busy period which saw the team attending 9 events across the region in Byron Bay, Mullumbimby, Ballina and Cabbage Tree Island, accessing well over 1000 people who attended NAIDOC celebrations events.

Working in partnership with Southern Cross University and their Aime Program, Solid Mob also conducted 4 education workshops around Tackling Indigenous Youth Smoking aimed at smoking prevention and exploring the reasons for taking up smoking.

The workshops were specifically for Indigenous students in Year 7,8,9 and Year 10 from Public and Private high schools at Mullumbimby, Byron Bay, Lismore, Ballina, Alstonville Evans Head, Casino and Maclean. A total of 23 group workshops were delivered to an overall attendances of 230 Indigenous students.

The team also conducted tobacco, smoking, addiction education awareness workshops programs with 11 school; 6 Amazing Race programs with 4 primary and secondary schools in Ballina, emphasizing smoking cessation, harmful substance, chronic disease, importance of accessing health services in the community and mindfulness and happiness.

Surveys and brief interventions were conducted around Smoking and Smoke Free Cars/Homes, as well as promoting the impact of smoking/tobacco and second hand smoke has on family and community members.

Gail doing "Putting out the fires" smoking survey



The 2018 Lismore Rugby League Knockout Carnival, again saw Solid Mob strongly involved, running the "Putting Out The Fires" smoke campaign in collaboration with NSW Northern River Local Health District.

Carrying on from last year, Solid Mob sponsored all the Deadly Dubai teams jerseys which promoted positive tobacco health messages such as:-

***"Don't Juhm around your jarjums"*** and

***"If you're still trying, you have not failed"***

Well done to all the teams that participated in the Knockout Carnival and congratulations to Cabbage Tree Island women's and mens' teams for winning the grand final.

Solid Mob also welcomes 2 new team members. Leteisha Franks is a Kamilaroi / Dunghutti woman and Joey Gordon, a local Bundjalung / Widjabul man.

If you see Leteisha or Joey in the community stop and have a yarn with them.

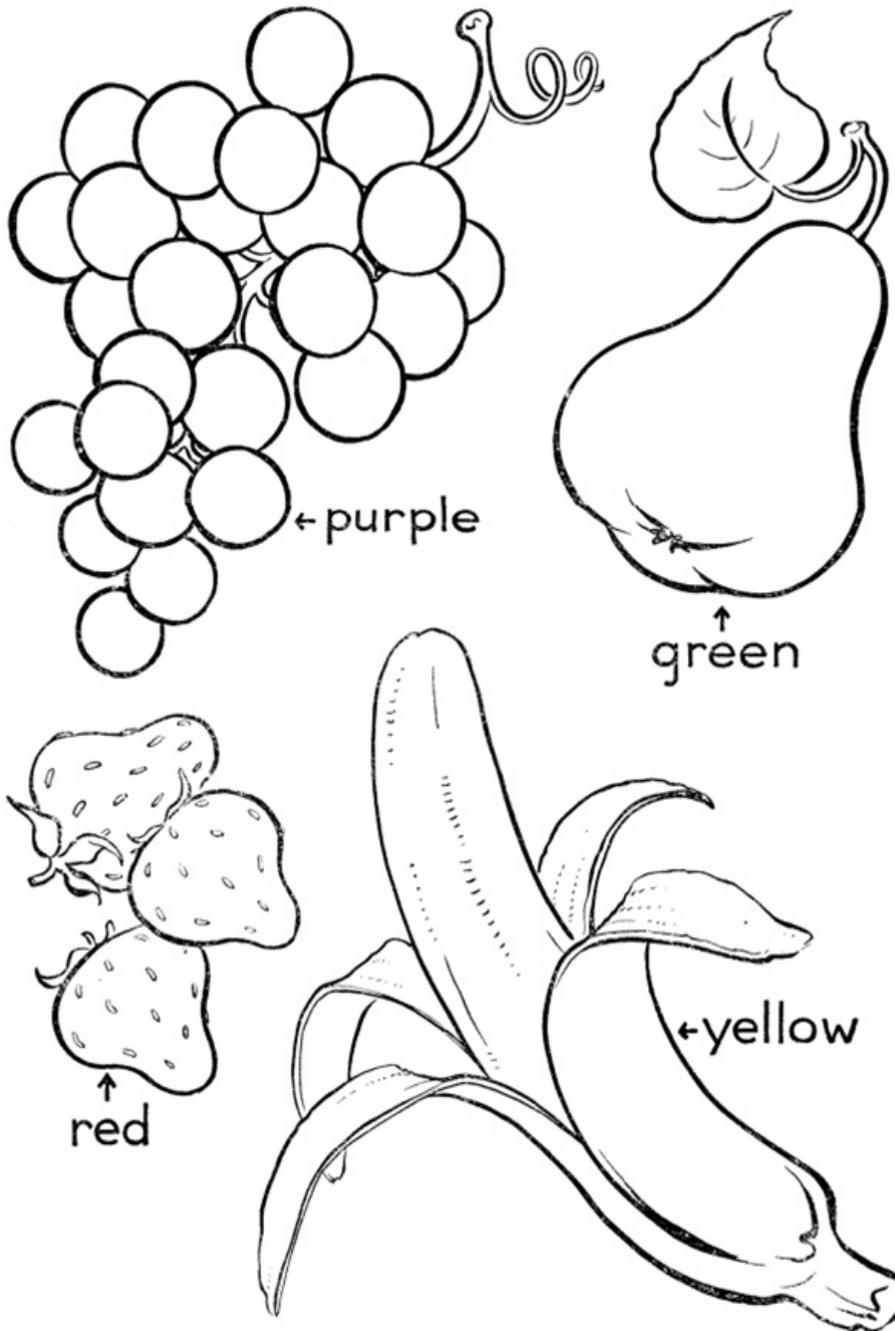
Kyogle Tiddas



Lismore team

## KIDS HEALTH HUB

## HEALTHY FOODS



## FRUIT FACTS

**STRAWBERRY**

There are on average 200 seeds in a strawberry. They are the first fruit to ripen each Spring.

**PEAR**

There are over 3000 varieties of pears worldwide. Pears have a variety of vitamins such as vitamin C, K, B2, B3 & B6. They are good for your immune system.

**GRAPES**

Grapes are originally from Spain. There are more than 8 000 grape varieties from about 60 species. Grapes are a berry. Grape seeds can be eaten and are full of anti-oxidants.

**BANANA**

Bananas were originally found in South East Asia, mainly in India. A banana is an edible fruit – botanically a berry! They are rich in potassium.

Answers on  
page 10

## EXERCISE QUIZ

### Questions

1. Which of these is a compound exercise?
  - a) Squats
  - b) Bicep curl
  - c) Leg extension
  - d) Calf raise
  
2. The R.I.C.E principle is used to treat injuries. What does R.I.C.E stand for?
  - a) Relax, Isolate, Caress, Extend
  - b) Rub, Ice, Complain, Examine
  - c) Rest, Ice, Compression, Elevation
  - d) Rest, Injury, Comfort, Elongate
  
3. Which of these burns the most calories?
  - a) Swimming
  - b) Circuit weight training
  - c) Walking
  - d) Tennis
  
4. The primary benefits of pilates include?
  - a) Weight loss
  - b) Improve strength, flexibility, balance
  - c) Reduce stress and tension, boost energy
  - d) Answers b & c
  
5. Heart rate monitors directly help you to?
  - a) Burn extra calories
  - b) Exercise faster
  - c) Exercise longer
  - d) Measure exercise intensity

### Health Promotion plays an important part at the 2018 Lismore Rugby League Knockout Carnival

Whilst the recent Lismore Koori Rugby League Knockout Carnival provided another great weekend of entertaining footy for the spectators, it also provided another important opportunity for community to access a range of different health promotion programs.

Bullinah had a strong presence with the Tackling Indigenous Smoking team working in collaboration with the Northern NSW Local Health District to run the "Ready, Set, Go Healthy Heart Check" and "Putting Out The Fires" programs. Both received an overwhelming response with over 92 community members being seen.

Bullinah's also entered a team in the Healthy Cook-Off Challenge (a part of the healthy heart checks) going up against Tweed River, which provided spectators with a taste test of two very healthy and tasty dishes prepared by each team. Well done to both teams – everyone was a winner on the day.

Congrats to Lismore who won the overall cook off challenge.



Tweed River  
Team



Bullinah Team

### FEEDBACK FOR THE COMMUNITY

Bullinah would like to thank all clients who participated in our client surveys as part of our accreditation process. All responses from that survey have now been compiled into a report for Bullinah to see how we can improve our services for you, our clients. A poster with these results is now displayed in all of Bullinah's clinic waiting rooms. Please take a moment to have a read, and see what community said about Bullinah Aboriginal Health Service and how we are addressing any concerns raised by community.

## HEALTHY NACHOS



### Ingredients

- 4 wholemeal tortillas
- 1 can diced tomatoes 200g
- 1 cup red and green capsicum diced
- 1 cup sweet corn
- 1 cup salt reduced refried beans or black beans
- ½ cup grated reduced fat cheese
- 1 tsp paprika
- 1 avocado
- 2 tbsp low fat Greek yoghurt

### Instructions

1. Preheat oven to 180C
2. Cut tortillas into triangles, spread onto two baking trays and place in the oven
3. Bake for 5-10 minutes or until golden then remove and set aside
4. In a small saucepan, combine tomatoes, capsicum, corn, paprika and beans
5. Stir over a medium heat until ingredients begin to meld together
6. Separate tortilla chips into four bowls, top with bean mixture then sprinkle over cheese
7. Place under a hot grill for 5 minutes or until cheese melts
8. Top with avocado and Greek yoghurt to taste

## 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.

### Aboriginal Mental Health First Aid Training

In late August this year, our Receptionists, Nurses, and Aboriginal Health Workers participated in an Aboriginal Mental Health first Aid course facilitated by Corporate Culcha. This training included information about a variety of mental health conditions and how best to assist someone in distress. Our front-line staff are now better prepared to assist our clients and community members in their time of highest need to minimise the impact that conditions can have on someone’s social and emotional wellbeing.



*Bullinah Staff with Facilitators of the Aboriginal Mental Health First aid Training*



Ainsworth family grave Ballina cemetery



Angels Beach - interpretative walk



Mullumbimby site

### Bundjalung Cultural Awareness Training

Bullinah recently coordinated a cultural awareness training weekend for Bullinah and Community Transport staff.

Run by local Bundjalung man Ashley Moran, the weekend provided participant with an historical overview of significant Bundjalung sites around the Northern Rivers area.

Bullinah is hoping to run such cultural awareness training for new staff on an annual basis providing a deeper appreciation, understanding and respect for the Bundjalung nation and communities for whom we work for.

Feedback from participants include:-

*“I was totally impressed by Ashley’s tour. It was done well balancing tradition and culture with colonialism and prompted a lot of serious thinking on my part and much more appreciation of the country and your amazing ancestors.”*

*“Thought it was great, gave me a little bit of insight into background of my mob.”*

*“Very moving to see all the sights, different than reading in a classroom.”*

*“Thank you Ash. As an Aboriginal woman working on Bundjalung country, I am honoured and grateful to have had the opportunity to learn more about Bundjalung communities and country.”*

## Constipation: Poo, Fibre and Prebiotics

Pushing, straining or feeling like you've not completed evacuated your bowels, can be quite an uncomfortable sensation that dampens both your physical and mental state. Although a common issue, affecting up to 1 in 5 adults, constipation should not be displaced to the bottom of your to do list.

Healthy bowel motions vary between individuals, with some people passing a stool daily, and others passing a stool once every three days. Basically if you fit into the range of going three times a day to three times per week, this is considered normal. On top of this, the consistency of your stool matters and this can be measured on a poo graph known as the Bristol stool chart. Ideally, we should all be aiming for a type 4 Bristol, defined as smooth and soft (like a sausage).

### Constipation...

#### It's hard to describe

Constipation is characterised by the passing of hard, dry stools that may be infrequent and often difficult to pass. In relation to the Bristol stool chart, constipation is defined as a type 1 (nuts) to type 3 (cracked sausage) Bristol.

#### Symptoms of constipation include:

- opening your bowels less often than usual
- hard, dry stools
- painful bowel motions
- straining to pass a motion
- sitting on the toilet for a longer than average period of time
- feeling like you have not fully emptied your bowels
- abdominal bloating/distension
- abdominal cramps

**See your doctor... if you have any questions or concerns about your bowel movements.**

### Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

#### Feedback/Suggestion Box

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

#### Exercise Quiz Answers

1. Squats
2. Rest, Ice, Compression, Elevation
3. Circuit weight training
4. Answer b & c
5. Measure exercise intensity

## 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 authorized 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 10am – 12pm  
  
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