



Bega Garnbirringu

HEALTH SERVICE

Jul—Aug 2011

Volume 1, Issue 5

Bega NEWS

Contact Details

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Business Hours

Monday 8.30am - 4.30pm
Tuesday 8.30am - 4.30pm
Wednesday 8.30am - 4.30pm
Thursday 8.30am - 2.30pm
Friday 8.30am - 4.30pm



Dwayne Morrison and Darren Indich in Cairns, QLD for the FaHCSIA National Indigenous Leadership Program 2011

Going over to Cairns has been a real eye opener for both Dwayne and myself - to see so many men going over for a purpose - to learn how to lead for their people and stand up for their people. To overcome their shameness was a good thing to see.

At first, we were a bit embarrassed to get up but eventually seeing other guys get up gave us the encouragement to grab the microphone and tell them where we're from. Dwayne ended up taking over the microphone and didn't want to give it up.

Half the fun was getting there, jumping on aeroplanes and changing destinations, both Dwayne and I are big chickens when it comes to aeroplanes.

We met men from parts of Australia that we didn't know where the towns were, who weren't afraid to come up and introduce themselves to us and seeing the different attitudes in them was good.

The course went for four days - Thursday night we had a big dinner where the men, women and the younger women indigenous leadership groups joined together and

went out to the conference centre on the outskirts of Cairns. The Cairns people and the traditional owners put on a really good show for us. They showed full support of the program.

I'm looking forward to the next opportunity for public speaking because I know what to expect and what to say and I can put into practice the techniques that I've learnt. Both Dwayne and I have benefitted from the program and I recommend any bloke who wants to one day become a leader of their group or community to go and see for themselves. It's a very enjoyable experience with a very friendly, comfortable atmosphere; everyone is on the same level to talk openly.

The lecturers were approachable and willingly explained anything that Dwayne and I at times found hard to understand. They're always looking for positive feedback to improve on their program and we were able to give them some input in that regard.

The National Indigenous Leadership Program has been a real eye opener for both Dwayne and myself and I highly recommend it.

Sickness gets better



HEALTHY LIVING



Chicken & Veg Stir Fry



Ingredients

- 1 tablespoon oil
- 2 tablespoons of crushed garlic
- 1 large onion, finely chopped
- 500g boneless chicken fillets
- ¼ cabbage
- 1 large carrot, peeled
- ½ red capsicum
- 2 tablespoons soy sauce
- 2 cups rice



Wash hands

Cooking things

Large pot, wok, or frypan, large knife, chopping board, garlic crusher, tablespoon, wooden spoon, serving spoon, cup measure.

1



Step 1

Chop up veggies into stir-fry sized pieces. Crush garlic using garlic crusher.

3



Step 3

Chop chicken into strips. Add chicken to pan and brown.

2



Step 2

Heat oil in pan and brown garlic and onion.

4



Step 4

Add remaining veggies and soy sauce. Cook until meat is tender and veggies are cooked but firm. Serve with steamed rice.

The “Deadly Tucker”

Cookbook was produced as a part of the FOODCents for Aboriginal and Torres Strait Island People in WA Program.

All the recipes in this book are easy to prepare and do not cost a lot of money.

You can find more Deadly Tucker recipes at www.schoolbreakfastprogram.com.au

or order the book on (08) 9380 7758

DeadlyTucker



CLINIC Matters

Mobile Clinic Launch Day

The day was celebrated with Elder Aubrey Lynch offering welcome to Country, a live radio broadcast by Tjuma Pulka, a performance by Ngadju Dancers and followed by lunch. Master of Ceremony, Mark Bin Bakar kept everyone entertained and made sure everything ran smoothly.

The milestone was made possible by \$2.7 million in funding allocated under National Partnership Agreements, which have provided \$13.8m to improve the health of Aboriginal people living in the Goldfields.

Bega CEO Wayne Johnson said an outreach agenda was first mentioned to him when he started with Bega in 2007. "Here we are today," he said. "It's a day that

four years ago was considered to be a great deal further away."

The service will provide primary healthcare as well as basic education on healthy lifestyles. The clinic will visit Coolgardie, Coonana, Tjuntjuntjarra, Menzies, Leonora, Moropoi, Mulga Queen and Laverton. Trials have started in Norseman and the mobile clinic staff have begun community consultations in Menzies.



Adult Health Checks

Adult Health Checks are a great way of staying fit and healthy.

- # First you will be assessed by the Health Worker and then the Doctor will examine you.
- # The Doctor will write up a Health Plan for you, including any referrals to Specialists that you might need.

*Full Adult Health Checks are recommended every 12 months.
See our staff to make a booking.*

When your health check is completed you will even get a great incentive pack from Bega.

STAFF NEWS



in 80's gear is Paula Hart, Ana King, Kanaeda Tipene, Cody Winter, Naomie Winter, Di TeHau, Jodie Hood, Katrina Hamlet and Shantel Van Maanen.

Relay for Life is a 24 Hour walk-a-thon that raises awareness and money for the Cancer Council.

Bega Garnbirringu Health Service have a corporate team participating in this year's event. In the lead up to the event, which is November 12-13th teams hold fundraisers to get funds together.

Celebrate Remember Fight Back!



New Employees



Tom Graham
Bringing Them Home Counsellor
Social Support Unit



Joelene Lawton
Aboriginal Health Worker
New Directions

PHOTOS



NEW DIRECTIONS

♦ **Midwives Clinic** open every day
Our lovely midwives would like to help you and your growing baby get the best start in life. Coming in to see our midwives each month is an important step to a healthy pregnancy and healthy baby. If you come in 5 times during your pregnancy we have a lovely bub basket for you once baby is born.

♦ **Women's Business Clinic:** For all women's health matters
Mon, Tues, Thurs 9-2pm
Appointments available or walk in

♦ **Immunisation Clinic** open Tue, Wed, Thu and Fri:
Have you had your fluvax yet? Come in today to get your children's immunisation updated and have your fluvax so you can all stay healthy this winter. Children's immunisations are due at 2, 4, 6, 12, 18 months and 4 years.

♦ **Child Health Checks:**
ATSI Child Health Checks are the once per year top to toe child health reviews that are completed by our nurses and Dr Kearns so ensure your child is growing and developing on track. Once completed you child will receive a gift from our New Directions team. Speak to anyone from New Directions team to book your child in today.

♦ **Pediatricians Clinics:**
The pediatricians (specialist children's Dr) visit Bega each Tuesday. Speak to your health worker, nurse or Doctor today if you have any concerns about your children appointments with the pediatrician can be made. Please if you do have an appointment try to arrive 10 minutes early to allow the health worker to see you first.

If you and your children require transport to any of our New Directions clinics or for appointments then Elaine, our Maternal Support Worker can help. Our New Directions car is equipped with the required infant and child car seats. Just call Elaine on 9022 5500.

New Directions Team



KIDS Page

KIDSAFE WA/ROYAL LIFE SAVING WA PHOTOSHOOT



CHILD HEALTH CHECKS
IMMUNISATION UPDATES

Keep your kids strong
and healthy

See our friendly Nurses and
Aboriginal Health Workers at
Bega

**Thithigoo Creche cares for children
(8 weeks to 12 years old),
Monday to Friday**

Care Session 1: 9.00am—12.00pm

CLOSED FOR 1 HOUR.

**Care Session 2: 1.00pm—4.30pm
(CLOSED 2.30pm Thurs)**

Children can attend Creche for up to
12 hours each week.

Healthy Lifestyle Program



Bega
Garnbirringu
HEALTH SERVICE



We build strong PEOPLE
strong FAMILIES strong COMMUNITIES

Bega, in partnership with Red Cross, are currently running a Healthy Lifestyle Fitness Program every Thursday at the local YMCA.

Come and join our Healthy Lifestyle Group at the YMCA from 10.00am to 11.30am.

Assistance provided on all gym equipment; nutritional education and cooking;
Guest speakers to advise you on various health topics

Transport provided

Please contact Delena or Maria by Wednesday 3.00pm if you required transport
Lunch and crèche provided

For more information, please contact
Delena or Maria @ Bega on 9022 5500
Joanne Thomas @ Red Cross on 9026 1609
Sinead Gilligan @ YMCA on 9021 1035

Chronic Clinic Clients

What: Breakfast Provided

Where: Courtyard

When: 8.30am—9.30am

During: Chronic Clinics



Listen in to **Tjuma Pulka 96.3fm** every 2nd Thursday of each month at **10am** for Bega news.



Wayne Johnson
CEO

Debbie Carmody
Manager, Tjuma Pulka Radio

Tjuma Pulka 96.3fm radio station broadcasting live from the Arts Centre, Kalgoorlie and supporting Bega's Mobile Clinic Launch day recently.



NINDILA Training Centre



Back: Doreen Champion (NTP); Maxine Keighran (Cert IV student); Yasmin Sambo (Nindila); Ruth Kelly (Cert IV student); Gwen Troutman-Weir lecturer; Middle: Joelene Lawton & Akeisha Sambo (Cert IV students) Front: Marion Hill & Darlene Carroll (Derbal Yerrigan)

Pilot – Ear & Hearing Training

Bega was one of three sites in Australia who through NACCHO completed a piloting Ear Hearing and Health skill set training, which includes three nationally accredited units of competency;

- ◆ HLTAHW418A Provide information & strategies in hearing and ear health
- ◆ HLTAU402B Conduct screening hearing tests for industrial hearing loss
- ◆ HLTAU501C Conduct screening hearing tests for children

This training was delivered in two (2) blocks of five (5) days, incorporating 3 days theory and 2 days practical training. The dates were as follows;

Block 1	6 th to 10 th June 2011
Block 2	27 th June to 1 st July 2011

Bega engaged the services of an external trainer (Gwen Troutman-Weir) who delivered both the WA & QLD training.



First Video Conference at Bega

Mr Rule Wicker was our first client to attend a video conference with the wound specialist at Royal Perth Hospital, assisted by Shaun Thomas and Natasha Indich.

SOCIAL SUPPORT UNIT

PRISON HEALTH RE-ENTRY PROGRAM

This is a very new program housed under the Social Support Unit the Goldfields and Geraldton are the first areas in the state to have this program and this eventually will roll out across all regional and metropolitan areas. This program targets Aboriginal & Torres Strait Islander prisoners who are coming close to release. Workers encourage prisoners to think about goals and plans in relation to their healthcare and social and emotional well-being as to attempt to close the gap that exists in released prisoners accessing medical and support services and maintaining their healthcare needs when back in the community. Workers also provide follow up for a further 6 months after release to assist in the development of support networks for prisoners and their families to try to improve health and quality of life as well as reduce reoffending.

"Making Indigenous Health Everybody's Business"

Prison Health Transition Workers: Nikki Shaw & Richard Collard

ROUGH SLEEPER OUTREACH PROGRAM

The Rough Sleeper Outreach Program is funded by the Department for Communities under the National Partnership Agreement in homelessness . Rough Sleeper workers provide intensive support to singles/couples and families who are sleeping rough and often on the fringes of town.

Rough Sleeper Outreach Workers: Desley Nudding, Robert Hansen & Emily Dimer



CLINIC MATTERS CONT'D

KALGOORLIE VIBE ALIVE 17/18 AUGUST 2011

BEGA provided the Vibe Alive festival with first aid back up again this year.

Vibe Alive has been held in Kalgoorlie for the past 4 years and showcases the talents of Indigenous Australians from all walks of life and from all parts of the country. These people are referred to as Role Models. Participation is by school children from around the Goldfields from primary to high school performing dance pieces learning to paint and also rap and sing. Cultural awareness pieces reflect through each show piece.

On the Tuesday night three of our staff attended the welcome evening where the role models performed for us. Which was a taste of what the children were about to be fortunate enough to participate in.

On Wednesday the Mobile Clinic was taken to the Oasis playing fields to provide first aid support for the festival. The weather was beautiful and Bega provided 3 staff members to man the Mobile clinic. That night an all age disco was held and 2 staff was on scene to lend a hand when needed.

Thursday saw a continuation of the festival where more acts and classes took place before a presentation was made to the children. That night a dance off was held with some very entertaining acts taking place.

Overall Bega was very happy to be able to provide the Mobile Clinic for this great cause and hopefully this can continue in the future.



Help Line Numbers

Hospital	9080 5888
Crisis Care	1800 199 008
Poison's Information	131 126
Men's Domestic Violence Help Line	1800 000 599
Women's Domestic Violence Help Line	1800 007 339
Family Violence Prevention Legal Service	9021 0244
Sexual Assault Resource Centre	1800 688 922
Crisis Accommodation	9021 2836
Family Help Line	1800 643 000
Parenting Line	1800 654 432
Grand Care	1800 008 323
Kid's Help Line	1800 551 800
Lifeline	13 11 14
Quitline	13 78 48

**RING 000 IN THE EVENT OF AN EMERGENCY ONLY
FIRE - POLICE - AMBULANCE**



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If you would like to regularly receive a copy of this Newsletter, please contact Bev Taylor.