



Proudly produced by the Aboriginal & Torres Strait Islander Community Health Service Mackay Ltd

Women's Weaving Stories - Yarning Together, Healing Together Camp

In May 2023 the Women's Group attended the "Women's Weaving Stories – Yarning Together, Healing Together" Camp with 21 women in attendance.

Laughter was heard all around APEX campgrounds on Magnetic Island.

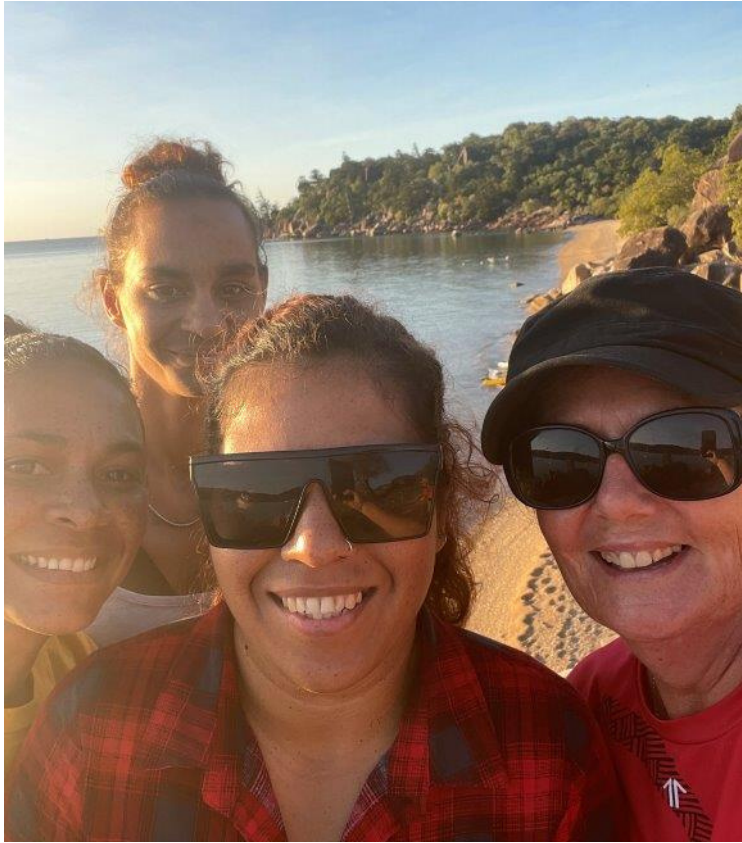
Breakthroughs were made, learnings were discovered, and some friendships forged.

The healing camp objective was to bring together survivors of DFV (Domestic and Family Violence) who reside in Mackay region.

The camp's focus was to explore several programs with participants which focus on self-esteem, self-confidence, mental health, AOD related issues, SEWB and parenting.

There was a culturally appropriate Yarning Circle, drumming sessions, weaving sessions, and kayaking. We hired two buses, and all drove together - once again much laughter and singing was had.





Waste 'n' Weed Art Project

The Unwanted, the Discarded & the Marginalised

From May to June this year Felicity Chapman from 'Deadly Weavers' facilitated an art project with our Woman's Healing Group joined with clients from St Vincents De Paul. Over 6 weeks we weaved, echo-dyed, sculpted and painted using a range of natural and man-made materials destined for landfill.

During this time together there was stories and experiences shared, friendships made, and laughter had.

At the completion of the program, artworks were installed at the Jubilee Centre as part of the 'Finding & Celebrating the beauty within the broken; the discarded and the unwanted' exhibition.

This exhibition celebrated the power of recycling, upcycling, and seeing the beauty in green waste, and unwanted & discarded man-made materials.



AODS & Sexual Health Pop Up Clinics

Our AOD team held their first POP UP Clinic at Orange Sky, Mackay. Since then they have visited Selectability, KMG (Kutta Mulla Gorinna), Chances Café, Community Solutions, with others to come. Our AODS unit joined Pam Reichardt (QLD Health AOD's), Sue Fatnowna (QLD Sexual Health), and Tricia Plate from Mackay St Vincent's De Paul Residential Rehab.

The aim is to provide community with more information and support for Sexual Health, AOD and other addiction information.

Another aim is to provide AOD and community health information and preventative care to our Aboriginal, Torres Strait Islander and Australian South Sea Islander community, including support and referrals.

The outcomes we are want to achieve is reduced stigma and shame in seeking help, improved knowledge of AOD services and support offered, increase in AOD engagement - counselling, withdrawal/rehab, day programs, support groups such as NA and AA, increase in 715 annual health checks, increase blood screening and sexual health checks.



BreastScreen
Queensland

Mobile
visiting



31st Oct - 3rd Nov 2023

Phone 13 20 50
or book online at
www.breastscreen.qld.gov.au



ATSICHS Mackay
YuwiYumba Cultural Hub
9 River Street, Mackay QLD

Breast Awareness Month



New After-Hours Clinic

ATSICHS Mackay now offers an After-Hours Emergency Clinic to provide primary health care for all community members in Mackay and surrounding areas.

This is a walk-in clinic for emergencies only, no appointments necessary.

It will operate Monday and Wednesday from 6pm to 9pm, and Saturday from 2pm to 5pm at our Bucasia clinic (Shop 21, Hibiscus Shopping Centre, 54 Downie Avenue, Bucasia).

If you wish to find out more information please contact 49579 479.



15 Years of Service

Congratulations to Ruth Mallie and Brancis "Mona" Taylor who recently celebrated their 15 years of service with ATSICHS Mackay.

Mona started out working in clinic as an ATSI Health Worker and now handles recalls, to ensure chronic disease patients are up to date with their health appointments.

Ruth begun her journey in medical reception soon venturing into clinic as an ATSI Health Practitioner/Outreach Worker. Today Ruth is clinic supervisor at the ATSICHS Bucasia clinic.

Message from Finance

Hello from the Finance and Administration team! It has been a while between our updates. One of the biggest changes in our team this year has been to farewell our faithful Quality Assurance Officer, Nadine Bellear, who served with our organisation for over 10 years. Nadine has moved on to advance her career and we wish her all the best.

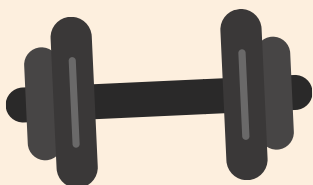
We welcomed Nicole Muscat as our new Quality Assurance Officer and she has now been with us for over six months. Nicole has put a welcome below:

"Hi, I'm Nicole, I joined the ATSICHS team late January, in the Quality & Safety position. What I love most about working in quality roles is the opportunity to work alongside others who are passionate about finding a better way and being a part of that change. I am extremely grateful and proud to be a part of the ATSICHS Mackay team."

As usual, this time of year has seen our entire team very busy with our various external audits, for accreditation as well as for financial statements. We are also busy preparing the Annual Report so that it will be ready for distribution at the Annual General Meeting in October. We hope to see you there!



MUMS & BUBS CLASS



Bring your bubs and exercise in a safe and relaxing environment

Every Monday & Wednesday
10:30am start

Starting Wednesday 11th October 2023

Power Station Gym
Boddington Street, Mackay

For more information contact Jardine Bobongie on 0488188278



Now Seeking Indigenous Youth Coordinator and Youth Worker

We are currently accepting applications for an Indigenous Youth Coordinator and a Youth Worker to join our organisation.

Please contact our HR Officer, Amanda Prewett on 07 4957 9416 or hr@atsichs.org.au for further information and Position Description and Selection Criteria.



Visiting Podiatrist

We now have a podiatrist visiting our clinic every fortnight.

Appointments are by referral only. If you think you might benefit from seeing a podiatrist, contact us today to make an appointment with your regular GP.



ANNUAL GENERAL MEETING

TUESDAY, 24 OCTOBER 2023

Commencing at 10:30am

Venue: YuwiYumba Cultural Hub
9 River Street, Mackay QLD 4740

All financial members are invited to attend.

Light refreshments will be served.



Damper Competition Winners

Congratulations to the winners of the Agnes Namok Award for best damper at the ATSICHS NAIDOC Damper Cooking Competition: Phillip Ahwang (runner up) and Leslie Sabbo (winner).

MEN'S GROUP

10AM EVERY FRIDAY
MEET AT YUWIYUMBA CULTURAL HUB
9 RIVER STREET, MACKAY

FOR ENQUIRIES CONTACT JAIDEN BALDWIN ON 0497 821 630



MR & MISS NAIDOC



The annual Mr & Miss NAIDOC pageant took place on Wednesday, 14th June at the Ocean International Hotel hosted by The Pioneer Murri Court Elders and ATSICHS Mackay.

The young entrants presented themselves in their best gowns as well as cultural knowledge for this years NAIDOC theme: For Our Elders.

Congratulations to all 2023 Mr & Miss NAIDOC entrants. Check out the winners for each category below:

Cultural Knowledge (Male)

Runner up: Jayden Langwe-Sproule
Winner: Bradley Ahwang

Cultural Knowledge (Female)

Runner up: Denette Tonga
Winner: Layla Nell Saunders

For Our Elders Theme (Male)

Runner up: Jayden Langwe-Sproule
Winner: Aiseyah Wano

For Our Elders Theme (Female)

Runner up: Jamelia Womal
Winner: Elizabeth Kemp

Best Dressed (Male)

Runner up: Bradley Ahwang
Winner: Aiseyah Wano

Best Dressed (Female)

Runner up: Clarice Alcock
Winner: Theresa Malayta

Judges Choice (Male)

Jayden Langwe-Sproule

Judges Choice (Female)

Layla Nell Saunders

Judges Choice (Male)

Jayden Langwe-Sproule

Judges Choice (Female)

Layla Nell Saunders



Mr NAIDOC (Male)
Andrew Malayta



Miss NAIDOC (Female)
Sally Foster



Trivia

See answers at bottom of the page.

**Q1. Which language has the more native speakers?
English or Spanish?**

Q2. How many minutes are a full week?

Q3. "Aureolin" is a shade of what colour?

Q4. What is a group of crows called?

Q5. How many dots appear on a pair of dice?

RUOK Day Word Search

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

HERE
QUESTION
RUOK
SHARE
STORIES
STRUGGLE
SUPPORT
YARNING
CONVERSATION
MENTAL HEALTH

ACTION
ASK
CHANGE
CHECK IN
CONNECT
EMPOWER
ENCOURAGE
FEELINGS
HEAR

Trivia Answers:

Q1. Spanish **Q2.** 10,000 **Q3.** Yellow **Q4.** a Murder **Q5.** 42

Want to stay up to date with upcoming events?

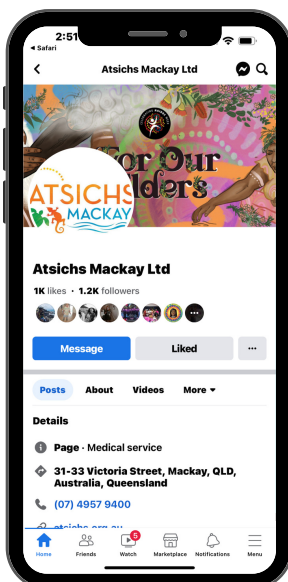
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Atsichs Mackay Ltd



atsichsmackayltd





SEWBU RUOK Day

The Social and Emotional Wellbeing Unit invited all community members to YuwiYumba Cultural Hub on Thursday, 14th of September for RUOK Day.

Guest speakers shared their stories about personal struggles and how they have overcome them or are on the road to self recovery.

The event ended with a barbeque lunch and each guest was gifted with goodie bags.

If you or you know someone who is currently struggling, please contact our SEWB team on 4957 9435.



ATSICHS Mackay Ltd

31 -33 Victoria Street, Mackay QLD
Phone: (07) 4957 9400

YuwiYumba Cultural Hub

9 River Street, Mackay QLD
Phone: (07) 4957 97425

Deadly Choices

10 Carlyle Street, Mackay QLD 4740
Phone: (07) 49 510 847

SEWB, Mental Health, AODS

10 Carlyle Street, Mackay QLD 4740
Phone: (07)4957 9435