



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

Merry Christmas & Happy New Year

ATSICHS Mackay would like to wish everyone a very Merry Christmas and a Happy New Year. May everyone have a peaceful and relaxing holiday.

Please remember to stay hydrated during this hot weather, keep safe and take care.

We will see you in 2024!



10 Years of Service

Congratulations to Thelma Fry and Veronica Bayles who recently celebrated their 10 years of Service at ATSICHS Mackay. Both ladies started their journey in the clinic as ATSI Health Practitioners before venturing further out into the community as Outreach Workers.

Thelma is now part of the ITC Team as an ITC Care Coordinator and is also a My Health for Life coach.

Veronica now works with the NDIS team as an Aboriginal Disability Liaison Officer (ADLO).



Congratulations ladies! Thank you for your hard work and commitment to our community and organisation.

Success with School Program



The students of Northern Beaches State High School completed the 10 week "Strong Meekena and Mindera Program" run by ATSICHS Mackay.

Throughout the program the students participated enthusiastically and left with more knowledge surrounding topics such as self-awareness, healthy lifestyles and having deadly attitudes.

We look forward to working with our next group of students that will participate in this program in Term 1, 2024.





ITC News

On Friday 8th of December, the ITC team hosted a Christmas Luncheon for both ATSICHS Mackay and mainstream clients at the Southern Suburbs Bowls Club.

Whilst the guest list included ITC clients there were also external organisations who come along and shared information about their services.

Clients had the opportunity to learn more about the ITC program and encouraged to ask questions during the information session. Guests enjoyed a delicious lunch and some went home with awesome lucky door prizes.







ITC attended the Mudth-Niyleta, Sarina NAIDOC event on Friday, 22nd September at the Senior Rugby League Grounds.

ITC Care Coordinator, Thelma Fry was recognised for her hard work, commitment and dedication for 10-years of service with ATSI CHS Mackay.



ITC Care Coordinator, Alma Hawdon, recently received her Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care. Alma graduated on Tuesday 12th December at the Pimlico Tafe in Townsville where she would frequently visit to complete her studies.

Message from Finance

Hi everyone!

Here we are at the end of another calendar year. Our team has come through another busy year of meeting audits and compliance successfully, and now are looking forward to a well earned break as we wind down towards our year end closure period.

As there is little to report, I thought to compile some inspirational quotes that others have sent me throughout the year. I hope you will enjoy them, as they provide some light reading, and inspire you to embrace 2024!

Wishing you a wonderful, refreshing break ready to tackle 2024.

Maria and the Finance and Admin team.

Life is a circle of happiness, sadness, hard times and good times. If you are going through hard times, have faith that good times are on the way.

Always be kinder than you feel.

Life is not measured by the number of breaths you take, but by the moments that take our breath away.

Life is like photography; you use the negatives to develop.

Don't tell your problems to everyone - 80% don't care, and 20% are glad that you have them.

We are all in the gutter, but some of us are looking at the stars.

Nothing is particularly hard if you break it down into smaller jobs. You only fail when you stop trying.

I have found that if you love life, life will love you back.

Life becomes easier when you accept the apology you never got.

Enjoy the little things in life because one day you'll realise they were the big things.

We are here to add what we can to life, not get what we can from it.

The happiest people don't have the best of everything, they just make the best of everything.

Life is not a problem to be solved but a reality to be experienced.

A beautiful life is one where you are happy with yourself regardless of what others think.

Life is like riding a bicycle; to keep your balance, you must keep moving.

Keep your face towards the sunshine and all the shadows will fall behind you.

If you change your mindset, you have the ability to change your whole world.

Life goes on.... whether you choose to move on and chance the unknown, or stay locked in the past, thinking of what could have been.



Practice in Pink Campaign

Congratulations to our Chronic Disease team who placed 3rd in the Breast Screen QLD "Practice in Pink" 2023 campaign for Breast Cancer Awareness Month. Our display was created to raise awareness to our community and encourage them to book into the breast screening bus that visited our service last month.

Lastly, keep up to date with screening if you are due. For women over 40, BreastScreen Queensland offers free breast screening, which can detect early signs of breast cancer before it may be seen or felt. A breast screen every two years is most effective for women aged 50-74.

While Breast Cancer Awareness Month may be over for this year, it doesn't mean we can be complacent about being breast aware and acting on any symptoms. Any changes to the look or feel of your breasts should be checked by a GP.



ATSICHS MACKAY LTD CHRISTMAS CLOSURE DATES

Main Clinic	
CLOSED	Wednesday, 20 December 2023
REOPEN	Wednesday, 3 January 2024
After Hours Clinic	
LAST DAY	Wednesday, 20 December 2023
REOPEN	Monday, 8 January 2024

ATSICHS Bucasia

What is a 715-health check?

715 health check or sometimes ATSIKHS Clinic call it a health check or just simply 715 is an essential fundamental tool to prevent chronic disease such as diabetes or sugar disease. This tool helps your health professionals to detect early signs or detect risk factors and help lead you to early treatment and prevention of such chronic disease. 715 involves a whole spectrum of consultation between you and your GP, care, and support, including health behavior and changing your lifestyle.

HEALTH CHECK UP FOR OUR MOB KNOWN AS "715"

Here at ATSIKHS Bucasia Clinic, a 715 health check is offered with an appointment over the phone. Because of the whole spectrum of the 715 health, it's a long consultation on every appointment with us where you will yarn with a health worker or a nurse and your treating GP. You undergo vital screening, including visual acuity, blood pressure, body mass index and health questionnaires between you and your GP. All vital information collected by the GP will enable you and your clinicians to implement ways on how you as an individual be able to live a better and healthy life to prevent developing chronic diseases in your later life.

ATSIKHS Bucasia Clinic has held successful 715 health checks during the school holidays with children and parents turning up to their appointments. What a fun and healthy way to spend only 30-50minutes with your health center to ensure an ongoing healthy check up with GP and healthy lifestyle for your children.

Book an appointment to have your child vaccinated at ATSIKHS Bucasia Clinic

We've been receiving phone calls from some of our mothers regarding a Centrelink payment being cut due to their children's not up to date with vaccination; we understand that this can be a frustrating situation, especially when you know that your children are up to date with their vaccination.

As valued patients of the service, our team can assist you and take the pressure of you by:

- Providing children's vaccination summary.
- Update your children's vaccination record.
- Provide and offer appointment for any required catch-up vaccination.

Call ATSIKHS Bucasia Clinic Team on 07 49579479 and speak with a nurse.

Some tips to prevent infections

- Inform you healthcare worker of your symptoms
- Hand wash
- Mask
- Stay home when you have cold like symptoms

We sure don't want you to take germs home or passed on to our loved ones.



Infection Control is everyone's business

Every person who works at or visits ATSIChS Mackay Ltd including patients, administrations staff, Carers, Couriers have a role and duty in preventing and controlling infections. A healthcare associated infection in a health facility is a common ground where infection can be acquired and because infection organisms exist and naturally everywhere, health care service is one place where one can acquire infectious germs which can then be spread wherever we go.

Here at ATSIChS Bucasia Clinic, your safety and the safety of the team is our utmost priority. This includes the spread of infections such as recently world-wide spread of COVID, influenza or any other communicable diseases. As you may notice on your contact to ATSIChS Bucasia Clinic, we had implemented infection control phone screening and set up infection control screening at front of reception to ensure infection control and prevention.

TELL US IMMEDIATELY IF YOU HAVE:

Fever, headache, rash, sore throat, cough, runny nose, diarrhoea, and vomiting.

help us stop the spread of germs

&

break the chain of infection

Good hand washing, protecting, and covering of your cough and sneezing.



Photo (from front left hand-side to front right hand-side): Ruth Mallie (Clinic Manager), Dr Rampete Gorata (Clinic GP) Teiraen Toarei (Registered Nurse) & Kerri-Anne Wright (Health Worker Trainee)

Absent: Justine Collins (Nurse Practitioner) & Sharon Baggow (Medical Receptionist)

That's a Wrap

As 2023 comes to an end, let's take a look back on some of our programs and events from this year.

Thank you to everyone who participated and helped create some great memories.





MAY
SORRY DAY



MAY
Elders Evening





**FOR OUR ELDER'S
JULY**



PREWS NEWS

Advent Calendar History

An Advent calendar is used to count the days of Advent in anticipation of Christmas. Since the date of the First Sunday of Advent varies, falling between 27th November and 3rd December inclusive, many reusable Advent calendars made of paper or wood begin on 1st of December. Others start from the First Sunday of Advent.

The Advent calendar was first used by German Lutherans in the 19th and 20th centuries, and has since then spread to other Christian denominations.



Design and Use

Traditional Advent calendars feature the manger scene, Saint Nicholas and winter weather, while others range in theme, from sports to technology. They come in a multitude of forms, from a simple paper calendar with flaps covering each of the days to fabric pockets on a background scene to painted wooden boxes with cubby holes for small items.



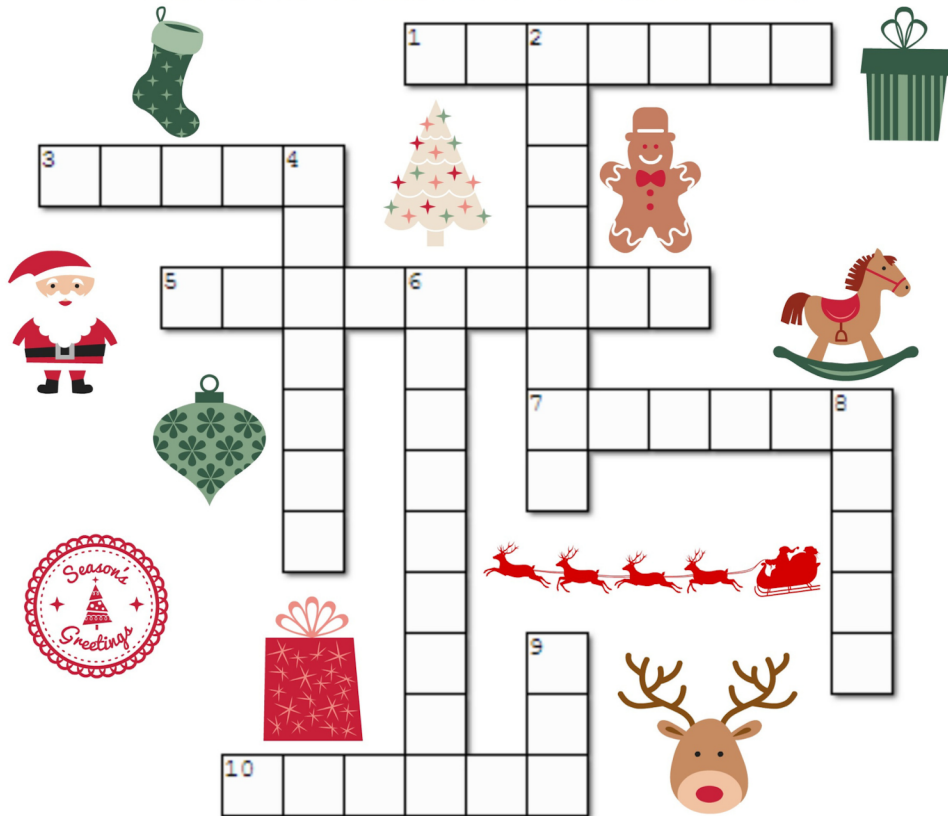
Many Advent calendars take the form of a large rectangular card with "Doors", one for each day of December leading up to and including Christmas Eve (24th December or Christmas Day (25th December). Consecutive doors are opened every day leading up to Christmas, beginning on the start of the Advent season for that year or simply on 1st December, as is the case of reusable Advent calendars.

Often the doors are distributed across the calendar in no order. The calendar doors open to reveal an image, a poem, a portion of a story (such as the story of the Nativity of Jesus), or a small gift, such as a toy or a chocolate item. Often, each door has a Bible verse and Christian prayer printed on it, which Christians incorporate as part of their daily Advent devotions.

There are many variations of Advent calendars; some European villages create advent calendars on buildings or even so-called "living" Advent calendars, where different windows are decorated for each day of Advent.

MERRY CHRISTMAS EVERYONE

Puzzles



ACROSS

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas drink
10. The name of a popular snowman.

DOWN

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!

Word Search



- | | |
|-------------|------------|
| CANDY CANE | PRESENTS |
| CAROLS | REINDEER |
| CHRISTMAS | SANTA |
| DECEMBER | SLEIGH |
| EVLES | TREE |
| GINGERBREAD | WINTER |
| JINGLE | WREATH |
| HOLLY | MERRY |
| LIGHTS | NORTH POLE |
| ORNAMENTS | |

Congratulations Charmaine

A huge congratulations to our Community Health Worker, Charmaine Hanns, who recently received her Bachelor of Nursing.



Walk-Ins
Welcome

Mackay Children & Family Centre

ATSICHS
MACKAY

Open to all
Community
members

CHILD HEALTH CLINIC



WEDNESDAY'S

9.00AM - 12.00PM

@ Mackay Children and Family
Centre HUB

APPOINTMENT BOOKINGS
CONTACT

ATSICHS Mackay (Meryl) - 49 579 400

Bucasia Clinic (Justine) - 49 579 479

M.C.F.C HUB - (Admin) 48 420 600

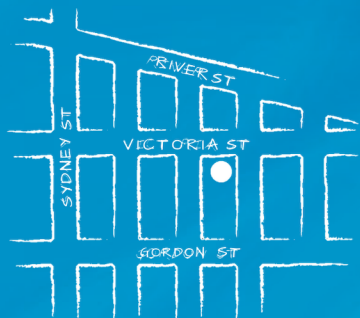


Bucasia After-Hours Clinic

We now offer after-hours care for urgent non-life-threatening acute injuries & illness. Our after-hours care is provided from our subsidiary clinic located at Shop 21 Hibiscus Shopping Centre, 54 Downie Avenue, Bucasia, QLD 4750.

After-Hours non-life threatening emergency services is available on Mondays and Wednesday between 6pm to 9pm.

If you require urgent after-hours medical care outside of these opening hours, please contact Emergency Department at the Mackay Base Hospital on 07 4885 600.



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