



# ournews

**MARCH 2025**

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

## Wear Red for Heart Awareness

On Friday 28th February, Chronic Disease/Outreach Team hosted a morning tea for Wear Red Day.

On this day we encouraged ATSICHS staff to wear RED for someone close to their heart for a gold coin donation. Staff purchased morning tea for \$5, raffle tickets were sold for a basket of goodies during February.

All patients who received a 715 Health check for the month of February would receive a free raffle ticket to go into the draw.

All money raised was kindly donated to research for the Heart Foundation.

A successful contribution donation of \$450.10 was raised overall for this event.

"REDFEB" is an annual Heart Research Australia event where we encourage people to wear RED and DONATE on behalf of someone, they care about who has been impacted by heart disease.

We aim to raise awareness for heart disease and much needed funds for research into the prevention, diagnosis and treatment of heart disease.





# Sarina Elders Information Day

The Elder Care Team rolled out an Elders Information Day on Tuesday, 25th of February at the Sarina dart hall and had an attendance of 50 + people. The Elders making up the majority of approximately 35 attendees.

The presenters talked about topics, such as: Dementia, EPOA and Wills, how to connect community with the Sarina Hospital IHW's, Feroscare – an organisation that works in collaboration with people with disability, alongside peak bodies and organisations, ITC – helping our community to understand chronic pain and meet care plan goals

6 Students from Sarina State High School were in attendance to assist with the event and done an excellent job attending to our Elders.

Lunch was provided and gift bags were presented to our Elders and the Presenters. It was a great turn out and a success.





# AFTER-HOURS Urgent Care Clinic

The After-Hours Clinic has commenced for the year and is open to the wider community, both indigenous and non-indigenous patients.

Our After-Hours Clinic operates:

**Wednesday 5pm – 8pm**

**Saturday 11am – 4pm**

No appointments to be made in advance and walk-ins only.

Over the last few months, the numbers have increased which is great to see.

Word is getting out there and community is accessing the service.

The clinic is staff by the following:

- General Practitioner/Nurse Practitioner
- Registered / Enrolled Nurse
- Reception staff
- Security Guard

We encourage the community to access the service. If you would like more information about the After-Hours Clinic please contact our friendly reception staff.

## Farewell

On Friday 28<sup>th</sup> February, ATSICHS staff and board members gathered to say their farewells to our Dietician, Sherine Elias after more than 30 years with the health service and Senior Medical Officer, Dr. Virja Panday.

ATSICHS Mackay thank you for your time and dedication to the health service and our community and we wish you all the best on your future endeavors.



# Farewell Message From Dr Panday

As you may have heard by now, I have resigned from my position as Senior Medical Officer of the health service due to my personal circumstances and a decision to move away from Mackay.

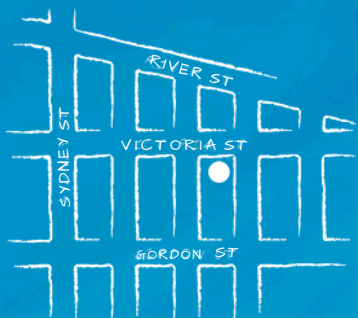
I wish to thank the health service and community of Mackay for welcoming and accepting me since my commencement.

It is very pleasing to look back on my 19 years of full time service that has contributed to my professional and personal fulfillment. I am immensely grateful for the privilege of an intimate journey with the health service and the community. A big thanks to the management teams, all staff and dedicated colleagues (past and present) for your positive relationship with me and supporting me in my varied roles. I am confident the health service will continue to play a central role in supporting the development of a robust and healthy community.

Mackay will always be a special place to me. It is where my children were born and raised and where my family truly considers home. I thank the health service and community for contributing to making Mackay my home. I will miss living in Mackay and being physically present at the health service. However, I am pleased to advise that I will be continuing my relationship with the health service by working remotely providing clinical consulting services.

I look forward to my ongoing contact with all.

-Virja Panday



#### **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, AODS, NDIS**

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