



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

Diabetes Education Training

The Magnet Man training through Diabetes Australia provides education on Diabetes Type 1, Diabetes Type 2 and Gestational Diabetes through an interactive visual display for Aboriginal and Torres Strait Islander participants.

Participants gained knowledge through a simple and easy-to-understand demonstration on how the body works, risk factors and historical social determinants to health, and ways to manage chronic disease.

Our Diabetes Australia facilitator, Nadine Bradley, provided many knowledge points and a relaxed environment for all participants to share stories.

ATSIChS Mackay will be provided with their own Magnet Man in June 2024 to provide more opportunities for Diabetes Education to the community.



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

Meet the Youth Team



Left to right: Palai Mabo, Tyeller Masso, Aisha Barba, Jenny Timor

Meet the newly established ATSICHS Mackay Indigenous Youth Team. We are located at the YuwiYumba Cultural Hub, 9 River Street.

Watch this space for upcoming Youth Programs in current development.

- Yarning Circles /Recreational Activities
- Gym /Healthy Lifestyle Program
- Bush Tucker/Medicine /Gardening
- Kai Kai Cultural Cooking 'Kai Kai Blo Ume '
- Educational Sessions on Country/History/Culture
- Life Skills Program

For further information Contact Jenny Timor 0407 249 605.

Jenny Timor

Indigenous Youth Coordinator



New Doctors

Since the New Year, we have welcomed three new General Practitioners to our Mackay and Bucasia clinic.



Dr Robyn Lloyd
Bucasia Clinic



Dr Nusrat Shirmen
Mackay Clinic



Dr Song E Lee
Mackay Clinic

Women's Healing Group

Every Wednesday from 10am to 2pm we have our ATSI CHS 'MACKTOWN SISTAS' Woman's Healing Group. 'MACKTOWN SISTAS' was started around 5 years ago and continues to be well supported by community.

We started this group so women who are struggling with substance misuse issues in our community had somewhere safe to be. It was designed as a healing and support group where they could come share their stories, learn new ways of coping with day-to-day struggles, share their laughs and joys, be supported, and support one another, learn new skills, learn cultural practices, and meet new people.



ATSI CHS Mackay provides all transport and lunch for the day and covers any costs for training and activities. We work closely with and have a good repour with external agencies in our community and can call on them to assist with our group, especially with providing educational groups.

Just over 1/4 of the woman who have attended our group have stayed abstinate from substance misuse, attributing some of the reason to attending 'Macktown Sistas' group.

We have woman still attending 'Macktown Sistas' who attended from its conception. There is no judgement within the group - just support from each other, I believe this is one of the things that make the group a success.



Community Solutions Day

On the 22nd February our SEWB and AOD teams attended the Community Solutions Community Day. This was well supported by community. A great and informative day was had by all.



Probation and Parole

The first Tuesday of every month from 10am to 12pm our SEWB and AOD teams can be found down at Probation and Parole. We provide information, referrals or just a space to chat. You also get given a chance to win a prize in the raffle on the day.

Suzie Penney
AOD Counsellor/Case Worker



Bucasia Clinic News

Wear Red Day

Heart disease is still Australia's leading cause of death and affects families and communities around the country.

Heart Research Australia support world-class and emerging researchers to conduct groundbreaking research into the prevention, diagnosis, and treatment of heart disease.

Our job is to reduce the devastating impact heart disease has on families and the community.

ATSICHS Bucasia participated in raising awareness for **WEAR RED DAY** held on Wednesday 14th February 2024. Staff supported and dressed to impress in something red.

We successfully raised \$272.



Prizes included: Chocolates, hat, towel, biscuits, wine & Champagne glasses, \$60 Meal voucher, \$60 Movie tickets, \$50 Caneland voucher, Scratchies, and His & Her body products.

Value: \$200

The symptoms of a heart attack can be similar to those for angina:



- Dull pain
- Chest tightness
- Feeling sick in the stomach/nausea
- Fainting
- Sweating
- Difficult breathing
- Pain in shoulder
- Pain from the chest to the back
- Jaw & neck pain
- Fatigue or weakness

Ruth Mallie
Bucasia Clinic Supervisor



Thank you to everyone who supported and bought raffle tickets.



Easter Puzzles

Word Search



- | | |
|-----------|------------|
| BASKET | EASTER |
| BUNNY | EGGS |
| CANDY | FLOWER |
| CARROT | HUNT |
| CHICKS | JELLYBEANS |
| CHOCOLATE | PARADE |
| DAFFODIL | SPRING |
| DECORATE | SUNDAY |



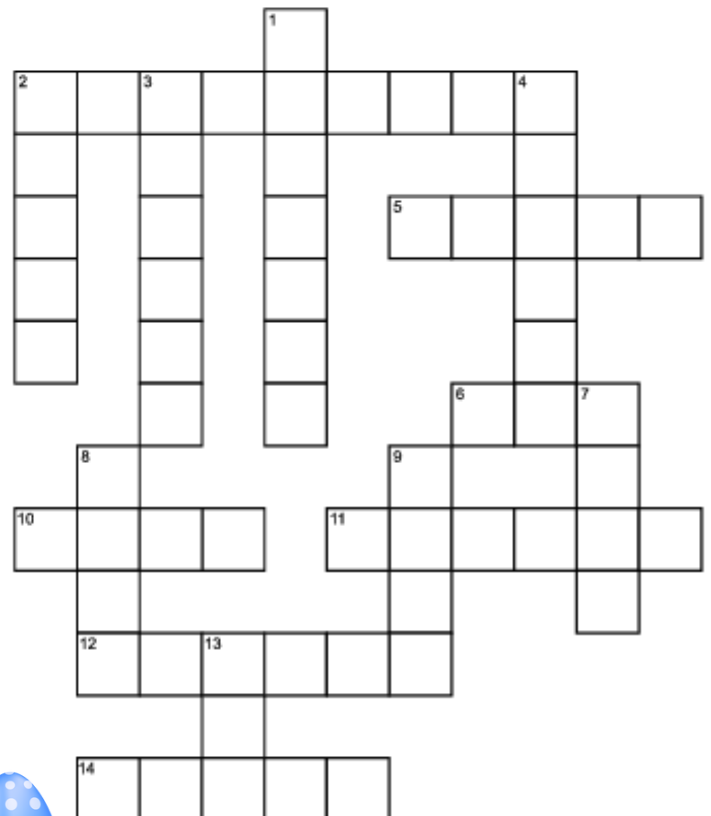
Crossword

ACROSS

- 2 A mother duck keeps a close eye on her ____.
- 5 Easter's month.
- 6 Which came first, the chicken or the ____?
- 10 A mother cow gives milk to her ____
- 11 Easter is always on this day of the week.
- 12 Carry your Easter Eggs in a ____
- 14 The Easter ____ hops around the world and delivers presents.

DOWN

- 1 April showers bring May ____.
- 2 Cows give milk for ____ products.
- 3 A mother hen watches over her baby ____.
- 4 Easter's season.
- 7 A baby ____ is called a kid.
- 8 A baby sheep is called a ____.
- 9 In the backyard, the kids are having an Easter Egg ____.
- 13 The ____ warms the earth and brings the light to the world.



MEN'S GROUP

10AM | EVERY 2ND FRIDAY STARTING
MEET AT YUWIYUMBA CULTURAL HUB
9 RIVER STREET, MACKAY

FOR ENQUIRIES CONTACT
JAIDEN BALDWIN ON 0497 821 630



A DEADLY CHOICE
Deadly Choices
IS A HEALTHY CHOICE

DC FIT GROUP SESSION

10:30am | Every Monday & Wednesday

Power Station Gym

Boddington Street, Mackay

For more information contact

Jardine Bobongie 0488188278

Corbin Tass 0437719046



2024 MOB'S GOT TALENT

Congratulations to the
3 category winners:

Instrumental

Millie Bishop

Singing

Quakawoot Children

Jeff Timor

Dancing

Isaac Pinkard



BUCASIA CLINIC After-Hours Emergency Clinic



EMERGENCY CLINIC HOURS

Monday 6pm - 9pm

Wednesday 6pm - 9pm

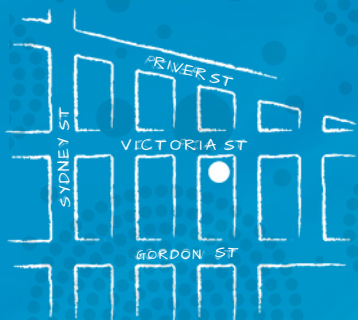
This clinic is for emergencies only | No appointments to be made in advance



Shop 21, 54 Downie Avenue
Bucasia QLD



07 49 579 479



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