

ATSICHS Mackay JULY 2019

Dental Service

ATSICHS Mackay is pleased to announce we are able to offer the community a Dental Service. Dr Raghu will be available on Wednesday and Dr Singh on Thursday. Please feel free to call our friendly Dental Nurse Sarah to book your next appointment.



Atsichs Dental

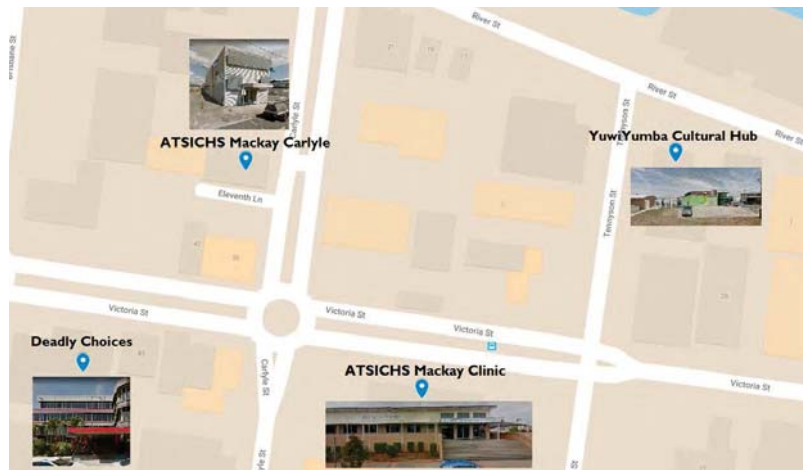
- * EXAM, SCALE, CLEAN
- * FILLINGS
- * EXTRACTIONS
- * \$30.00 CHARGE FOR ALL TREATMENTS REQUIRED

- * CHILD DENTAL BENEFIT SCHEME AVAILABLE
- * FREE DENTAL TREATMENT FOR AGED PENSIONERS

Phone: 4957 9426

New Premises

ATSICHS Mackay has moved some programs and services from the YuwiYumba Cultural Hub to our new premises at 10 Carlyle Street. The new premises is now home to our Womens Group, Social and Emotional Wellbeing Unit, Mental Health, Suicide Prevention, Alcohol & Other Drugs.



Aboriginal Health TV

Patients may have noticed the installation of the new Aboriginal Health TV in the clinic waiting room. The digital TV network delivers culturally relevant, health & wellbeing information to Aboriginal & Torres Strait Islander people. These messages result in better health literacy, better conversations between patients & healthcare practitioners and better healthcare outcomes. AHTV is the world's first exclusive health-focussed television network for Indigenous people.



Evidence suggests that this period in the waiting area is a time when people are most open to information which can improve their health and offer relevant questions to ask their health professional when they see them in the next few minutes.

Homelessness Expo

Once a year the community gets together and organises a Homelessness Expo which aims to improve the health and well-being of each individual, that is marginalised and disadvantaged within today's society, by providing opportunities for people experiencing homelessness to share their story and enables interaction with community service providers.



Left to Right: Mariah Mallie, Renae Mitchell, Veronica Bayles – ATSICHS Mackay Stall

The Expo focuses on empowering people who are struggling with homelessness and people who are at risk of homelessness to increase community awareness of the issues and improve the health and well-being.

They could get their haircut, a nice massage, their clothes washed, have a general check-up, eat food they may usually not eat and feel comfortable to talk to services for any professional assistance for essential help.

My team and I handed out necessities to everyone, which included fresh water bottles, mug cups with soup sachets, coffee cups, hand wipes/sanitiser, canned foods, female hygiene care products. We also handed out pamphlets promoting healthy lifestyles and services we provide within ATSICHS Mackay.

I learnt a lot about homelessness that day and it gave me a very different understanding and perspective of difficult circumstances and situations people face day in, day out.

Submitted by Renae Mitchell (ATSICHS Health Worker Trainee)

SMS Communication

ATSICHS Mackay will send our clients SMS reminders the day prior to their appointment to either confirm or cancel

the appointment. You will be asked to reply with YES to confirm, NO to cancel or STOP to opt out of SMS messaging. If your contact details have changed please let our friendly reception staff know so that we can keep you updated on important information.

Programs Activities Events

Monday	Tuesday	Wednesday	Thursday	Friday
Womens Group 9am-12pm 10 Carlyle St	BingoBetes 2 nd Tues each month 10am-12pm YuwiYumba	Kazil Bayan Playgroup Every 2 nd Wed 9:30-11:30 YuwiYumba	Womens Walking Group	Womens Water Aerobics Happy Days Swim & Fitness
Computer Class 12pm-1pm		Womens Exercise Group		Boyz 2 Men Youth Group 11-17 years 10am-1pm YuwiYumba
Learn to Swim 4mths – 5years Happy Days Swim & Fitness		Mens Group 10am-12:30pm YuwiYumba		

1/7 Coming Of The Light

8/7 NAIDOC Week

4/8 National Aboriginal & Torres Strait Islander Childrens Day

9/8 International Day of Indigenous People


5/9 Indigenous Literacy Day

MACKAY NAIDOC WEEK EVENTS 2019



- Saturday 6th July - BRO AM Golf Tournament
- Monday 8th July - Mackay Regional Council Flag Raising Ceremony & Morning Tea
- Tuesday 9th July - Mackay Children & Family Centre Baby Competition
- Tuesday 9th July - ATSICHS Mackay Big Fun Childrens Day
- Wednesday 10th July - Mackay Children & Family Centre Elders Morning Tea
- Wednesday 10th July - ATSICHS Lawn Bowls Day
- Thursday 11 July - ATSICHS Mackay Big Breakfast
- Friday 12th July - NAIDOC Street Parade

Mackay Children & Family Centre NAIDOC Events



NAIDOC WEEK 2019
‘Voice, Treaty, Truth’


ELDERS MORNING HIGH TEA

Date: Wednesday 10th July 2019

Time: 10.30am to 12pm

Place: Mackay Children & Family Centre, Celeber Drive, Andergrove

RSVP: Tuesday 2- July 2019 to Tamika on 4842 0600




2019 NAIDOC BABY SHOW



- Tuesday 9th July from 9.30am – 12pm Age Group: Newborn to 2 years
- Thursday 11th July from 9.30am – 12pm Age Group: 2 years to 4 years


Judging Location: Mackay Children and Family Centre (MCFC)
Celeber Drive
Andergrove (opposite ‘The Village Shops’)

Entries Close 1 July 2019 - Entry forms available from MY105 or MCFC

Winners announced at the NAIDOC Family Day held on Friday 12th July






ATSICHS Mackay NAIDOC Events



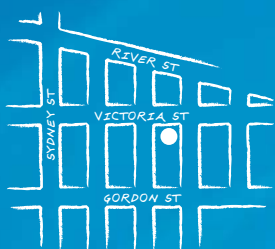
ATSICHS NAIDOC 2019 Itinerary

- Tuesday 9th of July 2019:
ATSICHS Mackay Big Fun Childrens day
- Wednesday 10th of July 2019
ATSICHS Mackay Lawn Bowls Day
- Thursday 11th of July 2019:
ATSICHS Mackay Big Breakfast

Health does not only signify the physical well being but includes social, emotional, spiritual and cultural well being of yourself, your family and the whole community in which we reside. This is what we perceive and acknowledge as Indigenous people.

As an Aboriginal and Torres Strait Islander Community Health Service we strive to promote, provide and accomplish healthy services to our community.



ATSICHS Mackay Ltd
31 - 33 Victoria Street, Mackay QLD 4740
Phone: (07) 4957 9400

YuwiYumba Cultural Hub
9 River Street, Mackay QLD 4740
Phone: (07) 4957 8076

Deadly Choices
45 Victoria Street, Mackay QLD 4740
Phone: (07) 4951 0847

SEWB, Mental Health, AODS
10 Carlyle Street, Mackay QLD 4740