



ATSICHS Mackay MARCH 2019



ATSICHS Mackay recently launched the Boyz 2 Men Youth Group. Open to indigenous and non-indigenous young fellas between the age of 11-17. The group operates every Friday from 10am to 1pm at they YuwiYumba Cultural Hub. The group offers cultural activities, connecting back to community with ATSICHS Deadly Choices Team, PCYC, YIRS and Employment Groups. The group aims to support the young people in our community and let them know they are not alone. For more information call the YuwiYumba Cultral Hub on 4957 8091



Image Credit: QAIHC Sector Leader Magazine March/April 2019

My Health For Life

ATSICHS Mackay's very own Thelma Fry recently featured in the March/April QAIHC Sector Leader Magazine. You can view the article at <https://www.qaihc.com.au/publications/sector-leader-magazine/marchapril-2019-edition-8>

Brain Teaser

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.

- You can find the answer on the backpage

DEADLY CHOICES COMMUNITY DAY
10AM - 2PM, TUESDAY 16 APRIL
JOBILEE PARK - ALFRED STREET

Come along to the Deadly Choices Community Day!
The day will include health screenings, dental screenings, rock climbing wall, face painting, jumping castles and more. Plus meet rugby league legend and Deadly Choices Ambassador Petero Ciconiceva.

To find out more contact Jardine Bobongie on 0437 069 112 or jardine@atsichs.org.au



Northern Queensland Primary Health Network

Northern Queensland PHN recently hosted a stakeholder engagement event with the Health Minister Greg Hunt. In attendance was Member for Dawson George Christensen, Mackay Regional Council Mayor Greg Williamson, Traditional Custodian Phillip Kemp and many other local health service providers. Executive Manager Val Pilcher, Primary Health Care Manager Allannah Munro along with Finance and Administration Manager Maria Tyler represented ATSICHS Mackay in discussions regarding health in Australia, in particular those relating to the Mackay Region. Please visit the Northern Qld PHN Facebook page to see more.



Photo Credit: Northern Queensland PHN

Dakotas Poem

My life is a story you now have the book
Show me a world of glory and I'll get you
hooked It no longer rains with you by my
side

I'll fight all the pain
I'll take you for a ride
My worlds clean
My loves pure

You're never mean you always have the
cure Air fresher than the water

Skies bluer than the ocean

We'll have a daughter

So well make a potion

I live by the skyline

You can come live with me

Your smiles all mine

Our love was meant to be

A world full of peace

An army full of hurt

Every secret you'll keep

You'll one day get kicked to the dirt

I'll be there to pick you up

You'll be there to give me faith

I'll pour more into your cup

The lives we could save

The grass is always green

The butterflies always pretty

No need to ever scream

Until you show me pity

When the grass becomes dead

And your lost in your own head

When you start to see shades of red

And you can't lay in your own bed

I'll be there to give you hope

I'll be there to cut the rope

Never step foot over the line

Its mystical just like wine

Rainbows so wilful and calm

Every gem and every charm

If ever you're in need of saving and in
need of help I'll be your craving I'll make
you love yourself You have the book

I have the keys

Only one look

Soon you'll see

Everyone has their own little world Even

the most scared little girl Open as you

free to feel

You've paid the debt

I've made the deal

Come visit me often

Your heart ill soften

My life is a story

You now have the book.

By Dakota

CHRONIC DISEASE

A good start to the year, 12 ladies had participated in a 6 week exercise program, run by Active Physio. Thoroughly enjoyed by the group, ATSICHs will continue with another exercise program which will be on Wednesdays.

If interested please contact
Jacqueline Streets – 0448212324
Selbena Mallie – 49579400



Physical Activity

Do you regularly participate in Physical Activity? No matter what your age or physical limitation, regular gentle exercise or any enjoyable physical activity will benefit you, make you feel fitter and also reduce the risk of falls.

Staying active is important. Ask your doctor for a referral to a physiotherapist, who may help with home based exercise program to meet your needs. Choose exercises that improve your balance and muscle strength. These may include Tai Chi, gentle aerobics or aqua aerobics.



**Always have a medical check-up
before commencing any new
physical activity.**

RECIPES

Smoked Salmon Egg Muffins

Ingredients

- 1 tbl Olive oil
- Shallots or 1/2 white onion finely chopped
- Handful baby spinach (optional)
- 1 garlic clove, minced
- 6 eggs
- 1/2 cup cream (optional)
- 40g smoked salmon or bacon
- Grated cheese
- Salt and pepper

Method

1. Preheat oven to 200 celsius
2. Heat frying pan on a medium heat pour olive oil
3. Add chopped shallots/ onion. Then add in the garlic, baby spinach and fry for another 2mins.
4. Turn off the heat and leave the frying pan and its contents to cool on the side.
5. In a large bowl, beat the 6 eggs (and optional cream) salt and pepper.
6. Next, add chunks of salmon in all of the ingrediants from the frying pan. Add mix to muffin tray
7. Pour the egg mixture evenly into muffin tray and place in the oven.
8. They'll take around 12 minutes to puff up perfectly.
9. Will keep in fridge for 2 days.



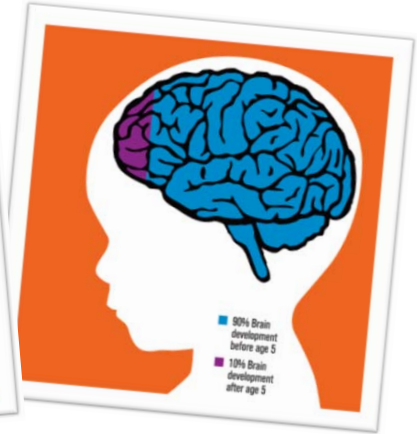
Message from the Finance & Admin Team

Hi everyone!

A quick update from the Finance and Admin team here. We've just completed a busy time finalising all of our funding reports for the first six months of the financial year (July – Dec 2018). Now we are preparing for our upcoming interim financial statement audit in June. We've said farewell to our Senior IT Officer, Matt Humphries, as he moved on to his new role of hard yakka – his shoes have been filled by our very own Crystal Gill who has been with our team on a part time basis for a few years now. We have also continued our support of other programs. To this end, we remind you of a couple things:

MYOB

1 – Have you ever wanted to learn how to use an accounting software package? Remember, you can learn MYOB for free by simply following this link: <https://help.myob.com.au/teachme/> Allow about 5 hours to complete this free setup and training package.



The use of MYOB is a highly sought after skill by general business, and you can learn how to use it in the comfort of your own home. All that you require is internet connection, and some time.

Brain Development

2 – Have you got a new baby or a toddler? We have a free brain development program that you can ask our maternal team for, at your next visit. This has been developed in house by our own staff based on the best-selling books by Glen Doman. This program can be used for children from 3 months old to 5 years, and

is designed to support brain growth in numeracy and literacy. All you need is a computer that has USB access, and some time (less than 15 minutes per day). I used this program with my second daughter from when she was 3 months old, and she started speaking just after she turned 12 months (having conversations at 18 months), and picking out numbers for addition sums at 2.5 years! So I would encourage you to give it a go for your child!

Stay safe, until next time!

Maria

Programs Activities Events

Monday	Tuesday	Wednesday	Thursday	Friday
Womens Group 9am-12pm YuwiYumba	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		

- 16/4 Deadly Choices Community Day
- 19/4 Good Friday
- 21/4 Easter
- 22/4 Easter Monday
- 25/4 Anzac Day
- 26/5 National Sorry Day
- 27/5 Reconciliation Week
- 3/6 Mabo Day
- 1/7 Coming Of The Light
- 8/7 NAIDOC Week

YUWIYUMBA CULTURAL HUB



ATSICHS SERVICES

- Social Emotional & Wellbeing Social Worker
- Maternal & Child Mental Health Social Worker
- Alcohol & Other Drugs Case Workers
- Mental Health Workers
- Community Liaison Officer
- Community Engagement Officer

OTHER SERVICES

- Mackay BingaBirry Elders Justice Group
- Wiri Community Limited
- Yuwibara Aboriginal Corporation



Connect with **ATSICHS Mackay** on Facebook for the latest information on upcoming events, programs and activities. We keep it regularly updated to ensure that you are always in the loop.

IMPROVEMENTS

ATSICHS Mackay have partnered with Tonic Health Media to provide digital health TV. You will soon see a new TV in the waiting room which will broadcast culturally appropriate health messages that will educate, entertain and engage patients. The digital health TV also allows for local video messages that promote positive lifestyles.



WOMEN'S HEALTH CLINIC



SATURDAY WOMEN'S HEALTH CLINIC
WITH DR JAN HANSON

Saturday 30th March 2019
9:00am - 12:00pm

Book an appointment to speak with our female GP today

- ATSI Women's Health Check - General Consultation
- Birth Control & Family Planning - Pregnancy Test
- Menopause Management - Cervical Screening (Pap) Test
- Period Problems - Pre & Post Pregnancy Check
- DRS Eye Screening - STI & STD Screening

CALL NOW ON 07 4957 9400
Limited Appointments



BrainTeaser Answer: S



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 4737
Phone: (07) 4951 0847

