

Health does not only signify the physical well being but includes social, emotional, spiritual and cultural wellbeing 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.



Aboriginal & Torres Strait Islander
Community Health Service Mackay Ltd

Child and Maternal Health

ADDRESS

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

Child & Maternal Health/Home Visits

Available, contact clinic to arrange

Immunisations

Week days, 9.30am – 3.30pm

Kazil Bayan Playgroup

Wednesday, 10:00am - 12:00pm
2-4 year old children

TRANSPORT AVAILABLE MONDAY-FRIDAY

AFTER HOURS

Refer to the emergency department at
Mackay Base Hospital
(Bridge Road, Mackay)

Ph: (07) 4885 6000

INTRODUCTION

The Aboriginal and Torres Strait Islander Community Health Service Mackay Ltd (ATSICHS) commenced in 1978 from a community initiative.

The vision was for the improvement of Aboriginal and Torres Strait Islander people in the Mackay region.

ATSICHS Mackay Ltd region includes the shires of Mackay, Pioneer, Proserpine, Belyando, Mirani, Nebo, Broadsound, Sarina and Bowen.

The Aboriginal and Torres Strait Islander Community Health Service Mackay Ltd is community controlled and receives funding from Department of Health and Ageing – Office of Aboriginal and Torres Strait Islander Health. The services we offer aim to address the health issues in our community with a large focus on prevention, education and effective management in a culturally appropriate way.

SERVICES

ATSICHS Mackay aims to improve family health and well being in a culturally appropriate way by providing the following services;

- Parent and child interaction
- Growth and development
- Hearing health
- Immunisations
- Antenatal/postnatal education
- Nutrition
- Parents' wellbeing
- Social and emotional wellbeing
- Child health checks

ACTIVITIES

The Child and Maternal Health program runs activities including;

- NAIDOC week Activities
- Kazil Bayan/ kindy gym
- ATSI Children's Day Activities
- Mum's and bub's program
- Pregnant mother's program
- Belly painting and belly casting
- Deadly ears program
- Hearing and vision screening in the community
- Immunisation
- Healthy Kids Checks (4 year olds)
- Referrals to other organisations
- ATSI Health Checks
- Support for dads

Pregnant Mother's Program

This program has been developed to provide information on pregnancy, birth, postnatal care and bub health. Sessions include information on changes to the body when pregnant, baby growth, alcohol and drugs, healthy eating when pregnant, breastfeeding and care of the baby when born. Mothers are given information packs and samples, and 3 fruit and veggie vouchers over the duration of their pregnancy. Mothers also have the opportunity for free belly painting and/or belly casting towards the end of their pregnancy, to create a lasting memory.

Child Health

Child Health Checks are recommended regularly between the ages of 0 and 14 years and includes a range of assessments including eyes, ears, weight, height, nutrition and immunisations. The purpose of the child health check is to ensure that any health problems are identified as early as possible.

If you wish to participate in any of these activities, please contact us.