



June Edition 2008

Issue 2

Welcome to the second newsletter from Dharah Gibinj.
Message from the CEO

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Message from the CEO
Jeff Richardson

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Survey

I am very happy to report that good things continue happen at Dharah Gibinj, I want to congratulate our team and thank the community for their strong support, in the first five months of 2008 we have seen the same number of clients that we seen in all of 2007.

The additional GP service being provided by Dr Rosemary Craig at Coraki is growing in popularity and we expect that this growth will continue.

We are at present negotiating with a local GP in another area and I am hopeful that we will be able to provide an additional weekly GP service to that community as well, due to confidentiality reasons I am unable to identify the community at this stage.

With the rising cost of petrol, and our increasing numbers of clients our Transport budget is getting very tight, to ensure that we can continue to provide this essential service we need to get a bit smarter about how we do things;

Please remember that transport is allocated on a needs basis, preference is given to people needing to travel for Specialist appointments, aged or seriously ill people and people who have no access to transport.

All transport for local trips must be booked before 10.00am
Transport out of the local area must be booked at least one week prior to your appointment.

Whilst we make every effort to meet the transport needs of the community unfortunately there are times when we simply cannot meet all demands, when this happens we will try to rearrange appointments or make alternative arrangements.

Remember our motto " Eat a little less Walk a little more"

Yours in Health
Jeff Richardson

POSITIONS

New DCAC Coordinator dcaccoord@casinoams.com

My name is Sue Rowell and I am a registered nurse and I'm very happy to be back here in Casino.



I have recently been appointed as the new nurse co-ordinating the Goorie Diabetes Complications and Assessment Clinics. I am really impressed with the program that my predecessor Jo Cooper set up with the commitment and dedication of all the staff at Dharah Gibinj and the Area Health Service.

I have been nursing since 1980 and have 20 years experience working in the area of renal and dialysis. I worked at the Renal Unit at Lismore Base Hospital for many years so know quite a few people from around the area already.

More recently I had the pleasure of working for Aboriginal Community Controlled Health Services in the Kimberley in WA. I was the Renal Educator for the Kimberley and did a lot of work with the Kimberley School of Health in Aboriginal Health Worker training.

I hope you all know the GDCAC is up and running again. I work out of Dharah Gibinj on Thursday mornings and also visit Jubullum, Muli Muli and Coraki.

If any one wants to catch up, have a chat, check out diabetes or other health stuff ask your local health worker to contact me, or come to Dharah Gibinj on Thursday mornings or give me a ring on 6662 4444 at Casino Community Health.

It's great to be back in the town where I was born and grew up. I very much look forward to catching up again with people I already know, meeting lots of new people and working together to help close the gap.

Sue Wilson Chronic Disease Coordinator ccc@casinoams.com

Sue Wilson is the Register Nurse who has been working at Dharah Gibinj over the past two months on a part time basis. Sue previously worked in a general practice coordinating Chronic Disease Management at Kyogle. Sue comes from Wiangaree and as a nurse she has worked as a community nurse, high dependency nursing, emergency, medical and nursing children's. Sue will be working at Dharah Gibinj five days a week as the Chronic Disease Coordinator.



Healthy For Life Aboriginal Health Worker h4lworker@casinoams.com

Karen Day the Healthy for Life Aboriginal Health Worker will work with the women's health team to deliver Child and Maternal Health Programs. They will work with the Healthy for Life Coordinator to ensure Action Plans in relation to Child and Maternal Health are implemented. They will also assist with the data collection against the Healthy for Life best practice model and will liaise with the Healthy for Life Site Coordinator in meeting these requirements.



Dharah Gibinj, Telephone 66623514, Fax: 66624849, P.O. Box 14, 43 Johnston St, Casino,
www.casinoams.com

POSITIONS

Doctors

Dr Siobian Reddell will be leaving us on the 16th July and going back to Canberra. Dr Reddell has been working at Dharah Gibinj for six months. On behalf of Dharah Gibinj we would like to wish Dr Reddell all the best in her future journey as a new doctor.



Dr Theresa Engler will start work at Dharah Gibinj on the 24th July 2008. More about Dr Engler in the next newsletter.

Aboriginal Health Worker- Debbie Caldwell healthysmiles@casinoams.com
Debbie has now moved from receptionist into an Aboriginal Health Worker position. Debbie will present oral health promotion program focusing on increasing awareness to Aboriginal parents on the contributing factors relating to dental decay in a culturally sensitive and sustainable manner. She will be working along side Marlene Daley as the Aboriginal Health Worker delivering women's health programs.



Health & Fitness physiologist@casinoams.com

Hi my name is Sarah Beaumont and I'm an Exercise Physiologist at Dharah Gibinj and I have been here for three months. I have lived in Casino for most of my life and a lot of my family originates from the Kyogle, Urbenville Woodenbong areas. I went to school in Casino and studied Exercise Science and Nutrition at Southern Cross University in Lismore and graduated in 2006.



I have worked in and managed a women's fitness centre in Lismore for the last 3 years. During this time I worked with hundreds of women of all shapes and sizes with all sorts of health problems, but they were all working towards the same goal of wanting to feel and look better.

I am organising healthy lifestyle and exercise programs in all the surrounding communities so if your interested call Dharah Gibinj to find out a little more. Feel free to call me on 66623514 to have a chat. Or talk to your Doctor to organise a care plan with me to help you manage your diabetes or other health conditions.

Clinical Coordinator praccoord@casinoams.com

Margaret Burns is from America and she has been in Australia approximately fifteen months. Margaret Burns is a Registered Nurse who is the Clinical Coordinator for Dharah Gibinj and her role is to look after all the clinical operations. Margaret has been working here for twelve months now. Margaret has experience in the renal, drug and alcohol and cancer area and she has worked in a number of hospitals in America.



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Positions

Social & Emotional Worker

Billy (Derryk) as you may know him by is leaving Dharah Gibinj for twelve months. He has been at the AMS for approximately five years and now he is going to the Northern Territory to work and for a change of scenery. Good Luck on your journey.



Youth Services

Beth Shelley is the new Coordinator Casino Youth Service. The Casino Youth Service is offering some Dance and Drumming workshops during the school holidays. During the first week we will be running a series of Drumming workshops for four days of the week (Mon, Tues, Thurs and Fri) and at the end there will be a short performance by the group. During the second week there will be Hip Hop Dance, M'cing and Break Dance Workshops for three days (Mon, Tues and Thurs). The NORPA Dance Action Team has been teaching two of Casino's young people to be Hip Hop Dance class instructors. These two girls will be applying some of their teaching abilities within the workshops and there will be other experienced teachers as well. These workshops are for both girls and guys aged 13-20yrs old. This year the "Drop In" program at the Oaks Centre is from 3.30-5.30pm on Tuesdays for 5 – 12yr olds and 3.30 till 5.30 on Thursdays for 13- 20yr olds. This is a space where young people can play pool, table tennis, bowls or other activities including accessing the internet. The service is opened Monday to Thursday Phone and Fax (02) 6662 6944 2/75 Walker Street (PO Box 434) Casino NSW 2470

Wanna play the drums?

Free Drumming and Percussion Workshops

Time: 12.30pm to 3.30pm, Monday, Tuesday, Wednesday and Thursday

Venue: RSM Club Auditorium, Casino

For: Young People ages 13 -20

Presenter: Peter Jaggie from the Young Drums



**Presented by the Casino Youth Service –
Phone Beth Shelley for more info 66626944**

**Get a hot hit of Hip Hop & Break-dance moves and try out some MCing Rhymes!
Workshops run by Homebase Mentors and Mentorees from Casino.**

When: Mon 14, Tue 15 & Wed 16 July

Where: Casino RSM Club

Age: 13 to 20 years old

Time: 12.30pm – 2.30pm

**BOOKINGS can be made with Beth at Casino on 66626944 or just turn up at
12.30pm**

COST: Free

**Wear comfortable clothes, bring water, a consent form must be signed on
arrival**

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Visiting Optometrist



The visiting optometrist will be in your community we are bringing the service to you so if you think you need glasses.

Come and get your eyes tested in your community.
All you need to bring is your Medicare card.

Date: Thursday 24th July
Venue: **Tabulam Aboriginal Community**
Time: 12midday until 4pm
Contact: Evelyn and leave your details with her .



Date: Thursday 28th August
Venue: **Coraki**
Time: 11am until 4pm
Contact: Sharon Cook and leave your details with her.



Date: Thursday 25th Sept
Venue: **Kyogle**
Time: 11am until 4pm
Contact: Ron Randall Kyogle Land Council

<u>Day.</u>	<u>Date:</u>	<u>Venue</u>
Friday	27 th June	Casino AMS
Friday	25 th July	Casino AMS
Friday	29 th August	Casino AMS

Suggestion or Complaint

Do you have a suggestion or complaint that will help us improve service delivery to your community.

Please fill in the bottom of his newsletter or ring us on 66623514 on any suggestions/ complaints or comments that you want to share.

Help us help you by filling out either a suggestion or complaint or even a comment

Suggestions:

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Complaints:

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Comments:.

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I would like to take this opportunity to thank you for your assistance.

Name **Community** **Date**

Please return to Dharah Gibinj 43 Johnston Street, Casino 2470 . Thank You