



MARCH 2008 ISSUE 1

Inside this issue:	Page No
1. From the CEO.	1.
2. New Board of Directors	2.
3. Dharah Gibinj website	2.
4. Women's Wellness	2.
5. Safe Motherhood	3.
6. Staff	3
7. Men's Healthy Food Awareness Program	3.
8. Boomerang Program	4.
9 Health QAssessments for Everyone	4.
10 Free Flu Vaxinations	4.
11. Massage	4.
12. Optometrist	4.
13. Djanenjam Preschool	4.
14. Australian Hearing	4
15. Jumbunna	5
16. Suggestion or Complaint	5

Welcome to our first edition of the Dharah Gibinj 2008 newsletter. Easter has already come and gone. Hope everyone had a safe and relaxing Easter break. We would like to keep everyone informed of the services we are offering at Dharah Gibinj. Now a word from our CEO.

1. From the CEO.

Dharah Gibinj continues to grow and expand the range of services provided thanks to a hard working Board, and a team of dedicated Health Professionals and the support of the communities. The service has made a number of significant changes over the past twelve months, with perhaps the most significant being the increasing emphasis on the prevention and treatment of Chronic Diseases, including Diabetes, Cardio Vascular, Respiratory and Renal of course all of these are connected in some way and along with cancer are the major causes of death among our people. Dharah Gibinj has made Chronic Diseases a priority because to a large extent these diseases are caused by the life style we choose to live. It is never too late to change and improve your life, the first step is a visit to your doctor or health worker, and the sooner you start to work on your health the greater your chance of leading a longer healthier life.

Four Simple Steps:

- . Ask your Doctor or Health Worker for an Adult Health Check
- . Seek Advice on eating Good Tucker (Junk food is a major cause of sickness)
- . Get at least 30 minutes exercise a day
- . Give up the smokes (just doing this can halve your risk of heart disease)

There is a wonderful team of Health Professionals willing and able to help you on the path to a long and healthy life, all that is needed is for **YOU** to take the first step and remember no one can take that step for you, it is your decision.

Yours in Health
 Jeff Richardson
 CEO Dharah Gibinj

Inside Story

2. New Board of Directors

The Annual General Meeting was held on March 6th at the Oakes Centre to nominate new Board of Directors for 2008. The following people are now representatives for:-

Muli:	Robert & Gloria Williams
Coraki:	Lorraine Williams
Kyogle:	Wayne Walker
Casino:	Tracey Duval and Darlene Caldwell
Tabulam:	Vacant

Our new Board of Directors will be working along side Dr Cindy Shannon who will be guiding all of our directors in the area of organizing meetings, setting up the strategy and action plans for the organization. The vacant board position for Tabulam will be announced within the next month or too.

3. Dharah Gibinj website

Jeremy who is our IT person has been updating Dharah Gibinj website, the history, where we are , [our mission](#), who [our new board](#) of directors, our [partnerships](#) and Dharah Gibinj staff. To find out more about us click on www.casinoams.com

4. Women's Wellness

The Women's Wellness program will be starting within the next three months. This program will provide pap-smears, gardasil vaccinations program, assists with mammograms, educational programs and support for all women out in the communities Dharah Gibinj service.

5. Safe Motherhood Program

The safe motherhood program is to bring about awareness and support

- a) To all Goori women to support and encourage each other to access and utilize existing health and welfare service/agencies.
- b) Increase number of Goori women with Gestational diabetes who are seen by the Dietitian and Diabetes Educator
- c) Establish continuity of care during child bearing and rearing for Goori women and their family.
- d) Early intervention for Goori children exhibiting signs of development delay of all types eg. Gross and fine motor skills and speech development.
- e) To support all Goori women to support and encourage each other to access and utilize existing health and welfare service/agencies.

Inside Story

6. Staff

- 6.1 Fran Johnson who was employed as the Vascular Health Nurse has now left Dharah Gibinj and is working for the Veterans Community Health Service in Casino.
- 6.2. Sophie Switajewski is a casual nurse who works one day per week and has been with Dharah Gibinj for approximately four weeks.
- 6.3. Dr Anthony Solomon is going over to America for three months to visit his sister. Happy Holidaying Dr Solomon.
- 6.4. There are four trainees currently at Dharah Gibinj. Philip Williams and Floyd Laurie are helping out with transport while Sheryl McNamara and Louise Walker are concentrating on older women's health. Older Women's Health Program will be looking at mammograms, breast checks, menopause and the healing program.

7. Men's Healthy Food Awareness Program

The Male Workers at Dharah Gibinj have been to Muli, Tabulam, Coraki, Casino, Bonalbo and Kyogle. The aim of the program is to promote a good understanding of nutrition and looking at the types of foods that causes health problems. During this time in these communities the men discuss other men's health issues that will improve on men's health issues.

8. Boomerang Program Drug & Alcohol & Social & Emotional Wellbeing

This program is to raise awareness about drug and alcohol issues and improving social and emotional wellbeing. Over the next three months Billy and Hank will be visiting your community so if you need to see them, make an appointment with them.

9. Health Assessments for Everyone

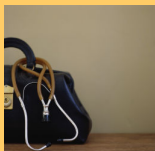
"Check and Respect your body"

Health Checklist

1. Have you recently had a "Health Check"?
2. Have you've been to the doctor this year?

Make an appointment ASAP

Don't leave it too late.



Inside Story

10. Free Flu Vaccinations

Winter's nearly here so its that time again to come in and get you flu shot.

11. Massage

Sue Robinson is our masseuse and she will be at Dharah Gibinj every fortnight on a Friday. If you would like a massage please call and leave your details at reception and they will make you an appointment

12. Optometrist

At the end of February early March the optometrist Vincent Ang visited us again and over the two days Vincent had seen thirty four clients. Vincent will be here again during 2008 and if you think you need glasses ring us on 66623514 and leave your name, phone number and your address with the receptionist so we can arrange an appointment for you. Vincent comes to Dharah Gibinj every three months and works on the Friday and Saturday with two of Dharah Gibinj staff.

13. Djanenjam Preschool

We have vacancies for Aboriginal children turning 4 by 31st July , 2008 Contact Karen Ponweiser at Djanenjam Preschool Casino Public School 31 Walker St, Casino. Contact Karen on 66621113 for more information

14 Australian Hearing

The Australian Hearing will be screening Elders and CDEP participants only. The first day is 12 June 2008 at Dharah Gibinj. These are the other dates that Australian Hearing will be screening are as follows:- 10th July 2008 ,11 December 2008 and the 19th February 2009. Times for screenings are from 10am- 3pm.and for further information contact Irene Briggs on 66221095 at Australian Hearing Lismore. Please contact Dharah Gibinj on 66623514 to book an appointment.

Inside Story

15. Jumbunna

Jumbunna will be running an Indigenous Triple P parenting program in Term Two. It will start on Monday 26th May and run for four or five sessions. Each session will be approximately three hours and lunch will be provided. Childcare will also be available if needed. Bus transport in Casino will also be provided for parents/carers and infants over 8 kg if needed.

Positive parenting aims to help make parenting easier, with practical ideas for everyday challenges. The program aims to help mothers, fathers, family and carers to understand how they can help children grow, teach them right from wrong, help them develop respect and have strong family relationships. Jumbunna on 66622866 for further information

16. Suggestion or Complaint

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

Let us know by filling in the bottom of this newsletter or call us on 66623514 I would like to take this opportunity to thank you for your assistance.

Regards Annette Olive (Program Coordinator)

Suggestions:

.....
.....
.....
.....

Complaints:

.....
.....
.....
.....

Comments:

.....
.....
.....
.....
.....

Name and or Community.....Date.....

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

www.casinoams.com