

ATSICHS Mackay APRIL 2021

COVID-19 Vaccine

ATSICHS Mackay received the AstraZeneca vaccine in March as part of the COVID-19 vaccination phase 1b rollout. Staff were busy leading up to the rollout to ensure all measures were in place for a safe and effective rollout. A vaccination clinic has been setup to administer and monitor clients during and after the vaccination. More than 100 vaccinations have been given within the first month, with all clients booked for their second dose in 12 weeks time.



Vaccine side effects

Patients have reported experiencing mild side effects. Some develop a slight fever, others get a headache, feel nauseous or fatigue.

Recent Federal Government Recommendations

On 8th April 2021 Prime Minister Scott Morrison announced that on the expert medical advice, Pfizer was the preferred vaccine for adults under the age of 50.

If you are aged under 50:

- The government has advised Australians aged under 50 against receiving the AstraZeneca Covid-19 vaccine
- The Australian Technical Advisory Group on Immunisation made the recommendation after a link was confirmed between the jab and rare blood clots

- The Pfizer vaccine is now the preferred Covid-19 vaccine for those aged under 50
- Government advises citizens to receive medical advice before receiving their Covid-19 vaccine

If you are aged over 50:

- The government says the AstraZeneca vaccine is still a highly effective vaccine at preventing severe Covid in those aged over 50
- the government is still 'strongly encouraging those 50 and over to take up the AstraZeneca vaccine'

Vaccine availability

For those who would like to receive the AstraZeneca vaccine or speak with one of our friendly GP's about the vaccine we welcome you to call the clinic and make an appointment to ask any questions you may have or discuss further.

We're now using HotDoc

Our clinic is now using HotDoc to send health messages.

APPOINTMENT REMINDERS: When you receive an appointment reminder you can click the link to confirm or cancel your appointment. Or you can simply reply with 'yes or no' to confirm.

RESULTS & RECALLS: Click the link in the SMS. Verify your identity. Unlock the message and book. You will continue to receive this message until you have booked an appointment

ONLINE BOOKINGS: Download the HOTDOC app to book an appointment at any time

We now send appointment reminders by SMS



Heart Awareness

The month of February is heart awareness month or better known as REDFEB! It is the month where you are encouraged to make your heart health a priority and proactively participate in the fight against heart disease.



Heart disease is the leading causing of death for our mob, causing one in 10 deaths. Whilst indigenous men have a higher burden of heart disease in comparison to women (68.3% for men and 41.7% for women), women do have a higher proportion of some heart, stroke and vascular diseases.

PREVENTION

- Speak to your GP about a Heart Health Check
- Have a yarn with your mob about heart health and any history in your family.
- Know your numbers: know what your optimal blood pressure, blood sugar and blood cholesterol levels should be
- Eat some good tucker (fresh fruit & veg, wholegrains, lean meats, fish & proteins)
- Move around & exercise
- Quit smoking & drinking: not only will your body feel better but you will also save lots of money



ATSICHS staff hosted a REDFEB lunch along with a raffle to raise much need funds for Heart Research Australia. We would like to thank the following sponsors for a their kind contributions

Thank you for the following Businesses who Donated	
P.Commino & Sons	Sinclair Meat Specialists
Bushman's Bread	MECC
Metropolitan Hotel	Mackay Fish Market
ATSICHS Deadly Choices Team	Crystal Cauldron
Discount Drug Store	Gasworks Pharmacy
Inner Labyrinth	MY 105 FM

International Womens Day

On Monday 8th March the Deadly Choices Team hosted an International Womens Day event at the Metropolitan Hotel. The event had a good turn out and the room was filled with ladies dressed in purple. The theme for 2021 is #ChooseToChallenge. A challenged world is an alert world and from challenge comes change. The mission of International Womens Day is to help forge a gender equal world and to celebrate the achievements of women in our community.



Guest speakers from the community were in attendance to share their stories and encourage everyone to Choose To Challenge. Following the guest speakers the ladies were treated to a lovely breakfast. The morning was thoroughly enjoyed by all. Thank you to Latoya Latimer and the DeadlyChoices team for hosting a wonderful morning and bringing to together all the wonderful strong women in our community to celebrate all the amazing things these women do for our community.



Chronic Disease - What's Happening

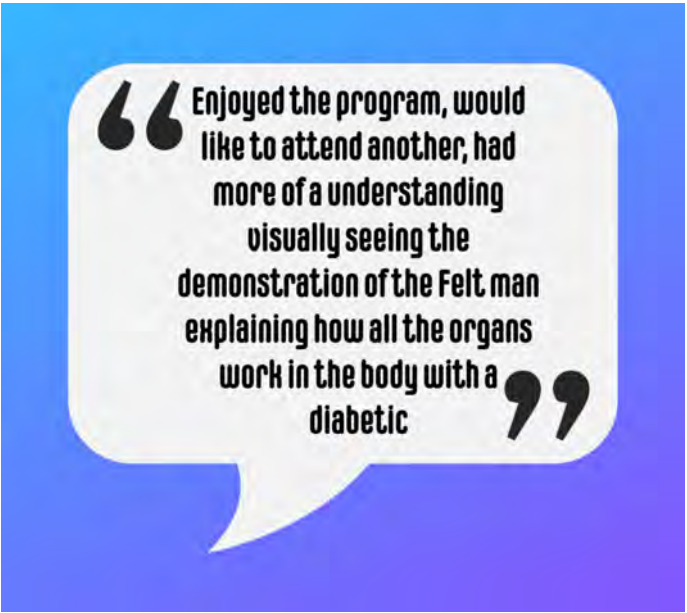
The Chronic Disease team have hit the ground running in 2021, organising the Diabetes Yarning Group. The first session was held on Friday 5th February 2021 with Guest Speaker - Jenny Turner from Diabetes Queensland.

Aboriginal & Torres Strait Islander people are almost four times more likely than non-Indigenous Australians to have diabetes or pre-diabetes. That's why Diabetes Qld and National Diabetes Services Scheme launched the 'Back on Track' campaign. Many people disengaged from their routine diabetes and health care management plans in 2020 due to social distancing and fear of exposure to COVID-19.

Diabetes Yarning Group

The Diabetes Yarning Group was well attended and had a very positive response. A special thank you to Jenny from Diabetes Queensland for coming along to run the workshop.

Participant Feedback



Steps to getting Back on Track

- Check in with our diabetes team at ATSICHS Mackay
- Check our blood sugar and take your medications
- Check that we are eating healthy food and being active every day
- Check that we are looking after each other and taking time to look after ourselves



Allied Health Appointment Winners - February

Attend your Allied Health Appointment and go in to the monthly draw.

- Ken Barber - \$50 Voucher
- Albert Lingwoodock - \$50 Meat Voucher
- Jaycie Doyle - \$50 Fruit & Veggie Voucher





HEAL COUNTRY!

4-11 JULY 2021

"HEAL COUNTRY" calls for us to all continue to seek greater protections for indigenous lands, waters, sacred sites and cultural heritage from exploitation, desecration and destruction. Healing our country is more than just protecting the lands. The country is apart of our identity. Through the theme of Heal Country NAIDOC Week will be an opportunity to recognise the need for institutional, structural and collaborative reform. This years theme is about bringing everyone together as a nation through protecting country and culture. It's about bringing lasting change in historical, political and administrative areas to empower and celebrate Aboriginal & Torres Strait Islander people.

ATSICHS Mackay & Pioneer Murri Court have teamed up to bring some great events to the NAIDOC 2021 calendar.

1ST PRIZE \$500

MOBS GOT TALENT

WEDNESDAY 7TH APRIL 2021
10:00AM - 2:00PM
500 PAVILION, MACKAY SHOW GROUNDS

GET YOUR APPLICATION FORM FROM YUWIYUMBA
AT 9 RIVER ST OR DOWNLOAD FROM: [ATSICHS MACKAY.ORG/YUWIYUMBA](https://atsichsmackay.org/yuwiyumba)

CONTACT JESSICA ON 0492 151 937 FOR MORE INFORMATION

INSTRUMENTAL **DANCING** **SINGING**

2ND PRIZE \$250

MR & MISS NAIDOC PAGEANT 2021



Categories

AGES: 13 - 17

- * GENERAL CULTURAL KNOWLEDGE
- * BEST DRESSED (FORMAL WEAR)
- * HEALING COUNTRY - NAIDOC 2021 THEME. WHAT DOES IT MEAN TO YOU?

Formal Event

FREE ENTRY includes 3 COURSE MEAL
 (Limited Seats - Bookings/Registration Essential)

DATE: WEDNESDAY 23 JUNE 2021
TIME: 6:30PM - 10:00PM
VENUE: OCEAN INTERNATIONAL

To book seats or register for pageant call:
 Jessica Ah-Wang on 0492 151 937
 or visit 9 River St, Mackay

Download application form: atsichsmackay.org/yuwiyumba



Proudly sponsored by:  Murri Court  ATSICHS Mackay



Elders Evening

The honor of your presence is requested at

Ocean International
 Bridge Rd Mackay
 on Saturday 15th May 2021
 from 6.00PM to 9.00PM

Join us for dinner and yarns in a celebration of NAIDOC

RSVP by 1st May 2021 to Jessica on 0492 151 937



EVENTS

NAIDOC 2021 VOLUNTEERS NEEDED




NAIDOC is a national recognised Aboriginal and Torres Strait Islander celebration. This year's theme is "HEAL COUNTRY"

Due to Covid the Mackay NAIDOC Committee are required to complete a Covid Safe Event Plan and as part of the safe plan we need volunteers urgently to assist with organising and coordinating of our Street Parade and Family Day in the Park.

With the help of representatives from Feros Care we are conducting a volunteer drive. Volunteers can be anyone that is willing to commit to helping the committee members to make our one day of the year memorable.

All volunteers will receive food on the day and a gift voucher.

Your contribution to Mackay's largest Aboriginal and Torres Strait Islander event will be greatly appreciated. If you would like to confirm your commitment to assisting us or have any questions please contact:

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HEAL COUNTRY!
 4-11 JULY 2021



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 Phone: (07) 4957 9400

Social Emotional Wellbeing
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 Phone: (07) 4957 9437

Deadly Choices
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