

Which way Healthy way



Wuchopperen Health Service Newsletter

October 2004 Issue 4

Health Issues

Which Way Healthy Way in 2004!

It's been a while but, yes you mob we are back! We've got the latest on HEALTH, up coming events, community achievements, new Wuchopperen programs, introduction of new staff and much more.

So we hope that you enjoy this bit of light reading and decide Which way, Healthy way is for you!

Tableland Alcohol and Drug Service.

Support services for people in recovery from drug and alcohol dependence on the Tablelands have been enhanced in a major way by the introduction of two support groups. Both are held on Wednesday every week.

One group, focusing on education and prevention, is held at the Rose Colless Haven Indigenous Rehabilitation Centre at Emerald Creek in the morning.

Guest speakers and presentations make this an interesting and informative experience for people.

After the group, people attending are able to access ongoing activities into the afternoon, if they wish.



Tablelands Alcohol and Drug Service Manager David Barnes, Gillie Freeman, Tine Mueller and long time receptionist Natalie Forbes.

On Wednesday night a more traditional support group is held at the TADS offices in Atherton. This group is a "sharing" or process group facilitated by David Barnes.

These groups which share common members, will be given the opportunity to attend a quarterly development camp at Lake Tinaroo, during which specific issues for individuals and the groups themselves will be addressed and workshops held regarding various aspects of recovery.

This unique approach to the provision of group support services enables people accessing services to become part of a fellowship that guides them contingent to their needs.

Become a Member!

\$1
LIFETIME
MEMBERSHIP!

Wuchopperen is a community controlled health service, managed by our people. That's why we encourage membership of Wuchopperen. As a member you can nominate, vote and have your say at the Annual General Meeting.

All it costs is **\$1.00 for a lifetime membership!** Applications are available from Medical Reception at Wuchopperen.

WUCHOPPEREN CLINIC TIMES

General Clinic

MON, TUES, THUR & FRI 8.30 AM - 4.30 PM
WED 8.30 AM - 3.00 PM

Women's Health

TUES & THURS 8.30 AM - 4.30 PM

Men's Health

WED 9.00 AM - 12.00 NOON

Kiddie's Clinic

TUES 9.00 AM - 12.00 NOON
(Appointment Only)

Diabetic Clinic

THURS 9.00 AM - 3.30 PM

Note: These times do change

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Wuchopperen Staff News

We welcome:

We welcome Cameron Hill. Cameron is the new Sports Development Officer.

Leanne Gray, a local Cairns girl, is now working at Wuchopperen on a part-time basis as the Sports and Recreation Officer.

Judith Borg is the new Specialist Services Coordinator. Judith is Coordinator for all health workers and the Chronic Disease Management Team. Judith was previously working in Port Lincoln.

Trevor Binjuda and Daphne Naden have joined the Social Health Team. Daphne taking on the role as Coordinator and Trevor as support worker in the Family Violence Protection Unit.

Midin Clinic – Atherton

Currently we have two new doctors from the Philippines starting at Midin.

Wuchopperen Youth Training Program

With the financial assistance of Department of Communities, Wuchopperen was able to run a three month youth program under the guidance our Sports Promotion Officer Daniel Noble.

Participants were Indigenous youth from the Mooroolool and Manunda areas.

The youth participated in various activities that included camping trips to Tinaroo and Laura, karate lessons and a trip away to Townsville to watch the mighty Cowboys play the Cronulla Sharks.

After the completion of the Wuchopperen Youth Training Program, participants were invited to a graduation dinner at Tjapukai Aboriginal Cultural Park.

Participants were presented with certificates of completion and participation. Special guests for the evening were Shakaya.

Our thanks to:

Sargent Scott Pottle, Cairns Police Citizen Youth Club,

Dave Barr, Scott Mortorella – Karate instructors

Leone Fahlstrom, Noel Rofe, Angela Gutchen
Cameron Hill - Supervisors

Daniel Noble - Program Co-ordinator

Adrian Ross-Passi - Police Liaison Officer

for their wonderful and unique contribution to the success of the Wuchopperen Youth Training.

Pictured: Participants and Supervisors of the Wuchopperen Youth Training Program.

