

GET YA FLU JAB @ DURRI TO WIN!

The season for getting your Influenza vaccination is well under way at Durri ACMS. So to help make the flu jab a more sweeter experience, Durri Health Promotion has launched the 'Get ya Flu Jab' campaign with the chance to win some great prizes.

Once received your influenza vaccination, clients of Durri ACMS and Darrimba Maarra clinic can fill out a single ticket to place in the draw box (located in respective clinic waiting room's) for some winners to be drawn.

Continued on page 2.



Win tickets to see the Indigenous Allstars play live 2020
Credit: NRL Photo's

Durri Health Matters, a quarterly newsletter, is to inform clients, staff and the wider community of the events, programs and other information concerned with promoting better health for our clients and community.

Alison Martin
Chairperson

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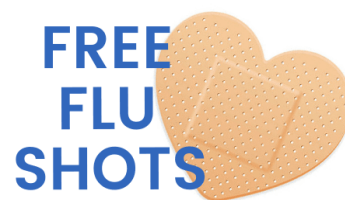
GET YA FLU JAB TO WIN! CONT..

Prizes to be won!!

- ◆ A gorgeous Aboriginal doll (girls draw) and Basketball stand (boys draw) for the 6months- 4 years age group.
- ◆ Pack of 10 movie tickets to Majestic Cinemas (Opening in Kempsey September 2019), if your 5 -14 years old.
- ◆ Four Indigenous Allstars 2020 game tickets & \$200 fuel voucher (15 years and older).

Single draw for each age group will be drawn 28th November 2019. Clients who have already received their influenza vaccination prior to the campaign launch, will be added to the draw.

Already 522 clients have had their flu jab at Durri ACMS!



Tresillian 2U Bus visits Durri

Tresillian had their first open day at Durri ACMS in April this year.

Tresillian is a non-for-profit organisation that assists almost 60,000 Australian families in the early years of their child or children.

They help parents in their new roles as mums and dads, and provide advice on breastfeeding, sleep, settling and nutrition.

For more information visit <https://www.tresillian.org.au/>

Thank you to our Child & Family nurse, Kimmy Wright for organising the visitations.

T2U BUS dates 2019:

- ◆ 1st July
- ◆ 2nd September
- ◆ 2nd December



Tresillian visitor goodie bag



Tresillian 2U Bus



Breast Screening day @ Durri ACMS. Above left to right: Pat Morris, Marilyn Dean, Melissa (Radiographer), Aunty Helen, Cathy Turnbull

Breast Screening Day

On Wednesday 15th May the Breast Screen NSW van paid a visit to perform mammogram's for a fully-booked list of women at Durri ACMS.

Despite the rainy afternoon, a total of 24 women were screened and 17 of those women identified as Aboriginal and/or Torres Strait Islander.

It was a pleasure to have Aunty Helen Archibald-Simmons, a breast cancer survivor, come along to have a yarn with the women about any questions or concerns they had with getting a mammogram.

Thank you Cathy Turnbull (Durri's Women's Health nurse) for organising the day and Marilyn Dean (NSW Health) for contributing her time also.

Why is screening important?

1 in 8 women in NSW will develop breast cancer in their lifetime.

Regular screening mammograms is the best way to find breast cancer early.

Women aged 40–74 are encouraged to have a breast screen every 2 years, especially after the age of 50 years as risk of breast cancer increases.

For more information visit <https://www.breastscreen.nsw.gov.au/>

Australian Nurse Family Partnership Program (ANFPP)

Durri ACMS is part of the Nurse-Partnership program funded by the government which aims at helping women and men be the best parents they can be.

Women who are pregnant with an Aboriginal and/or Torres Strait Islander baby are eligible to take part in the program, which gives mums and bubs extra support to stay well during their pregnancy and bond with bub once he/she arrives.

The program also aims at helping mums and dads work out what matters most to them and how they can achieve it.

As part of the program a specially trained Nurse or Midwife will visit mums at home regularly, starting in pregnancy and will continue until baby's Second Birthday. Aboriginal Family Support Workers will also be available to make sure women are getting the right support in the community.

Group activities conducted once a fortnight and guided by participants to provide an opportunity for mums/bubs to socialise, exchange ideas and learn new skills.

As part of the program participants will receive gifts to mark the following milestones:

- ◆ Joining the program
- ◆ When your baby is born
- ◆ When your baby is 6 months
- ◆ When your child turns 1 and 2 years old

To find out more ask our Durri reception staff to speak to our Aboriginal Family Partnership Workers or Nurse Home visitors.



Follow your heart's desire



You are an expert in your own life



Focus on solutions



Focus on strengths



Only a small change is necessary

Healthy teeth to support a healthy pregnancy



It's important to take care of your teeth and gums before and during pregnancy. There is a proven link between gum (periodontal) disease in expecting mums and premature birth with low birth weight, which can put your bub at risk of other health conditions. So it's a good idea to visit your dentist before you get pregnant to help keep your teeth and gums healthy to reduce the risk of premature birth.

Seeing your dentist while you are pregnant is also important so that they can help you maintain good dental health routine during your pregnancy. Most dental treatments are safe, if possible avoid dental x-rays unless your dentist decides it's essential for you, in which careful protection will be taken.

Aboriginal and Torres Strait Islander women can access the Dental clinic at Durri ACMS for a check up or information.

Looking after your teeth

To avoid the build up of plaque, brush your teeth and gums twice a day. Brush in the morning after breakfast and before you go to bed at night, and floss once a day.

If you experience gagging or nausea when brushing your teeth, try using a small soft-headed toothbrush and brush later in the morning. Concentrate on your breathing when cleaning the back of your teeth.

- ◆ Drink plenty of water - fluoride tap water strengthens your teeth and helps prevent decay.
- ◆ Avoid sugary drinks.
- ◆ Eat a variety of nutrient-rich healthy foods - fruit, vegetables, wholegrain breads and cereals.
- ◆ Eat at least 4 serves of calcium-rich foods - milk and dairy products, dark green vegetables, nuts.

Dealing with morning sickness & food cravings

When you get morning sickness or gastric reflux (heartburn), the stomach contents which are acidic, can coat your teeth and cause dental erosion and increase tooth decay by dissolving the tooth enamel.

- ◆ Wait for 30mins before brushing your teeth after vomiting or reflux. This will give the enamel time to recover from the stomach acid.
- ◆ Rise your mouth with water after you vomit helps to wash the acid away. Rub some fluoride toothpaste over your teeth will help strengthen them and refresh your mouth.

You may crave foods that can affect the health of your teeth causing tooth decay eg. Sugary or acidic snacks and drinks (soft drinks and fruit drinks). To avoid this:

- ◆ Drink tap water
- ◆ Choose snacks that are low in sugar, fat and salt, and high in fibre
- ◆ Rinse your mouth between meals with water

Information retrieved from: <https://www.pregnancybirthbaby.org.au>

Tasty Tucker: Chicken and Vegetable Soup

Ingredients:

- 1-2tbs olive oil
- 4 chicken drumsticks
- 1-2 cloves of garlic, minced
- 1 large brown onion
- 2 large carrots
- 3 large sticks of celery
- 1 can corn kernels, drained
- 2 cups chicken or vegetable stock
- 1/3 packet of thin spaghetti

Method:

1. Dice up all vegetables (onion, carrot, celery).
2. Place large pot on stove top at medium heat and add olive oil.
3. Add chicken drumsticks and cook until browned on outside, turning occasionally.
4. Turn down heat and add minced garlic and diced vegetables. Stir occasionally and cook for ~5 minutes on low heat or until vegetables start to soften.
5. Add corn kernels, stock and additional boiling water until chicken and vegetables are covered. Simmer on low heat for approx. 30minutes or until chicken is cooked.
6. Add spaghetti and continue to simmer until cooked. Whilst spaghetti is cooking, take out chicken drumsticks and shred chicken off bone. Add shredded chicken back into the soup.
7. Serve soup in bowl with a slice of bread to soak up the juices.



Tips for preparing Healthy, Hearty soups for winter:

- ◆ Add extra vegetables to your soup (Eg. Lentils, celery, carrot, corn, potato, mushroom, leek, etc.).
- ◆ Choose reduced salt stock (cubes, powders or liquids).
- ◆ For thicker soups add more vegetables and less water, and puree or mash vegetable to make soup more thick and creamy.
- ◆ For creamy soups try adding low fat milk, low fat evaporated milk or lite coconut milk, instead of cream or coconut cream. Add low fat Greek yoghurt when serving instead of sour cream.
- ◆ When using meat or chicken in soups, allow it to cool and skim of fat from the top of soup before re-heating to eat.
- ◆ Make large batches of soup which can either be shared with family or split into containers and popped in the freezer for a no fuse lunch or dinner.

Thanks to your contributions \$137.70 was raised and donated to the Cancer Council from Durri's Biggest Morning Tea



Moving through the cooler months..

Finding motivation to exercise in winter can be difficult. It's cold and we would prefer to stay indoors and hibernate.

Exercise can help to regulate our blood sugars, blood pressure, sleep, improve our heart health and mood and has many other health benefits. When we slow down and are not as regular with our exercise this can cause a spike in blood sugars, blood pressure and leaves us more susceptible to injury and aches and pain as our muscles and joints aren't getting the exposure to movement and load that they should.

We should be continuing to aim for 30-60min of exercise on most days of the week.

Ideas for keeping up some type of exercise in winter:

- ◆ Taking the stairs (or doing some step up and down exercises on a single step around the house).
- ◆ Join a gym or take up an indoor/winter sport (such as soccer, netball, hockey or football).
- ◆ Choosing a warmer time of day while the sun is out to go for a walk or play with the kids at the park.
- ◆ If working indoors go for a short walk on your lunch break.
- ◆ Blast some music and dance (dancing can burn up to 90 to 266 calories per half an hour!).
- ◆ Find a ball and head down to the nearest field or basketball/netball courts to burn some energy.
- ◆ Take the kids for a bike ride while you enjoy a walk.
- ◆ Use your own body weight or find some items around the house (such as baked bean tins) and do a home workout in your lounge room.
- ◆ Finally getting out in the garden or chores like mowing the lawn can also be great exercise.

If you would like more information or would like to see Jade for a program that is specific to you, see your Durri GP for a referral today!

Jade Fraser

Accredited Exercise Physiologist

Durri ACMS—Every Wednesday

Soup recipe & tips provided by:

Sarah Greenwood

Accredited Dietitian

Durri ACMS—Every Wednesday



Upcoming Health Days & Events

July

1st Tresillian 2U Bus visits Durri

9th NAIDOC celebrations at Durri ACMS

This years NAIDOC theme is:

Voice. Treaty. Truth.

Let's work together for a shared future.

August

4th National ATSI Children's Day

Contact Us

Give us a call for more information about our services

Durri ACMS

15-17 York Lane
Kempsey, NSW

(02) 6560 2300

Darrimba Maarra Health Outpost

13-42 Bowra Street
Nambucca Heads, NSW

(02) 6598 6800

Visit us on the web at <http://durri.org.au/>

Acknowledgement of funders - Australian Department of Health, NSW Ministry of Health, MNC Local Health District, and North Coast Primary Health Network.

Durri's next Durri Health Matters newsletter will be out in September 2019.