



## CHECK OUT WHAT'S INSIDE THE ISSUE:

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party
- Christmas treats
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the NEW year!  
plus more!!

Summer has arrived! The turn of the season to the warmer weather and summer breeze brings forth the smell of Christmas. A time to enjoy and feast! (not just on Christmas dinner) but on getting your nearest and dearest together, swimming at the beach, firing up the barbie, and getting some rest & relaxation after another year. Although Christmas can be an exciting time for many of us, it may be an occasion of sadness and loneliness for others. Particularly in mind, those who have been affected by the recent bushfires and also the loss of loved ones during the year. Christmas is also an opportunity to share the joy of giving beyond the brightly coloured wrapping paper, and reach out to someone you know that may be having a tough time and could do with someone to celebrate the holiday with.

**Durri Health Matters wishes you a very Merry Christmas and a Happy New Year!**

Included in this seasons edition are highlights of Durri activities across the last few months and some festive treats to keep you and your family healthy and well through the celebrations and into 2020!

# CULTURAL COMMUNITY DAY



ICN: 27



ICN: 27



ICN: 27



ICN: 27



ICN: 27



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# KEMPSEY & MACKSVILLE



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# HEALTH PROMOTION HIGHLIGHTS

The 2019 Flu vaccination campaign held at both Durri ACMS and Darrimba Maarra clinic has come to a close. For those of you that were eligible and received the flu shot in this years flu season have gone into the draw to win some great prizes.

- For those aged 6 months to 4 years, one lucky girl will win a gorgeous Aboriginal doll and one lucky boy a basketball stand.
- Aged 5 to 14 years old? you're in the draw to win a pack of 10 movie tickets to Majestic Cinemas.
- If you're 15 years or older, four tickets to the Indigenous Allstars game 2020 and \$200.00 fuel voucher to get you there could be yours!

Draw closed 31st October 2019, and will be drawn for both sites (includes Darrimba Maarra) at Durri ACMS on the 28th November 2019. Winners will be contacted in December!



## First Aid Training

On the 21st and 22nd of November, 2019 Durri ACMS staff completed their Accredited First Aid Course. Durri ACMS ensures all staff complete a First Aid Course as it provides and keeps employees, clinical and others, up to date with any changes to codes and practices that they may not be aware of.

First Aid Training takes staff through a number of scenarios such as how to do and administer Cardiopulmonary Resuscitation (CPR) in adults, children and infants, how to utilise and administer a shock from an Automated External Defibrillator (AED), how to control bleeding, what to do in the event of a head, neck or back injury, how to assess and treat limbs, how to respond to chest pain, severe pressure or chest discomfort, etc. This course also gives staff the confidence to utilise the skills and knowledge learned, in other environments should they ever need them.



**A total of 1085 clients have received their flu vaccination at Durri and Darrimba Maarra this year.**

# DURRI AQUA FITNESS

Durri Aqua Fitness Men's group & Lifestyle program, made a splash at Kempsey Pool for 8 weeks during October and November.

Each session consisted of a 45 minute Aqua Fitness class facilitated by Durri's Exercise Physiologist, Jade Fraser. This was then followed with a group discussion around topics including healthy eating, shopping for healthier food choices, stress management and health services, accompanied with morning tea.



The program was funded through a grant to Durri from the Healthy Communities Mid North Coast (MNC) Innovation fund, to endorse programs that target physical activity and/or healthy eating in the local health district.

Big thank you to the Durri staff who helped achieve its success - Jade Fraser, Sarah Greenwood, Nathan Briggs, Priscilla Morrison and Samtara Allen.

Hopefully this is the start of more programs to come in the future!



**Thank you to those who donated.  
\$38.05 was raised for the Fight  
Cancer Foundation.**



# ANFPP HALLOWEEN PARTY



Look out for details on our Christmas Party!

# PREVENTING TOOTH DECAY IN YOUR CHILD

Did you know that the most serious forms of tooth decay in babies and young children is caused by giving them bottles containing sugary drinks. This includes milk, fruit juice, cordials and soft drinks.

When in contact with the teeth, the sugar is converted to an acid which breaks down the enamel (protective covering) of the tooth. Leading to tooth decay, which may be the start of many dental problems including dental caries (holes), and abscesses.

**Below are some tips to help prevent tooth decay for your child from infant to adult..**

- No teeth yet?.. wipe your baby's gums with a wet face cloth after each feed.
- First tooth appears.. brush your baby's tooth with a soft toothbrush and a small amount of water.
- From the age of 18 months.. a pea size amount of low-fluoride toothpaste can be used to clean your toddler's teeth twice a day - morning and before bed.
- Only use a clean dummy, don't dip dummy in a sugar syrup e.g. honey.
- Your child can visit the dentist when their first tooth appears or when they reach 12 months of age.
- When your child has 2 teeth that touch (24 to 30 months), you can begin to use dental floss before brushing.
- Don't let your child fall asleep with a bottle.
- Encourage your child to eat a balance diet. Limit snack foods high in sugar.
- Encourage your child to drink water when thirsty and limiting fruit juices and soft drinks to special occasions.

Teaching your child healthy dental habits when they're very young may help prevent problems in the future. If you haven't had your child seen by a dentist, come visit our friendly dental team at Durri ACMS. Contact reception to book an appointment.



Information retrieved from:

<http://www.pregnancybirthbaby.org.au/dental-care-for-infants>, <http://www.pregnancybirthbaby.org.au/dental-care-for-children>

# EAT WELL

Christmas is a great time to relax and enjoy good food with family and friends. Unfortunately for some of us it can be a time where its easy to gain a few unwanted christmas kilos.

But the good news is you can avoid the santa belly and enjoy all the christmas cheer by making good food choices 'Mindfully'. Mindful eating is making smarter food choices and listening to your body, knowing when your hungry and knowing when you full.

Here are some simple ways to celebrate the season mindfully!

- Eat a healthy, balanced breakfast and before you go to Christmas lunch.
- Try not to go to parties on an empty stomach. Have something to eat beforehand. Such as a light snack e.g. Yoghurt, fruit, cheese and tomato sandwich.
- Scan the buffet and choose the items you'll really enjoy, rather than the first food you see.
- Watch your portion size. Using an entrée size plate to serve up food can help with this and you can always go back for seconds.
- Before you do go back for seconds, ask yourself '*am I really hungry?*'.. save the second plate for a bite of dessert.
- Try a new recipe that includes fruits or vegetables!

## Strawberry Santa's

serves 20

15mins to make

### Ingredients

20 medium to large strawberries,  
hulled to form a flat base  
100g Philadelphia Light cream cheese  
4-6 teaspoons icing sugar, to taste  
20 mini dark-choc bits

### Instructions

**Step 1** Cut the top third off each berry and reserve. Stand berry bases on a serving platter.

**Step 2** Beat cream cheese and icing sugar with an electric mixer until smooth and creamy.

**Step 3** Pipe or spoon 1 teaspoon of mixture onto flat tops of berries on platter. Top mixture with reserved berry tops. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry 'hat' to form pom-pom and onto chest to form button.

**Step 4** Use tweezers to place 2 choc bits, flat-side facing out, onto each cream face to form eyes. Refrigerate until ready to serve.



# A MERRY MINDFUL CHRISTMAS

- Include fruit and vegetables on food platters.
- When eating at parties or family gatherings try filling up at least half your plate with the vegetables/ salad first.
- Sit down when you eat, and truly savour your food - there's no rush, it's christmas after all!
- Set a limit on alcohol to avoid going overboard on the kilojoules.
- If drinking alcohol at Christmas parties, make every second drink an alcohol free drink.
- Don't let one treat night out/ party ruin the whole week/whole month. Enjoy your Christmas party/Christmas day but don't let this sabotage the whole week. Get back to eating your regular healthy meals between the festive occasions.
- Get active between meals- enjoy a game of cricket/ swim at the beach/ walk.

For more information or advice about how to enjoy your favourite festive foods and be healthy at the same time, see your GP for a referral to see Sarah (Durri's Dietitian) today!



## Chicken n' veg Skewers

serves 6

30 mins to make

### Ingredients

12 wooden skewers

1 zucchini 1 onion

2 red capsicums

12 button mushrooms

600g chicken breast fillets

12 cubes fresh pineapple

### Instructions

**Step 1** Preheat oven to 180°C. Line a baking tray with baking paper. Place skewers into a bowl of cold water to soak for at least 15 minutes..

**Step 2** Meanwhile, cut zucchini into 12 slices. Peel onion and chop into large chunks. Remove capsicum seeds and chop flesh. Cut chicken into bite-sized chunks.

**Step 3** Thread ingredients onto skewers and arrange on tray. Cook for 20 minutes, or until chicken is cooked through.

**Tip** You can also cook these skewers on the barbecue. Grill, turning occasionally, for 15–20 minutes, until chicken is cooked through.

Recipe from <https://www.healthyfoodguide.com.au/recipes>

# MOVE WELL



(Photo: Crescent head Santa Surf, Macleay Argus)

*Move Well by  
Jade Fraser -  
Accredited Exercise  
Physiologist*

Keeping active over the Christmas period involves a bit of planning, some determination and an ability to think outside the box. It's that time of year when we get very busy and forget to look after ourselves (especially when there is plenty of yummy food around). A lot of our gym and sporting activities start to wind down around this time of year but there are plenty of other ways to keep active.

***Below are a few tips to help you stay healthy and active over the festive season.***

- **Be social:** Christmas is a time for catching up with family and friends so why not invite a friend to go for a walk while you catch up or if you have family staying show them the local beaches/river or go for a bushwalk. Having friends around not only motivates you it also gets them moving too!
- **Increase your movement:** Whether you are at work or a Christmas party/event try to increase your steps or movements. This could include parking further away, taking the stairs or even getting your dancing shoes on at the Christmas party (dancing can burn up to 90 to 266 calories per half an hour!).
- **Get out with the kids:** Let's face it Christmas is all about the kids. Take them to the park, the beach, river or the pool, find a ball or take them out for a bike ride.
- **Backyard sport:** Backyard cricket is an Australian favourite for Christmas day. Get your friends and family out and enjoy a social game of cricket, even if you are fielding you are still upright and moving!
- **Christmas Shopping:** Not everyone loves Christmas shopping but it can actually be a work out! Walking around the shops, carrying heavy bags or pushing a trolley. You could even add in a couple of sneaky laps around the shops pondering your options whilst carrying those shopping bags.
- **Choose the right gift:** Why not think of a gift that gets your loved ones moving? This could be anything like a step counter from the discount store, a fitness tracker or for the kids even a hula hoop, bike, soccer ball or trampoline? The ideas are endless and finding something the whole family can take part in makes it even better.
- **Christmas light looking on foot:** Instead of taking the car to go Christmas light looking if you know that there are lights in your neighbourhood take the kids and go for a walk after dinner.

*If you would like more information or would like to see Jade (Durri's Exercise Physiologist) for a program that is specific to you, see your Durri GP for a referral today!*

# GET TO KNOW A DURRI STAFF MEMBER

Meet Frederick (Tom) Faulkner - Aboriginal Health Worker

**Q1: Where are you from?**

Kempsey, but have lived in Armidale for 30 years +.

**Q2: What attracted you to working at Durri?**

The work and education opportunities.

**Q3: What do you enjoy most about your role at Durri?**

New challenges.

**Q4: Who inspires you and why?**

My Grandson Martin. With all his disabilities he still has a go.

**Q5: What's a favourite family tradition?**

Christmas get together.

**Q6: What's something you want to do that you've never done before?**

See ULURU.



## KIDS CORNER



# UPCOMING HEALTH DAYS & EVENTS

## December

1st World Aids Day

2nd Tresillian 2U Bus visits Durri ACMS

25th Christmas Day

26th Boxing Day

## Holiday Closure times

**Durri ACMS and Darrimba Maarra will be CLOSED  
from Monday 23rd December 2019 and RE-OPEN on Monday 6th January 2020.**

**In an emergency phone the NSW Ambulance  
Service on 000.**

**Durri ACMS has a formal agreement with the Local Health District in relation  
to after hours care. Please contact:  
Kempsey District Hospital on phone (02) 6562 6155**

**For telephone advice about non-urgent health matters contact; Health direct  
Phone 1800 022 222 (free call from landline)**

## CONTACT US

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Nambucca Heads, NSW

(02) 6598 6800

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

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