DeadlyNews

Second quarter 2018

IWC™
where communities matter

Inside:

Helping our youth take charge of their destiny

IWC named in Top 10 'Most Influential People' list

Photo: Simon Young

Free
Take a copy home

The IWC Board of Directors welcomes you to the IWC Deadly News magazine, published four times a year. It brings you features, news and events relating to our whole-of-person holistic services.

Want to hear about IWC news and events on the go? Visit www.iwc.org.au, become a Facebook Friend, or follow us on LinkedIn

IWC is non-government, Aboriginal community-controlled and a registered charity.

We have almost 140 staff and are the largest employer of Indigenous peoples in our regions.

IWC delivers 27 services and programs, including GPs, Specialists, Allied Health, a Dental Practice, an Alcohol & Other Drugs program, Families' Wellbeing, Youth Program and Home Care. IWC is the NDIS Local Area Coordinator for Bundaberg region.

We are committed to Reconciliation in Action, and have a focus on Indigenous, disadvantaged, vulnerable, at-risk and frail peoples.

IWC currently has more than 12,000 clients, both Indigenous and non-Indigenous

IWC is supported by funding from:

- Department of Prime Minister and Cabinet
- Department of Health
- Department of Infrastructure and Regional Development
- Queensland Health
- Queensland Department of Communities, Disability Services and Seniors
- NDIS
- CheckUP
- NACCHO

April

Coffee in the Park Eidsvold: 4 April
Coffee in the Park Gayndah: 5 April
Coffee in the Park Sharon Gorge: 11 April
Loving Life health and wellbeing activities all regions: Contact Jenny Springham (Indigenous Sport & Recreation program initiative)
MaD (Make a Difference) Fitness Sessions: Tuesdays and Thursdays
Meditation sessions, Bundaberg: Thursdays
Drug Education & Relapse Prevention Group, Bundaberg: Tuesdays
AOD Traditional Owners and Elders Group, Bundaberg: Contact Lee Hammond
Home Care activities all regions: Clients only. Contact Home Care teams
NDIS information sessions: Bundaberg, Gin, Childers. Contact the NDIS team
Midwife clinics: Bundaberg and North Burnett. Contact 1300 492 492 (Bundaberg) or 4161 4800 (North Burnett team)
Diabetes Education: Bundaberg and North Burnett. Contact 1300 492 492 (Bundaberg) or 4161 4800 (North Burnett team)

May

National Reconciliation Week: 27 May to 3 June. Various IWC activities.
Coffee in the Park Mundubbera: 2 May
Coffee in the Park Mt Perry: 3 May
Coffee in the Park Burnett Heads: 9 May
MaD (Make a Difference) Fitness Sessions Bundaberg: Tuesdays, Thursdays
Meditation sessions Bundaberg: Thursdays
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June

National Reconciliation Week: 27 May to 3 June. Various IWC activities.
Coffee in the Park Eidsvold: 6 June
Coffee in the Park Gayndah: 7 June
Coffee in the Park Yandaran: 13 June
MaD (Make a Difference) Fitness Sessions Bundaberg: Tuesdays, Thursdays
Meditation sessions Bundaberg: Thursdays
Drug Education & Relapse Prevention Group, Bundaberg: Tuesdays
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Profile: Jessica Jarvis, IWC NDIS Local Area Coordination team member

Jessica Jarvis, part of IWC Local Area Coordination Team for the National Disability Insurance Scheme, uses life experience around disability support to help families connect with the Scheme

AS A mother of children with special needs, Jessica Jarvis is no stranger to the world of disability support. Today, as part of IWC's Local Area Coordination (LAC) team for the NDIS, she uses her life experience to connect with and help families navigate the NDIS.

Born in Bundaberg, she moved to Caboolture and had two boys with her husband, both of whom were diagnosed with Autism Spectrum Disorder (ASD).

ASD manifests as impaired social interaction or communication, and it affects more than 115,000 people in Australia.

She found there was little understanding or support for children diagnosed with ASD in her community, and made it her mission to change the culture.

In 2012 she set up ASD Kidz and Familyz Inc, which hosted early intervention sessions, social skills groups and parental support networks.

Over time the group was able to raise awareness of what ASD was and how it affected people along the way. It culminated in a Walk for Autism, with the local council lighting the streets blue in a show of support.

"We discovered people were more open than we originally thought," she said.

Soon, local volunteers and businesses began supporting ASD Kidz and Familyz Inc with everything from behavioural support and free Occupational Therapist sessions to camps for children with ASD and a dedicated ASD support hotline.

"We also had kids come and stay with us when the parents needed time. Mostly, they just needed emotional support," Jessica said.

"They're people too. Just because they have some social, behaviour, communication issues doesn't mean they don't want to be included."

Jessica Jarvis works with IWC's LAC team.

Since moving to Gin Gin, which is part of the Bundaberg region, Jessica has continued to improve her community, one meeting at a time.

Working with IWC's LAC team, she continues to connect participants and their carers to community supports on a daily basis.

This means spending lots of time reading up on the latest NDIS information, navigating the NDIS internal systems and troubleshooting where necessary on behalf of participants.

"I can understand where people are coming from, changing from the previous system. They see it as a challenge. Because before, they were told 'this is what you're getting', but now there are options," Jessica said.

"They don't understand those options sometimes, but they do enjoy the fact they can have a life."

If you or someone you know needs support entering or navigating the NDIS, you can call the Agency directly on 1800 800 110. Or see Page 2 for community NDIS sessions held at the IWC health & Wellbeing Centre in Bundaberg, Gin Gin and Childers. Or go to Coffee in the Park.

Forum helps youth shape destiny

IT'S a forum like no other. One that draws on more than a year's dedicated work to date by IWC Support Workers and a counsellor with Aboriginal youth.

A forum that spans weeks and months, stretching into the heart of our region's key Aboriginal family groups, schools and informal networks.

"The IWC Indigenous Youth Forum 2018 is not just a one-off gathering, but is taking a staged approach," said Lee Hammond, who heads the IWC's Youth Program.

IWC is the leading Aboriginal community-controlled health and wellbeing organisation in the region, with more than 93% of local Indigenous peoples accessing one or more of its wide range of services. These include health and medical, family and community programs and initiatives.

"The work to deliver this Youth Forum started more than a year ago to provide Aboriginal and Torres Strait Islander youth with a real voice around the services and support in our region. We have been working with a strong group of between 30 and 40 Indigenous youth for more than a year now, helping to build their skills and self-esteem," said Lee.

"This work has included Skills Development training, a Leadership Camp and the establishment of IWC Boys' and Girls' Groups, which sit alongside our Intergenerational Group of Traditional Owners and Elders.

"It has all led to this point. We are now holding a cross-community Youth Forum which has been designed to give our children, teens and young adults a real voice. We are asking our youth, what does healthy, happy and fulfilled look like to you? And how can we help you achieve this?

Lee said: "It is a fact that the environment in which many of our youth are growing up can be extremely tough. There is intergenerational unemployment, alcohol and substance abuse, risk of homelessness and high levels of poverty.

The brainstorming session held in February 2018 involved discussion about career paths.

"Our community needs to develop a service delivery framework around youth empowerment that will create sustainable positive change, in line with IWC's holistic whole-of-person, whole-of-life model of care."

On 7 February, the Youth Forum officially began with an intense brainstorming session.

"Of the youth who took part, some are working hard at school, some have disengaged, others are keen to move into the workforce

"They worked with IWC's Youth and Families Wellbeing programs to identify the support networks, pathways and skills they need to gain a brighter future not just for themselves, but for all youth in our communities."

The brainstorming session, held over a full day, focused on issues and solutions and involved motivational talks from six Aboriginal role models all of whom have jobs, a stable home life and a supportive peer and family network.

"The role models spoke to the youth frankly at the session, explaining that there are supports here for them, and other youth just like them, but we need them to

Main picture: he Youth Leadership Camp held in 2017 included a range of cultural activities.

Below: The Skills Development sessions held in 2017 incorporated training and education around fitness, self-esteem, drugs and alcohol, and healthy relationships.

bring their ideas and solutions to the table. They need to take ownership of the pathways, and we as IWC and the community are here to walk alongside them," said Lee.
"From there, we all started working together to get to the bottom of why youth are disengaging, and how we as a community can support them into a happy, healthy and productive life."
The next step was to take the basic framework out to the community, she said.
"We will be holding sessions with primary and high school students across the region, as well as sitting down with disengaged youth and asking them: Have we got this right? Is this what you see as the solution?
"From there, we will hold a second intensive session at which Indigenous youth will come together to work out how the actions that have been agreed on can be achieved. IWC will be walking alongside them all the way.
Lee added: "The world from the perspective of an Indigenous youth is very different to way it is perceived by an adult.
"We have already been told that the framework we deliver must have cultural responsiveness and education embedded into it, skills development and leadership at its heart, and include real pathways towards a positive, proactive life. That is not our vision – it is the vision of the youth who have so far contributed to this framework. Our role, as IWC, is to help youth in our community achieve their goals and transform their health and wellbeing for the highest good of all."

The IWC Indigenous Youth Forum 2018

Step 1: Preparation work – Between 30 and 40 Youth engaged in Skills Development, Leadership Development and Healthy Lifestyle education through IWC events, groups and sessions.

Step 2: Brainstorming session held with Aboriginal and Torres Strait Islander youth. Role models put in place to share their stories of hope, and provide ongoing mentoring.

Step 3: Sessions to be held with primary and high school students across the region, and with disengaged youth.

Step 4: Youth to be brought together for action planning session.

Step 5: Framework finalised and implemented.

IWC to deliver Reconciliation Week activities for all peoples

RECONCILIATION in Action is at the core of all IWC operations and activities.

To mark National Reconciliation Week 2018, IWC will be holding a number of events at the IWC Health & Wellbeing Centre at 184 Barolin St, These will be open to all people in our community.

From May 27 to June 3, come into the Centre to share your thoughts around Reconciliation in Action. We will have large books available for you to write your thoughts. We will share the best with our community.

You also can come along to the Centre during the week to participate in a free daily tour of the artefacts which are on permanent display. These will run from 10am -10.30am. No booking required.

Also at the Centre, we will have displays of photographs reflecting our community's history. We also will have poster presentations about IWC's journey and our commitment to Reconciliation in Action. And if you haven't tasted Bush Tucker before, the Guava Café will have some Aboriginal taste tempters on the menu for you to try. So come along!

NATIONAL Reconciliation Week 2018 is a national campaign running from May 27 to June 3.

It is designed to celebrate and build on respectful relationships shared by Aboriginal and Torres Strait Islander peoples and other Australians.

The dates commemorate two significant milestones in the reconciliation journey - the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

The theme for 2018 is "Don't Keep History a Mystery", with Australians invited to Learn, Share, and Grow by exploring our past, learning more about Aboriginal and Torres Strait Islander histories and cultures.

Lease opportunities now open for Stage 2 as IWC Ltd surges ahead

An artist's impression of Stage 2 of the IWC Health & Wellbeing Complex in Bundaberg.

AS STAGE 2 of the IWC Health & Wellbeing Complex rises from the ground, the doors are already opening up to service providers in the region.

IWC is delivering a massive 2765 sqm of floor space with the $19.8 million Stage 2 construction project, and is now seeking suitable tenants for some of that service delivery area.

"Currently, IWC offers 27 services and programs, including a wide range of health and medical options that are here for all in our community," said IWC General Manager Wayne Mulvany.

IWC is a non-government and Aboriginal community-controlled organisation with more than 12,000 clients.

Mr Mulvany said: "Delivering Stage 2 of the complex will more than double the current footprint of our facility, and enable IWC to expand its own services. It also opens up the doors to more like-minded Allied and Specialised Health Services and other relevant businesses to work alongside the IWC mode of holistic care."

The lease options are flexible and cost-effective, with many benefits built in.

"We are able to offer tenants of Stage 2 of the IWC complex floor space areas from 51 sqm up to 300 sqm," said Mr Mulvany. "When Stage 2 is complete, with its additional underground and above-ground parking, there will be 161 vehicle spaces at the Health & Wellbeing Complex. Plus, the Centre is on two bus routes for further ease of access for tenants' clients or customers. There also will be public areas including a relaxing colonnade with seating, public toilets, display area and a café.

"Both Stages 1 and 2 of the Complex have been designed as disability friendly, with suitable parking, toilets and lifts. In Stage 2, the lift will be large enough to carry an ambulance stretcher. All common areas will be serviced and managed by IWC under the tenancy agreements.

"In addition, as with Stage 1, the Stage 2 expansion incorporates state-of-the-art security as well as internet and other smart technology capabilities."

Uniquely, Stage 2 of the Health & Wellbeing Complex will include a Wellbeing Gymnasium.

"This will be fitted out with special equipment for all fitness levels, including people who lack full mobility or agility. It will be suitable for those recuperating from an illness or operation, or people seeking to manage chronic disease and co-morbidities," said Mr Mulvany.

"It also will include a Turkish steam room, which is well known for the beneficial impacts on health and wellbeing."

Stage 1 of the IWC Complex, which opened in 2014, won two major awards for both design and construction, and Stage 2 is being built to the same style and quality.

"There will be two levels, plus an underground carpark, and the space available for lease is on both floors," said Mr Mulvany. "This is an outstanding project that is bringing many benefits to the community, and we cordially invite all Expressions of Interest from relevant service providers or related businesses."

He added: "Stage 1 of the IWC Health & Wellbeing Complex is already a major landmark facility for Bundaberg, and with Stage 2 coming along at a good pace despite the recent weather events this is an opportunity to become part of a unique community-driven business model that is delivering real outcomes for the good of the whole community.

"We anticipate completion of Stage 2 in the first quarter of 2019, so we are seeking Expressions of Interest now so that we can shape the final delivery of services and businesses that will sit under its roof."

Expressions of Interest can be sent to executive@iwc.org.au, or call 1300 492 492.

The IWC Dental Team, including Dentist Dr Imran Habib (top picture), is here for all in our communities. Sarah Barritt (below) has recently joined the team..

IWC Dental Practice makes smiles

SERVICE with a smile takes on a very special meaning at IWC Dental Practice.

It's not just the affordability of the services – IWC, as a non-government and community-run organisation provides the best possible prices for all clients, Indigenous and non-Indigenous.

It's not just the modern, state-of-the-art environment – the IWC Dental Practice is situated in the award-winning IWC Health & Wellbeing Centre at 184 Barolin St, Bundaberg.

It's not just the comprehensive range of services, from crowns and bridges to extractions and teeth whitening.

For IWC Dental Practice clients, it's about the experienced, professional team that is here to help make your next visit to the dentist one that will minimise the stress and generate a healthy, happy smile.

And everyone is welcome. New clients are being taken on, and you can come for one visit or undertake a program of care.

Because IWC Dental Practice is part of the IWC holistic and whole-of-person model of care that is here to build health and wellbeing in our communities.

"Dentist Dr Imran Habib is supported by a highly experienced team of Dental Assistants, and we offer sedation dentistry using laughing gas (nitrous oxide), which helps to relax the patient and reduce any anxiety," said IWC General Manager Wayne Mulvany.

"Our focus is on supporting all people in our community into dental fitness and oral hygiene. This service is delivered without discrimination or barriers. We are not here to judge or criticise, but to assist and help people to achieve and maintain dental health."

Mr Mulvany said there was free bulk-billed dental available for children and teens.

"We also are able to provide up to $1000 of bulk-billed dental for youngsters aged two to 17 under the Federal Government's Dental Benefits Schedule," he said. "Our Dental Practice team are happy to check eligibility, but generally families receiving Family Allowance Part A or Youth Allowance are able to access the funded dental for children."

Free* bulk-billed dental for children and teens

Under the Federal Government's Dental Benefits Scheme, IWC Dental Practice can offer up to $1000 of bulk-billed dental services for eligible youth aged two to 17 years.

Our Dental Practice team is able to check eligibility, but generally families receiving Family Allowance Part A or Youth Allowance may be able to receive this bulk-billed dental.

Cardiac program has a big heart

IT'S mid-morning at IWC Health and Wellbeing Centre in Bundaberg, and the medical waiting room is abuzz with patients.

Along one of the corridors of consulting rooms, on this day a groundbreaking team has taken over four areas to deliver a specialist service that is tackling one of the biggest killers in our communities – cardiovascular disease.

Because IWC plays regular host to the Indigenous Cardiac Outreach Program, or ICOP, which travels the state delivering services that otherwise would not be accessed by many in our region.

"ICOP is a specialist cardiac outreach service delivering point-of-care, diagnostic and cardiovascular disease screening to Aboriginal and Torres Strait Islander people and non-Indigenous people living in rural and remote areas of Queensland," said a spokesman for the program.

"The team includes an Indigenous clinic coordinator, cardiac specialist, a sonographer and a nurse educator. Services include chronic disease screening, tertiary-level cardiac consultations, echocardiography and stress testing."

ICOP operates across over 30 sites, covering more than half of Queensland's area mass, and is based at The Prince Charles Hospital in Brisbane.

For IWC, the service – which comes to Bundaberg at least three times a year - is a major boon.

"This is an important service, and one which will help to save many lives among one of the most disadvantaged and at-risk sectors of our community," said IWC General Manager Wayne Mulvany.

"More than 85% of IWC patients have one or more chronic diseases and complex conditions and many have up to four or more. The greatest disparity between Indigenous and non-Indigenous health outcomes is seen in rates of coronary heart disease, where it is double the rate of non-Indigenous Australians.

ICOP Cardiac Scientist Emma Savill with IWC Indigenous Health Practitioners Tracey Hamilton and Robert Graham.

This figure is backed by research which indicates that coronary heart disease is responsible for more Aboriginal and Torres Strait Islander deaths than any other single cause."

IWC takes full advantage of the partnership, which complements the "smooth referrals" process it drives to build easier access for all patients and clients to health and medical services that help them take control of their wellbeing.

"We have been running these sessions since November 2016, and have had a full complement of 20 appointments for each day it is delivered," said Mr Mulvany.

IWC transports patients into the service from the remote and rural areas it services, including the North Burnett. The ease of access to such a key specialist service is appreciated by IWC clients.

It also provides Indigenous Health Practitioners to support the ICOPs team.

The IWC team members arrange bookings, transport for clients who need it to access the service, set up the equipment, and provide support providing Electrocardiogram ECG tests as required. Everything about the service is culturally responsive.

Today, Arthur McGregor has one of the 20 appointments. Of Kulali heritage, he moved to Bundaberg from Cherbourg about a year ago. He is a regular client of IWC services.

"It's pretty good," he says of the ICOP service. "I'll keep on using it."

ICOP is currently the subject of PhD research at the Queensland University of Technology.

"It emphasises community engagement, capacity-building and empowerment, in contrast to a strictly clinical model of care," said the ICOP spokesman. "Indigenous Australians present at a younger age and have a greater incidence of cardiac risk including smoking and diabetes than non-Indigenous Australians. Access to specialist health services is an important determinant of health care outcomes for these patients."

GP referral is required to access the ICOP service. The referral does not have to be through an IWC GP.

Lawn bowls is one of the activities offered under the Loving Life initiative.

Loving Life initiative bowls over community

AN INNOVATIVE new health and wellbeing initiative is bowling over our mature-age Aboriginal and Torres Strait Islanders.

Headed by IWC Indigenous Sport & Recreation Program Officer Jenny Springham, the Loving Life initiative incorporates physical activities that also have a strong social element. These include lawn and carpet bowls, aqua aerobics and low-impact exercise sessions.

"The initiative came about through consultation with Traditional Owners and Elders in both Bundaberg and North Burnett regions, and is a proactive take on how the Indigenous Sport & Recreation Program can be delivered in our communities," said IWC Chief Executive Officer Ara (Julga) Harathunian.

"All of the activities are delivered in group sessions, which increases social inclusivity and creates a fun and engaging environment."

IWC manages the Indigenous Sport & Recreation Program for the Federal

Coastal Life Therapies and Thyme Psychology are situated within the IWC Health & Wellbeing Centre, 184 Barolin St, Bundaberg.

Coastal Life Therapies

Thyme Psychology.

ABN 59419497907

You are invited to the IWC

DRUG EDUCATION & RELAPSE PREVENTION SUPPORT PROGRAM

Where: Level 1, IWC Health & Wellbeing Centre, 184 Barolin St, Bundaberg

Time: 10am-noon

When: Every Tuesday

Cost: Free

Who: Everyone is welcome

Government across the Central Queensland region. The program is open to all Aboriginal & Torres Strait Islander people and is designed to increase active participation in sport and physical activities, as well as community health and wellbeing initiatives.

IWC is non-government, Aboriginal community-controlled and a registered charity. It provides 27 services and programs.

"There has been a tremendous response to the Loving Life initiative, with almost 50 mature-age Traditional Owners and Elders taking part so far," said Mr Harathunian

The Loving Life activities started in February, and includes a Lawn Bowls Competition in April to involve all participants from both Bundaberg and North Burnett regions.

Participants are praising the initiative. In group feedback provided after each event, the participants have been overwhelming positive, calling the activities "fun and engaging". Other comments have been: "We learnt something and it was good exercise," and" it was good being all out together." One of the participants said: "This is the best thing that could have happened. I've told my doctor about it."

In 2017, IWC held Skills Development Sessions in partnership with The Waves Sports Club for more than 40 Indigenous boys and girls aged 10-15, supported by the Indigenous Sport & Recreation Program.

This led into pathways for ongoing health, wellbeing and sporting activities.

IWC where communities matter

FREE sessions to build your health and wellbeing

Fitness sessions: Tuesdays and Thursdays 6.15am-7am
IWC Health & Wellbeing Centre, 184 Barolin St, Bundaberg

Meditation sessions: Thursdays
11.50am-12.30pm
Oasis Church, 24 Sims Rd, Walkervale

Drug Education & Relapse Prevention Group:
Tuesdays 10am-noon
IWC Health & Wellbeing Centre, 184 Barolin St, Bundaberg

No need to book. Everyone is welcome. Details: 1300 492 492, www.iwc.org.au, or Facebook

IWC is non-government, community-controlled and a registered charity, offering services to Indigenous and non-Indigenous peoples. Donations over $2 are tax-deductible

Guava Café

IWC's Guava Cafe is open every weekday for breakfast, lunch and snacks.
Find us at the IWC Health and Wellbeing Centre, 184 Barolin St, Bundaberg

NDIS launches community survey

IWC'S National Disability Insurance Scheme (NDIS) Local Area Coordination team has been ramping up its community engagement in 2018, and is showing no signs of slowing.

In March, we had a full week at Hinkler Central, sharing the NDIS message with the public and seeing a few of our participants out and about at the same time.

The team has also been doing the rounds at the local schools, recently visiting Kepnock State High School and Bundaberg Special School to deliver face-to-face consultations for parents and students.

Delivering the NDIS in your community

We celebrated Harmony Day in Gin Gin and in Bundaberg, meeting people from a range of backgrounds who are either learning to use the NDIS, or in the process of joining the market of service providers. That's not to mention the special yarning group work we've been doing with indigenous people in the community.

We're also booked in to attend the Moore Park Beach Run on April 20, so you can expect to see a few IWC shirts there.

But wait, there's more. The NDIS team has launched a new survey for Bundaberg locals, so you can have your say about the NDIS in Bundaberg region. Feedback is greatly appreciated, helping us to adapt to community needs. Go to our Facebook page to access the link, or go to https://www.surveymonkey.com/r/B5H65R9

IWC Nutrition & Dietetics Service

IWC Dietitian

Accredited Practising Dietitian APD

To help you take control of your health and wellbeing, IWC has Accredited Practising Dietitians available to all

About the IWC Dietitians:

IWC Accredited Practising Dietitians can translate scientific nutrition information into practical, individually tailored advice that helps you make the right decisions about what you should eat.

The IWC Dietitian works alongside our GPs, Specialists, Health Workers and other Allied Health Professionals to help you take control of your health and wellbeing.

IWC Dietitians can offer nutritional advice on:

- Chronic Disease Management (CDM)
- Cardiovascular Disease (CVD)
- Diabetes (Type 1, Type 2 and Gestational)
- Weight management
- Food allergies and intolerances
- Gastrointestinal issues
- General healthy eating
- Malnutrition

To book call:
1300 492 492
Appointments available Monday to Friday, 9am-3:45pm

You can:

- Self-refer (fees apply)
- Be referred by your GP (must provide a Chronic Disease Management plan)

Who can see an IWC Dietitian:

Anyone. Bulk-billing is available if clients are referred by a GP, who must provide a Chronic Disease Management Plan. Call IWC on 1300 492 492 for more information.

Anyone can self-refer, which means you can book an appointment without having to see a GP. Fees apply, and if you belong to a private health care fund with "extras" cover including Dietetics you may be able to claim back part of the consultation fee.

IWC GM named as one of our Top 10 Influential People

Above: The NewsMail edition showcasing the region's

IWC General Manager Wayne Mulvany has been named as one of the region's Top 10 Most Influential People. The announcement was made by the Bundaberg NewsMail on 6 March, when it revealed the Top 50 influencers, chosen by five judges.

Mr Mulvany sits within the Executive of IWC, and since 2006 has been working alongside CEO Ara Harathunian. In those years, IWC has grown to deliver around 97,000 Episodes of Care a year, with a client base of more than 12,000 and growing.

This is an acknowledgement that every member of the IWC team is making a real difference to the lives of people right across our communities. It also shows that IWC's efforts to help our Indigenous, disadvantaged, at-risk, vulnerable and frail people have a Voice - something they have long been denied - are working.

Mr Mulvany said: "While I appreciate the recognition, I really am not someone who requires accolades of a personal nature. IWC's achievements come through the work of a strong team without which we would not be making such a difference."

He added: "While IWC focuses on being a positive influence for grassroots change, that unfortunately cannot be said of some who wield large levels of influence, much of it unseen in the public arena. That is an environment in which we are very active, to benefit the communities we serve. So I would say that in the end it's not about where you sit in a list of 'influencers' but how you use that influence."

IWC Wordsearch puzzle: National Reconciliation Week

See how many words you can find relating to IWC's commitment to Reconciliation in Action every day. The words contained in this puzzle are listed at the bottom of this page, so hide them if you wish to make your search harder. Words go forwards and backwards, diagonally, and up and down.

Q	H	W	A	M	N	H	U	N	J	S	E	Z	H	N	L	V	U	L	W
A	A	N	I	Z	I	R	H	Y	Z	A	S	L	G	X	Z	Y	T	G	A
M	S	F	Y	S	I	P	A	B	Y	U	B	Y	G	D	K	R	S	Z	K
B	A	P	T	H	Q	E	E	E	S	J	G	R	Q	B	N	Q	W	I	J
T	R	O	T	V	W	N	J	P	L	G	O	U	A	W	T	D	D	Y	P
A	R	I	M	Q	Y	U	D	W	B	W	H	A	M	R	F	J	L	V	Z
Y	R	E	S	P	O	N	S	I	V	E	Q	A	R	E	S	P	E	C	T
K	S	O	Z	N	O	I	T	A	I	L	I	C	N	O	C	E	R	W	A
L	M	C	N	V	C	O	M	P	A	S	S	I	O	N	A	T	E	G	O
A	R	B	I	E	T	Y	R	E	T	S	Y	M	W	O	R	L	N	I	A
N	H	Z	S	U	O	N	E	G	I	D	N	I	O	C	L	I	T	O	N
I	K	S	N	D	V	M	D	C	N	C	F	F	Y	B	L	V	Y	R	X
G	V	B	P	C	O	M	M	U	N	I	T	Y	E	A	T	H	G	S	S
I	N	C	L	U	S	I	O	N	F	W	B	I	E	I	H	J	H	X	H
R	Z	E	V	V	M	U	J	P	R	E	N	H	X	G	E	B	K	Y	L
O	Z	Z	O	F	A	M	I	L	Y	G	X	S	M	W	O	R	K	D	K
B	Z	Q	C	U	L	T	U	R	E	A	J	H	Y	L	K	N	M	T	J
A	E	O	B	S	G	Z	W	Z	T	H	L	A	U	T	I	R	I	P	S
C	X	M	T	H	T	L	A	E	H	L	J	R	J	R	Z	O	J	I	A
G	V	B	Y	G	Q	S	W	C	K	X	H	E	P	E	B	J	B	D	V

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MYSTERY
SHARE
INCLUSION
RESPECT
COMMUNITY
HEALTH

Bundaberg

Postal address

PO Box 1963
Bundaberg, Qld 4670

Corporate

184 Barolin St
Bundaberg, Qld 4670
Fax: 07 4145 5521

Medical, Health , Family, and Community Services

184 Barolin St
Bundaberg, Qld 4670
Medical Fax: 07 4145 5524
Dental Fax: 07 4145 5519

NDIS Local Area Coordination (LAC) team

184 Barolin St, Bundaberg; and

Business Enterprise Centre, Tantitha St,
Bundaberg, Qld 4670

Home Care Services Bundaberg

15 McLean St
Bundaberg, Qld 4670
Fax: 07 4145 5555

North Burnett

Cnr Gordon and Pineapple Sts,
Gayndah, Qld 4625

Phone: 07 4161 4800 or
1300 492 492
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iwchealthandwellbeing

LinkedIn IWC (Indigenous Wellbeing Centre) Ltd

1300 492 492

IWC where communities matter

Heard about our IWC Aboriginal and Torres Strait Islander 715 Health Check t-shirts?

FREE to any of our Indigenous Australian clients who have their annual Medicare Health Assessment for Aboriginal and Torres Strait Islander People (MBS 715) and HMR (Home Medication Review).

We have child and adult sizes. Speak to our friendly medical and health team today to find out more.

Delivering the NDIS in your community

The National Disability Insurance Scheme (NDIS) is a new way of providing support for people with disability, their families and carers in Australia. As of April 2017, people with a disability in the Bundaberg region can apply to join the NDIS.

IWC is the Bundaberg region Local Area Coordinator for the NDIS

To become an NDIS participant a person must:

- ✓ Have a permanent disability that significantly affects their ability to take part in everyday activities;
- ✓ Be aged less than 65 when they first enter the NDIS;
- ✓ Be an Australian citizen or hold a permanent visa or a Protected Special Category visa; and
- ✓ Live in Australia where the NDIS is available.

To check eligibility, and apply to join the NDIS

Ph: 1800 800 110

IWC is here to help you access the NDIS. Call the IWC Local Area Coordination team based at the IWC Health & Wellbeing Centre, 184 Barolin St, Bundaberg

Ph: 1300 492 492
(1300 IWC IWC)