

## IWC UPDATE

Your monthly rundown of happenings and key information



Visit our Website

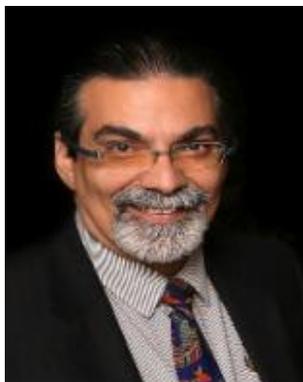


**WINNER**  
**Premier's Award,**  
**Queensland**  
**Reconciliation**  
**Awards 2020**

August 2020

IWC is here for our communities in good times and bad. You can help us to help your community by making a donation or planning a gift in your will. [Click here for details - it's easy to do.](#)

IWC is a Registered Charity and all donations over \$2 are tax deductible.



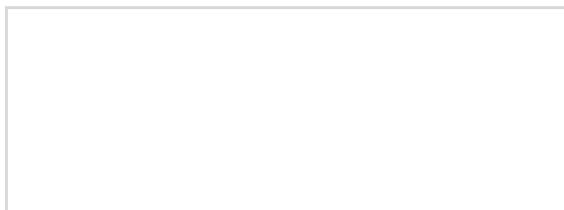
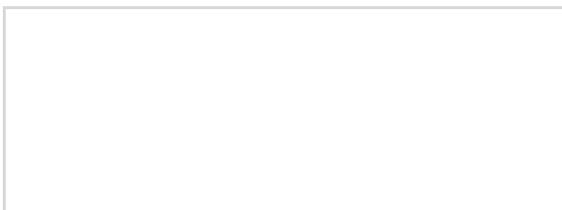
### Message from IWC CEO Ara Harathunian

With the COVID pandemic brutally hitting every sector of society, at IWC we have refused to budge in our commitment to provide quality Primary Health Care and associated services within one of the most disadvantaged regions in Australia.

We have even added to our services in the months since the March 2020 lockdown, and we continue on time and on budget in the much-needed construction of the IWC North Burnett Health and Wellbeing Centre, due to be completed in 2021.

Rather than pulling away due to COVID, we are continuing to progress to provide a growing range of services for all people, Indigenous and non-Indigenous, and to deliver Reconciliation in Action every day. For this we rely on the support of our communities, and we thank you for it.

[Read more](#)





IWC Medical Centre has remained open throughout the COVID crisis, with additional procedures and precautions.

As well as face-to-face (socially distanced) consultations, Telehealth and phone consults are being offered by GPs, Specialists, Allied Health Professionals, Psychologists, Alcohol & Other Drug Services.

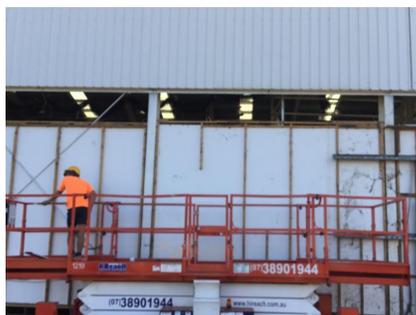
*These services are supported by funding from the Department of Health, Queensland Health, CheckUP and the Department of Prime Minister and Cabinet.*



IWC's website has an online library of resources around healing, language, music and Elders' stories. These were launched for National Reconciliation Week 2020, which ran from 27 May to 3 June, but they remain and grow.

IWC and partner organisation Kultchafi Services are delivering Cultural Responsiveness Training online at [www.culturalhealing.com.au](http://www.culturalhealing.com.au) Anyone can self-enrol. [Find out more](#)

*IWC holds the Premier's Award in the Queensland Reconciliation Awards 2020*



## North Burnett project on track

While our communities continue to reel from the impacts of the COVID pandemic, here's some excellent news for the North Burnett. The \$2.43 million project to deliver a purpose-built IWC North Burnett Health & Wellbeing Centre in Gayndah to serve the whole of the region is proceeding on track and on budget. We couldn't let the pandemic slow down this project because it is offering a very real opportunity for the region to move ahead in relation to Primary Health Care. and building individual and community resilience. Everyone across the North Burnett will see the benefits of this important infrastructure.

[Read more](#)

*This project is supported by funding from the Indigenous Land and Sea Corporation (ILSC). IWC's North Burnett operations are supported by funding from the Department of Health, Queensland Health and CheckUP.*

## Free session: "Eating for Health and Happiness During COVID"

Eating for emotional and physical wellbeing is top of the agenda for many during the COVID pandemic, and we are stepping in to provide practical help on this very topic. IWC Accredited Practising Dietitians Jessica and Chloe Bauer (pictured) will be holding a free Healthy Eating During COVID session at **10.30am on Wednesday August 12. It will run until noon.**

"This session will focus on how individuals and families can best address their diet and nutrition needs during the pandemic," said Jessica, who also is a Diabetes Educator.

"We have seen over the past months how many people are being lured by comfort eating, or feel



they are getting into bad dietary habits during this crisis. We are here to help.”

[Read more](#)

## Charity Golf day on 15 August



The 2020 IWC Charity Golf Day will be held on Saturday 15 August at Gayndah Golf Club, North Burnett. This year the monies raised will be going to the club. Gayndah Golf Club has been generous for the past three years in its support of the inclusive community event, held annually by IWC to mark Reconciliation Week. The event started in 2018 and the club and IWC want to send the community a resounding message of positivity by holding this event despite the impacts of the global pandemic. Entry is \$25 for players, free for spectators. Contact IWC North Burnett Assistant Manager Cynthia George (pictured) on 4161 4800 or at [cynthiag@iwc.org.au](mailto:cynthiag@iwc.org.au)

[Read more](#)

*IWC North Burnett operations are supported by funding from the Department of Health, Queensland Health and CheckUP.*

## Personal Trainer at IWC Gym

All areas of IWC Gym are now open, including the change rooms, Turkish baths and massage chairs. Strict hygiene regimes are in place and we welcome new clients. Memberships / passes from just \$7 per session.

We have a Personal Trainer on staff, and Judy (pictured) can help you with your regime. This is a transformational gym equipped for people of all fitness levels.

Find out more by calling 1300 492 492 or [send an email](#).



With the IWC Gym open again, we are able to offer Yoga classes once more. They are being provided by Emma Ellul from Wild Hearted Wellbeing and are held in the IWC Gym Activity Room in Building 2, IWC Health & Wellbeing Complex, Bundaberg. Emma offers Chair Yoga - suitable for seniors or anyone who wants to experience all the benefits of yoga but requires a chair for support. Chair Yoga is suitable for wheelchair users. It is held on Wednesdays at 9am.



Also at IWC Gym are Tai Chi Qigong classes, which are a combination of joint mobility exercises, Qigong and Tai Chi. These are run by Heidi Brown from HB Tai Chi, who says the classes are great to rebalance your energy and help maintain health. Classes are suitable for beginners as well as those with more experience. All welcome. The sessions are held at 5.30pm each Thursday and cost is \$12 per participant.

Emma also offers Hatha Yoga, which is suitable for everyone and all levels of Yoga ability. These sessions are held on Mondays at 6pm and Thursdays at 7pm. Call 1300 492 492 to book. Cost is \$12 per class.

Please note that class sizes are limited to ensure a personal experience, so bookings can be made by phoning 1300 492 492.

## Hearing checks for 0-5 year-olds

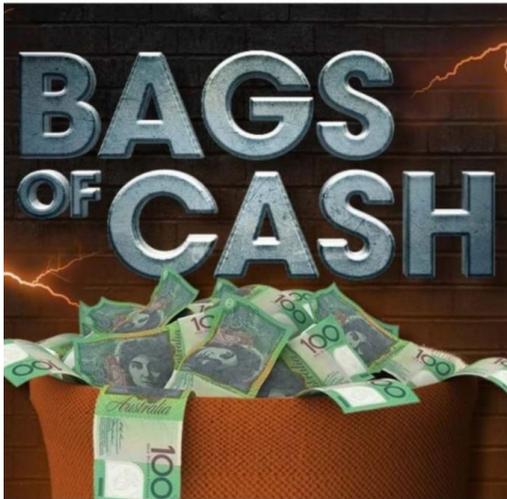
The free hearing checks for babies and children aged 0-5 years in the North Burnett region are back again, after being shut down by the COVID pandemic for several months. The initiative is delivered by IWC in partnership with Hearing Australia, and it directly addresses the important social issue of hearing issues among children. Self-referral is encouraged. All you have to do is book an appointment, which takes around half an hour and involves IWC Health Professionals and a qualified Hearing Australia-provided Audiologist carrying out some non-invasive checks. These checks will enable immediate identification of whether a baby or child needs to be referred to an ENT (Ear Nose Throat) specialist

*IWC North Burnett operations are supported by funding from the Department of Health, Queensland Health and CheckUP. This initiative is directly supported by Hearing Australia.*

[Read more](#)



## Did you know our phone number is 1300 IWC IWC (1300 492 492). Easy to remember!



### You could win bags of cash!

Drop in to the foyer by the Guava Cafe from 8am-4.45pm Monday to Friday to enter the Triple M BAGS OF CASH competition running now. IWC is one of the local operations offering people in our community the chance to win cash from Triple M. No cost to enter, and you will find the bucket and entry forms in the Guava Cafe by the big window. The Guava Cafe is open for business every weekday from 8am-1.30pm (social distancing applies) and is a social enterprise operation. Find the cafe on the ground floor of Building 1, IWC Health & Wellbeing Complex, 184 Barolin St, Bundaberg. Find out more about the competition on the [Triple M site](#)

### Putting bread on our tables

Our warm thanks to Coles Supermarkets and Aldi for their donation of loaves of bread and rolls every Monday. These are made available in the foyer of Building 1 of the IWC Health & Wellbeing Complex (next to the Guava Cafe), 184 Barolin St,

Bundaberg. This is a regular donation and we are happy to distribute to families and individuals in need.

*IWC is non-government, Aboriginal community-controlled and a registered charity offering services without discrimination or barriers to all people, Indigenous and non-Indigenous, across our communities.*



## Tuck into a Guava Cafe roast lunch

Heard about the delicious Guava Cafe roasts? They are available every Thursday lunchtime and it is advisable to pre-order your meal because they go fast. You can book your Thursday roast by calling 1300 492 492 or email [info@iwc.org.au](mailto:info@iwc.org.au) The Guava Cafe is in Building 1 of the IWC Health and Wellbeing Complex, and is open Monday-Friday from 8am-1.30pm.

*Guava Cafe is a social enterprise operation within the operations of IWC, a Registered Charity.*



## Free meditation sessions

IWC offers free meditation sessions for all each Thursday lunchtime. They are held from 11.50am to 1pm every Thursday on level 1 of the IWC Health and Wellbeing Complex in Bundaberg. These sessions are free to attend and make a great introduction to the ancient practice. Social distancing and health regimes are in place. There is no need to book - just arrive in good time please.



## AOD Counselling available at IWC Bundaberg

IWC's Alcohol and Other Drug counselling support service is providing face-to-face consultations again, with social distancing and additional health precautions in place. Contact IWC on 1300 492 492, or [click here](#) to learn more.

*The IWC AOD program is supported by funding from the Department of Prime Minister and Cabinet.*

## Ask about our Healing Circles

Healing Circles are held regularly by IWC, and are available in Bundaberg and North Burnett. If you would like to find out more, call Jenny Springham or Michelle Hodson in Bundaberg on 1300 492 492 or Cynthia George at our North Burnett facility on 4161 4800. Healing Circle Work is intensive work and is therapeutic but not a therapy. Healing Circles are group sessions and are suitable for both Indigenous and non-Indigenous people. You can find out more by watching this video.





Tune in to Coral Coast Radio 94.7FM Monday to Friday for regular IWC segments about our services and programs. We're here for you in good times and bad. 94.7FM is a community radio station manned by volunteers.

***IWC is the Primary Sponsor of Coral Coast Radio 94.7FM***



## Delivering the NDIS in your community

Have you visited our [IWC NDIS website](https://iwcndis.com.au/) recently? Whether an individual with a disability, a carer or a service provider, it is a useful resource for making community connections. There are four searchable options on the website:

- Choose which NDIS Registered Services you want to find. The name of each of the services matches the NDIS Price Guide.
- You can search for a specific suburb under the "Location" tab on the Homepage. You have the option of typing in a suburb name or postcode (4670, for example). The "Find" function will provide a list of all the services offered within the suburb.
- You can type in the name of organisations you know are operating in Bundaberg region.
- The "Find" function can be limited to NDIS Registered Service Providers or you can search only for Non-Registered NDIS providers.

See you there! Go to <https://iwcndis.com.au/>

*IWC is the Local Area Coordinator for the NDIS in Bundaberg region.*

## IWC Dental Services here for all

IWC Dental Practice is here for all people, Indigenous and non-Indigenous. Coronavirus restrictions have eased and we are now on level 1 restrictions as per Australian Dental Association (ADA) guidelines. We are pleased to be able to offer routine dental treatment for everyone. We also can provide children and teens aged 2-17 years who are eligible for the Federal Government's Child Dental Benefit Scheme with government-funded treatment. All necessary health procedures are in place to keep you and our dental team safe during this COVID period.



*IWC Dental Practice is supported by funding for the Child Dental Benefits Scheme from the Federal Government.*

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