



NEWSLETTER

September, 2024

Julia Creek MPHS

Ask your mob, your way,

RU OK?

because we are...

#StrongerTogether

**STRONGER
TOGETHER**

RU OK?
A conversation could change a life.

Dates to Remember

ALLIED HEALTH VISIT'S

FORTNIGHTLY ----- **MIDWIFE CLINIC**

PH: 0439 451 537 FOR APPOINTMENTS.

12-13TH SEPT -----**TRUE OUTREACH CLINIC**

PH: 4051 3788 FOR APPOINTMENTS.

17TH SEPT ----- **SKIN CANCER CLINIC**

PH: 1300 754 637 FOR APPOINTMENTS.

18TH SEPT -----**PHYSIOTHERAPY**

(FACE TO FACE)

PH: 4746 4000 FOR APPOINTMENTS.

23RD SEPT ----- **OPTOMETRIST**

PH: 4746 4000 FOR APPOINTMENTS.

24TH SEPT ---- **WATTLE GLEN RESIDENTIAL MEETING**

1PM - JULIA CREEK AGED CARE FACILITY

ALL FAMILY, FRIENDS AND COMMUNITY MEMEBERS WELCOME

30TH SEPT -----**PHYSISOTHERAPY**

(TELEHEALTH)

PH: 4746 4000 FOR APPOINTMENTS.

Recent Events





Tableland Trauma Teddies

Thank you to Tableland Trauma Teddies for your beautiful donation of crocheted teddies.



MEET OUR TEAM

NAME:

Cathrine Ahchay

POSITION:

Operational Services Officer

PASSIONATE ABOUT:

Fishing Camping, Reading. Working with my work mates at Julia Creek MPHS

BUCKET LIST:

Looking forward to travelling with my husband & pets.



NAME:

Alex Kildey

POSITION:

Cook/Cleaner

PASSIONATE ABOUT:

Cooking, Family time, Fishing & Hunting.

BUCKET LIST:

Go to the NT Fishing.

Sexual Health Screening

JULIA CREEK MPHS

We offer **FREE** and **CONFIDENTIAL** sexual health screening conducted by our nurses in our Julia Creek MPHS emergency department, for all ages, sex and orientation.

All results are directly sent to Mount Isa Sexual health to secure your confidentiality.

No appointment necessary, but if you prefer you can call **PH: 4746 4000** to make an appointment.

HOW LONG IS IT SINCE YOU GOT TESTED?
AND WHAT ABOUT YOUR NEXT PARTNER?

STOP THE RISE OF STIS
Get tested. Use protection.
Every year. Every partner.
qld.gov.au/stopherise

Queensland Government

How to stay connected and ask R U OK? any day

Start by asking, 'are you OK?'

No, I'm not OK.

Yes, I'm fine.

But your gut says they're not:

Dig a bit deeper:

"What's been happening?"

"It's just that you don't seem to be your usual self lately."

"Have you been feeling this way for a while?"

"I'm always here if you want to chat."

"I'm ready to listen if you want to talk."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

Ask **RUOK?** ANY DAY

R U OK?
DAY IS ON THURSDAY
12 SEPTEMBER AND IS
AN IMPORTANT
OPPORTUNITY TO
REMIND EVERYONE
THAT EVERY DAY IS A
DAY TO ASK
'ARE YOU OK?'

CURRENT POSITIONS AVAILABLE:

- CASUAL COOK
- CASUAL OPERATIONAL STAFF

Contact Kellie Leon for more information
PH: 4746 4000

PATIENT TRAVEL REVIEW

North West Hospital and Health Service is committed to improving our current patient travel arrangements by introducing changes to provide a consistent level of service for our community.

We need your feedback and Input to Improve the patient experience when traveling for care and treatment. please scan the QR code and complete a short survey.



THANK YOU!



WE WANT YOUR FEEDBACK!
SHARE YOUR JULIA CREEK MPHS
EXPERIENCE WITH US.
GOOD OR BAD, IT IS ALL WELCOME.