



Palm Island Voice



Your community

Your newspaper

Issue 17.
25 April 2008



William Obah and Gemma Armit, who look deadly in their uniforms, are working hard in their training.

Published Fortnightly

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Palm Locals Train as Ambulance Attendants

If you haven't all ready seen them in uniform (and don't they look good) we welcome Gemma Armit and William Obah to the team of Ambulance professionals here on Palm Island.

After an exhausting interview and selection process, both Gemma and William completed all aspects of the process and are now employed as Queensland Ambulance Service Ambulance Attendants. Their primary role will be to assist the paramedics with cases that the ambulance attends on the island

Gemma will fill the position that became vacant after Ambulance Attendant Jenni Geia

transferred to Mornington Island. I'm happy to say that since Mornington Island, Jenni has now transferred to Mt Isa and is doing a great job there

Due to our increased work load a submission was put forward to create more positions for Palm Island residences to join the ambulance team.

Story continued on Page 2

Readers are advised this publication may contain the names and images of people who have passed away.

Next Issue Out
9 May
Stories and Advertising due 2 May

Locals Valued Members of Ambulance Team

Story continued from Page 1

This submission was approved and William Obah is now filling that role. Gemma and William join Billy Landers, who is the other full time ambulance attendant, on the Ambulance team.

This now brings five positions to the Queensland Ambulance Service on Palm: two paramedics and three ambulance attendants.

Both Gemma and William headed to Brisbane on 20 April to attend training school. They will be in Brisbane for 6 weeks studying at the Department of Emergency Services Academy.

When they finish they will return to the island on the 2nd of June and will commence on road duties as of that date.

If they like what they are doing they will be in a position to complete the paramedic training and become qualified paramedics.

The Palm Island Ambulance attends approx 2,000 cases a year, the addition of an extra ambulance attendant is most welcome. We look forward to promoting



New Ambulance Attendant Gemma Armit assists Officer in Charge Ian Day with health checks for Palm Islander football players. (See p. 9 for the full story on the footballer health checks.)

and continuing our service to the community and
REMEMBER if you need an ambulance call 000!

Story and pictures from Ian Day
Officer in Charge, Palm Island Ambulance

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Pick up a copy every second Friday from:

- Council Reception
- Retail Store
- Hospital
- CDEP
- TAFE
- Airport

Palm Island Voice

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Students Unveil Wall of Fame

The students of Palm Island High School unveiled the Wall of Fame at the school on Friday. The wall is a tribute to the school's past and present students who have achieved excellence in their fields. The wall is made of wood and is decorated with photos and names of the students. The unveiling ceremony was attended by school staff and family members.

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Kid's Creativity Comes Out Photography Workshops

The recent 'This is Life' photography workshop was a success. The children took part in a series of workshops where they learned about photography and how to use a camera. They took photos of their surroundings and their families. The workshop was held at the school and was attended by school staff and family members.

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Elders and Children March AGAINST ILLEGAL DRUGS

Palm Island Elders and Children took part in a march against illegal drugs. The march was held in the town and was attended by school staff and family members. The marchers held a banner that read 'NO MORE DRUGS'. The march was a success and showed the community's commitment to a drug-free future.

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page 11 for details of how to subscribe.

Deadly Palm Boxers Back in the Ring!



From Left are Coach Ray Dennis with Palm Boxers Nat Seaton Selwyn Seaton and Luke Lenoy at the NQ Games

Palm's young boxers had a great medal haul and much success at the recent North Queensland Games, which were held in Townsville.

The North Queensland Games were held in Townsville on Friday 11 and Saturday 12 April.

The Boxing was held at the Fit for Life Centre on Charters Towers Road.

But a lack of publicity meant it was the forgotten sport of the Games and not many people knew a boxing tournament was on.

Also, the first night of boxing was underway at the same time as the Opening Ceremony for the Games was being held at the Sports Reserve!

Despite these setbacks, the tournament provided two fantastic night's of boxing and three Palm Island boxers took part.

Luke Lenoy won a Gold Medal on Friday night by defeating J Fegatilli from Mareeba in the 67kg division for Juniors.

Luke then stepped up another 6kg to defeat C Stedman in the 71kg division and won another Gold Medal on Saturday night.

It must have been disappointing for young Stedman as he had traveled all the way from Darwin.

Selwyn Seaton won a Gold Medal in the 63¹/₂kg

Junior division by defeating Raymond Cupitt from Yungaburra.

This was an great victory for Selwyn as Raymond Cupitt is a skilled opponent who won the Australian Title at Parkes NSW last year.

Many people described it as the best bout of the whole tournament. Selwyn also won another trophy for the best Junior Boxer of the tournament overall.

Big Nat Seaton lost a split decision in the the Super Heavy Weight Intermediate division to S Mahoney from Yungaburra.

Nat was very unlucky to lose and was awarded another encouragement trophy in addition to his Silver medal from the bout.

Story from Ray Dennis

Young Men a Credit to All

The final result from the tournament was that these three talented young Palm Island Boxers won three Gold Medals, one Silver Medal and two tournament trophies. A wonderful result!

These young men are a credit to themselves, and their community, their coach, and their community.

Palm Elders Eligible for Seniors Awards

The office of the Minister for Communities and Seniors, Lindy Nelson-Carr has specifically contacted Palm Island Voice to ensure everyone knows Elders from the Palm Island community are eligible to be nominated for the Premier's Awards for Queensland Seniors.

Many older people in communities across the country spend time and energy helping others, sharing their life and work experiences, on a purely voluntary basis.

The motivation to work as a volunteer in communities such as Palm is surely more than a simple matter of gaining pleasure through giving and receiving.

Community Elders of Palm give much to ensure young people in the community learn about and maintain connections with their indigenous heritage.

To acknowledge the achievements of community members who give freely of their time and knowledge, the Queensland Government holds the Premier's Awards for Queensland Seniors every year.

Community members who are 60 years or over can be nominated. But we need your help to nominate a volunteer who you admire.

Last year 220 nominations were received. Clearly there are many people whose unpaid efforts on behalf of a whole host of organisations and individuals are being noticed and appreciated.

The 2007 award winners had a wide variety of volunteering backgrounds, from an Ingham man who raised \$300,000 for charity by selling scrap metal he collected, through to a Brisbane lady who knits quilts for ill children and their parents.

Minister Nelson-Carr described the contribution of these community members best when she said:

"It's people such as those who contribute to their communities in a way that words may never be able to adequately express. They are inspirations to us all."

Nominations close Friday June 20 so there is heaps of time to think about who you think deserves an award and getting a nomination in early.

To obtain further information and nomination forms, call the Office for Seniors on 3224 2625 or 1300 132 654 or visit www.communities.qld.gov.au/seniors

Story from

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Contact Catherine Lawler for further information.
Telephone 07 4770 1177
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"THANK YOU" TO COMMUNITY

17 March 2008

Dear Community Members,

It has been an honour and privilege to be a Councillor for the past four (4) years.

I thank you for that opportunity.

Palm Island Shire Council needs our support as active members of our Shire especially in Environment Protection, Education and the protection of our identity and home land.

I congratulate our new Councillors and our new Mayor. I pledge my support by working in Sub Committees and I hope many of you will join Sub Committees.

Thank you

Mrs Magdalena Blackley

MAYOR LACEY MEETS WITH OTHER INDIGENOUS MAYORS

A recent meeting in Brisbane between the newly elected Mayors of Queensland Indigenous Councils and governments representatives has provided lively and useful debate about directions and priorities.

Following a meeting with the Premier, Ministers, and newly elected Mayors, Phil Clarke (Deputy Director-General, Department of Local Government, Sport and Recreation), Michael Hogan (Assistant Director-General, Department of Communities), and Pauline Peel, Deputy Director-General of the Indigenous Government Coordination met with the Mayors from Queensland's Indigenous Councils.

The informal meeting provided information on the Government's priorities for Indigenous communities.

These priorities are set through regular Roundtables, articulated in the Indigenous Partnership Agreement and implemented locally through Negotiation Tables, Local Indigenous Partnership Agreements (LIPAs), the alcohol management reforms and welfare reform trials.

Robust discussion covered topics ranging from the need for increased police resources, improved housing, economic development and employment opportunities to concerns about burgeoning drug abuse.

There were calls for balancing the focus on dysfunction with long term sustainability, and the need for genuine engagement with the community.

There was no indication by mayors of backing off from the Indigenous Partnership Agreement (IPA) or LIPAs and appreciation was expressed for the information and data now being provided, including the service maps and indicator reports.

A number of mayors indicated a desire to deal with alcohol so that communities and government could move on to addressing other priorities such as housing and employment.

Deputy Director General Pauline Peel would like to congratulate all incoming Mayors and Councillors and say again how much she looks forward to building on partnerships already established.

Story and picture from
Indigenous Government Coordination Office



Michael Hogan (ADG, OATSIP), Phil Clarke (DDG DLGSR), Rodney Ac-
coom (Lockhart River), Neville Pootchemunka (Aurukun), Greg McLean
(Hope Vale), Roderick Tobane (Woorabinda), Sammy Murray (Cherbourg),
Alfred Lacey (Palm Island), Percy Neal (Yarrabah), Desmond Tayley (Wujal
Wujal), Cecil Goodman (Mornington Island), and Pauline Peel (DDG, DPC).

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*Palm Island Voice***

Grog, Motorbikes and Footy

Senior Sergeant Paul James has provided an update some issues he and the community are currently facing, and gives some good advice on how we can look after ourselves and each other.

Alcohol Management

I guess there will be a lot of talk around in coming months about the proposed changes to the alcohol management plan. There are a range of views on the Island and no single solution is going to satisfy everyone.

What is important is that we all do our bit to improve the community and how the community is seen by others. That means pulling together and making it a better place to live.

The last couple of months have been a busy time for us with an increase in the number of assaults and serious assaults such as stabbings. Most of these incidents are alcohol related and that reflects poorly on the community.

Drinking in public

There have been a lot of complaints in relation to drinking in public. CDEP and the Council have to clean up the cans thrown down by people wherever they finish them. It makes the Island look like a toilet and it makes it hard for our kids to grow up with pride in the place. It is legal to drink in the Canteen and in a private home otherwise you risk a \$75 fine.

Football

On a positive note, the first round of the local footy comp went off well. It is good to see so many young

people (and some not so young) getting into the training and games. I was expecting a busy Saturday night but everyone behaved themselves and it was a credit to everyone, particularly to the young men on the Island.

It was great to see something designed to improve the community gotten off to such a good start. It holds promise for the future.

Motorbikes

There has been a big increase in the usage of motorbikes lately and we have received complaints about them.

If the motorbike is not registered and / or you don't have a license - do not ride it on the road. Parents should be making sure that their kids do the right thing so they don't get hurt.

I am prepared to accept people riding CAREFULLY along the side of the road to get from one place to another but if you do the wrong thing expect the fine. Continue to do the wrong thing and we will be seizing the bike.

Seek Help if Feeling Bad

Unfortunately there have been a few cases of people taking their lives this year. I won't say too much about it other than that there is help available and don't make such a big decision on the spur of the moment.

Wayne Bennett once said that suicide is a permanent solution to a temporary problem.

Look after each other.

**Story from Paul James
Bwgcolman Bulliman**



The Coolgaree Bay Hotel: You can only drink at the Hotel or in a private home, otherwise you risk a \$75 fine.

Land Project Survey Stage One Starting Soon

The first part of the survey work needed to identify and document landholdings on Palm Island is about to start.

As reported in previous issues of the *Palm Island Voice*, the Department of Natural Resources and Water (NRW) is working with the Palm Island Council, Bwgcolman and Manbarra people on the Improved Future Land Practices (Palm Island) Project.

The project aims to deliver a package of measures to meet legal requirements and enable the Palm Island community to develop in a way that meets its needs.

An important part of the project is surveying. Like all of other Indigenous communities in Queensland, there is a lack of adequate survey information at Palm Island.

It is planned to address this problem in three stages. Stage One involves developing a network of accurate survey points and a new digital 'grid') and surveyors will soon be coming to Palm Island to start this work, and they will be finished by the end of June.

However, community members are reminded these surveyors will **not** be surveying the boundaries of house blocks.

Completing Stage One will establish the base necessary to carry out the second stage (a surveyed town boundary and surveying of existing/proposed serviced residential allotments, that is, house blocks). This stage will be completed before the end of September.

The third and final stage will be the survey of existing residential allotments with housing that are subject to 99yr lease applications.

This last stage will also include correcting historical mistakes discovered under Phases One and Two. This work will be undertaken by the end of 2008 or early 2009.



Individual house blocks will not be surveyed until the later stages of the survey process.

Story from Ted Besley,
Department of Natural Resources & Water

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The Quest for a Blanket (and

Rhianon Walsh, from Red Cross tells his story of working as part of the Mackay flood relief effort earlier this year and his quest to find blankets for the River Bank Mob.

Rhianon's story is one of learning and growing through sharing and giving, told with a deadly sense of humour and a keen eye for spotting the best in people.

Where to begin?

Well, I'll start by letting you know that I was a novice in the Australian Red Cross as well as my travel companion and co-worker Jeannie Ling.

We were only a couple of weeks old in our jobs when we were asked to attend the flood relief in Mackay.

My thoughts were that this was a good opportunity for us to help out with the relief. After a few days we were ready for the journey down to Mackay.

On 25 February we boarded a light aircraft from Palm Island our home. The flight took 20 minutes to reach the mainland.

So we were set for the next part of our journey. We were given a rent-a-car for our drive to Mackay. We decided to take our time to reach our destination as we did not want to over do it on the drive down.

The rain was still falling steadily, as it had been for the last few days and we wanted to arrive safely.

What to expect?

On our travel down we talked about what we were getting ourselves into, and what was expected of us. We knew the kind of devastation that we would be attending, as we had seen it on the news and it looked like we were going to be very busy.

Also, we knew that we would see and hear a lot of heart breaking stories. We asked ourselves if we were prepared for that and decided to do what we could and to help out as much as possible.

We arrived in Mackay at 11pm, Monday night 25 February. We found our accommodation and the people that we would be working with during the week.

I met my bunk mate there, a "young fella" whose name was Perry Miller. More on him later.

The Quest Begins

It begins: "The Quest".

Tuesday morning we were straight into it. We went to the briefing at the base of operation out of Mackay.

We were to work at the Aboriginal & Torres Strait

Islander Community Health Service Mackay (ATSICHS) where we met a whole lot of extended families and caring, smart people whose goals were to help all the indigenous and sometimes non-indigenous sufferers of the floods that overwhelmed their homes and their families.

The brief in the morning was straight to the point and we formulated a plan about who we needed to help. One group of people were the "River Bank Mob".

So we gathered a team together that consisted of me, and Jeannie from ARC, and other relief workers from Centrelink and the health team, and went to them down at the river bank.

Meeting the River Bank Mob

The initial meeting was a bit apprehensive on both sides, as if we were sizing each other up. So the best thing we did was to introduce ourselves and what we were doing there on their turf, their home!

Well we were there talking for some time, trying to find out what they needed, or if they needed help in anyway.

As you know, all of us Murries like to tell a story about what's happened to us and what are the reasons behind their tenure outside of what we call "normal living circumstances".

In talking to this brave and intelligent mob on the river bank, we finally found some common ground to work with. Firstly, the immediate concerns were food, shelter, tarpaulins, and blankets.

This was the first day of our experience with the River Bank Mob and we were with them for most of that day. So we gathered this information and, as we returned to the Medical Centre, I found that, after meeting with the River Bank Mob, I now felt with all my conviction that I would help them out!

And that leads us back to the man who could make things happen: Mr Perry Miller.

Miracle Man: Mr Perry Miller

I told Perry of the River Bank Mob's predicament and about the people we had just met. I also told him about the way I would like to make this one of my little goals for the week; to help this mob out; to get them what they needed. I told him how most of all they



a story of an amazing experience)



needed blankets.

But the blankets were few and far between, as we have also been making deliveries all around Mackay to other needy people who have lost most of their things as well. This was very rewarding and sometimes very sad to see.

So we were busy and the blankets were getting hard to obtain.

Ah the magic of the man Mr Perry Miller, a very unassuming, intelligent and straight up gent. We were still running around, doing our other things and Perry was doing client contacts and referrals.

I do not know how, but in amongst all this running around, late on the second day of our contact with the River Bank Mob, we were surprised to find blankets by the dozens turn up?!

It seemed like it was meant for us to be there that day, and before you knew it we also had a food voucher waiting and a couple of food packs ready to go back to the River Bank Mob.

An amazing experience

For me this was amazing, the speed with which we

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all got these few essential items for the Mob on the river bank. And to top it off we helped a few souls get payments and other issues sorted for them.

I cannot describe to you what kind of feeling it was when we did give over just of few of these items, the food vouchers, the food packs and yes, the blankets.

In the few days that we were there in Mackay with this mob, who were salt of the earth people, we went from being strangers to good friends. To see them from what I guess was a little bit of distrusting attitude to start with, to really getting to know each other was in itself incredible.

That day I will never forget. They had hope and a light about them that when you looked at them.

You thought that everything was getting to be okay for them and for all of Mackay with the little bit of help we provided That makes you realise it was worth it.

Finally, a special thanks to Bevan Doyle, because without him we would be lost on our journey around Mackay, and to the team from Aboriginal & Torres Strait Islander Community Health Service Mackay (ATSICHS).

Thank You!!!!

**Story from Rhianon Walsh
Australian Red Cross, Palm Island.**

FREE BUSINESS FORUM FOR INDIGENOUS AUSTRALIANS

The 5th annual Reconciliation Business Forum will be held in Brisbane on Thursday 29 May 2008.

This Forum brings together influential community, government and business figures to create economic opportunities for Indigenous Queenslanders.

The forum will be held from 8.45am - 5.00pm at The Brisbane Convention and Exhibition Centre.

Entry to the forum is free, so all you have to do is register, and then get yourself to Brisbane and find some accommodation.

Morning tea, lunch and afternoon tea will be provided on the day.

Vicki Saylor to Host Debate

A feature of the forum will be a hypothetical style debate with a panel of prominent Indigenous and non-Indigenous business leaders discussing the topic "Indigenous business: A black and white picture?"

The debate will be hosted by Vicki Saylor a familiar

name from Townsville and AFI award-winning Indigenous actor.

Workshops

A number of workshops will also be held during the forum.

One workshop is called "**In the Can? Opening up Queensland's Indigenous bush foods industry**".

Prominent industry researchers, cultivators, processors and chefs will discuss recommendations for industry development.

Panellists include: Dr Rosemary Hill - CSIRO Sustainable Ecosystems, Dale Chapman - Indigenous Chef and Principal of QLD Wildfoods & Products Inc., Sabine Wienand - Principal and QLD Representative of Australian Native Food Industry Ltd.

Another workshop will discuss issues of land and environmental management based business and employment (including forestry, mining and eco-tourism) under the title "**The macro level: This country - Our business**".

This workshop will be facilitated by Balkanu Cape York Development Corporation Pty Ltd.

A third workshop, "**The micro level: Small and savvy business**", will focus on how to start, manage and grow your sole trader, family or small business.

This workshop is a collaboration between the Torres Strait Regional Authority Business Hub and Black Business Smart Business SEQ Indigenous Business Hub.

Registrations Closing

You will need to register now to secure your opportunity to participate in these information sessions on interesting and high growth sectors in Queensland and learn how to become more business efficient.

Registrations close Friday 2 May 2008.

For more information contact: Ms Celia Finter at Indigenous Business Development, Department of Tourism, Regional Development and Industry on (07) 3247 9157 or by email at celia.finter@dtrdi.qld.gov.au

You can also visit the Website Link at <http://www.vision6.com.au/ch/11zg06v/98165/b32ccfb08.html>

This forum is supported by Indigenous Business Australia, the Department of Education Employment and Workplace Relations and the Department of Tourism, Regional Development and Industry.

Looking for Palm Island's Young Achievers

Has a young person in your life dreamt big and reached for the stars?

Do you know someone who is quietly achieving great things and showing the way for other young people?

We'd love to hear from you so we can share these wonderful stories with everyone.

Contact Catherine Lawler for further information.
Telephone 07 4770 1177
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Tell us what you think

Letters to the Editor

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About anything!
We'll keep it confidential if you want.

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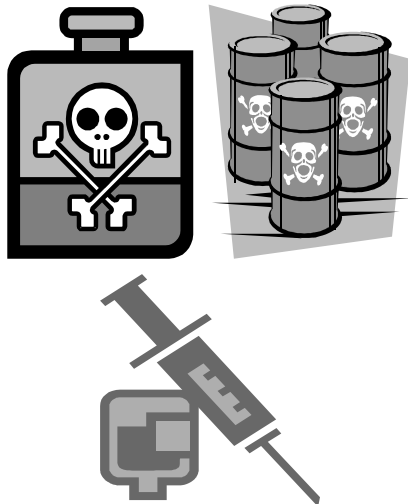
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Palm Island Ambulance

First Aid Hints and Tips

Poisoning



The term poison refers to a wide variety of substances that have the potential to cause illness or injury when they come into direct contact with or enter the body

Poisons can enter the body by –

- Inhalation (breathing in) smoke, chemicals, paints, glue, car exhausts
- Absorption (through the skin) chemicals, poisonous plants, animal treatments
- Ingestion (through the stomach) drugs and tablets, chemicals, bad food, plants
- Injection (injected into the skin/muscle) drugs, syringes, snakes, spiders, ticks, bees, wasps

Management

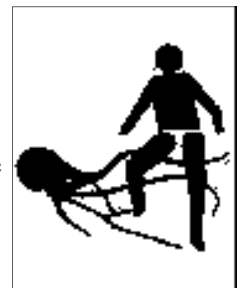
- Don't come into contact with the poison yourself
- Ring 000 ask for an ambulance
- Ring 131126 Poisons Info line for advice
- Rest and Reassure the patient
- Keep containers and the like for identification
- Dilute the poison

Stinger Season Count Palm Island Number – 17

Stinger Season Finishes at the end of April

Stinger Box Houses

Stinger Box houses have First Aid facilities for treatment. They are at premises close to the beach. Look for this sign.



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Palm Footy Players Get Health Checks

With the local football competition starting on the weekend of the 26th April it was important for all footballers intending to play this season to have a full health check.

The local Rugby Committee knew the checks needed to be done and the Queensland Ambulance Service was happy to do the checks in the interests of promoting healthy life styles and healthy people playing football.

We started testing approx a month ago and to date have tested some 151 football players which is a great result.

These names of the players (but not the results) are supplied to the football committee as having passed their medical checks as a prerequisite to playing rugby this season.

We did have some results that were a little alarming and we have spoken to all teams about the importance of getting fit prior to playing football and the importance of drinking water and staying hydrated while playing and while training.

The checks included – Blood Pressure, Pulse, Satu-

ration Oxygen levels, Blood Sugar Levels, Urine tests which included Renal function testing, Sexual Health matters, and Physical checks which included stretching, joint movement, and bending.

Some footballers were found to have some conditions and they have been treated appropriately and we will also be doing follow ups with some players.

It is also very important that players who are going to play this season modify their drinking habits prior to playing football.

The night before playing a game the best idea is to **NOT** drink alcohol or to **slow down** and have **minimal** alcohol beverages.

Sexual Health staff and the Renal Nurse have been very supportive in our endeavours to ensure the local footy players are fit to play.

Any footballers intending to play in the local competition must have had their medicals completed before playing. If you haven't had yours then present to Ian the ambo ASAP.

Story and picture from, Ian Day
Officer in Charge, Queensland Ambulance Service, Palm Island

Footy Health Tips!

- **Get Fit**
- **Drink Plenty of Water** while Training and Playing
- **Cut Down or Don't Drink Grog** the night before a Game

Health checks underway (left to right): Ian Day, Robin Kerr, Gemma Armit, and Hosea Murphy



A Beautiful Place to Rest and Reflect Bwngcolman Children's Memorial Garden



In Issue 15 of Palm Island Voice (28 March), we brought you the story of the Bwngcolman Children's Memorial Garden, which is located at the mortuary/ Joyce Palmer Health Service.

Now we are able to bring you some pictures of this beautiful place, inspired by the community and brought to life by the hard work of the CDEP mob.

All members of the community who have lost a loved one are welcome to use the garden to have quiet times while they grieve their loss.



Put Your Business Here

Advertising space is available to all businesses, organisations and individuals who have an interest in promoting services and events to members of the Palm Island community.

Display Advertising Costs (including GST)

| | |
|--------------|-------|
| Full page | \$440 |
| Half page | \$231 |
| Quarter page | \$121 |
| Eighth page | \$66 |
| Sixteenth | \$44 |
| Inserts | \$660 |

Discounts available for multiple bookings

Contact Catherine Lawler
for further information
Telephone 07 4770 1177
email: editor@piac.com.au

**Advertise in *Palm Island Voice*
and support the community
that supports you!**

**Contact us by 2 May 2008 to arrange your
advertising in the next issue of *Palm Island Voice***

Breast Screening for Palm in June

**The BreastScreen Mobile unit will be visiting
Palm Island in June .**

The unit will be located at the Joyce Palmer Hospital. Screening will be available from **Monday 23 June to Thursday 26 June** only.

Please NOTE there is **no screening on Friday**. Unfortunately, some ladies turned up last time on Friday and missed out because there was no screening that day.

Liela Murison will also be visiting at the same time as the mobile unit to help ladies with any transport they require getting to the mobile.

Contact your Health Worker or Liela on 47963231 or mobile 0417740394 to make arrangements if you require assistance with transport.

**Phone now on 13 20 50 to make an appointment
for your FREE breast screen.**

Story from Donna Walters,
Health Promotion Officer / Clinical Nurse
BreastScreen Queensland, Townsville Service

PALM ISLAND COMMUNITY HEALTH CALENDAR

Joyce Palmer Health Service

Doctors Appointments

Doctors run clinics Monday to Friday 8 am to 5 pm.
See the administration staff for appointments

Pharmacy

Mon, Wed Thurs, Fri
10am to 1 pm
2pm to 4.30 pm
Tuesday only close 6.30 pm

Dressing Clinic

9am to 11am and 2pm to 4pm Monday to Friday
only – unless it is an emergency.

Dental Clinic

Tuesday every week in the Community Health Area.
You need a current **Health Care Card** or **Pension card** to be eligible for this service. Come up between 9-10am to have your problem looked at. Then you will be booked in for an appointment at the next available clinic.

Physiotherapy

Physiotherapist visits every Wednesday. Contact the hospital to make and appointment.

Renal Clinic

The Renal Specialist (nephrologist) visits every two months, and clinics with the Renal Dietician and Social Worker are held every month. If you have been referred as a patient, the clinic will contact you with details of your appointment.

Paediatrics Clinic

The Paediatrics Clinic is held monthly at JPHS. Contact the hospital for more details.

Speech Therapy

The Speech Therapist visits Palm Island every month. Contact the hospital for more details.

Eye Clinic

The Optometrist visits once a month and the eye specialist (ophthamologist) comes twice a year. Contact the hospital for more details.

Diabetes Clinic

The Diabetes clinic is held monthly. Contact the hospital for more details.

Podiatry

The podiatry clinic is held every month. Contact the hospital for more details.

Mental Health Team

The Mental Health Team Office is open from 8.30am to 4.30pm. Phone 4753 5163. The Team can help with mental health assessment, crisis intervention, case management, consultation and liaison with persons presenting to JPHS emergency department, court liaison, Individual counselling and family therapy.

Child Health Clinic

Aggie is available from 8am to 4.30 Monday to Friday to provide help with child health problems issues such as immunisation and baby health checks. We can also help with some women's health issues and family counselling. Ring on **4752 5172** or call in anytime.

Midwife Clinic

The midwife is available every Tuesday and Friday from 8.30am till 3.30pm. She can provide pregnancy testing, antenatal care and education, organise ultrasounds, offer postnatal care, contraceptive advice and help with women's health issues. Call 0437 550 171 or just come up and see her.

Sexual Health Clinic

Rachel, and Frank are in the office 8am to 4.30pm Monday to Friday. The clinic is open late on Tuesday nights till 6.30pm. No appointment is needed.

We provide advice, treatment and management of any sexual health issues.

You can go to the clinic if you need help or advice about any aspects of women's health. The team can help with information about issues such as contraception, menopause, or protecting yourself against diseases that may cause infertility.

Women's Health Nurse

The Women's Health Nurse will be holding clinics in Community health on the following dates

| | | |
|---------|------------------------|-----------|
| Tuesday | 29 th April | 9am - 3pm |
| Tuesday | 13 th May | 9am - 3pm |
| Tuesday | 27 th May | 9am - 3pm |
| Tuesday | 10 th June | 9am - 3pm |

No appointment is needed. Please feel free to visit the nurse to discuss any Women's Health issues. Please contact the clinic on 4752 5165 for further information.

REMEMBER: If you come for your regular pap smear, we can **prevent** cervical cancer. If you are under 26 years you can be eligible for a free Gardasil vaccination, which can help protect you against cervical cancer.

BreastScreen

The BreastScreen unit will be providing FREE screening at the hospital from **Monday 23 June** to **Thursday 26 June** only. Please NOTE there is **no screening on Friday**.

ATODS

The Alcohol, Tobacco and Other Drugs Service has counsellors available to help with drug related issues, free of charge. Users or members of their families who are worried about the impact drugs are having on their lives you can come and yarn to Craig, Jenny or Uncle Owen about what to do.

Palm Island Voice Community Notice Board

AA Meetings at Ferdy's

AA meetings to help support people with drug or alcohol problems are held at Ferdy's.

Meetings are held both day and night Meeting times are 9am and 7pm. Call day staff at the centre in the morning to be picked up for the 7pm meeting.

Palm Island Play Group

All family members with children aged 0 – 5 years old are invited to come along the Palm Island Play-group.

DATE: Wednesdays

TIME: 10.30am – 12.30pm

WHERE: PCYC child care room

Contact **Tiana Friday** – PCYC 4770 1793 or 0438 717 607

Supported by the Palm Island Family Support Hub.

Rubbish Pick Up Times

| Area | Day |
|------------------------------|-----------|
| Chook City & Farm | Thursday |
| Mango Avenue | Monday |
| Top End | Tuesday |
| Bottom End | Wednesday |
| Reservoir Ridge & Butler Bay | Friday |

Learner's Permits

Courses to assist students who are sitting for their Learners permit are held monthly on Palm. This course has an extremely high success rate.

If you want to do the course you need to enrol at TAFE. You will need your birth certificate & other ID. Contact TAFE for details of course dates for 2008.

Course Dates

19-21 May

2-4 June

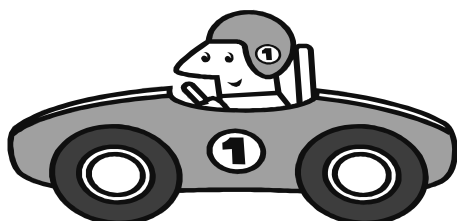
11-13 August

8-10 September

6 - 8 October

3 - 5 November

1- 3 December



Blue Cards

Construction Induction (Blue Card) is conducted by TAFE on Palm Island. This card is a requirement when working on a building site but is also gives a good sound knowledge of the Workplace Health and Safety Act, Safe work practices and Risk Assessment.

It is a three to four hour course and on completion students are issued with a General Safety Induction card

Enrolments are taken at TAFE. Contact TAFE for details of course dates for 2008.

Course Dates

22nd May

5th June

14th August

11th September

9th October

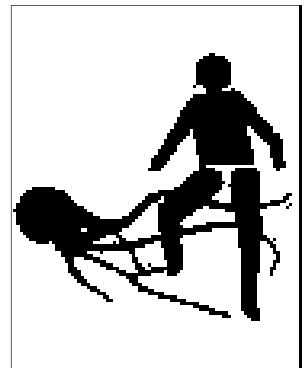
6th November

4th December

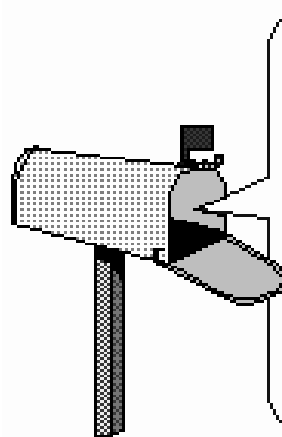
Stinger High Season

November to April

- Wear a **Stinger Suit**.
- Primary **First Aid** is **Vinegar** not water or ice.
- **Stinger Box Houses** have First Aid facilities for treatment. They are at premises close to the beach. Look for this sign.



Land Tenure Project Suggestions Box



Have your say on the Land Tenure Project. You can submit written feedback and suggestions using the suggestions box, located at the Government Coordinator's Office (the old kindergarten).