



2018 Nundle Local Health Report

Acknowledgement of Country

Hunter New England Local Health District respectfully acknowledges Aboriginal people as the traditional owners and custodians of the land in which our health facilities are located, and pay respect to the Elders, community members and the community-controlled sector who partner with us to improve the health outcomes for Aboriginal and Torres Strait Islander people across our District.

Year at a Glance

We provide health services to approximately 1,483 people across the communities of Bowling Alley Point, Dungowan, Duncan's Creek, Crawney, Hanging Rock, Ogunbil, Woolomin and Nundle.

2018 was a big year for the Nundle Health Service, which saw the following achievements:

- Nurse Vicki Prozinski completed her Masters of Nurse Practitioner Course at The University of Newcastle, and is now a qualified Nurse Practitioner
- Tamworth's Barton Lane General Practice continued to provide a monthly GP clinic
- The influenza vaccination clinic was held in Woolomin
- A women's health education day was held
- A men's health soup and damper night was held
- Commencement of pulmonary rehab
- Rainmakers Drought Relief dinner
- Defibrillators



*Nundle's Cottage on the Hill Annual Outdoor Quilt Airing
Photo courtesy of Megan Trousdale*

Our Health Committee

The Nundle Health Committee meets bi-monthly. The committee provides feedback from the community to Hunter New England Local Health District staff. This feedback aims to address the needs of the community and offers suggestions to improve access to health services.

The Nundle Health Committee includes local residents of Nundle and Woolomin. Current committee members include:

- Gay Hammond
- Claire Lennon
- Margaret Schofield (chairperson)
- Margaret Chamberlain
- Gae Sipple
- Lynn Leslie

Hunter New England representatives include:

- Vicki Prozinski, Nurse Practitioner
- Ali Harding
- Cath Hastings

The committee members are well known to the residents of Nundle and Woolomin and are passionate about their community and the provision of quality health care services. Committee members represent many local groups; have a

sound knowledge of local issues; and ensure relevant issues are tabled and discussed at meetings.



Nundle Health Committee members: L-R: Lynn Leslie, Gae Sipple, Clare Lennon, Margaret Chamberlain, Ali Harding (NUM), Vicki Prozinski (NP) and Margaret Schofield (Chairperson). Absent: Gay Hammond

The committee members are strong advocates for Nundle and the surrounding district. They are dedicated to ensuring the community has access to high quality health services and that services meet the needs of all age groups and people with special needs.

The key issues addressed by the Nundle Health Committee over the last 12 months were:

- Ambulance transfers to Tamworth
- Community Nurse Clinics in Nundle
- Nundle Women's Health Forum
- Nundle Men's Health Forum
- Upgrade of ECG machine
- Driveway access at the clinic
- Defibrillators in Nundle

- Palliative care and advanced care planning
- Immunisation including influenza vaccination
- Post-hospital support
- Wound care
- Healthy lifestyle education including smoking cessation and weight loss
- Minor illness, accident and burns management
- Aged care support and referral
- Access and referral to other services for all age groups

Hours of Operation

The Nundle Health service operates from 8am – 4:30pm, Monday to Friday.

Home visits are attended from 8am – 10am.

The drop-in clinic at Nundle is open from 10am – 2pm.

Our Health Service

The Nundle Nurse Practitioner provides a five day service at the clinic and attends home visits where required.

These services are free of charge and help reduce travel and other costs associated with accessing health services.



The nursing services include:

- Helping to manage chronic diseases including asthma, lung disease, diabetes and heart conditions including pulmonary and cardiac rehab

Partnering with Our Community

Meet Nundle Community Volunteer - Lynn Leslie



Volunteers make small communities tick. Lynn is one of many volunteers who keep Nundle moving along. Lynn likes to help out in the community and believes without volunteers nothing gets done. She has a special interest in improving care for the aged community members.

Lynn's many interests include walking, yoga, swimming, gardening and helping cater for events. One of her labours of love is babysitting the grandchildren every second week.

Lynn volunteers as a driver with GoCo - a service which provides community transport for elderly people living in Nundle, Woolomin, Dungowan and the surrounding areas. She is also a regular volunteer at the Tamworth blood bank.

Lynn is a member of the Nundle Lions Club, the Nundle Hall and Art Committee and she helps out with some CWA events.

The Nundle Local Health Advisory Committee is fortunate to have Lynn as their newest member. She is a strong advocate for the needs of the aged people and has a good understanding of the community.

Lynn's wish for Nundle - "more jobs in Nundle so younger people could move there."

Hunter New England Local Health District



Women's Health Day

A women's health information day was held on Friday 11 May 2018, at the CWA building, to promote a range of women's health issues.

The event was jointly facilitated by:

- Jenny Bath, Clinical Nurse Consultant, Tamworth/Nundle Community Health;
- Codie Milgate, Registered Nurse, Tamworth/Nundle Community Health; and
- Maria Mead, Physiotherapist, Tamworth Pro-Active Physiotherapy.

The talks were informative, engaging and interactive. Refreshments and a light lunch were also provided. The event was well supported, with 25 woman attending on the day.

The feedback from the community to the Local Health Committee members was extremely positive. We also heard that 4 new women had registered to see the Women's Health Nurse following this day.

Men's Health night



Dr Ian Smith and Natasha Bissell

An information session for men of Nundle was held at the local pub. Dr Ian Smith, a Urologist based in Tamworth and Natasha Bissell, Tamworth Prostate Support Nurse, spoke about the symptoms and current management of prostate cancer and benign prostate enlargement.

Prostate cancer is the most common cancer affecting males, and more than half of the male population aged over 50 years will have an enlarged prostate.

On the night, the men had ample opportunity to discuss prostate disease with the experts in a relaxed atmosphere. It was helpful to learn that most men do not need to leave the local area for treatment, as these conditions can be well managed in Tamworth.

After the talk, the group shared some delicious soup and damper together.

The presenters left some great resources that can be collected from the Nundle Community Health Clinic.

In July 2018, Nundle Community Health received two pieces of medical equipment to enhance the community service we provide. A Mindray Electrocardiograph (ECG) machine was upgraded to reflect current health care standards and a defibrillator was purchased for the clinic.

The Mindray ECG machine is able to acquire, analyse, display, store and record electrographic information for adults and children from birth, for clinical diagnosis of heart problems.



The Zoll defibrillator is a lightweight, battery-operated, portable device that's used to help people who have a sudden cardiac arrest. The defibrillator checks the heart's rhythm and sends a shock to the heart to restore a normal heart beat using step-by-step instructions and voice prompts for the user.



Nundle Community Health also acquired a replacement vehicle for the community nursing service - a new Kia Sportage AWD. The vehicle is frequently used when providing nursing care to patients that are not able to visit the clinic in person.



Rehabilitation - 'Nundle style'

Evidence supports pulmonary and cardiac rehabilitation programs as key components in improving the health of individuals with heart and lung disease. Unfortunately, in very small communities, it can be hard to run such programs, due to the small numbers.

In 2017/18, Nundle ran a flexible, combined pulmonary and cardiac rehab program. Nundle's program also included older people who did not have heart or lung problems but simply wanted to attend an exercise program. These people could opt to attend the educational component of the class or choose to attend the exercise part of the program only.

The participants supported each other throughout the classes. Along with many laughs, they practised strength, stretch and falls prevention exercises.



Upper body strength: Vi Wilkinson, Beryl Edmonds & Vicki Prozinski



Building lower body strength: Vi Wilkinson, Beryl Edmonds, Vicki Prozinski, Maureen Hulm & Cath Hastings

In the Spotlight

Farmers helping farmers

In August 2018, Teree Burr and a small group of local business leaders and friends got together to plan the first "Rainmakers Community Dinner" for the local farming community. Nundle and its surrounds were in the peak of one of the worst dry periods in 100 years, and the effects were felt by all in the community.

The event coordinators aimed to give local farming families a social night out - an opportunity to share a homemade meal and reconnect with their local community and friends. Many community members were often busy with long days of feeding and keeping stock alive, and had very little time to step off the farm. It was important to ensure our local farmers felt they were not alone in the 'big dry'.

The event was staged at the Nundle Memorial Hall and a local guesthouse couple were given the task of catering the event. Three local musicians volunteered their time for the entertainment, the local school children provided artwork and a recycled art piece was created to assist with hall theming. The Nundle Craft Shop ladies also assisted with stage and hall theming.

The local CWA and Lions Club supported the event and many business donated prizes and items as part of a charity auction, to raise funds for farmers.

An underlying objective of the event was to raise awareness and educate the local community about the support services on offer during the drought and how to find them.



Rainmakers Poster made by Nundle Public School

The Scone office of the Department of Primary Industries made a generous donation to help cover the cost of the farmers event tickets. A representative on the night also attended and spoke about the support work that the DPI offers to local farmers. This included information packs and donated gift bags for all farming families in attendance.

Drought Angels was the nominated charity to receive the funds raised from the charity auction, and two representatives attended the event from the Queensland-based charity to speak about the work and support they offer. Information packs and donated items from Drought Angels were also given on the night to all local farming families.

Many local businesses gave vouchers and donated goods for the farmers information packs that were distributed.

The event was family-friendly and was deemed a great success. A big thank you to our local community volunteers, who assisted with the set up and the event on the night.

Feedback & Acknowledgement

The Nundle Health Committee wishes to acknowledge and thank:

Vicki Prozinski, Nurse Practitioner, for her hard work, energy and commitment to Nundle and the surrounding communities.

The Barton Lane General Practice for the provision of the monthly GP clinic at Nundle, and their commitment to the ongoing health and well being of the community.

Tamworth Community Health Service for the provision of nursing and allied health services.

The committee also acknowledges the Nundle CWA, the NSW Ambulance and other health professionals who make an important contribution to the people living in Bowling Alley Point, Dungowan, Duncan's Creek, Crawney, Hanging Rock, Ogunbil, Nundle and Woolomin.

For more information or feedback, please contact Nurse Practitioner, Vicki Prozinski on 6755 8001 or Vicki.Prozinski@hnehealth.nsw.gov.au

Or

Cath Hastings, Manager Tamworth/Nundle Community Health Service on 67678165 or Cathy.Hastings@hnehealth.nsw.gov.au