

# What We Can Do For You

- A range of visiting allied health professionals
- Information on accessing health services
- General health education and information
- Health promotion information for farm families and itinerant workers
- Chronic Disease Management – education and support group
- Transport for health and wellbeing appointments – local and Townsville
- Rural Industry Lifeskills Program – counselling
- Fitness for Whole of Life Program – exercise and education



This Program is developed and delivered by the Burdekin Community Association and has been made possible with Commonwealth Department of Health and Ageing funding.

## MAKE A DONATION

Much of our fundraising comes from generous individuals and community groups who donate their time or money to help our cause.

To maintain the high quality of our community services, it is vital for us to run fundraising and support programs. Tax-deductible donations are another way of enabling us to continue serving the Burdekin community with excellence.

Every donor is treated with confidentiality and we have strict policies in place to ensure details remain private. We are grateful for all the support we receive and will never ask our supporters for more assistance than they are able to offer. Donations of \$2.00 or more are tax deductible.

### Donate by Direct Deposit

To donate by direct deposit please use the following details:

Bank: Bendigo Bank  
BSB No.: 633-000  
Account Number: 126387638  
Account Name: Burdekin Community Inc.  
Statement Account

### Donate by Cheque or Cash

To donate by cheque or cash please complete the following Donation Form and send it to BCA.

### DONATION FORM

Burdekin Community Association Inc.  
PO Box 815  
AYR QLD 4807

Please find attached a donation of:

\$ \_\_\_\_\_

Please send a receipt to:

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Number: \_\_\_\_\_

*If donating by Cheque please make cheques payable to Burdekin Community Association.*

Donations of \$2.00 or more are tax deductible. Your donation will be returned to the Burdekin community.

**Thank you for supporting BCA**  
[www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

## BURDEKIN CENTRE FOR RURAL HEALTH

*Healthy  
Communities:  
Now and for  
the Future*

**'The Homestead'**  
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AYR QLD 4807

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**Fax:** (07) 4783 7611

**Email:** [bcrh.bca@burdekin.qld.gov.au](mailto:bcrh.bca@burdekin.qld.gov.au)

**Website:**

[www.burdekincommunityassociation.org](http://www.burdekincommunityassociation.org)

# Burdekin Centre for Rural Health

The Burdekin Centre for Rural Health is a Burdekin Community Association Inc. service funded by the Department of Health and Ageing through its Rural Health Service Program.

## SERVICE GOALS

The Burdekin Centre for Rural Health has been established to:

- Keep our residents and visiting workers healthy.
- Reduce the risk of death, injury and illness for our children living on farms.
- Provide improved access to health services for individuals who need treatment, care and support.

## CENTRE STAFF

The Centre team includes:

- Service Manager
- Exercise Officers
- Rural Health Nurse
- Health Promotion Officer
- Psychologists
- Administration Officer
- Trainee Administration Officer
- Transport Drivers & Carers

These staff compliment BCA's multi disciplinary team of professionals and the range of primary health care services they deliver.

## SERVICE ACTIVITIES

### Rural Industry Lifeskills Program

The Psychologists deliver a *confidential* counselling and support service for all rural industry families and individuals living in the Burdekin area.

Lifeskills are abilities which help us to deal in a positive way with the demands and challenges of everyday life. In these ways Lifeskills help us to cope with a challenging and rapidly changing society.

### Fitness for Whole of Life

Exercise Officers and accredited trainers provide exercise based, health monitored programs that will improve individual wellbeing chronic health issues such as cardiovascular, diabetes, arthritis and obesity as well as preventative approaches such as falls prevention, maintaining mobility and general physical and social wellness. Programs offered include exercise sessions, LifeSteps and Tai Chi classes.

### Health Promotion Strategy

The Rural Health Nurse and Health Promotion Officer work with the rural communities to improve community awareness of new and existing health promotion and injury prevention strategies by offering:

- Health education and information
- First aid and resuscitation courses
- Farm safety education including itinerant worker information
- Child injury prevention

### Centre Facilities

The purpose built Centre provides excellent consulting rooms and facilities for visiting health services. A large meeting room is available for

health and well being related meetings, training and case conferencing and other health related purposes.

### Visiting Health and Wellbeing Services

Visiting services include:

- Hearing services
- Speech pathology
- Podiatry
- Counselling services
- And more...

Please contact the Burdekin Centre for Rural Health for appointment information.

### Transport Service

The team of Transport Drivers provide a door to door community transport service operated to assist residents of the Burdekin to access health services in Ayr, Home Hill and Townsville. Contact the Administration Officer at the office for more information and to make bookings.

### Information and Referral

The Centre Staff provide information and referrals for health and well being services and groups operating in the Burdekin and Townsville.

### Working with Other Service Providers

The Service Manager collaborates with a range of government, private and community based service providers to enhance the range of health services available in the Burdekin.

### Community Input

The Burdekin Centre for Rural Health aims to respond to health needs identified by members of the community in the development and delivery of its services. This input comes from consultative groups, network groups and satisfaction surveys.