Julia Creek Multipurpose Health Service

JULY Newsletter

Keeping our community healthy, happy and connected!

Caring for Julia Creek today & tomorrow



North West Hospital and Health Service

Julia Creek Multipurpose Health Service

07 4746 4000
1 Burke St, Julia Creek QLD 4823
juliacreekmphs@health.qld.gov.au

Julia Creek Multipurpose Health Service

JULY UPDATE

July has been another busy and memorable month at Julia Creek MPHS, with our residents making the most of the beautiful winter weather and enjoying plenty of time outdoors with family, friends and one another.

The sunshine has provided the perfect opportunity to spend time in our gardens, with many mornings dedicated to watering plants, tending to the garden beds and enjoying the fresh air. Jimmy and Pauline have continued to take great pride in caring for our gardens.

Residents also enjoyed homemade pizzas, relaxing BBQ dinners and a special visit to feed and pat the local horses. These outings continue to create meaningful moments, encourage conversation and bring back many wonderful memories for our residents.

There has also been plenty of laughter around the facility, with music, dancing and social activities keeping everyone active and connected. Jimmy certainly showed us he still has some impressive dance moves!

This month we were also saddened by the passing of Ellen Fels, a much-loved resident of Wattle Glen Aged Care. Ellen dedicated over 60 years of service to the Julia Creek Hospital and gave countless hours of commitment to the Julia Creek Hospital Auxiliary. Her kindness, generosity and unwavering dedication to our community have left a lasting legacy. We extend our heartfelt condolences to Ellen's family and friends and thank her for the incredible contribution she made to the Julia Creek community.

As always, it has been wonderful to see our residents enjoying each day, creating new memories and sharing special moments together.

Olivia Fegan
Recreational Officer

Community Health Calendar

AUGUST
13TH & 27TH

North West Hospital and Health Service

MIDWIFE

FOR BOOKINGS PH: 07 4746 4080

SEPTEMBER
2ND, 3RD, 16TH, 17TH & 30TH

North West Hospital and Health Service

PHYSIOTHERAPY

FOR BOOKINGS PH: 07 4746 4080

SEPTEMBER
10TH & 11TH

true relationships & reproductive health

(WOMEN'S HEALTH)
FOR BOOKINGS PH: 0437 300 226

SEPTEMBER
22ND & 23RD

North West Hospital and Health Service

AUDIOLOGY

FOR BOOKINGS PH: 07 4746 4080

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Julia Creek Multipurpose Health Service

IN MEMORY OF

Ellen Fels



Join us for a Community BBQ to celebrate Ellen's remarkable life and legacy.

For 60 years, Ellen gave so much to the Julia Creek community through her dedicated service to the Julia Creek Hospital and Hospital Auxiliary.

Come along to share stories, memories and laughter as we celebrate Ellen's kindness, generosity and the lasting impact she made on our community.

Thank you, Ellen, for everything you gave to Julia Creek. ♡







FRIDAY
7TH AUGUST

5:00 PM

WATTLE GLEN
AGED CARE
BBQ AREA

All community members are warmly welcome.

Food and drinks provided.

JULY MOMENTS



MORNINGS IN THE GARDEN





JULY MOMENTS

MORNINGS IN THE GARDEN







JULY MOMENTS







LAST JULIA CREEK BUTCHER SAUSAGES

JULY MOMENTS







BBQ'S OUTSIDE

JULY MOMENTS



JIMMY HAS THE MOVES!

JULY MOMENTS







VISITING THE HORSES

JULY MOMENTS







HOMEMADE PIZZA

WHAT IS THE SECRET TO A HAPPY AND HEALTHY LIFE?

STAY OUT OF TROUBLE & WORK HARD



WHAT IS THE SECRET TO A HAPPY AND HEALTHY LIFE?

STAY CONNECTED WITH YOUR FAMILY & FRIENDS



JOHN

WHAT IS THE SECRET TO A HAPPY AND HEALTHY LIFE?

WORK HARD

WHAT ARE YOU MOST LOOKING FORWARD TO THIS YEAR?

TO STAY HAPPY AND SMILE



WATTLE GLEN HAPPY Hour

Good company. Great chats. Lots of laughs.

Our happy hour is an opportunity for our residents, their family members, staff and community members to gather together. Have a drink, a few laughs & banter.

WE HOPE TO SEE YOU ALL AT OUR NEXT *Happy Hour!*

FRIDAY 7 AUGUST *at 5PM*



STRONGER TOGETHER

GOOD COMPANY GREAT CONVERSATIONS

CONNECT & BELONG

FLU VACCINATIONS

Help protect yourself and others

Annual influenza vaccination is recommended for all people from **6 months of age**. Influenza vaccines are funded under the **National Immunisation Program (NIP)** for the following groups:

- Children aged 6 months to less than 5 years.
- People aged 65 years or over.
- Aboriginal and Torres Strait Islander people aged 6 months and over.
- During Pregnancy at any stage.
- People aged 6 months and over who have a medical condition that is associated with an increased risk of influenza disease complications.

If you do not fall into the above categories and would like a flu vaccination please **make an appointment** to see the GP.

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true relationships & reproductive health

OUTREACH CLINIC

WE ARE VISITING JULIA CREEK IN 2026!

We offer reproductive & sexual health services to all clients at no cost.

- Cervical screening
- Breast health
- Pelvic pain
- Endometriosis
- Fertility
- Contraception advice/options
- Sexual health screening
- Period concerns
- PCOS
- Menopause
- Hormonal concerns
- Vulval health
- Pregnancy counselling
- IUD: Insertions, removals, assessment, concerns/problems (includes Mirena, Kyleena, Copper – Cu380)*
- Implanon: Insertions, removals, assessment, concerns/problems

*Please check with your coordinator, as this may not be available in all locations.

DATES

March
26 & 27

June
18 & 19

September
10 & 11

December
3 & 4

LOCATION

Julia Creek Multipurpose Health Service, 1 Burke St, Julia Creek, QLD, 4823

Book appointment
0437 300 226

true.org.au/book-appointment/outreach

CHECKUP

These clinics are funded by the Federal Government.
Funding is managed by CheckUp with True Relationships and Reproductive Health contracted as the provider of the service delivery in various locations around Queensland. The program is run in co-operation with local service providers.

Have you or someone you know recently found out you're having a baby?

A note from the midwifery team:

HAVE YOU OR SOMEONE YOU KNOW RECENTLY FOUND OUT YOU'RE HAVING A BABY? 👶

It can be overwhelming to know what to do next... but we're here for you. 💚

The Midwifery Group Practice (MGP) Program provides outreach midwifery to Cloncurry and Julia Creek 🌼. This is a free service where women are supported by a known midwife throughout their pregnancy and six weeks after the birth of their baby 🤱.

MGP midwives work closely with the Mount Isa Hospital 🏥 obstetricians and other health care professionals (including private obstetricians), allowing the team to care for women and their families throughout their journey.

You can self-refer to the MGP program (no doctor's referral needed).

By messaging or calling **0436 360 935**.
You can also self-refer by completing the form below, and specify Julia Creek / Cloncurry
https://www.northwest.health.qld.gov.au/online-referral-for-midwifery-group-practice/

WE WANT YOUR FEEDBACK!

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

WE ARE HIRING:

- COOK
- CLEANER
- AIN

PLEASE CONTACT KELLIE LEON
PH: 4746 4000

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