



Government of Western Australia  
WA Country Health Service

Eastern Wheatbelt Primary Health Service  
Kitchener Road, Merredin, WA, 6415  
Monday- Friday 8:30-4:30  
Telephone: 9081 3222

# Eastern Wheatbelt Primary Health Service Update

## What do We Do?

We provide free adult and child services for Medicare and concession card holders who live in the Eastern Wheatbelt. These services are delivered through in-person consultations, outreach clinics, home visits, phone and telehealth. You can self-refer to the majority of our services by calling 9081 3222 or receive a referral from your GP or health professional.

We strive to provide the best quality of care, closer to home for our community and welcome your feedback at any time. You can provide it via [Patient Opinion](#), phone us or complete a feedback form (available at all sites).



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[facebook.com/MyHealthyWheatbelt](https://facebook.com/MyHealthyWheatbelt) For free services and programs coming to you!



## Services Available for the Mukinbudin Community in 2019

**Aboriginal Health:** On Request

**Dietetics:** On Request

**Physiotherapy:** Monthly

**Child Health:** Weekly

**Health Promotion:** On Request

**Social Work:** On Request

**Community Midwife:** Monthly

**Occupational Therapy:** Monthly

**Speech Pathology:** Monthly

Please note: This information is a guide and is subject to change. You require a referral and appointment to be seen.

For Child Health appointments please call Mukinbudin Nursing Post on 9047 2800.

Appointments for all other services can be made by phoning Primary Health on 9081 3222.



### Meet Ash our new Occupational Therapist (OT)!

I was born in Merredin, and have lived here my entire life (only moving away to study at University)! OT is broad role and we offer support for people across the lifespan so they can safely complete everyday activities. In a nutshell we offer:

- Children: Fine motor skills and sensory concerns
- Adults: Cognition, home visits, equipment prescription and pressure care
- Hand Therapy: Splinting, scar management, range of motion, strengthening

If you require support from an OT call 9081 3222 or request a referral from your GP.



### Move Day for Mukinbudin Health Centre!

On the 7th August staff will be relocating to the new center on Calder Street from 9am on this day. Debbie our Clinical Nurse will continue to provide services such as wound checks, dressings and assisting with telehealth appointments. Sue our Child and Community Health Nurse will continue to hold Child Health clinics at Mukinbudin on alternate Wednesday and Thursdays.

**The Health Centre will be opened from Monday-Thursday: 8:30 -16:30 (closed for lunch) and have a new phone number 9047 2800.** If an emergency please go to Kununoppin Hospital who can be contacted on 9683 0222



### Boodjari Yorga- Pregnant Women Support

Community Midwife works closely with women in the Eastern Wheatbelt. The Boodjari Yorga Program works with Aboriginal Women and their families to provide culturally appropriate antenatal and postnatal support. It builds relationships with your doctor, birth hospital and links you in with services. Appointments can be made in your own home with care and education before and after bub arrives. We are excited to welcome Erica as our new Grandmother Liaison who will also help support this program. Pictured is Meredie our Community Midwife with proud parents Sonya and Chris with baby Darcy!



### Farewell to Claire our Dietitian!

Claire has worked as our Dietitian for the last two and half years and it will be sad to see her go. Claire is off on her new adventures as Dietitian down in Esperance- we wish her all the best and are sure she will enjoy the Esperance beaches!

Tessa is working two days a week Tuesday and Wednesday and focusing on providing inpatient, outpatient and some community service until we are fully staffed again.

### Telehealth HEAL Program- A MUST Do!

Caroline lives in Nungarin and was first told about her risk of developing diabetes a few years back, but didn't really take much notice. At a recent check-up her diabetes reading was high and decided it was now time to act! She heard about the Healthy Eating Activity and Lifestyle (HEAL) Program and decided to give it a go! Caroline attended the first session with her friend Eleanor.

"Sometimes I find it hard to commit to these programs but Telehealth HEAL just made sense. It brought together what we should be doing in a fun and practical way and was easy to understand. I have made changes to what I am eating, cooking and exercising and I feel excellent! My doctor is happy with me, my blood pressure and weight is down. It's the best program I have ever done! I am wrapped in it and would recommend HEAL to anyone!" Caroline (left) said. Call Rachel on 9081 3222 to find out more.

