

What's Happening at BCA's Rural Health Centre - February 2025

BURDEKIN CENTRE FOR RURAL HEALTH

Welcome to our February Rural Health Newsletter. In 2025 our dedicated team will continue to provide vital services for the Burdekin Community through funded programs, donations and centre activities.

Journey Coordinator Program

The Journey Coordinator connects adults and children to the services and supports they require and ensures that they access timely and appropriate mental health services. The Journey Coordinator can be accessed Monday to Thursday and Saturday, 9.00am to 4.30pm. Bookings and walk-ins accepted.

Our Journey Coordinator will soon run a peer support group for our community members. Healing Waves will be a friendly, warm and safe space to share experiences and support one another through the journey of mental health. Group members will learn and discuss topics such as self-care, mindfulness, stress management and more.

Registrations essential, now taking expressions of interest on 07) 4783 2711.

Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)

Psychological Therapies Program

Psychological Therapies consultations are available with our mental health professionals through a centralised intake via the Head to Health Phone Service. Speak to your GP about acquiring a referral to see one of our mental health professionals through this funded service.

Sarah Lutkin (Clinical Psychologist), Philip Murray (Psychologist) and Rick Scott (Mental Health Social Worker) are BCA's mental health professionals. They can accept Psychological Therapies referrals for adults, young people and children 12 and under as well as suicide prevention services for adults.

Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)

Private Psychological Counselling

GP or self referrals accepted. Fees will be at the mental health professionals discretion and paid directly to them.

Integrated Chronic Care Program

Individual and Early Intervention activities continue to be delivered out of the Burdekin Community Rehabilitation Centre. Our Exercise Physiologists, Exercise Scientists and Fitness Instructor (Cert IV), are delivering effective individualised and group rehabilitation programs from 7am Monday to Friday. Please visit your GP for a referral. Services are free of charge for eligible clients.

Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)

Room Hire

Consultation Room & Meeting Room Hire available & access Free Telehealth Hub Services with us.

For more information on any of the above services, please contact the Burdekin Centre for Rural Health between 9.00am and 4.30pm Monday to Saturday.

Hearing or Speech impaired, call us via the National Relay Service. (TTY: 133677 SSR: 1300555727)

Allied Health
Providers

Psychological
Therapies
Program
47832 711

Private
Psychological
Counselling
4783 2711

Centacare NQ
Counselling
1300 672 273

Bloom
Hearing
1800 027 779

Burdekin
Hearing
4946 4906

Clarity Hearing
Solutions
4779 1566

NQ Foot & Ankle
Centre
Podiatry
4723 5500

Synergy Health
Centre
Exercise
Physiologists
Exercise Scientists
Diabetic Educator
Dietician
4724 3250

Telehealth Hub
Services
Free

CONTACT US

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Burdekin Community Association Inc.