

"Health in Kind has helped in creating a space where healthcare is easily accessible for the Indigenous as well as making it affordable. These are the usual two main barriers to the health care system for the Indigenous and Health in Kind is benefiting the community by filling this gap."

~ Deidire, Aboriginal Elder, Murwillumbah, New South Wales

"It's very useful work because sometimes we are not able to understand the GP at the Clinic and here because of the interpreter it is easier. It's also fun for the kids."

~ Participant from health screening



CONTACT US

info@healthinkind.org.au

www.healthinkind.org.au

Our mission is to enable free holistic healthcare and wellbeing support to communities in need.

**Service through
kindness and
compassion**



Health In Kind

ABOUT US

Health in Kind is a not-for-profit organization that provides holistic health care to communities in need. Our purpose is to bridge the potential gaps between local health providers and individuals.

Our Services

- Background Consultation
- General Medical Screening
- Dental Services
- Health and hygiene education
- Allied / Mental Health education
- Healthy meals for schools
- Wellbeing programs for Kids

Qualified and registered medical, dental and allied health professionals volunteer their time to provide health and dental screenings and medical advice in a friendly and comfortable environment.

"I greatly enjoy volunteering with Health in Kind. I've found it immensely rewarding providing service to those who may not otherwise access health care, and it's a privilege working alongside others who practice with so much compassion."

~ Georgina Brunton
(Psychiatrist)

OUR PROGRAMS

DIVINE MOTHER AND CHILD

Dedicated to mothers and their children, this program enables volunteers to conduct free medical checks, dental services and health education. The sessions are specifically designed to support mothers requiring assistance with their physical, mental and emotional wellness.

COMMUNITY HEALTH SERVICES

Doctors, counsellors and dentists provide free medical and dental screenings in communities. The screenings involve dental checks, general medical checks like blood sugar levels and blood pressure checks to having more intensive health and mental wellbeing discussions. Food and personal hygiene items are also distributed and participants are educated on health and hygiene matters.

SCHOOL SUPPORT PROGRAM

A holistic approach is taken to provide school lunches or breakfast to students coupled with health and wellbeing education and free medical and dental checks. This ensures that children from challenging backgrounds receive a balanced meal, are given an understanding of healthy living and receive health and dental checks, which otherwise would have been missed.

