

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: December 2016

news

NCACCH 2016 Annual General Meeting

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM), was held at The Sands Tavern, Maroochydore, on 27th October 2016. There was a total of 59 members and guests in attendance.

Congratulations to Aunty Olive Bennet, Rhonda Randall, Uncle Trevor Draper and Paula Wootton who were unopposed and re-elected as Directors of the board. We would like to thank all members for their ongoing support, and welcome to our new members. To date we have 384 members for the 2016-2017 membership.

NCACCH has had another productive year, continuing to maintain all programs and development of new projects. By successfully retaining funding, NCACCH is able to continue providing our community with the much needed services and programs required to contribute towards closing the gap between Aboriginal and/or Torres Strait Islander and non-Indigenous Australians.

The Board and Staff would like to thank our partners for their continued support throughout the year and look forward to continue to work in collaboration in 2017. We would also like to acknowledge and thank the NCACCH Referrers for their support in linking community members of the Sunshine Coast and Gympie Regions to NCACCH Allied Health Services. The Board and Staff look forward to continued delivery of programs in 2017.

NCACCH Board of Directors



Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Paula Wootton

Aunty Gwen Tronc

Uncle Trevor Draper

NCACCH is funded by the
Australian Government,
Department of Health



NCACCH MAROOCHYDORE OFFICE IS MOVING!

NCACCH Head Office (Maroochydore)
will be moving in the New Year
to a new location.

NCACCH will advise further
details in early 2017.

Gympie Office Closure

The NCACCH Gympie Office will be
closed from 30th November 2016
until further notice.

If you require a referral please
contact Indigenous Health
on 5489 8444 or
Centrelink on 0429 890 592.

****From the 3rd January 2017, all visits and referrals
with NCACCH staff will require an appointment****

CHRISTMAS CLOSURE

NCACCH Office (Maroochydore) will be closed from 24th December 2016
and will re-open on the 3rd January 2017





No Durri for this Murri™



No Durri for this Murri™

Do you want to quit the durries?
NCACCH can support you on your journey to quitting

FREE services (to a limit) for:

- Quit Coach
- Counselling (including hypnotherapy)
- Medications eg Champix
- Nicotine Replacement Therapy (NRT) eg patches, gum

Phone 5443 3599 to register for the program



MEN'S WORRY-UP PROGRAM

The most recent Worry-up program was held in November at the Gympie NCACCH office. It was a very successful program with 8 men in attendance.

This program is held in partnership with the Sunshine Coast Hospital and Health Service, and the next program will be held in early 2017.

For more information please phone **Rick Dank - NCACCH Partners in Recovery (PIR) Support Facilitator** on 5443 3599 or 0401 405 143.



SUNSHINE COAST AND GYMPIE REGION
 WORKING TOGETHER TOWARD MENTAL WELLBEING



What does Partners in Recovery do?

Partners in Recovery (PIR) provides care coordination support to people with severe and persistent mental illness and complex multiagency needs.

INDIGENOUS BUSINESS AUSTRALIA

IBA (Indigenous Business Australia) will be holding individual interviews with people who are interested in considering an IBA Home Loan.

When: Thursday 2nd February 2017

Located: North Coast Aboriginal Corporation for Community Health (Maroochydore Office)

For further information and to book an appointment please call Richard Burton on 02 5622 8865, mobile 0429 104 436 or email Richard.burton@iba.gov.au

Indigenous Outreach Worker

NCACCH has recently received funding from Central Queensland, Wide Bay, Sunshine Coast PHN for a Closing The Gap, Indigenous Outreach Worker.

The Closing the Gap Outreach Worker assists our Aboriginal and/or Torres Strait Islander community to access doctors, specialist and other health services. Other support includes:

- Attending medical appointments to support you
- Help with communication between you and your doctor
- One on one support
- Assist with access to cheaper or no cost medications
- Attending follow up appointments
- Helping your doctor and/or reception staff understand your needs
- Helping your doctor and/or reception staff provide a culturally appropriate environment

If you need support or have any enquiries, please contact Jamie-Lee on 5443 3599 to discuss

Remember: see your Doctor to make sure you are registered with the Closing The Gap program for cheaper/no cost medications



NCACCH Chronic Disease Management Program

Chronic Disease "Got Suga" Workshop

NCACCH in partnership with Diabetes Queensland and PHN held a Diabetes workshop at the PCYC in Nambour on Monday 14th November. This was held in support for National Diabetes Day with "Eyes on Diabetes", the theme for 2016.

There was a great turn out with 34 people in attendance. This workshop was a fun, informative and interactive workshop that focused on diabetes, what it is, how it affects us and what we can do to manage it or stop it. Participants shared stories on positive changes they've made for better diabetes management and current challenges they're still facing.

The NCACCH Health Advocate provided a visual presentation with Feltman. This diabetes educational resource is a felt mat that can be either laid out on a flat surface or hung up. It is in the shape of the human body and shows the systems and organs relating to diabetes. It uses the stick-on pieces to demonstrate how the digestion process works in the body.

The attendees also played a game of diabetes bingo. This game involved asking participants a variety of diabetes related questions, and they marked down the answers on their card. Five (5) lucky winners won a prize pack.

Attendees found this as a fun way to reinforce ideas around medications, healthy eating, physical activity, foot care and the importance of visiting their GP and/or Health Professionals.





Nanna Bill's Mum's & Bub's Program

Babies and hot weather

"Hot weather can be dangerous for babies because they are easily affected by the heat. They need to drink regularly, wear light clothing and be kept cool.

Travelling with a baby in hot weather

If you need to travel by car in hot weather try to make the trip in the coolest part of the day, which is usually the early morning. Make sure your baby is in the shade in the car when you are travelling and keep the car cool using the air conditioner or opening the windows.

Remember to never to leave a baby alone in a parked car. Even in the mild weather, can quickly become far too hot for babies.

Alert!

If you think your baby is suffering from the heat, if they look unwell, are refusing to drink, have a lot fewer wet nappies than usual or are vomiting; see a doctor or call healthdirect Australia to speak to a registered nurse on 1800 022 222, or call 000.

(Retrieved from <http://www.pregnancybirthbaby.org.au/babies-hot-in-weather>)



"An excellent organisation, run by women, for women"

Yvonne – mum, artist... and is a BreastScreen Queensland client like you.



If you are 40 years or over and haven't had a Breast Screen in the last 2 years please call BreastScreen Qld on 13 20 50 to arrange an appointment,

Alternatively contact NCACCH on 5443 3599 or your local Aboriginal and /or Torres Strait Islander Health Worker.

That's right Yvonne – your breastscan appointment is a one-on-one service with a female health professional.

The BreastScreen Queensland program has performed over 3 million mammograms and screens over 230,000 women each year. All women 40 years and over are eligible for a free breastscan. Women aged 50-74 years are particularly encouraged to attend. Phone 13 20 50 for your free appointment. BreastScreen Queensland: quality and care women want.



Women's Health Clinic

NCACCH, in collaboration with Gympie Women's Health, held a women's health clinic on 31st October.



With 5 women in attendance, NCACCH hopes to increase this number by providing additional clinics in 2017.

NCACCH is currently in the process of organising ongoing clinics for clients to access around Sunshine Coast and Gympie. Further details will be advised in the new year.

If you are interested in attending our 2017 Women's Health Clinics please contact **Lerissa Rolls, Project Officer** on 5443 3599.

NCACCH Referrers



Caloundra

Sana Smyth	5420 9090
Kylee Samels	5420 9090
Tamara Olive	5436 8552
Tara Robinson	5436 8552
Pamela Salon	5436 8552
Renae Longbottom	0414 671 534

Cooloola Cove

Helen Felstead (Thurs—Sun)	0409 096 727
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Cooroy

Kristal Muggleton (Wed, Thurs, Fri)	5472 2257
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Gympie

Chris Gorrie*	5489 8444
Gemma Stevens	5489 8407
Kevin Toby	5489 8567
Chris Delisser	0429 890 592
NCACCH Office (temporarily closed until further notice)	5483 6511

Imbil

Paula Wootton	5484 5599/ 0414 258 242
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Kawana

Debbie Currey*	0459 993 031
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Maroochydore

NCACCH Staff	5443 3599
Juanita O'Rourke	5456 8100
Veronica Webb	5438 3000

Nambour

Anne Humbert	0414 674 534 / 0419 028 308
Chris May	0414 674 534 / 0419 028 308
Jennifer McClay	5450 4700 / 0414 671 534
Susan Cramb	0414 671 534
Catherine Campbell	5450 4750
Sarah Cooper	5450 4750
Ed Wotherspoon	5450 4750
Rhonda Wauchope	5450 4750
Shannon Jackson	5370 4905
Chris Gorrie	5450 4750 / 0414 491 641
Kay Jones	5470 6318
Peter Robinson	5470 5316

Pomona

Kristal Muggleton (Mon & Tues)	5480 8111
Tanya Morcom	5480 8222 / 0409 624 395

Rainbow Beach

Helen Felstead (Tues & Wed)	0409 096 727
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Sippy Downs

Maryanne Williams	5456 5889
Nicole Copley	5456 5889

Tewantin

Kara Nitschke	5442 4277
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Tin Can Bay

Helen Felstead (Mon)	5486 4024 / 0409 096 727
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PLEASE NOTE:

All applications for a Health Access Card or Referrals to Allied Health Services MUST be completed by a NCACCH registered Referrer.

GUIDELINES AT A GLANCE

NHMRC Australian Alcohol Guidelines

FOR MEN:

No more than 4 standard drinks a day on average.

No more than 6 standards drinks on any one day.

FOR WOMEN:

No more than 2 standard drinks a day on average.

No more than 4 standard drinks on any one day.

STANDARD DRINKS		
		
SPARKLING WINE	WINE	LIGHT BEER
100 mL	100 mL	425 mL
13% alc/vol	13% alc/vol	2.7% alc/vol
		
REGULAR BEER	FORTIFIED WINE	SPIRITS
285 mL	60 mL	30 mL
4.9% alc/vol	20% alc/vol	40% alc/vol

EACH OF THESE IS ONE STANDARD DRINK. A STANDARD DRINK CONTAINS APPROX. 10 GRAMS OF PURE ALCOHOL

Stay Sober Ocsober

On Thursday 20th October NCACCH held our first Ocsober event to promote staying sober for the month of October.

This was held at the NCACCH Maroochydore Office with 10 clients attending the event. A guest presenter from Alcohol and Other Drugs Service (AOD's) came and gave an overview of the programs they offer whilst the ladies also participated in making healthy fruit frappes.

Ocsober provides awareness and support to break the cycle of alcohol abuse and help kids to live a safer and healthier life. Help teach our kids you don't need alcohol to have a good time!

Check out our NCACCH Facebook page for our live view film from the day at: <https://www.facebook.com/ncacch/>



Men's Group

NCACCH in partnership with Suncare, Sunshine Coast Hospital and Health Service and Cultural Healing program have commenced a redeveloped Men's Group.

The Men's group will be held every Thursday, in conjunction with the Suncare Art group. The program has just started, with 14 men attending regularly.

There are great plans for the new year with a deadly new workshop currently in the plans. There will also be the opportunity to open for 1 (one) Saturday a month.

If you are interested in attending please contact Rick Dank, Partners in Recovery (PIR) Support Facilitator on 5443 3599.

Indigenous Child Health

Galang Bin-Dja Manngoorbadjin "Good Food in Good Health"

The Indigenous Child Health Worker, in partnership with the Sunshine Coast Hospital and Health Service, has been delivering a nutrition program at Nambour State School. The program is called Galang Bin-Dja Manngoorbadjin (Gubbi Gubbi for 'Good Food in Good Health').

At present, there are five families participating in the course, which is run after school on a Wednesday afternoon. It teaches parents/guardians about healthy eating, cooking and lifestyles on a budget.

Whilst the parents are busy in the kitchen; the kids are outside burning off their after school energy (after some healthy snacks of course!)

The Gubbi Gubbi Dancers have been teaching the kids traditional dance. Their new talent will be showcased at the graduation ceremony at the end of the program.

Through programs such as this, we hope to continue to have a positive influence on our mob, in terms of healthy living, to better the health outcomes of our Aboriginal and Torres Strait Islander Community for our generations to come.



Women's Group

The combined end of year Women's Group breakup was recently held at Lake McDonald in Cooroy.

There was a great turn-up with 23 ladies from both the Sunshine Coast and Gympie areas.

The ladies participated in a craft workshop making beautiful earrings, necklaces and bracelets with Paula Wootton. They also participated in a light exercise program with facilitators from Enhanced Health.

The groups will continue to happen bi-monthly between the Sunshine Coast and Gympie with dates to be advised. This is a great chance for new members to have a yarn and meet other women within the community.



If you are interested in attending our 2017 Women's Groups please contact Lerissa Rolls, Project Officer on 5443 3599.

NCACCH Office Information

MAROOCHYDORE (HEAD OFFICE)
Suite 15, 27 Evans Street, MAROOCHYDORE Q 4558
Phone: 5443 3599 Fax: 5443 8899

E-mail: admin@ncacch.org.au
Web: www.ncacch.org.au

GYMPIE OFFICE
Shop 3, 56 River Road, GYMPIE Q 4570
Phone: 5483 6511 Fax: 5483 6322

OFFICE HOURS
MONDAY TO THURSDAY 8.30AM - 5.00PM
FRIDAY 8.30AM - 3.00PM

OFFICE HOURS
THIS OFFICE IS TEMPORARILY CLOSED
UNTIL FURTHER NOTICE





Festive Season Recipes

HEALTHY & EASY CHRISTMAS IDEA WITH THE KIDS

Using Christmas cookie cutters, cut into any type of fruits in season to make Christmas shapes! Fun idea to do with the kids or for any upcoming entertainment parties.



Fruit & Cheese Christmas Tree Platter

- ◆ Arrange cheese cubes and grapes in rows on platter or cutting board to resemble a Christmas tree shape, ending with a row of mozzarella at the top.
- ◆ Add thyme sprigs or any herb between rows as shown in photo.
- ◆ Roll cream cheese product into ball, then coat with parsley; place at top of tree. Place celery at bottom for the tree trunk.



Healthy and great looking Christmas snack!

Recipe can be found at:
<http://thewhoot.com.au/whoot-news/recipes/christmas-cheese-and-fruit-tree>

Ham with Honey and Brown Sugar Glaze

Ingredients

- 1 x 2 .5kg cooked ham
- 1/4 cup whole cloves
- 1 cup pineapple juice
- 1 cup brown sugar
- 1/2 cup honey
- 2 oranges, juiced



Method

- ◇ Preheat oven to 175 degrees
- ◇ Place ham in a roasting pan and score the rind of the ham with a diamond pattern. Press a clove into the centre of each diamond.
- ◇ In a saucepan combine the pineapple juice, brown sugar, honey and orange juice.
- ◇ Stir and simmer over medium-low heat until thickened, (about 10 minutes) then pour over the ham.
- ◇ Bake the uncovered ham for 1 hour in preheated oven.
- ◇ Take out of oven and cover with pineapple slices and brush with the leftover sauce.
- ◇ Bake for a further 5-10 mins

Recipe from: <http://allrecipes.com/recipe/49182/ham-with-honey-and-brown-sugar-glaze/print/?recipeType=Recipe&servings=8>

Tips to help keep your furry family cool this summer!

Top tips to keep pets cool:

1. Water - Make sure pets have plenty of fresh water, kept in a cool place.
2. Chill out - If you have air conditioning, consider bringing your pets inside.
3. Search your pet daily and apply preventative treatments or a flea/tick collar, as they are particularly prevalent in hot weather.
4. Grooming - Clip or trim long-haired dogs and cats to help keep them cool.
5. Shade - Ensure pets have access to some form of shade.
6. Sunscreen - Don't let white, fair-skinned or pink-nosed pets sunbake in the yard during the middle of the day. Apply pet-friendly zinc to the noses and ears of pets prone to sunburn.
7. Tasty treats - Freeze some pet food in a takeaway container to make a delicious ice block and leave it to gradually defrost during the day.
8. Wait to walk - Don't exercise dogs in the middle of the day, as this can lead to heat stress.



Just remember, if you see a dog locked in a car and they are in distress, please contact your local police station.

For more information and tips visit:
<https://www.rspcansw.org.au/rspca-nsw-blog/10-top-tips-to-keep-pets-cool>

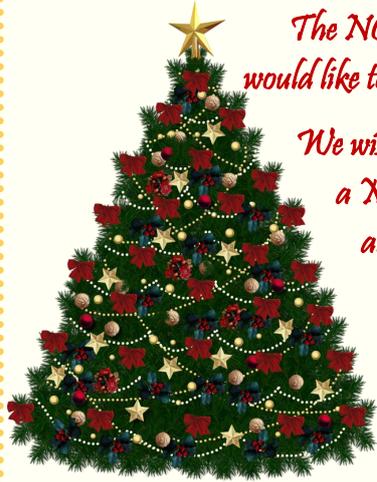
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 FRUIT & VEG
 An Australian Government, State and Territory health initiative.

DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?



IF YOU HAVE NOT RECEIVED YOUR CARD PLEASE PHONE US ON 5443 3599

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.
Calvin Coolidge



The NCACCH Board and staff would like to thank you for your support.

We wish you and your families a Merry Christmas and all the best for 2017.

Merry CHRISTMAS



JOY JOY JOY

