

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: December 2013

news

2013 Annual General Meeting Success

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at Ramada Mudjimba on the 31st October 2013.

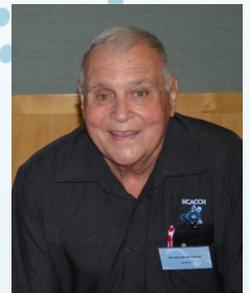
This has marked another successful year, highlighting the programs and services successfully offered by NCACCH over the previous year including Lets Do This, HealthTrax, No Durri for this Murri, and Deadly Tucker.

We are pleased to state memberships numbers have increased this year with over 395 members, 27 Referrers, 63 Service Providers and 290 General Practitioners.

Congratulations to Aunty Olive Bennet, Ronda Randal, Paula Wootton who were re-elected to their positions in front of the 41 members who attended on the night.

NCACCH would like to acknowledge and thank Uncle Des McArthur for his valued service as a NCACCH Board of Director.

NCACCH Director would also like to thank the Department of



Desmond McArthur

Health and Aging, OATSIH, QLD Health and Sunshine Coast Division of General Practice for their support throughout the year.



NCACCH Partners

NCACCH Board of Directors

NCACCH Board of Directors

Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Aunty Gwen Tronc

Paula Wootton

From the Board:

NCACCH Board and Staff would like to thank the NCACCH Members for their continued support throughout 2013.



Director's Message

We would like to wish everyone a safe and happy Christmas and New Year. This completes yet another year of which we are very proud.

We would like to express our gratitude to the community for their support throughout the year.



NCACCH CHRISTMAS BREAK OFFICE CLOSURE

Maroochydore Office
23-27 December 2013

Gympie Office
23-27 December 2013



NCACCH Referrers News: Referrers Workshop

NCACCH Referrers assist by linking Aboriginal and/or Torres Strait Islander Persons living within the Sunshine Coast and Gympie Regions access to NCACCH Services.

The NCACCH Annual Referrers Christmas Workshop saw a representation of workers within the local Aboriginal and Torres Strait Islander Community come together to wind up 2013.

The last workshop for the year was held on 6th December 2013, at the Mooloolaba Bowls Club. This was a time for NCACCH to show their appreciation and acknowledge all the hard work the Referrers do during the year in a voluntary role.

The weather held up for the day with the Referrers participating in a fun day of barefoot bowls and an enjoyable BBQ Lunch.

With over 32 Referrers spread out across the Sunshine Coast and Gympie Regions, community members have access to NCACCH services without having to travel long distances or wait long periods to have access to a Referrer.

The Board are very grateful for the work the Referrers complete throughout the year and would like to thank them for all of their efforts throughout 2013 and previous years.



Referrers in attendance at the end of year workshop



NCACCH CONTACT DETAILS

HEAD OFFICE

Suite 15
27 Evans Street
MAROOCHYDORE Q 4558
Phone: 5443 3599
Fax: 5443 8899

OFFICE HOURS

MON: 8.30AM - 5.00PM
TUES: 8.30AM - 5.00PM
WED: 8.30AM - 5.00PM
THURS: 8.30AM - 5.00PM
FRI: 8.30AM - 3.00PM

GYMPIE OFFICE

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

OFFICE HOURS

MON: 9.30AM - 2.30PM
WED: 9.30AM - 2.30PM
THURS: 9.30AM - 2.30PM

E-mail:

admin@ncacch.org.au

Website: www.ncacch.org.au



Men's Business

The Men's Group are designed to provide men with a chance to come together to meet each other, support each other, share stories and expand their knowledge on general Health and more specifically Men's Health.

Regular activities and trips are planned and a great chance for you to link in with your local male Health Worker and other guest speakers around men's health. Group's are held in Gympie and on the Sunshine Coast.



To register your interest, phone the NCACCH office on 5443 3599.

Joint Men's Group

The Joint Men's group was held in partnership with the Sunshine Coast Hospital and Health Service (SCHHS) on the 25th November 2013 at Lake McDonald Cooroy National Park.

The meeting was facilitated by (SCHHS) and the guest speakers were Lyndon Davis and Brent Miller. It was a real family day with some of the Men bringing their sons along.

Lyndon and Brent delivered a cultural presentation on canoe making and traditional artefacts which was met with lots of questions. All the men that attended the day both young and old also enjoyed creating their own spears with Lyndon and Brent, which was followed by a great BBQ lunch.

NCACCH's Coast Men's Group will be run again throughout 2014. Please call the NCACCH office on 5443 3599 if you are interested in coming along.



Joint Men's Group



Joint Women's Group

The NCACCH Joint Women's Group was held at Mimburri Upper Mary Aboriginal Association on 29th November with Aunty Beverly Hand facilitating a weaving workshop. It was an enjoyable day with women of all ages attending. The day was relaxed with the women having a great time catching up and using their creative skills to create their own beautiful hand made woven items. There will be more Women's Groups to come in 2014 if you are interested in coming along please call NCACCH on 5443 3599 to register your interest.



Joint Women's Group

Women's Business



The NCACCH Women's Groups are a relaxed and comfortable place to catch up and talk with old friends and make new ones in your community. Regular trips and activities are arranged, and it's a great way to link in with support services relating to women's health. Local guest speakers are invited along as chosen by the group. Women's Groups are held on the Sunshine Coast and Gympie. **Register your interest by contacting the NCACCH office on 54433599.**

NCACCH Referrers

* Mobile all areas (by prior arrangement).

Caloundra	
Ronda Randall	0402 698 230
Sana Smyth	5420 9090
Dan Stevens (Fri)	5470 9784
Tamara Olive	5436 8552
Coolum	
Veronica Webb* (Wed)	0417 011 225
Cooroy	
Veronica Webb* (Fri/Alt Mon)	0417 011 225
Kristal Muggleton (Tues/Alt Mon)	5472 2257
Gympie	
Gordon Browning*	0414 491 641
Chris Gorrie*	5489 8444
Letishia Parter	5489 8444
Marlene Reed*	5489 8444
Elise Bailey*	5489 8444
NCACCH Office	5483 6511
Mon, Wed, Thurs, 9.30 am — 2.30pm	
Imbil	
Paula Wootton	5484 5599/ 0414 258 242
Kawana	
Debbie Currey	0459 993 031
Dan Stevens (Tues)	5470 9784
Maroochydore	
Lyndelle Beezley	5443 3599 / 0400 179 644
Natasha Hawkins	5443 3599 / 0431 795 433
Dan Stevens (Mon)	5470 9784
Nichole Weeks	5443 3599
Carolyn Weldon*	5456 8406 / 0437 932 764
Nambour	
Catherine Campbell*	5450 4750
Carolyn Jones (Mon/Tues)	5450 4750
Jennifer McClay*	0414 671 534 / 0419 028 308
Anne Humbert*	0414 671 534 / 0419 028 308
Shannon Jackson*	5450 4700 / 0414 671 534
Chris May*	5450 4700 / 0419 028 308
Raili Zeilinski* (Mon/Tues/Wed)	5450 4700 / 0419 028 308
Gordon Browning*	0414 491 641
Kaylene Jones	5470 6318
Peter Robinson	5470 5316
Eddie Wotherspoon	5450 4796 / 0417 197 480
Tara Robinson*	5450 4794
Rhonda Wauchope	5470 6978 / 0448 127 187
Dan Stevens (Wed)	5470 9784
Noosa	
Dan Stevens (Thurs)	5470 9784
Veronica Webb* (Wed)	0417 011 225
Pomona	
Tanya Morcom	0409 624 395 / 5480 8222
Veronica Webb* (Thurs)	0417 011 225
Sippy Downs	
Maryanne Williams	5456 5889
Sunshine Beach	
Veronica Webb* (Mon, Thurs)	0417 011 225
Tin Can Bay	
Helen Felstead	5486 4024 / 0409 096 727

Women's Health Check Clinics

Congratulations to all the women who attended the BreastScreen Qld/NCACCH and Sunshine Coast Health Service Clinics in 2013. It's been a fantastic year for the partnership with 85 ladies being screened through this partnership and many more attend BreastScreen Qld clinics from their 2 yearly recall notice. In 2013 we also saw the formation of a local (Sunshine Coast and Caboolture Area) Project Working Group. Feedback from this group and community consultation has resulted in a painting titled "Women Gathering" done by Yvonne Williams a local Aboriginal woman in the Caboolture area; a promotional blurb "*Be Screened, Be Proud, Susu Screening every 2 years*" introduced; localised brochures and posters; a coffee mug with "Women Gathering" artwork; a photo shoot of local Aboriginal and/or Torres Strait Islander BreastScreen Qld women to be used for BreastScreen Qld promotional resources. The aim of the clinics is to break down barriers that prevent Aboriginal and/or Torres Strait Islander women from attending important clinics like BreastScreen Qld. This is done by supporting women and providing information to empower our women to make informed decisions about their health. Breast cancer is the second most common cancer diagnosed in Aboriginal and/or Torres Strait Islander women. Queensland currently has the highest breast cancer screening participation rate for Indigenous women in Australia, while this is a good outcome, we need more women to take part in regular, two yearly screenings. If you would like to have a Breast Screen please contact NCACCH on 54433599, BreastScreen Qld on 1302050 or your Aboriginal and Torres Strait Islander Hospital Liaison on 54760318.



Please note: All applications for a Health Access Card or Referral to Allied Health Services MUST be done through one of the NCACCH





Nana Bill's Mum's and Bub's Program: Christmas Present Guide



Deciding on what to buy children at Christmas is often stressful so here are a few things to remember: Keep It Simple. Children do not need a large amount of toys to keep them entertained. Be aware of toys that are poorly constructed or unsuitable for their age or skill level. Buy toys from reputable toy companies and avoid street traders, car boot sales and fairs. If you buy toys that need batteries be aware of the batteries size as a potential choking hazard and the future expense of replacing them.

Babies at the age of 0-6 months are all about discovery, learning how to use their hands, feet, eyes and most of their senses. Toys for this age group include toys for looking, listening, sucking and for touching. Bright colours such as red, blue or yellow are colours babies love to look at, the toys should be light, soft and easy to hold. Rattles, Teethers, baby play gyms, cloth toys, squeeze toys, soft squeeze balls and plastic keys on rings are a few recommended toys that your 0-6 month old baby will enjoy for hours.

Babies at the age of 6-12 months are becoming aware of their surroundings, they start teething, learning how to grasp, pull themselves up, crawl, begin to stand and walk along at the later stages. Musical toys, Rubber or soft blocks, Toys that can be opened, twisted, poked, posted, shaken, chewed, pushed, dragged around or used during bath time. Cloth toys, Keys on rings, Pop-up toys, big balls, Stacking cups, Stacking rings, Fill a bag with interesting textures such as wrapping paper.

A drum made by stretching strips of paper soaked in glue (create your own glue with flour and water) across the top of an old tin (without the lid). Once it's dry, give your child a wooden spoon to bang the drum with. A container to post things in can be made by cutting slits into the front of an empty shoe box or cardboard box then paint or cover using wrapping paper by giving the toddler things to post and different shapes of card board or envelopes that have been decorated will give the toddler loads of entertainment and be inexpensive.

Wishing you all a Happy and Safe Christmas



NCACCH Mum's & Bub's Clients 2013

NCACCH 2013 Ear Health Interventions

North Coast Aboriginal Corporation for Community Health (NCACCH) has been involved in a special initiative, partnering with ear, nose and throat specialist Dr David McIntosh. On November 1st 10 local Indigenous children had operations at the Caloundra Private Hospital to improve their hearing.



Taylah Pratt

In addressing this problem NCACCH decided to direct money left over in its budget towards surgery for 10 children at the Caloundra Private Hospital. Dr McIntosh commented the children should notice an immediate difference after surgery and better hearing would improve the quality of their education and lives.

For several years NCACCH has been conducting ear health screening in the local state schools. Ear health screening in the Sunshine Coast and Gympie primary schools had revealed hearing impairment in 20% of Indigenous children. The results of the screening showed a high number of Indigenous children were having problems with ear health.

Abbey Morcom was surprised to learn that after many thousands of surgeries having been performed at the Caloundra Private Hospital. Abbey's operation was the very last operation to be performed at the recently closed Caloundra Private Hospital.



Abbey Morcom



Zarley Hodges

**Do you have a
Chronic Health Condition?
Then
HealthTrax
is the
program
for you**

Program Eligibility:

- * Identify as Aboriginal and/or Torres Strait Islander
- * Aged 15 yrs or over
- Suffer from Diabetes / Respiratory / Cardiovascular disease

Free Access to:

- * Specialists
- * Health Advocate (Nurse)
- * Free/reduced medication

**For further information or to register for the program contact
Lyndelle at NCACCH
5443 3599 / 0400 179 644**



A Healthy & Affordable Christmas Feast

Serves 6

Barbecued lime and mint chicken skewers

Ingredients

2 limes
 2 long fresh green chillies, halved, deseeded, finely chopped (op
 2 garlic cloves, crushed
 60ml (1/4 cup) light olive oil
 1/2 cup fresh coriander leaves, chopped
 1-2 tbs water
 1/4 cup fresh mint leaves, chopped
 800g chicken thigh fillets, fat trimmed, cut into 2cm pieces
 130g (1/2 cup) tzatziki
 Fresh mint leaves, to serve
 Lime wedges, to serve

Method

Step 1: Finely grate the rind of the limes. Juice the limes. Place the lime rind, lime juice, chilli, garlic, oil, coriander and chopped mint in a bowl and blend until smooth. Transfer to a glass or ceramic bowl. Add the chicken and stir to coat. Cover and place in the fridge for 20 minutes to marinate.

Step 2: Thread the chicken onto skewers. Brush with marinade.

Step 3: Preheat a barbecue grill or chargrill on high. Cook the skewers for 5 minutes each side or until cooked through.

Step 4: Gradually add the water to the tzatziki until it reaches the consistency of thickened cream. Place the skewers on a serving plate. Top with mint leaves. Serve with lime wedges and tzatziki.

Tahini and yoghurt potato salad

Ingredients

1.5kg of (washed) potatoes
 130g low-fat natural yoghurt
 2 tbs fresh lemon juice
 2 tsp honey
 2 tsp tahini (sesame paste)
 6 green shallots, ends trimmed, thinly sliced

Method

Step 1: Place the potatoes in large saucepan of cold water. Bring to the boil over high heat. Reduce heat to medium and simmer for 12-15 minutes or until just tender. Drain. Set aside to cool.

Step 2: Meanwhile, combine the yoghurt, lemon juice, honey and tahini in a small bowl.

Step 3: Cut the potatoes into thick slices and place in a serving bowl. Add the dressing, shallot and mint and gently toss until just combined. Season with salt and pepper. Serve immediately.



Green leaf salad with lime and macadamia dressing

Ingredients

1 tsp finely grated lime rind
 2 tbs lime juice
 1/3 cup (80ml) macadamia oil
 1/2 tsp caster sugar
 250g mesclun salad leaves

Step 1: Combine the lime rind and juice, oil and sugar in a small jug.

Taste and season with salt and pepper.

Step 2: Place the salad leaves and half the macadamias in a large bowl. Drizzle with dressing and gently toss to combine.

Creamy mango ice blocks

Ingredients:

1 cup sugar
 1 cup water
 250 ml thickened cream
 400g tinned mango.
 You can substitute for your favorite fruit pears, peaches, or even pineapple.

Method:

Step 1: In a small saucepan, heat the sugar and water and whisk until the sugar is dissolved.

Step 2: Remove from the heat and add the mango and cream.

Step 3: Use a stick mixer or blender to puree the mixture.

Step 4: Pour into ice block molds and freeze.



17th Annual Chronic Disease Network Conference, September 2013, Darwin Self Management – A Partnership Approach

The conference had the focus on self management principles. The three key elements of good chronic disease care discussed were:

- informed patients
- prepared health professional teams
- healthcare organisations and systems that support effective delivery of care

During the program the Heart Foundation were instrumental in providing exercise diversions for participants during breaks. All participants were encouraged to wear pedometers. Many of the presented talks also emphasised the use of pedometers as a chronic condition health strategy.

Many thanks to Sunshine Coast Hospital & Health Service, North Coast Aboriginal Corporation for Community Health and Wish List for their support in enabling and supporting me to attend this very worthwhile conference. Carolyn Jones – CN, NCACCH Health Advocate



CHRONIC DISEASES NETWORK

DIABETES - It's in your hands?

10 steps to good health -What can you do?

This is your guide to managing your diabetes and includes a list of regular checks to maintain good health.

- Step 1** Follow a healthy eating plan (low in fat, particularly saturated fat, high in fibre and a suitable carbohydrate intake).
- Step 2** Have regular planned physical activity. Aim for 30-45 minutes on most days.
- Step 3** Measure your blood glucose levels and maintain them within the recommended range. (4.8 mmol/L)
- Step 4** Have your blood pressure and cholesterol checked and treated if high.
- Step 5** If you drink alcoholic beverages, do so in moderation.
- Step 6** Do not smoke.
- Step 7** Check your feet daily for any changes.
- Step 8** Have your eyes checked regularly by an optometrist or eye specialist.
- Step 9** See your doctor regularly.
- Step 10** Maintain a positive 'stay well' attitude.



Let's Do This

Lets Do This (LDT) is a NCACCH Lifestyle Modification Program that focuses on the education, implementation and support of living a healthy lifestyle.

Well done to all the participants who completed the latest 12 week 'Let's Do This' lifestyle modification program. The group has worked very hard during this time with some great results! The program included activities such as: individualised exercise programs, diabetes education, yoga, water aerobics, and nutrition. NCACCH would also like to acknowledge all of the health professionals who attended and assisted in the programs success. We encourage the group to stay motivated in pursuit of a healthier lifestyle.



Chris Shoyer
LDT facilitator



"LET'S DO THIS"
 Healthy Lifestyle Program

Starts on the Sunshine Coast in 2014



Contact NCACCH on 5443 3599 to book your place

2013 NCACCH AGM



Black Swans Sunshine Coast runs Wanna Be Deadly Touch Carnival

The Annual Touch Carnival event was again very successful. In attendance were two teams from Cherbourg, one team from Caboolture and three teams from the Sunshine Coast participating in the fixtures. Many more Sunshine Coast children had a great time playing in a demonstration game during the lunch break.

The PCYC organised a jumping castle/waterslide as entertainment for everyone, which was a huge success. Family Planning Queensland (FPQ) provided health promotion in the way of sexual health information and screening on the day.

The Carnival was dedicated in honour of the Cullinane-Purcell-Tyson families. There was a trophy for Yulungji Tyson-Purcell in the Grand Final between the Cherbourg and Caboolture teams, with Caboolture winning the game. A second trophy was dedicated to Tjarmarli Tyson-Purcell, which was played off by the two Black Swans Sunshine Coast Teams, Nynderry the winner of that game.

We would like to thank Uncle Evan Blackman and other Elders, Volunteers and Mentors for their valued involvement. We would like to also like to acknowledge and thank all the organisations including Cultural Program, PCYC, Family Planning Queensland, Sunshine Coast Council, NCACCH and many others for their involvement and sponsorship of another successful carnival.



Black Carnival Sunshine Coast Participants



DEADLY STORIES: Academic Achievement Nicole Damarra



Congratulations to Nicole Damarra who is a Narungga descendant from Point Pearce and York Peninsular in South Australia. Nicole has just graduated from the University of the Sunshine Coast with a Bachelor in Social Science where she did a dual major in Justice and Sociology.

Nicole Damarra and her retired Guide Dog Neville, who guided her through three and a half years of study.

Nicole is looking forward to studying honours in 2014 in the area of critical disabilities studies within the field of Sociology. Nicole's future aspirations include Doctorial studies in the disability field with an interest around equality and access for other Indigenous Australians living with a disability.

Nicole's interest in the disability sector arises from personal and lived experience as a legally blind Indigenous woman.

NCACCH wishes you all the best on your deadly journey Nicole and hope you inspire other young Indigenous people to pursue further studies and/or work in equality, justice and disability.