

# NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: July 2015

# news

## Weather was kind for another successful 2015 Well Person's Health Check Day



North Coast Aboriginal Corporation for Community Health recently held our annual Well Person's Health Check Day in Gympie. The wind and rain passed over the Showgrounds and this encouraged many people to attend. Over 700 people attended and 303 people participated in the general and sexual health checks.

A first for our Health Check Day, was having the Breast Screen Qld van attend as well as the University of Queensland Mobile Health Van. Having these vans available on the day provided women with a unique opportunity to have Women's Health checks performed.

The Sunshine Coast Hospital and Health Services provided participants with access to sexual health checks, Influenza and Pneumovax Immunisations. The Queensland University of Technology provided access to Mental Wellness, Optometry, Podiatry and Diabetes checks.

### NCACCH BOARD OF DIRECTORS

Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Paula Wootton

Aunty Gwen Tronc

Paula Wootton

Trevor Draper



There were displays, workshops and activities for participants to engage in, these included; cooking demonstrations, diabetes, heart smart exercise sessions, cultural workshops. Entertainment on the day included performances from De Greer, Djembe Love, Muddy Flats and Neil Murray as well as dance performances from Gubbi Gubbi Dance Troupe and KOTOR SOGIPU Sunny Coast Torres Strait Dancers.



NCACCH Board of Directors, staff and clients would like to thank you to our Partners, stall holders, service providers and volunteers who helped to make WPHCD a great success.

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

### UPCOMING EVENTS:

#### NCACCH HEALTH ACCESS CARD RENEWAL

**NCACCH MEMBERSHIP for 2015/2016: Membership Fees need to be paid 30 JUNE 2015**





## NCACCH No Durri for this Murri



The “No Durri for this Murri” smoking cessation program is now into its fourth month since restarting in December 2014. Lyndelle Beezley, the NCACCH Quit Coach, is currently supporting more than 60 participants on their journey to either reduce or quit smoking.

The nicotine in tobacco products is addictive, making quitting smoking difficult. The NCACCH Board of Directors understands quitting smoking is not easy, but it is possible and definitely worthwhile.

The high number of participants highlight the importance of the program where our community can access free Nicotine Replacement Therapy (NRT), counselling, hypnotherapy, acupuncture and most importantly regular contact with the quit coach who supports and guides participants on their journey.

If you are thinking about quitting smoking, but not in the right frame of mind as yet, don't worry, about 60 percent of smokers want to quit but find it difficult. NRT products such as patches, gum, lozenges and Inhalers are the most common products to assist with quitting, especially if you have tried in the past.



NRT products can help reduce some of the nicotine withdrawal symptoms. Did you know that almost all smokers who quit smoking experience some form of nicotine withdrawal? These symptoms are your body's way of reacting when it stops receiving nicotine and the other chemicals found in tobacco smoke.

Even if you are not ready, give Lyndelle a call on 5443 3599 / 0400 197 644 and she can support you to reduce smoking and minimize harm reduction caused by smoking in the house and car.

More information on smoking cessation can be found by visiting [www.health.quit.gov.au/](http://www.health.quit.gov.au/)  
 Pictured is Nikita Mollis. Nikita is the lucky winner of the TV

## GP Update

NCACCH continues to recruit new practices and doctors to our approved register. What this means for our clients is a wider range of choice across more locations. Nearly all of the practices that accept the NCACCH Health Access Card are Closing the Gap (CTG) practices.

CTG is a Government Initiative allowing concession holders (pension or health care card) free access to most medications and non-concession holders to reduced costs for medications. If you are not receiving your medications for free/cheaper, then contact Sharelle at NCACCH. Sharelle will contact the practice you attend to discuss how the initiative works.

## Have you had your Health Check?

There are three different age groups for the health checks. The child health check is for 0-14, adults aged 15-54 and older persons aged 55+. The health checks look at your overall health, risk factors and involves medical examination and/or tests.



The checks are about being in control of your health by getting in early to prevent sickness and chronic conditions.

Remember to book a long appointment for your health check. For more information, contact your doctor or Sharelle on 5443 3599.

# HealthTrax

Reminder: HealthTrax is now supporting children with a chronic condition eg. Asthma and diabetes. The program has also been expanded to now include cancer, chronic renal conditions and sleep

## HealthTrax

Does your child have a chronic condition?

Identify as Aboriginal and/or Torres Strait Islander

Suffer from:

- \* Diabetes
- \* Respiratory (asthma)
- \* Cardiovascular (heart)
- \* Chronic Renal (kidneys)
- \* Cancer

Transport to appointments is PROVIDED!

Free access to:

- Medical Equipment
- Health Advocate
- Free/Reduced Medications
- Specialists

For further information or to register for the program contact Lisa at NCACCH 5443 3599





# IDEAS Indigenous Diabetes Eyes and Screening Program



## IDEAS Van

NCACCH is proud to showcase the Indigenous Diabetes Eyes and Screening (IDEAS) at the Lake Kawana Community Centre. The day saw a great representation of guests and community members who attended to learn more about the program. In addition, a tour of the truck was offered. Inside is the home to state of art equipment used to treat community members with diabetic retinopathy.

### What is diabetic retinopathy?

Diabetic retinopathy is a complication of diabetes that damages blood vessels inside the retina at the back of the eye. Regular eye exams will reduce the risk of vision loss and blindness caused by diabetic retinopathy. Laser treatment is used successfully to treat retinopathy. All people with diabetes are at risk of developing diabetic retinopathy.

If you, or someone you know has diabetes or has a family history of diabetes, NCACCH has a camera that can take a picture of the back of your eyes to see if you have retinopathy. Once your results are returned, you will be sent a letter with your results. We will also send a copy of your results to your doctor.

If you would like your eyes screened, phone Nicole on 5443 3599 to book into one of the clinic days. If you require treatment, we will book you into the truck to have laser surgery for free.

**Are you over 40 and have diabetes?  
If yes....  
When was the last time you had your eyes checked?**



**Phone NCACCH on  
5443 3599 for a free eye  
screening**



**NCACCH  
Gympie**

- 23 March
- 18 May
- 20 July
- 21 September
- 16 November

**NCACCH  
Maroochydore**

- 20 April
- 22 June
- 17 August
- 19 October
- 21 December

**NCACCH has been provided with a retinal camera which will allow community members access to free retinal eye screening, ophthalmologists, optometrists, endocrinologists and treatment of certain eye conditions.**

# Listen Up!!

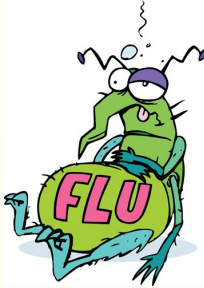
**This flu season you can help your family stop the spread of germs that cause otitis media (OM) or ear infections.**

Many infectious illnesses such as the common cold or the flu can lead to ear infections or OM.

Children who get regular ear infections often have difficulty hearing as well.

Ways to prevent ear infections include

- ◆ parents keeping babies and children away from other children and adults who are sick. People can spread germs that cause OM by sneezing, coughing and touching each other.
- ◆ Children need to be encouraged to wash and dry their hands after coughing.
- ◆ Bad germs also live in the nose so it is important that children blow their noses regularly and throw away dirty tissues in the bin.
- ◆ Having children sleep in their own bed and washing hands several times a day with soap also helps prevent OM



It is not always easy to tell if a baby or young child has an ear infection. A child with an ear infection may not always have ear pain. Parents should be aware that ear infections can occur in Aboriginal and Torres Strait Islander babies in the first months of life, and that regular visits to the doctor for ear checkups is recommended. Ear infections often occur when a child has a cold, runny nose, chest

Some signs your child may have an ear infection:

- ◆ Children not responding when they are called or missing quiet sounds
- ◆ Children may sit too close to the TV or want the TV turned up loud
- ◆ Some children who have bad OM will have ear pain and pull their ears
- ◆ Other signs might be; balance problems, delayed speech development, behavioural problems, difficulty at school

Recognising the early signs of OM and hearing loss is important. During the flu season OM can occur in children that appear to be well. Children need to visit the doctors or community health centre for regular checkups.

Health Services can also provide advice to families about ways to improve communication with children with a hearing loss. This can help prevent problems with language and speech development in early childhood.





# NCACCH DEADLY STORIES



My name is Bruce Beasley, I was born in Gilgandra and lived at Coolah with my six brothers. I have been on the Sunshine Coast for the past 20 years. When I was 12 years old my younger brother and I use to sneak off with my older brothers smokes and plonk hiding in the back yard smoking and drinking, so I have been smoking for over 45 years. My Dad used to smoke as well, being a shearer he would work hard and play hard.

When NCACCH first had the smoking cessation program running in 2013 I decided to join thinking I would not be able to do it as I was smoking 30 to 40 cigarettes a day. But I wanted to feel better in my health.

With the 'No Durri for this Murri' program NCACCH has running, it has helped me achieve my smoke free journey so far. It has not been easy; I started with patches and lozenges', cutting out the patches then lozenges now I have the 1 mg spray at the most 4 – 8 sprays a day.

I am thankful to NCACCH, for their smoking cessation program 'No Durri for this Murri' in helping me achieve my goal and giving me the inclination and confidence to reduce and even stop my smoking.

## NCACCH Referrers

### Beerwah

Aleccia Franks 5436 5333  
Ronda Randall 0402 698 230

### Caloundra

Sana Smyth 5420 9090  
Tamara Olive 5436 8552

### Cooroy

Kristal Muggleton 5472 2257  
(Wed, Thurs, Fri)

### Gympie

Chris Gorrie\* 5489 8444  
Elise Bailey\* 5489 8444 / 0407 759 209  
Gordon Browning\* 0414 491 641  
Albertha (Ally) Johansson 5489 8624  
NCACCH Office 5483 6511  
Mon, Wed, Thurs, 9.30 am — 3.30pm

### Imbil

Paula Wootton 5484 5599/ 0414 258 242

### Kawana

Debbie Currey\* 0459 993 031  
Paul Calcott 0414 466 775

### Maroochydore

NCACCH Staff 5443 3599

### Nambour

Anne Humbert 0414 674 534/0419 028 308  
Chris May 0414 674 534/0419 028 308  
Ian Bale 5450 4700  
Jennifer McClay 5450 4700/0414 671 534  
Naomi Scarr 5450 4700  
Catherine Campbell 5450 4750  
Sarah Cooper 5450 4750  
Ed Wotherspoon 5450 4750  
Gordon Browning\* 0414 491 641  
Rhonda Wauchope 5450 4750  
Tara Robinson 5450 4750  
Kay Jones 5470 6318  
Peter Robinson 5470 5316  
Shannon Jackson 5370 4905

### Pomona

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

### Sippy Downs

Maryanne Williams 5456 5889  
Nicole Copley 5456 5889

### Tewantin

Chris Bell 5442 4277  
Kara Nitschke 5442 4277

### Tin Can Bay

Helen Felstead 5486 4024 / 0409 096 727

### **\*\*PLEASE NOTE\*\***

If you require a referral to a NCACCH Allied Health Provider eg. Dentist, Counsellor, Podiatrist etc, please contact a NCACCH Referrer listed above.

To access a NCACCH Doctor, please present your NCACCH Health Access Card with your

### Spaghetti with White Beans and Spinach (Afiredo)



serves 4

1 packet Spaghetti pasta	1 tbspn butter or margarine
2 garlic cloves, minced	1/4 cup sundried tomatoes, chopped (optional)
3 cups baby spinach (optional)	1 tsp salt
2 cans cannellini beans, drained and rinsed	1/4 tspn pepper

freshly grated parmesan cheese to sprinkle on top

OPTIONAL: You can also add in 2 skinless, boneless chicken breast halves - cooked and cubed

Cook pasta according to package. Drain and keep warm, retaining one tablespoon pasta water.

In a large pan, heat the butter or margarine. Add the minced garlic and sauté for two minutes, until toasted and fragrant (be careful not to burn!).

Transfer the butter or margarine mixture to a blender or food processor, and add the white beans, vegetable broth, milk and pasta water. Blend until completely smooth.

Pour the sauce back into the pan over low heat, add the sundried tomatoes (optional) and spinach (optional) and cook until spinach wilts. Add the salt and pepper toss well.

Add the sauce to the pasta, and mix until all the pasta are covered in sauce. Divide pasta among 4 bowls. Sprinkle parmesan on top and serve..

NOTE: At first, it may seem like you have too much sauce for the pasta, but the noodles quickly soak up all that sauce. To reheat leftovers, slowly warm the pasta on the stove and add ¼ cup broth to help loosen up the sauce.

### NCACCH Contact Details:

#### **Maroochydore**

**Suite 15, 27 Evans Road, MAROOCHYDORE**

#### **Gympie**

**Shop 3, 56 River Road**

**Welcome to the neighbourhood!**

**Lifetime Health Medical Centre**  
COMPLETE HEALTH CARE

Ph: 5437 6324  
Shop 18 / 614 Nicklin Way, Wurtulla

Child Health Checks    Heart & Cholesterol Checks  
 Vaccinations            Mental Health  
 Women's Health        Chronic Disease Management  
 Skin Checks             Medicals

QR code

**Medicare**

**Aboriginal and Torres Strait Islander Access Line**

*Haven't got a Medicare Card?*

*Need to add a family member to your Medicare Card?*

*Lost your Medicare Card?*

Medicare have a free-call telephone service to support Aboriginal and Torres Strait Islander customers and health workers.

The Access line is supported by the Medicare Liaison Officers for Indigenous Access who are culturally aware of the special conditions that may affect Indigenous people.

**1800 556 955**

## The Way You Access your Centrelink online account is changing

Soon, myGov will be the only way to access your Centrelink online account.

Creating a myGov account and linking your Centrelink online account is easy. So why not start using myGov now?

Just follow these steps:

1. Visit [my.gov.au](http://my.gov.au) to sign in to your myGov account or select the Create a myGov account button, then follow the prompts
2. Link your Centrelink online account to your myGov account by selecting Services, then select the Link to Centrelink icon, and follow the steps.

Once you have linked your Centrelink online account in myGov, you can do things like:

- update your personal details
  - report your employment income
  - request an income statement
- update your family income estimate.

With a myGov account, you can access all of our online accounts - Centrelink, Medicare and Child Support as well as other government online services like the Australian Taxation Office - in one place, with just one username and password. But, if you want to use the Express Plus Centrelink mobile app, you need to register for a Centrelink online account first by visiting [humanservices.gov.au/register](http://humanservices.gov.au/register)

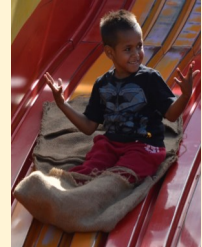
For help creating a myGov account, linking Centrelink or recovering your username or password, visit [my.gov.au](http://my.gov.au) and select Need help? Or, call the myGov help desk on 13273 307 and select option 1.

The myGov help desk operates from Monday to Friday, 7 am to 10 pm, and Saturday and Sunday 10 am to 5pm.

For more information visit [humanservices.gov.au/mygov](http://humanservices.gov.au/mygov)







# WPHCD LUCKY WINNER



Above: Our lucky winner Acađia Nehpal (centre) with NCACCH Board of Directors. Looking very happy with her prize of a 50" Smart TV.

