

## 2011 Annual General Meeting Success

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at SurfAir on the 25th October 2011.

This has marked another successful year, highlighting the addition of new programs including, Lets Do This, HealthTrax and the Healthy Murri Kids.

We are pleased to see memberships numbers have increased this year with over 300 members, 30 Referrers, 50 Service

Providers and over 270 General Practitioners.

Congratulations to Aunty Olive Bennet, Ronda Randal, Uncle Des McArthur and Paula Wootton who were re-elected to their positions in front of the 70 members who attended on the night.

NCACCH would like to thank the Department of Health and Aging, OATSIH, QLD Health and Sunshine Coast Division of General Practice for their support throughout the year.



From left to right: QAIHC CEO Selwyn Button, Helen Felstead, Aunty Gwen Tronc, Uncle Des McArthur, Ronda Randall, Paula Wootton, Aunty Olive Bennet, Tom Cleary.

### NCACCH Board of Directors

Tom Cleary  
Aunty Olive Bennet  
Helen Felstead  
Uncle Des McArthur  
Ronda Randall  
Aunty Gwen Tronc  
Paula Wootton

**From the Board:**  
NCACCH Board and Staff would like to wish you and your family a safe and Merry Christmas and a healthy 2012.

## Lets Do This: Lifestyle Modification Program

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

The NCACCH Lifestyle Modification Program, "Let's Do This" (LDT) completed its first program on 25 November, 2011.

For 12 weeks, participants were supported with a variety of fun activities and specialist workshops, which provided great tips to help improve general health and wellbeing.

The program offered information on Diabetes; prevention and management, Nutritional advice; eating for bodily requirements and Physical Health; exercising to suit

lifestyle needs and physical boundaries.

Physical Activities varied each week to include Circuit Training, Boxercise, Water Aerobics, Walking and Tai Chi.

As a further incentive to get active, the

participants engaged in the 10,000 Steps walking challenge.

Prizes were given out to those who achieved the most steps whilst on the program.

Congratulations to the happy winners;

1<sup>st</sup> Gerard Direen

2<sup>nd</sup> Margaret Greasley  
3<sup>rd</sup> Doreen Mullen

**NCACCH will be running another program in the New Year. Details will be sent to all NCACCH card holders.**

*Lets Do This: Participants with Nurse Nichole and LDT facilitator Vern Robateau.*



### NCACCH CHRISTMAS BREAK OFFICE CLOSURE

Maroochydore Office  
23 December 2011 – 9 January 2012

Gympie Office  
23 December 2011 – 9 January 2012



## NCACCH

### CONTACT DETAILS

#### HEAD OFFICE

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MAROOCHYDORE Q 4558

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Shop 3

56 River Road

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Phone: 5483 6511

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Website: [www.ncacch.org.au](http://www.ncacch.org.au)

### OFFICE HOURS

MON: 8.30AM - 4.30PM

TUES: 8.30AM - 4.30PM

WED: 8.30AM - 4.30PM

THURS: 8.30AM - 4.30PM

FRI: 8.30AM - 3.00PM

#### PLEASE NOTE

GYMPIE OFFICE  
CLOSED TUESDAY



## Men's Business

The Men's Group met on the 2nd December at Currimundi Lake and the 15th December at the Freemason's Hotel in Gympie.

It was good to see a few new faces, with all the men enjoying breakfast/lunch together.

At Currimundi there were numerous Guest Speakers which included: Chris Shoyer from International Fitness Studio, Jim Dargan from Medicare and LDT

participant Andrew Mullen. All speakers provided valuable information on how to maintain a healthy lifestyle.

We look forward to building the group up in 2012.

To join the Men's Group mailing list call NCACCH on 5443 3599.



*Eyvette Duck, with her new 50" Plasma TV won for ditching those durri's.*

Recently, NCACCH held a lunch for all the deadly "No Durri for This Murri" participants who have quit smoking since commencing on the program.

This was a time for the NCACCH Board to show their appreciation for the dedication these participants have shown by changing their lifestyle to improve not only their own health and well-being but that of their family and friends as well.

During the day a raffle was held for a 50 inch plasma television. The lucky winner was Eyvette Duck from Wolvi.

## HEALTHTRAX

*HealthTrax is a NCACCH Chronic Disease Support Program that focuses on assisting clients to self-manage their condition.*

"HealthTrax" has just completed its first exercise pilot program for participants at risk of developing heart disease.

Over 7 weeks, 5 participants attended Nu-Life Medical Services in Noosa, in a hope to boost self-esteem, improve fitness and reduce anxiety levels to minimise the risk of heart attacks and hospital admissions.

Feedback was positive with participants stating that they have personally benefited from the program and would like to work with Nu-Life and their approachable and supportive staff in the future.

If you have a Chronic Disease and would like to participate in future similar programs such as Nu-Life call Sharelle on 5443 3599 to join North Coast's HealthTrax Program.

## No Durri for this Murri

*No Durri for this Murri is a support program assisting eligible NCACCH Card Holders to stop smoking.*

### Eyvette's quit journey story;

Eyvette had smoked for over 40 years starting when she was 19 yrs of age.

Having previously tried patches without success, she went to her GP to discuss other options. With his support, she decided to try patches again.

First

starting on patches through the Medicare PBS

scheme, Eyvette decided to join the NCACCH smoking cessation program to support in her quit journey.

She commenced on the program in June of this year.

Eyvette started on higher dosage patches and slowly decreased the dosage until she no longer needed them. This happened over a period of approx. 12 weeks.

**"Just keep at it and be determined and don't give in. It can be hard, and your mind and body have to want to quit smoking. You will know when the time is right for you."**

EYVETTE DUCK

During this time, Eyvette carried her tobacco pouch with her each day, as it felt like a security blanket.

At the end of the twelve weeks, Eyvette made the ultimate decision to give her tobacco away. Initially this was hard for Eyvette, but after a couple of days these feelings had disappeared as she begun the journey of a new and healthier life!

She found the pharmacy in Gympie to be helpful, and they took the time to talk to

Yvette about the patches and how they work.

Yvette has now been smoke free since 16 June 2011 and encourages others to do the same.

**Are you thinking of stopping/reducing smoking in 2012? Then call Lyndelle on 5443 3599.**

## Changing Tracks: Indigenous Health Forum



NCACCH Director Tom Cleary

NCACCH, in collaboration with the Sunshine Coast Division of General Practice, hosted the 'Changing Tracks - Indigenous Health Forum' at Twin Waters on 4 & 5 November 2011.

The aim of the forum was to highlight the specific health needs of our Indigenous population in the Sunshine Coast and Gympie regions.

The focus of the forum was to educate and encourage local health professionals to work collaboratively to maximise positive health outcomes for our community.

100 delegates attended the forum and several workshops were held over the 2 day event.

Keynote speakers included Associate Professor Ted Wilkes, Aunty Barbara Flick and Dr Derek Chong.

Topics covered included 'Introduction to Cultural Awareness', 'Community Resilience' and 'Social and Emotional Wellbeing'.

The overall feedback from attendees was extremely positive with many having gained a deeper understanding of health issues within an Indigenous context.

It also provided delegates with the opportunity to establish improved networks and referral pathways for clients.



## Healthy Murri Kids: Breakfast Program

*Healthy Murri Kids is a NCACCH program that educates children aged 4-12 about taking care of their health.*

The Healthy Murri Kids program has recently completed its first successful pilot at Bli Bli State School.

The program was run for 1 hour per week over 7 weeks. It was held every Friday before the start of school. Both children and their parents/carers were welcome to attend the program.

The topics covered in the program ranged from eating for health and energy, understanding the food star (food pyramid), packing healthy affordable lunches, encouraging healthy lifestyle choices eg. drink more water, dental hygiene and exercise for health.

The program finished with local Gubi Gubi man Kerry Neil, sharing stories about country and playing the didgeridoo.

Many of the children said the information sessions were their favourite part of the program. Upon completion all participants were awarded a graduation certificate for attending the program.



## Nana Bills: Mum's and Bub's Program

*Mums & Bubs is an antenatal program supporting all mothers from conception to 1 years.*

### Sudden Infant Death Syndrome

Babies and young children spend most of their time sleeping. Having unsafe sleeping arrangements can increase the risk of Sudden Infant Death Syndrome (SIDS). SIDS means that babies die suddenly without warning, while they are asleep with no reason found.



The SIDS and Kids.org recommends 5 steps to ensure your baby sleeps safely:

1. Sleep baby on the back from birth, not on the tummy or side
2. Sleep baby with face uncovered (no doonas, pillows, lambs wool, bumpers or soft toys)
3. Avoid exposing babies to tobacco smoke before birth and after
4. Provide a safe sleeping environment (safe cot, safe mattress, safe bedding)
5. Sleep baby in their own safe sleeping environment, next to the parent's bed for the first six to twelve months of life.



Triple P Positive Parenting Program is about suggesting simple routines and small changes that can assist in parenting your children. Comments from the participants have been that their children no longer have tantrums when out shopping, but if the children still did, they felt confident in using tips from the Triple P program to stop the unwanted behaviour.

For more information call NCACCH on 54433599.

## Women's Business



### Women's Clinics

NCACCH will be holding Women's Health Clinics throughout the New Year.

For more information please call NCACCH on 5443 3599.

### Women's Group

This marks the end of 2011 for the Women's Group. The final get together was held at the Victory Hotel in Cooroy on the 12th December 2011.

Women from Gympie and the Sunshine Coast areas came together to meet new and old friends and enjoy each others company, complemented by a delicious lunch.

It was quite a turnout with a brainstorming workshop held to assist the women in providing suggestions for activities, and health related topics that the group would like to see organised in the upcoming New Year.

On behalf of NCACCH we would like to wish all you wonderful ladies a Happy Christmas and look forward to seeing you all in the New Year.

To be placed on the NCACCH Women's Group mailing list, please call 5443 3599.

## NCACCH Referrers News: Referrers Workshop

*Referrers assist in providing access to NCACCH Services to all NCACCH Card Holders.*

The Christmas workshop saw a representation of the current Referrers, who work within the Gympie, Tin Can Bay and Sunshine Coast communities, come together to wind up 2011.

The last workshop for the year was held on the 2nd December, at the Coolumb Beach Bowls Club.

The fun filled day saw potential discovered as talented bowlers were brought out of the woodwork.

With the guidance of appointed pro for the day Peter, the games were under way as the mob was divided into groups of four.

After the completion of several successful games, the

bowlers went back to the clubhouse for lunch.

The closing of the day saw NCACCH Staff presenting NCACCH Referrers with a gift in gratitude and recognition of the hard work and efforts given as respected and appreciated workers within the Aboriginal and Torres Strait Islander Communities.

Feedback for the day was warm, with an enjoyable bowling session with many new bowlers keen to pursue the game on a social platform.

Day of fun: NCACCH Referrers at the Referrers Christmas Workshop



## NCACCH Referrers

### Alexandra Headlands

Julie Pearce 0407 723 028

### Caloundra

Dan Stevens (Fri) 5470 9784  
Ronda Randall 0402 698 230  
Sana Smith 5420 9090

### Coolum

Veronica Webb\* (Tues) 0417 011 225

### Cooroy

Veronica Webb\* (Wed) 0417 011 225

### Gympie

Elise Bailey 54898 444 / 0488 723 414  
Gordon Browning 54898 444 / 0407 759 209  
Chris Gorrie 54898 444  
NCACCH Office 5483 6511  
(Mon, Wed, Thurs, Fri)

### Imbil

Paula Wootton 5484 5599 / 0414 258 242

### Kawana

Dan Stevens (Tues) 5470 9784

### Maroochydhore

Amanda Stapleton 5453 1888  
Dan Stevens (Mon) 5470 9784  
Julie Pearce 0407 723 028  
Harry Pitt 5456 8888  
Nichole Weeks 5443 3599  
Vanessa Buckley 1800 052 222  
Vern Robateau 5443 3599

### Nambour

Anne Humbert\* 0414 671 534 / 0419 028 308  
Belle Hartnell 5450 4794 / 0414 491 641  
Briony Boyd 0410 743 121  
Chris May\* 0414 671 534 / 0419 028 308  
Cultural Healing 5450 4700  
Dan Stevens (Wed) 5470 9784  
Ed Wotherspoon 5450 4796 / 0417 197 480  
Jennifer McClay\* 0414 671 534 / 0419 028 308  
Kaylene Jones 5470 6318  
Kerry Staines 5441 4682  
Leone Smith 5450 4570  
Philly Nakata-Bradley 5450 4780 / 5450 4764  
Rhonda Wauchope 5470 6978 / 0448 127 187  
Sarah Cooper 5450 4780 / 5450 4764

### Noosa

Dan Stevens (Thurs) 5470 9784  
Veronica Webb\* (Wed) 0417 011 225

### Sunshine Beach

Veronica Webb\* 0417 011 225  
(Mon, Fri)

### Sippy Downs

Su Gould 5459 4439

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

## What's Happening

# Black Swans: Big Day Out

*'Black Swans' is a program facilitated by Cultural Healing, to support Aboriginal & Torres Strait Islander youth on the Sunshine Coast.*

The Sunshine Coast 'Wanna Be Deadly' Aboriginal and Torres Strait Islander Regional Touch Football Carnival was held on the Sunshine Coast on the 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> of October 2011.

This year the Sunshine Coast 'Wanna be Deadly' Touch Football Carnival brought together 140 Indigenous youth from the Sunshine Coast, Hervey Bay, Caboolture, and Murgon/Cherbourg, for a weekend of sports, entertainment, fun and cultural activities.

The Black Swan's Leadership group travelled with four supervisors to Rainbow Beach and Fraser Island on the weekend from 4<sup>th</sup> to 6<sup>th</sup> of November, staying at Pippies resort, and then heading to Fraser Island in 4WDs.

The weekend was a combination of cultural connection, leadership activities and fun with Krista from the Sunshine Coast Police Citizens Youth Club (PCYC).

On Saturday evening Traditional Owner, Jo Jo Gala, welcomed and performed a ceremony for the group at the traditional Aboriginal camp grounds K'garri'.

The camp wound up with a tour by Chriso, taking the group to a variety of sites existing on the island. The program also focuses upon

empowering youth through building self-esteem, leadership skills, and developing pride in their cultural identity.

It is coordinated and supported by Cultural Healing, Family Planning QLD, PCYC, Sunshine Coast Regional Council, NCACCH and the Department of Communities.



*Too Deadly: The Black Swans Leadership Group living it up at Fraser Island.*



*ARTIE is an initiative of Former Origin Greats that work with Indigenous students within South East Queensland to encourage and reward academic, cultural, attendance and sporting achievements.*

NCACCH is happy to have completed another year running the healthy and physical activity days in partnership with the FOG's Artie program.

This year Nambour and Burnside high schools were engaged by the NCACCH Physical Activities Project Officer and Queensland Health to provide physical activities and nutrition workshops for the students.

Students participated in activities focusing on stretching, basketball, dynamic warm-ups, agility work as well as workshops on healthy cooking and nutrition.

NCACCH is looking to continue working with FOGs in the future in spreading healthy messages and engaging students in healthy activities and life choices.



## NAMBOUR HOSPITAL NCACCH attends official re-opening



North Coast Aboriginal Corporation for Community Health recently attended the official re-opening of Nambour General Hospital. The Minister for Qld Health, MP Geoff Wilson, unveiled the new entrance and facilities.

Nambour General Hospital has recently extended their space to welcome the increase in Child Health Support and Aged Care Services to the area.

New Services include a new specialist outpatients department, ante-natal and paediatric clinic, special care nursery, paediatric ward and Glenbrook Residential Aged Care Facility.

These recent additions will of benefit to the local community by providing accessibility to services locally, which were previously may have only been available in Brisbane.



North Coast's new website is now up & running, to check it out go to:  
[www.ncacch.org.au](http://www.ncacch.org.au)