

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: December 2015

news

NCACCH 2015 Annual General Meeting

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at the Ramada Marcoola on the 29th October 2015, 53 members and guests attended.

Congratulations to Aunty Olive Bennet, Rhonda Randall, Uncle Trevor Draper and Paula Wootton who were unopposed and re-elected as Directors.

We would like to thank all members for their ongoing support and welcome our new members. We have 253 members to date for 2015-2016.

NCACCH has had another productive year and we were able to maintain and continue all programs and services through uncertain times due to changes in government funding and policies. Successfully retaining funding means that we are able to continue providing the 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.

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.

NCACCH Board of Directors

Tom Cleary
Aunty Olive Bennet
Helen Felstead
Rhonda Randall
Paula Wootton
Aunty Gwen Tronc
Uncle Trevor Draper



Pictured above; NCACCH Board members.



The NCACCH Board and staff would like to thank you for your support, and we wish you and your families a Merry Christmas and all the best for 2016

REMINDER

**YOUR NCACCH
HEALTH ACCESS CARD
WILL EXPIRE ON THE
31/ 12/ 15**

**Have you completed and
returned your blue form?**

NEW CARD DESIGN (see back page)



CHRISTMAS CLOSURE

NCACCH Offices (Maroochydore and Gympie) will be closed from 24th December 2015, we will re-open on the 04th January 2016

NCACCH

"No Durri for this Murri"™**Changes to the
Smoking Cessation Program**

As part of NCACCH's continuous quality improvement process, there has been a recent review of the 'No Durri for this Murri'™ program and as a result there have been some changes. These changes will also ensure the program continues to be offered to our community over a longer time period.

The following details are:

- ◆ You will now be supported by the NCACCH Quit Coach over a six (6) month period.
- ◆ You will have access to patches, Champix or Zyban, gum and lozenges for a three (3) month period from participating pharmacies (to a certain limit). No other NRTs are available through the program.
- ◆ Access to patches, Champix or Zyban **MUST** be made by visiting your doctor to get a script. If you have a concession card and are Aboriginal and/or Torres Strait Islander you will receive the patches for **FREE** (to a limit), otherwise NCACCH can assist with payment.
- ◆ You will have access to a counsellor to assist in overcoming issues relating to smoking cessation e.g. coping with triggers, habit etc. (to a certain limit). Your Quit Coach will assist you with a referral.
- ◆ Unless your choice of counselling service provides hypnotherapy or acupuncture, these services **ARE NO LONGER PAID FOR** through the program.
- ◆ Be in contact with QUITLINE 137848 (there is a specific Aboriginal and Torres Strait Islander Support Line)
- ◆ You can access the program once in a financial year (after June each year)

This program is now best suited for people who are in the right frame of mind and wanting to quit at this point in time. Studies show with the correct medication, NRT and counselling to assist with triggers, habit etc., you should be able to quit the durries within three (3) months. And don't worry if you relapse, remember most smokers quit a number of times before they quit for good—relapse is common.

These changes were implemented on Monday 23rd November 2015. All current participants should have received a letter advising them of the changes and their options to continue.

If you are currently registered in the program, and have not received a letter, or you would like to discuss it further, please phone Lyndelle, Quit Coach on 5443 3599.



NCACCH DEADLY STORIES

Youth 2 Knowledge (Y2K) is a drug awareness program created by a young local Aboriginal man Charles Rolls. Charles is a descendant from Quandamooka Country, North Stradbroke Island.

Carl Honeysett descended from Wiradjuri Country, Leeton NSW also assists with facilitating and representing Y2K.

Charles and Carl show teenagers the latest 3D brain scans, exposing what Drugs and Alcohol do to our brains. The program incorporates Hollywood celebrity cultures while also re-enacting real life scenarios to teens to demonstrate how they can deflect peer pressure situations.

Y2K are now running programs in Indigenous Communities and Schools throughout the state of Queensland. Representation has been made in

Victoria and plans are for the program to cover our nation in the near future.

For more information on Youth 2 Knowledge (Y2K) please visit:

<http://www.y2k.com.au>



Pictured right; Charles Rolls and Carl Honeysett, delivering y2k to the Sunshine Coast community





Worry Up No Worries Program

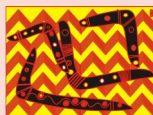
A collaborative arrangement between NCACCH and Sunshine Coast Hospital and Health Service delivered the *Men's Health, worry up, no worries program* for some of our Aboriginal and Torres Strait Islander men.

This was a great opportunity for the men to get together and share their experiences with one another and learn in a supportive and comfortable environment.

The participants attended the program for 4 weeks, 1 day per week.

They learnt;

- ◇ Physical aspects of anxiety
- ◇ Cognitive aspects of anxiety
- ◇ ABC of Thinking (Cognitive Behaviour Therapy)
- ◇ Spirituality



Participants in the Men's Health worry up no worries program



North Coast Aboriginal Corporation for Community Health

Partners in Recovery Program

The PIR (Partners in Recovery) initiative is the joint effort of Central Qld, Wide Bay and Sunshine Coast PHN in partnership with NCACCH and other service providers. The main objective of the initiative is to improve outcomes for people living with severe and persistent mental illness. Partners in Recovery aims to better support people with a lived experience of severe and persistent mental illness with complex needs, and their carers and families. PIR will assist clients and their families to access medical and other services and support needs of people experiencing severe and persistent mental illness who have variety of needs, and support improved coordination across agencies.

Due to strict government funding eligibility some clients may not be eligible for this program. However, NCACCH will endeavour to support any clients requiring access to mental health services.

If you feel you or any of your family members may benefit from the program, please contact a NCACCH Referrer to complete a referral to the PIR Program.

NCACCH Referrers



Beerwah

Aleccia Franks 5436 5333
Rhonda Randall 0402 698 230

Caloundra

Tamara Olive 5436 8552
Chris Delisser* 5481 0202 / 0402 941 009
Sana Smyth 5420 9090

Cooloolo Cove / Tin Can Bay

Helen Felstead (Thurs—Sun) 0409 096 727

Cooroy

Kristal Muggleton (Wed, Thurs, Fri) 5472 2257

Gympie

Chris Gorrie* 5489 8444
Ally Johansson 5489 8624
Gordon Browning* 0414 491 641
Andrea Ernst 5489 8624
Chris Delisser* 5481 0202 / 0402 941 009
Debra MiMi 0459 808 989
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

Maroochydore

Veronica Webb 5438 3000
Juanita O'Rourke 5456 8100
Chris Delisser 5481 0202 / 0402 941 009
NCACCH Staff 5443 3599

Nambour

Catherine Campbell* 5450 4750
Sarah Cooper* 5450 4750
Jennifer McClay* 0414 671 534/0419 028 308
Chris May 5450 4700 / 0419 028 308
Naomi Scarr 5450 4700 / 0414 671 534
Gordon Browning* 0414 491 641
Kay 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
Chris Delisser* 5481 0202 / 0402 941 009

Pomona

Tanya Morcom 0409 624 395 / 5480 8222
Kristal Muggleton 5480 8111

Rainbow Beach

Helen Felstead (Mon, Tues) 0409 096 727

Sippy Downs

Maryanne Williams 5456 5889
Nicole Copley 5456 5899

Tewantin

Chris Bell 5442 4277
Kara Nitschke 5442 4277

Tin Can Bay

Helen Felstead (Wed) 5486 4024 / 0409 096 727

* Mobile all areas (by prior arrangement).



PLEASE NOTE:

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

Welcome to our New Staff Members

NICOLE MCDERMOTT - CHRONIC DISEASE SUPPORT WORKER



Nicole's family originate from the Darug people of Sydney NSW. Nicole and her family are enjoying the transition to the Sunshine Coast lifestyle. Nicole joined the NCACCH team in May 2015 to assist with our HealthTrax and CCSS programs where she is enjoying and embracing the opportunity to work with our Chronic Disease clients to

provide support and assistance and to improve health outcomes for our community.



DIANNE BENNETT - HEALTH ADVOCATE



Welcome Di

Di is the new Health Advocate (nurse) for the HealthTrax chronic disease management program. Her role is to provide support, referral pathways and guidance to clients with the aim of self management. With over 50% of clients

with Diabetes, Di's extensive experience in Diabetes care will be an asset to the role. Prior to relocating to the Sunshine Coast in 2002 from her hometown of Broken Hill, Di worked in the AMS and the regional Diabetes Centre as a Diabetes nurse. Di organized and worked in outreach clinics in Wilcannia and Menindee NSW, providing Diabetes education and chronic disease management to the Wilyakali and Paakantji people. Since moving to the Coast, Di has worked as a Practice Nurse in General Practice and in the later years at the Diabetes Centre as a Credentialed Diabetes Educator. Di has been connected with NCACCH and the Indigenous community for many years taking part in the Well Persons Heath Days, NAIDOC, chronic disease management within the General Practice and Nambour Hospital. "Di believes that every client has a story to tell and sometimes health professionals just need to listen".

RICK DANK - PARTNERS IN RECOVERY (PIR) SUPPORT FACILITATOR



Rick has lived and worked for over thirty years with Aboriginal and Torres Strait Islander people. His family are traditional owners from the Borroloola area of the Northern Territory and he has lived here on the Sunshine Coast and the Territory for the last 17 years.

Rick's last position was as a case manager for a mental health recovery team based in Nambour. 6 years before that Rick lived in Darwin and worked as a Cultural Bridging Adviser for children in 24/7 care for 2 years. Rick has also been the team leader for carers in a Refugee and Asylum program for unaccompanied minors in detention based in Darwin. There were seven languages spoken in the 450 people who were detained.

Rick was also a case manager for a youth diversion program working with youth who were in the court system, sadly 90% were Indigenous. He conducted back to country camps on traditional country in the Borroloola area. Rick's working interest has been focused on understanding the community needs to improve the health of that community.

Winner



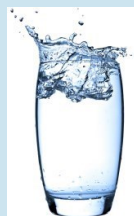
NCACCH recently conducted a survey to gather feedback about our services/programs. All clients who completed a survey went in to the draw to win a \$250 gift voucher. Thank you to everyone who responded. Pictured above is our winner; Lorel Prasad from Burnside. Congratulations Lorel!!

Tips to help you stay well during hot weather

One of the best ways to avoid heat related illness is to **drink plenty of water**. It's important to keep drinking water even if you don't feel thirsty because this can prevent you from becoming dehydrated.

Avoid alcoholic, hot or sugary drinks (including tea and coffee) because these can make dehydration worse.

Drinking cold drinks and eating smaller cold meals, such as salads and fruit, can help you to keep cool.



NCACCH Contact Details:

Maroochydore
Suite 15, 27 Evans Road,
MAROOCHYDORE
PH 07 5443 3599

Gympie
Shop 3, 56 River Road
GYMPIE
PH 07 5483 6511

Christmas Bits & Pieces



Pork Leg Roast with Mustard Pears

Ingredients

3kg Pork Leg Roast (bone in)

1 tbsp Olive Oil



2 tbsp. Salt

Brown Sugar

1/4 tsp Ground Cloves

200g Dried Pears

Mustard Pears

25g Butter

1/4 cup

2 tbsp. Apple Cider Vinegar

2 tbsp. Dijon Mustard

Method

1. Preheat oven to 230°C or 201°C fan
2. Using a sharp knife, score rind. Drizzle oil over skin and rub in salt, pressing into scoring. Place on a rack in a baking pan. Bake for 40mins. Reduce heat to 200°C or 180°C fan, and bake for a further 1 1/2 hours, or until cooked through. Cover loosely with foil and rest for 15 mins before slicing.



combined.

Add pears and simmer for 5 mins, or until pears have softened and sauce has thickened slightly.



GUIDELINES AT A GLANCE

NHMRC Australian Alcohol Guidelines

FOR MEN:

No more than 4 standard drinks a day on average
No more than 6 standard 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

Everyone should have 1 or 2 alcohol-free days a week

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		

Black Forest Shooter

Ingredients:

- Chocolate Pudding & Pie Filling
- Whipped Dairy Topping
- Canned Cherry Pie Filling

Method:

1. Mix the pudding with milk according to the directions on the box
3. After it's set layer it in a glass with whipped Topping and cherry pie filling



Chocolate Mousse Shooter

Ingredients:

- Chocolate Pudding & Pie Filling
- Whipped Dairy Topping

Method:

1. Mix the pudding with milk according to the directions on the box
2. After it's set combine with equal parts whipped topping
3. Spoon into small glass & top with more Whipped topping

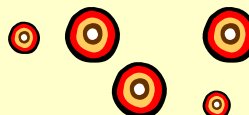
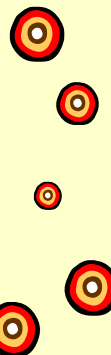


Festive Season Exercise Tips

It is not unusual to come to the end of the year and believe you need a well deserved break from all the hard work you have been doing all year, and this is understandable. But who says that you need to wake up at 6am and do weights at the gym? During the festive season it is wise to change our exercise goals. Not only will this help you to keep motivated but will expose different muscles to a work out. The festive season is a time for family and friends. Try changing your normal exercise routine to fun activities the whole family can enjoy. Encourage a game of street or beach cricket with the kids, a backyard game of 'chasey' or a swim at the beach. Social exercise does not feel like the regular "work out" and it gives everyone a chance to participate and have a great time.



"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other." ~ Burton Hillis



NCACCH HEALTH ACCESS CARD UPDATE

The NCACCH Health Access Card allows eligible Aboriginal and/or Torres Strait Islander persons residing within the Sunshine Coast and Gympie Regions to access NCACCH Health Services.

IMPORTANT NOTICE!!

YOUR CURRENT NCACCH HEALTH ACCESS CARD WILL EXPIRE ON 31st DECEMBER 2015



Please check if I am eligible for Closing the Gap (CTG)

Your NCACCH Health Access Card is for consultations only with Doctors and other Allied Health providers participating in the Indigenous Health Information & Access Scheme.

You must produce this card along with your Medicare Card at time of appointment.

This card remains the property of NCACCH.

If found please post to: PO Box 479, Cotton Tree Q 4558
Phone: (07) 5443 3599

NCACCH will be issuing "2016– 2018" Health Access Cards to all registered NCACCH clients before the end of December (this is when the brown card expires).

We have added "Please check if I am eligible for Closing the Gap (CTG)" to the back of the card as a reminder for the Doctor to check your eligibility. The Closing the Gap (CTG) Pharmaceutical Benefits Scheme (PBS) Co-payment Measure improves access to PBS medicines for eligible Aboriginal and Torres Strait Islanders who are living with, or at risk of, chronic disease. Closing the Gap prescriptions attract a lower or nil patient co-payment for PBS medicines.

To receive your new card, you must complete and return the **blue** "Health Access Card Update Details Form" that was posted to you in September (please ignore if you have already returned your form). If you did not receive your update form or would like assistance to complete your form, please don't hesitate to contact NCACCH on 5443 3599 or a NCACCH Referrer.

