

# NCACCH

North Coast Aboriginal Corporation for Community Health

## news

"Your Pathway to Better Health"

ISSUE: October 2015

## Annual General Meeting 2015/16

**When: Thursday 29th October, 2015**

**Where: Ramada Hotel & Conference Centre (Surf Air Hotel),  
923 David Low Way, Marcoola QLD 4564**

**Time: 5.30 pm**



**AGM +**  
*Meet & Mingle*

NCACCH  
Board of Directors

Tom Cleary

Aunty Olive Bennet

Helen Felstead

Ronda Randall

Paula Wootton

Aunty Gwen Tronc

Uncle Trevor Draper

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

- As a member/associate member, you are invited to come along and hear about the achievements NCACCH has made within our community over the past year.
- Aboriginal and/or Torres Strait Islander members (financial) can nominate a member for election and/or vote for Director positions.
- The AGM provides all members with the chance to meet the current NCACCH Board and staff and catch up with other community members.
- A two course meal will be provided and served during the nights proceedings.

## NCACCH Health Access Card Renewal

### ★ IMPORTANT NOTICE ★

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

Your brown NCACCH Health Access Card will expire on the 31st December 2015. All active/current NCACCH clients have been posted a "Health Access Card Update Details Form" (blue form).

You will need to complete and return the Update Form to receive your 2016-2018 Health Access Card.

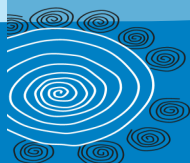
If you haven't received a Health Access Card Update Form please contact NCACCH or one of the NCACCH Referrers as soon as possible.

Please Note: This form is to be only completed by clients who have had a NCACCH Health Access Card before.

New clients will need to contact NCACCH or a NCACCH Referrer.

If you have any questions, please contact the office on 5443 3599.

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



### UPCOMING EVENTS:

**KABI KABI AGM - Tuesday 20th October 2015**

**NCACCH AGM - Thursday 29th October 2015**

# Health Trax Exercise Program



**Are you  
interested in  
participating in  
the next  
program?**

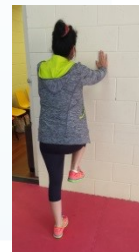
**Give Nicole, HealthTrax Support Worker a call on 5443 3599 to register  
your interest.**

The latest HealthTrax exercise program was run over a 6 week period from 20 July - 27 August 2015. We had 3 female participants attend the program which was held at a community centre in Beerwah. The ladies attended 1 hour twice a week.

The program was run in conjunction with Luke Snabaitis (Exercise Physiologist) from Welcise Clinic, and Jacque Kaye, Dietitian.

An initial assessment was conducted for each participant with an individual exercise program and meal plan developed, taking into consideration client capabilities. It is designed to provide the participants with a variety of options to expand and educate their knowledge for ongoing physical activity and exercise behaviour. The program incorporated a range of settings including: gym, park and heated pool. This led to various aerobic, resistance and flexibility exercise, flexibility exercise, hydrotherapy based movement and Tai chi.

Basic medical checks were conducted which included blood pressure, weight and waist measurement. They were used to gauge improvement of the participants' health status. A final exercise and diet plan were designed at the end of the program to ensure participant motivation levels are maintained to continue with exercises after the program finished.



## Are You Thinking of Quitting ????

It's hard to miss the tough anti-smoking campaigns attacking us from Cigarette Packets, TV Ads and Billboards/ Bus Shelters. But while they may seem severe, bear in mind that tobacco smoking is the single most preventable cause of ill health and death in Australia. According to the Australian Institute of Health and Welfare, it contributes to more drug-related hospitalisations and deaths than alcohol and illicit drug use combined.

### When is the best time to quit ??

The best time to quit is when the smoker is in the right mindset. New Year's resolutions are an artificial situation and only effective if the smoker is ready to quit. Success often occurs when the smoker is motivated by a recent event, such as a health scare. The push to quit can also come from friends or family, whether that pressure is intentional or not.

### Which method is best??

"Nicotine addiction is not set. The areas of the brain it affects vary – so not all treatments work for all smokers," says Renee Bittoun Associate Professor, head of the Nicotine Addiction Unit at the University of Sydney. Talk to your GP or pharmacist to decide which method of quitting may work; Nicotine replacement therapy (NRT), Acupuncture, Hypnotherapy or Prescription medication.

### Keep "trying"

If your first attempt is unsuccessful, don't lose heart, as the majority of smokers will attempt to quit five to seven times before kicking the habit for good. Go to places where you know you can't have a cigarette, so you're making it hard for yourself to smoke. Making certain areas, such as your house and car, smoke-free zones; go easy on alcohol too, as it increases nicotine cravings, the important thing is to just keep trying. Success is often more likely with subsequent attempts as you learn from past failures, quitting the cigarettes is a matter of trial and error. Try and try again as there is no shame in trying.

### Seek Support

Counselling or other forms of support can be extremely helpful. Speak to your doctor about your options. Seek support from family, friends and co-workers too. Let them know you're trying to quit so they understand if you are irritable or upset due to withdrawal symptoms. They can encourage you and help you to avoid situations where you'll be likely to relapse. North Coast Aboriginal Corporation for Community Health has the 'No Durri for This Murri'™ program continuing and we will aim to provide services, support and information about tobacco dependence, reducing the harms of smoking and successful quitting for Aboriginal & Torres Strait Islander clients free of charge. You need to register and sign up with the program so please call Lyndelle at NCACCH 5443 3599 to organise an appointment.

Source: Nicola Conville, Freelance Journalist





# Ear Surgery Opportunity



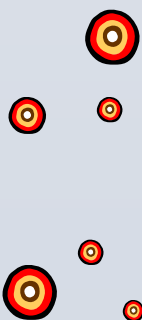
North Coast Aboriginal Corporation for Community Health (NCACCH) has been involved in a special initiative, partnering with ear, nose and throat specialist, Dr David McIntosh. During the month of June, 21 local children had ear health operations on the Sunshine Coast. Both at the Noosa Private Hospital and the Sunshine Coast University Private Hospital. The ear health operations were a great success, the families who took part in the ear health program were very appreciative of the opportunity to receive much needed surgery.

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 21% of Aboriginal and Torres Strait Islander children.

The results of the screening show a high number of Aboriginal and Torres Strait Islander children were having problems with their ear health.

In addressing this problem NCACCH is dedicated to petitioning funding bodies for continued funding to assist families who need ear health operations.

Dr McIntosh commented that the children should notice an immediate difference after surgery and better hearing would improve the quality of their education and lives.



## NCACCH Referrers

### Beerwah

Aleccia Franks\* 5436 5333  
Ronda Randall 0402 698 230

### Caloundra

Tamara Olive 5436 8552  
Ronda Randall 0402 698 230  
Sana Smyth 5420 9090

### Cooroy

Kristal Muggleton (Wed, Thurs & Fri) 5472 2257

### Cooloola Cove/Tin Can Bay

Helen Felstead (Thurs—Sun) 0409 096 727

### Gympie

Chris Gorrie\* 5489 8444  
Elise Bailey\* 5489 8444 / 0407 759 209  
Gordon Browning\* 0414 491 641  
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

NCACCH Staff 5443 3599  
Veronica Webb 5438 3000

### Nambour

Catherine Campbell\* 5450 4750  
Sarah Cooper\* 5450 4750  
Jennifer McClay\* 0414 671534/0419 028308  
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

### 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

\* 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 NCACCH registered Referrer.

## Nanna Bill's Mums & Bubs Program

*The Nana Bills Mums & Bubs program supports all mothers and fathers from conception to 1 years.*

### At Birth to 3 Months

Babies can communicate with you from the time they are born and are constantly learning from this time, they do not realise they are a separate person. They need physical contact for optimum development. Doing activities with your newborn can help baby's hearing, sight and physical and emotional development. Infants in the first eight weeks have no control over their movements and all their physical activity is involuntary or reflex.

### Physical Development

Common characteristics include:

Many babies who are under three months cry a lot, especially in the late afternoon or evening. ('Jiggling' babies is not a good way to help them settle and can be very scary or even painful for the baby, even if they stop crying. It is very important not to shake a baby.)

Your baby is bombarded by external stimuli (shapes, sounds, colours) and can easily feel overwhelmed.

### Hearing and Seeing

Newborns can hear, and have been hearing noises from well before they were born. Newborns have immature eye muscles and, while they can see (particularly at close range), they can't organise the visual images into meaningful shapes.

Developmental characteristics include:

In the first two months, they are attracted by bright light, primary colours, stripes, dots and patterns.

Eyes move in unison, most of the time, by six weeks.

The human face is the first 'object' they recognise.

Over the first three months, they begin to recognise particular faces and other things (like their teddy bear) in their world.

### Speech and Language

For the newborn, crying is their only means of communication. It is important to respond to your baby as soon as possible, so they begin to understand that you will be there for them. Characteristics of speech include:

By seven or eight weeks, they begin to discover their voice and make cooing noises and vowel sounds.

Even by about eight weeks, they will listen to what you say, then make noises back as they 'talk' to you.



Information sourced from Better health Channel Victorian Government, 2015

## Newborns

Don't understand what is happening to them, or realise they are a separate person

Don't know who is feeding them, or who helps them when they cry

Cry when they are hungry or tired, but don't know they are being cared for

Can't cry 'for attention' or to 'get at' their parents – a newborn is not capable of responding to you with any conscious purpose

Can feel, but not think

Smile by five to seven weeks

### Social and Emotional Development

Even shy and sleepy babies take an interest in your voice and face. A big section of the brain is devoted to understanding and remembering faces, and a large part of our social behaviour is based on how we 'read' other people's faces. Looking into someone's eyes is a necessity for 'falling in love', so show your baby your face and talk to them soothingly right from the start. Don't feel rejected if they turn away; tiny babies often get tired when they interact.

### Developmental Characteristics

Sucking, grasping, startling and pulling to stand are all reflexes. They start to work out how to lift their heads when lying on their tummy, and kick their legs by about eight weeks.

In their third month, they begin to watch their hands and feet wave in the air, and also begin to wave that fist towards your face or some other desired object.

### Using their Bodies

Infants in the first eight weeks have no control over their movements and all their physical activity is involuntary or reflex. They move their bodies while they are awake, but they do not yet know how to make each part of their body move, or even that all the bits belong to them.



### Suggested Activities

Suggestions on encouraging and supporting your baby's development include:

Make a mobile and hang it, facing them, above their cot  
Stroke different parts of their body to see how they like to be touched

Speak to them gently and use their name

Play them music

Sing to them

Hold them a lot

Let them look at your face as you talk to them

Copy their little gestures

Rock them.





## Roast Chicken & Mushroom Bake



### Ingredients

500g Penne Pasta  
2 tbsp. extra virgin olive oil  
250g mushroom, sliced  
2 cloves garlic, chopped  
1 sprig rosemary, leaves picked  
1/2 large Roast Chicken, skin & bones removed, shredded  
200g baby spinach leaves  
575g jar Cheese & Tomato Pasta Bake  
100g Cheese, grated  
Parsley leave to serve  
Extra grated cheese to serve.

### Method

Preheat oven to 180°C.  
Cook pasta in a saucepan of salted boiling water for 3mins less than the packet direction, drain.  
Heat oil in a frying pan over medium heat.  
Cook the garlic, mushroom and rosemary, stirring for 5 minutes.  
Stir in the chicken and spinach  
Place the pasta in a bowl.  
Stir in the pasta sauce and chicken mixture.  
Spoon into a 20cm x 30cm ovenproof baking dish.  
Top with the cheese  
Bake for 20 minutes or until golden brown and heated through.  
Top with parsley and extra cheese.

## Bush Beef Stir Fry

Serves 6

### Ingredients

Canola or olive oil spray  
1 onion, diced  
1 crushed garlic clove  
1 tablespoon crushed ginger  
750g lean beef cut into strips  
1 sliced green capsicum  
1 sliced red capsicum  
1 bunch broccoli  
2 large peeled and sliced carrots  
1 cup sliced mushrooms  
1 cup snow peas  
1 sliced zucchini  
2 tablespoons water  
1 tablespoon cornflour  
1 teaspoon honey  
3 tablespoons salt-reduced soy sauce  
1 tablespoon sweet chilli sauce



### Method

1. Lightly spray pan or wok with oil and cook onion ginger and garlic on medium heat for 2 minutes.
2. Add beef strips and cook until slightly brown all over.
3. Add red capsicum, green capsicum, broccoli, carrot, mushroom, snow peas and zucchini and cook for 3 minutes.
4. In a bowl mix water, cornflour, soy sauce, honey and sweet chilli sauce.
5. Pour this mixture over the meat and vegetables.
6. Stir and simmer for 5 minutes.
7. Serve with steamed rice or noodles.



**Indigenous Playgroups**  
for Aboriginal & Torres Strait Islander children aged 0-5 years old

**A FREE program**  
happening now at  
**Gympie Central State School**

**Thursday**  
9.30 am—11.30 am  
**Contact: Alicia Robinson**  
0448 325 121



**Indigenous Playgroups**  
for Aboriginal & Torres Strait Islander children aged 0-5 years old

**A FREE program**  
happening now at  
**Gympie South State School**

**Wednesday**  
9.30 am—11.30 am  
**Contact: Alicia Robinson**  
0448 325 121



**Most Excellent Adventure Tour**  
To the  
**Ration Shed**

DATE: November 7th  
2015

Departing 7.30am, returning 6.00pm from Aussie World Carpark  
Lunch: 2 Course meal & wine tasting at Moffatdale Ridge

**THE RATION SHED**  
tickets \$70

**CHERBOURG**

**MOFFATDALE RIDGE WINERY**

**BUS**

Hear from Elder's connected to Cherbourg on your visit to the Ration Shed, where they received their weekly rations. Hear first hand what life was like living under the Act on the government controlled mission formerly called Barambah.

Tour departs 7.30am from Aussie World car park, and 8.30am from Gympie Duck ponds & travels to Cherbourg for morning tea and a tour of Cherbourg Historical Precinct. Lunch and wine tasting at Moffatdale Ridge Vineyard on the Barambah wine trail.

\*Parking is ONLY available on Rizzo Road adjacent to the Aussie World Car park. Seating is limited, for further information contact  
Sarah.Larsen@dete.qld.gov.au or call 5352 9250 (Tues & Thurs)



## 2015 BreastScreen Clinic Dates

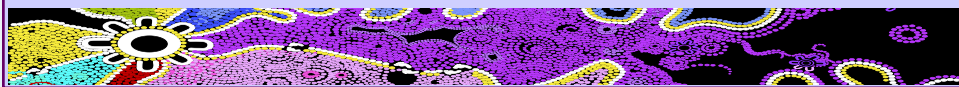


DATE	LOCATION	BREASTSCREEN QLD VENUE
7th Sept to 25th Sept	Nambour	Mobile Van located at Nambour Mill Village, Mill St, Nambour 8.00am - 3.30pm
6th Oct to 16th Oct	Kawana	Mobile Van located at Lake Kawana Community Centre, Kawana 8.00am - 3.30pm
15th Oct	Maroochydore	BreastScreen Qld 72 Duporth Ave, Maroochydore 10.30am - 12.30pm
20th Oct to 13th Nov	Beerwah	Mobile Van located at Beerwah Community Hall, Peachester Road, Beerwah 8.00am - 3.30pm
28th Oct	Gympie	BreastScreen Qld Gympie Specialist & Diagnostic Centre 10.30am - 12.30pm
24th November	Nambour	BreastScreen Qld Nambour General Hospital (behind hospital) 10.30am - 12.30pm

If you would like to attend one of these clinics please contact NCACCH on 5443 3599 or your local Aboriginal and/or Torres Strait Islander Hospital Liaison  
Kay @ Nambour 5470 6318, Tamara @ Caloundra 5436 8552 or Ally @ Gympie 5489 8624

*Be Screened, Be Proud, Susu Screening Every 2 Years*

BreastScreen Qld provides free breast screening to women 40 years and over (no Medicare card required). If you would like to make an appointment for a different date please phone BreastScreen Qld on 132 050.



### Client Rights

NCACCH is committed to providing the best possible service to its clients, members, stakeholders and community. We are committed to maintaining sound, professional relationships with all service providers/clients, and will manage any dispute or complaint to ensure the best possible outcome for all involved. Clients have the right to comment about any part of the service provided to them by NCACCH. Clients are encouraged to make a complaint if they are dissatisfied with the service provided by NCACCH. All complaints are to be dealt with sensitively and in a timely manner.

#### Complaints Process

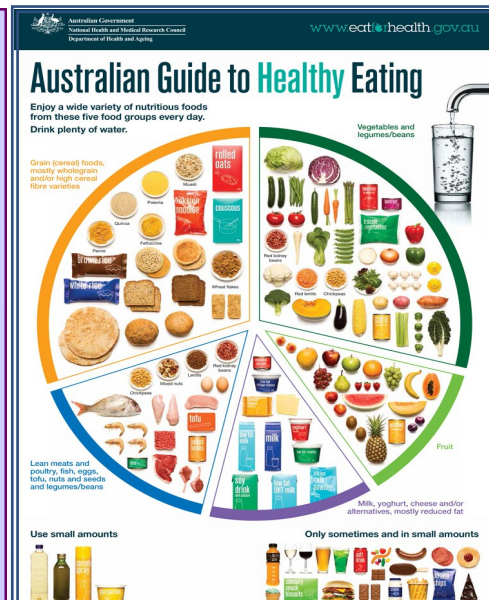
1. Complaints must be in writing in the first instance. Email or fill in the "Have Your Say" Feedback Form. Post/lodge it at your nearest NCACCH office. Assistance can be provided for people with reading and writing difficulties.
2. NCACCH Management will send a written acknowledgement to you within 48 hours of receiving the complaint.
3. The complaint will then be tabled at the next Board meeting, with a written response sent back within 60 days.



At any time during the complaints process the consumer has the right to access advocacy or independent support.

#### Withdrawal of Complaint

Contact the NCACCH Manager to withdraw your complaint. This can be done at any time and at any stage of the complaints process.



### 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 - 3.30PM

WED: 9.30AM - 3.30PM

THURS: 9.30AM - 3.30PM

E-mail: [admin@ncacch.org.au](mailto:admin@ncacch.org.au)

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