



"Your Pathway to Better Health"

ISSUE: June 2017

news



Well Persons Health Check Day



This year's Well Person's Health Check event was another extremely successful day, for the first time being held at Jones Hill State School, Gympie on Saturday 13th May 2017. We had over 800 community members attending the day, with an outstanding record number of health checks being completed; 251 adult health checks and 227 child educational health checks.

The theme for this year's event was "Healthy Kids, Better Community, Strong Future", which highlights the importance of our youth whilst promoting our kids to live healthy lifestyles. The theme had a strong focus on child and maternal early intervention and prevention in an attempt to minimise the disadvantage experienced by some of our community members. For the first time, NCACCH with the support of the University of the Sunshine Coast (USC) provided educational health checks for our children. The aim of this free annual event is to bring the Gympie and Sunshine Coast Aboriginal and/or Torres Strait Islander community together for a fun day with a major emphasis on health.



NCACCH
Board of Directors



Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Paula Wootton

Aunty Gwen Tronc

Uncle Trevor Draper

NCACCH is funded by the
Australian Government,
Department of Health

NCACCH would like to give a special thank you to;

- * Our partner the Sunshine Coast Hospital and Health Service (SCHHS) Chief Executive Mr Kevin Hegarty, for providing financial sponsorship and staff to provide flu shots and participate at information stalls
- * Our partner PHN Central Queensland, Wide Bay, Sunshine Coast CEO Ms Pattie Hudson, for financial sponsorship and staff for co-ordinating the pap smear screens with Ms Ruth Tidswell RN (Registered Pap Smear Provider) from Gympie Women's Health for providing pap smear screenings
- * Queensland University of Technology (QUT) Health Clinics for generously providing staff and students who volunteered their time, providing community members the opportunity access to Mental Wellness, Optometry, Podiatry, Nutrition and Dietetics, Exercise Physiology, and Pharmacy
- * University of the Sunshine Coast (USC) for providing the students to complete the child educational health checks and for the use of their Mobile Health Clinic
- * Dr Mary Piepers and Dr David Baker for reviewing results
- * BreastScreen Qld for having the mobile service available to provide breast screening
- * The service providers who provided an information stall to link community with their services
- * All the deadly performers for keeping us entertained
- * All the workshop facilitators for providing cultural and educational activities
- * All the volunteers who generously donated their time and efforts
- * And of course all our community members for coming and supporting this great day

UPCOMING EVENTS:

NAIDOC Sunshine Coast: Saturday 8th July 2017

NAIDOC Gympie: Friday 14th July 2017

Womens Group Gympie: Thursday 27th July 2017

Womens Group Sunshine Coast: Thursday 31st August 2017



NCACCH UPDATES

NCACCH HAS MOVED!

We are extremely excited to announce we have moved to a new premises in the health district of Birtinya. Our new office is on the ground floor making it much more suitable for our Community Elders and disabled. We had out grown our old office and our new one leaves us even more room to expand.

We look forward to providing services to our community for many years to come from this great space!



Membership Renewals Due

What do you get for your membership?

The \$5.00 fee is for 2017 / 2018 financial membership only.

- ◆ Know your funding goes towards the continuation of services provided
- ◆ Attend the NCACCH Annual General Meeting
- ◆ Vote at the NCACCH Annual General Meeting (Indigenous Members Only)
- ◆ Receive quarterly newsletters keeping you up to date on NCACCH activities

DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?



IF YOU HAVE NOT RECEIVED YOUR CARD PLEASE PHONE US ON 5346 9800

NCACCH Office Information

E-mail: admin@ncacch.org.au
Web: www.ncacch.org.au

BIRTINYA (HEAD OFFICE)

8/8 Innovation Parkway, Birtinya Q 4575
Phone: 5346 9800 Fax: 5346 9899

OFFICE HOURS

MONDAY TO THURSDAY 8.30AM - 5.00PM
FRIDAY 8.30AM - 3.00PM

GYMPIE OFFICE

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

OFFICE HOURS

MONDAY: 9.30AM - 3.30PM
WEDNESDAY: 9.30AM - 3.30PM
THURSDAY: 9.30AM - 3.30PM



Suncare Recognise Coastal Walk



NCACCH was very proud to once again support the Sunshine Coast Reconciliation Group with their annual Suncare Recognise Coastal Walk.

This fantastic event was held at Cotton Tree Park on Saturday 28th May 2017 with the support of Uniting Care Community, Life Without Barriers and The Lions Club of Lake Currimundi who put on a delicious sausage sizzle.

The crowd embraced the day by setting off on the walk towards Alexandra Headland for the official Reconciliation coastal walk. The 3km trek was just enough for young and old legs, as the Queensland winter sun showed it still had some heat in it!



NCACCH UPDATES

Introducing Sally Bligh NCACCH Administration Officer

Sally is of Wakka Wakka descent, her family originally from Cherbourg. She has lived in Perth, Western Australia for 22 years and has come to settle back on the Sunshine Coast.

Sally has worked within Federal and State government departments, and also in Indigenous Recruitment. Sally has a keen interest in the Health sector and happy to be apart of the wonderful team of NCACCH who service the Sunshine Coast and Gympie Indigenous community.



Closing the Gap Indigenous Outreach Worker

Maria Mitchell-Brown is a Murri woman with traditional connections to Kangoolu and Bitjarra nations (both within the Central Queensland region).

As an Indigenous Outreach Worker, Maria is committed to the ongoing promotion and support of Closing the Gap programs and services to Aboriginal and/or Torres Strait Islander community throughout the Sunshine Coast and Gympie region.

Maria will also be working with General Practices and Allied Health Professionals to improve and implement culturally appropriate practices and care delivery for Aboriginal and Torres Strait Islander patients.

In the Outreach Worker role, Maria serves as a link between health services and the Aboriginal and Torres Strait Islander community and is available to provide the following services:

- ⇒ Attendance of health appointments to support the patient
- ⇒ Support communication between the patient and doctors or other health providers (e.g. language barrier/understanding of information)
- ⇒ Assistance with organising/coordinating client health care
- ⇒ Assist with accessing cheaper or no cost medications
- ⇒ Support to access transport
- ⇒ Home visits for various support services
- ⇒ Advocacy, referral, promotion of NCACCH program and service
- ⇒ Consultation for General Practice and Allied Health regarding cultural competency
- ⇒ Community engagement

Maria looks forward to working with our community.



Indigenous Health Team Leader

Introducing Ruth Taylor, our new Indigenous Health Project Officer. Ruth has a background in Public Health and Health Promotion, and prior to joining the NCACCH team worked in the Indigenous Health Project Officer role for North Coast Primary Health Network in Northern NSW.

Ruth is able to provide support to General Practices around Closing the Gap programs and services including:

- ⇒ Understanding and accessing the benefits under the PIP - Indigenous Health Incentive (PIP-IHI)
- ⇒ Understanding the PBS Co-Payment Measure
- ⇒ Explanation of MBS item numbers relevant to the PIP-IHI
- ⇒ Advice on improving self-identification processes for Aboriginal and Torres Strait Islander patients
- ⇒ Advice and assistance about developing/improving recall systems for Aboriginal and Torres Strait Islander patients for 715 health checks and PIP-IHI re-registration
- ⇒ Cultural Awareness Training and resources to create a culturally safe practice environment
- ⇒ Information about eligibility for and accessing Chronic Disease Management Programs and Aboriginal Outreach Worker services.

If you would like Ruth to visit your Practice and speak with General Practitioners, relevant staff and/or chronic disease nurses, she will be happy to organise a time that suits you.

NCACCH looks forward in continuing to work with you all to assist in closing the gap in the health inequalities between Indigenous and non-Indigenous Australians.



NCACCH Chronic Disease Management Program

NCACCH Promotes Culturally Secure, Alcohol and Other Drug Practice

NCACCH recently provided the opportunity for staff and local organisations to attend the Indigenous Risk Impact Screen (IRIS) training. These workshops are presented by IRIS team at the Queensland Department of Health.

The training was a great success with 18 people attending from organisations such as; QulHN, SCHHS Cultural Healing Team, SCHHS Child and Maternal Health Team and individual community members.

The purpose of the training is to provide participants with the skills to screen, assess and deliver to their clients a brief intervention that is culturally secure. The workshops include training in the use of the IRIS screening instrument which is a two factor screen that assesses alcohol and other drugs and their associated mental health issues.

With the use of the tool, assessment is systematically administered and risks can be addressed in a culturally appropriate and timely manner. The IRIS program is included in the Australian Department of Health and Ageing's Alcohol treatment guidelines for Indigenous Australians.

For further information please visit the Health Infonet on:

<http://www.healthinfonet.ecu.edu.au/key-resources/courses-training?fid=366>



Centrelink now comes to the NCACCH Birtinya Office every Wednesday from 10am-12pm for clients to access

We provide
outreach services



**Your local Indigenous
Service Officer is:**

Name:

Michelle Jamieson

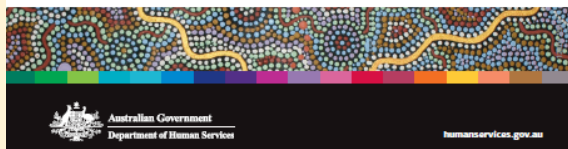
Visiting on:

Wednesdays from 21/6/2017

At:

NCACCH-Birtinya: 10am-12pm

For information call the Indigenous Call Centre on 1800 136 380.



NCACCH Referrers

Birtinya

Kay Jones	5202 0022
John Murray	5202 0022
NCACCH	5346 9800

Caloundra

Sana Smyth	5420 9090
Kylee Samels	5420 9090

Cooloolia Cove

Helen Felstead	0409 096 727
<i>(Thurs—Sun)</i>	

Cooroy

Kristal Muggleton	5472 2257 / 5468 0811
<i>(Wed, Thurs, Fri)</i>	

Gympie

Ann Whitfield	5489 8452
Gemma Stevens	5489 8407
Kevin Toby	5489 8567
Chris Delisser	5481 0202
NCACCH Office	5483 6511
<i>Mon, Wed, Thurs, 9.30 am — 3.30pm</i>	

Imbil

Paula Wootton	5484 5599/ 0414 258 242
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Kawana

Debbie Currey*	0459 993 031
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Maroochydore

Juanita O'Rourke	5456 8100
Veronica Webb	5438 3000

Nambour

Chris May	0414 674 534 / 0419 028 308
Corey Costello-Czok	5450 4700 / 0414 671 534
Catherine Campbell	5450 4750
Sarah Cooper	5450 4750
Ed Wotherspoon	5450 4750
Chris Gorrie*	5450 4750 / 0414 491 641
Sheree Strahan	5450 4750
Rhonda Wauchope	5470 6318

Pomona

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

Rainbow Beach

Helen Felstead (Mon & Wed)	0409 096 727
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Sippy Downs

Maryanne Williams	5456 5889
Robert Denyer	5456 3766

Tewantin

Kara Nitschke	5442 4277
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Tin Can Bay

Helen Felstead (Mon)	5486 4024 / 0409 096 727
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* 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 Mum's & Bub's Program

Hand hygiene in helping to prevent colds & flu

A cold is caused from a virus that affects the nose, throat and upper airways and normally lasts up to a week.

Did you know you could catch the flu if you shake hands with an infected person or if you touch a contaminated surface such as a doorknob or telephone, and then touch your nose or mouth.

When an infected person coughs or sneezes, the droplets can spread for up to 1 metre. To help stop the chances of getting the flu, it is advisable to wash your hands frequently with soap and water, followed by drying your hands well with a single-use towel.

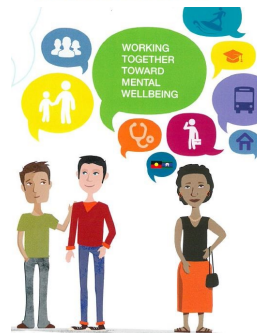
Alcohol based hand gel/wipes can also help prevent the spread of infection. Use a tissue, or the inside of your arm, when you cough and sneeze, throw the tissues away immediately and wash your hands.

Don't share items such as cigarettes, cups, lipsticks, toys or anything which has come into contact with the mouth or nose. Clean any frequently touched surfaces regularly, such as door handles, taps, tables, benches, and fridge doors (flu viruses can be removed using household detergent)

People with flu can be infectious to others from 24 hours before symptoms start until a week after the start of symptoms.

Even people with mild flu illness can transmit the infection.

Stay warm this winter, wash your hands well, eat a healthy Diet, include the 5 food groups and drinking lots of water will all help reduce your chances of getting sick.
(Queensland health, 2015)



What does Partners in Recovery do?

Partners in Recovery (PIR) provides care coordination support to people with severe and persistent mental illness and complex multiagency needs.

For more information please phone
Rick Dank - NCACCH Partners in
Recovery (PIR) Support Facilitator on
5346 9800 or 0401 405 143.

MEN'S GROUP

The Men's group has averaged 12 men every Thursday from 11am to 2pm at the Sun Care Community Centre.

The men have been restoring the weather seal paintings that are on the outside of the Sun Care building. The Men's Group is supported by: NCACCH, Sun Care, Cultural Healing, Relationship Australia and Sunshine Coast Hospital and Health Service with staff from each agency attending every week.

Derrick from Relationships Australia now attends each fortnight with his musical equipment and everyone takes part in playing songs from the past.

Last week the men went down the river to fish for a couple of hours. A great time was had by all, as pictured below.



No Durri for this Murri™



Winners for the Shopping Voucher

When clients on the NCACCH 'No Durri for this Murri™' Program visit their doctor with their Quit Form and the doctor returns the form to NCACCH. Each client goes into the draw for a Shopping Voucher. If you want to be a winner visit your doctor as soon as with you can, so you can be a winner as the draw closes 31st July 2017.



The 'No Durri for this Murri™' Ad is currently running on Channel 7, Southern Cross Channel 9 and Win Network till the end of July.

Also we have the advertising on the Sun bus which runs North and South of the Sunshine Coast and in Gympie Regions for the next few months.

Indigenous Child Health

The ICHW has been busy with Ear Health Screening days at schools. Ear Health Screening will now cease for Flu Season (June/July) and will re-commence in August. NCACCH continues to partner with Ear, Nose and Throat Specialist Dr David McIntosh to provide surgery to children who are in need. This includes, but is not limited to: tonsil/adenoid removal, tongue tie release, nasal surgery and grommets.

From May to August, a total of 21 children will receive ENT surgery at both the Noosa Private Hospital and the Sunshine Coast University Private Hospital. This is such a great service for our jarjums and the families involved with the ear health program have expressed their thanks and appreciation for the opportunity to receive much needed surgery.


Ear health screening for Sunshine Coast and Gympie primary schools had revealed hearing impairment in 21% of Aboriginal and Torres Strait Islander children. To put this in perspective; the World Health Organisation (WHO) classes a disease as serious if it affects more than 4% of the population.

The impacts of ear disease are far reaching and not limited to infections and hearing loss but include: impaired language attributing to poor education outcomes, poor social interactions, detrimental psychological health issues, unemployment and even incarceration (crime & jail-time).


In addressing these issues; NCACCH is dedicated to petitioning funding bodies for continued support to assist families who would benefit from ear, nose and throat operations.

The North Coast Aboriginal Corporation for Community Health, in conjunction with Check-Up and Dr David McIntosh; hope to lower the hearing impairment statistics for the Sunshine Coast and Gympie areas and therefore improve ear health/speech/language and education outcomes, for our up-and-coming generations.





ABORIGINAL & TORRES STRAIT ISLANDER
2017 BREASTSCREEN CLINIC DATES



LOCATION	DATE	BREASTSCREEN QLD VENUE	TIME	CONTACT
Maroochydore	Thursday 19 th October	BreastScreen Qld, 72 Duporth Ave, Maroochydore	10.00am – 12.30pm	Lorraine 5346 9800 / Sunni 5436 8720 BreastScreen Qld 132050
Gympie	Tuesday 24 th October	BreastScreen Qld, Gympie Specialist & Diagnostic Centre, 74–76 Channon St, Gympie	10.30am – 12.00pm	Sunni 5436 8720 / Lorraine 5346 9800 BreastScreen Qld 132050
Nambour	Tuesday 28 th November	BreastScreen Qld, Nambour (behind Nambour General Hospital)	8.00am – 11.15am	Sunni 5436 8720 / Lorraine 5346 9800 BreastScreen Qld 132050

The clinics above are specific Aboriginal and/or Torres Strait Islander clinics. A staff member from BreastScreen Qld, NCACCH and the Aboriginal and Torres Strait Islander Health Team will be in attendance. So come down for a chat and a cuppa!!

Be Screened, Be Proud, Susu Screening Every 2 Years

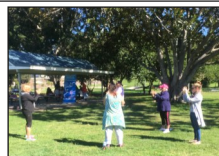
BreastScreen Qld provides free breast screening to women 40 years and over (no Medicare card required).

Please phone BreastScreen Qld on 13 20 50 if you would like to make an appointment for a different date.



NCACCH | North Coast Aboriginal Corporation
for Community Health

Proudly supported by
Sunshine Coast Hospital and Health Service



Womens Group

NCACCH holds bi-monthly groups on the Sunshine Coast and Gympie with our groups doing all different activities such as: Diabetes Education, Tai Chi, Walking Groups & Creations with Paula (beading workshop).

The Women's Groups are a relaxed and comfortable place to catch up and talk with old friends and make new ones in our community. Recently the ladies have been participating in Tai Chi classes by the Bli Bli River and at Nelson Reserve Park, Gympie. We also had our new Indigenous Outreach Worker (IOW) Maria Mitchell-Brown come & chat with the ladies around Closing the Gap (CTG) & introduced herself.

The ladies feedback from the groups so far has been positive and they have really enjoyed doing the Tai Chi classes as it is very grounding and relaxes your mind, body and spirit.

We have had a good amount of ladies attending regularly but new faces are always welcome, If you would be interested in attending our Womens Groups please contact Lerrisa Rolls, Project Officer on 5346 9800.



Pictured above are the participants from our last Sunshine Coast group practicing in Tai Chi.

**Our next Women's Group is being held on Thurs 29th June 2017
at Happy Valley, Bulcock Beach, 10.00am-12.00pm.
Please RSVP by contacting NCACCH on 5346 9800.**

Women's Health Clinic

NCACCH held their 2nd clinic at Gympie Womens Health on Monday 24th April 2017. With 4 ladies in attendance, NCACCH hopes to increase this number to keep the clinics going and to raise the importance of our women getting regular checks completed.

If you are due for your screen or interested in coming along please contact Lerrisa Rolls, Project Officer on 5346 9800.

When to have a Pap smear:

If you are over 18 and have ever had sex, you should have regular Pap smears, even if you no longer have sex.

This includes male to female, and female to female sex (<http://www.womhealth.org.au/conditions-and-treatments/231-lesbians-sexual-health-and-pap-smears>).

Regular Pap smears are still important for women who have been vaccinated against cervical cancer.

Even if it is less than 2 years since their last Pap smear some women may be advised by their Pap smear provider that they need another Pap smear. This includes women:

- ♦ who show symptoms such as bleeding after sex, bleeding between periods or after menopause
- ♦ with certain medical conditions or who are taking certain medications
- ♦ who have had an abnormal Pap smear and are having follow-up care.

You should continue having regular 2 yearly Pap smears until you are 70. After 70, doctor may advise that it's safe to stop having Pap smears if you have had 2 normal Pap smears within the last 5 years.

If you have had a hysterectomy (<http://www.womhealth.org.au/conditions-and-treatments/hysterectomy-fact-sheet>), you may still need to have regular Pap smears.

♦ <https://www.qld.gov.au/health/staying-healthy/men-women/women/pap-smear/index.html>

Gympie Well Persons Health Check Day

"Healthy Kids, Better Community, Strong Future"

Held at: Jones Hill State School, Saturday 13th May 2017

