

2013 Annual General Meeting Success

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at Ramada Mudjimba on the 31st October 2013.

This has marked another successful year, highlighting the programs and services successfully offered by NCACCH over the previous year including Lets Do This, HealthTrax, No Durri for this Murri, and Deadly Tucker.

We are pleased to state memberships numbers have increased this year with over 395 members, 27 Referrers, 63 Service Providers and 290 General Practitioners.

NCACCH Board of Directors

NCACCH Board of Directors

Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Aunty Gwen Tronc

Paula Wootton

From the Board:

NCACCH Board and Staff would like to thank the NCACCH Members for their continued support throughout 2013.



Congratulations to Aunty Olive Bennet, Ronda Randal, Paula Wootton who were re-elected to their positions in front of the 41 members who attended on the night.

NCACCH would like to acknowledge and thank Uncle Des McArthur for his valued service as a NCACCH Board of Director.

NCACCH Director would also 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.



Desmond McArthur



NCACCH Partners

Director's Message

We would like to wish everyone a safe and happy Christmas and New Year. This completes yet another year of which we are very proud.

We would like to express our gratitude to the community for their support throughout the year.



Merry Christmas

NCACCH CHRISTMAS BREAK OFFICE CLOSURE

Maroochydore Office
23 – 27 December 2013

Gympie Office
23 – 27 December 2013



NCACCH Referrers News: Referrers Workshop

NCACCH Referrers assist by linking Aboriginal and/or Torres Strait Islander Persons living within the Sunshine Coast and Gympie Regions access to NCACCH Services.

The NCACCH Annual Referrers Christmas Workshop saw a representation of workers within the local Aboriginal and Torres Strait Islander Community come together to wind up 2013.

The last workshop for the year was held on 6th December 2013, at the Mooloolaba Bowls Club. This was a time for NCACCH to show their appreciation and acknowledge all the hard work the Referrers do during the year in a voluntary role.

The weather held up for the day with the Referrers participating in a fun day of barefoot bowls and an enjoyable BBQ Lunch.

With over 32 Referrers spread out across the Sunshine Coast and Gympie Regions, community members have access to NCACCH services without having to travel long distances or wait long periods to have access to a Referrer.

The Board are very grateful for the work the Referrers complete throughout the year and would like to thank them for all of their efforts throughout 2013 and previous years.



Referrers in attendance at the end of year workshop



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 - 2.30PM

WED: 9.30AM - 2.30PM

THURS: 9.30AM - 2.30PM

E-mail:

admin@ncacch.org.au

Website: www.ncacch.org.au



Men's Business

The Men's Group are designed to provide men with a chance to come together to meet each other, support each other, share stories and expand their knowledge on general Health and more specifically Men's Health.

Regular activities and trips are planned and a great chance for you to link in with your local male Health Worker and other guest speakers around men's health.

Group's are held in Gympie and on the Sunshine Coast.



To register your interest, phone the NCACCH office on 5443 3599.

Joint Men's Group

The Joint Men's group was held in partnership with the Sunshine Coast Hospital and Health Service (SCHHS) on the 25th November 2013 at Lake McDonald Cooroy National Park.

The meeting was facilitated by (SCHHS) and the guest speakers were Lyndon Davis and Brent Miller. It was a real family day with some of the Men bringing their sons along.

Lyndon and Brent delivered a cultural presentation on canoe making and traditional artefacts which was met with lots of questions. All the men that attended the day both young and old also enjoyed creating their own spears with Lyndon and Brent, which was followed by a great BBQ lunch.

NCACCH's Coast Men's Group will be run again throughout 2014. Please call the NCACCH office on 5443 3599 if you are interested in coming along.



Joint Men's Group

Joint Women's Group

The NCACCH Joint Women's Group was held at Mimburri Upper Mary Aboriginal Association on 29th November with Aunty Beverly Hand facilitating a weaving workshop.

It was an enjoyable day with women of all ages attending.

The day was relaxed with the women having a great time catching up and using their creative skills to create their own beautiful hand made woven items.

There will be more Women's Groups to come in 2014 if you are interested in coming along please call NCACCH on 5443 3599 to register your interest.



Joint Women's Group



Women's Business



The NCACCH Women's Groups are a relaxed and comfortable place to catch up and talk with old friends and make new ones in your community.

Regular trips and activities are arranged, and it's a great way to link in with support services relating to women's health.

Local guest speakers are invited along as chosen by the group. Women's Groups are held on the Sunshine Coast and Gympie.

Register your interest by contacting the NCACCH office on 54433599.

Women's Health Check Clinics

Congratulations to all the women who attended the BreastScreen Qld/NCACCH and Sunshine Coast Health Service Clinics in 2013. It's been a fantastic year for the partnership with 85 ladies being screened through this partnership and many more attend BreastScreen Qld clinics from their 2 yearly recall notice. In 2013 we also saw the formation of a local (Sunshine Coast and Caboolture Area) Project Working Group. Feedback from this group and community consultation has resulted in a painting titled "Women Gathering" done by Yvonne Williams a local Aboriginal woman in the Caboolture area; a promotional blurb "*Be Screened, Be Proud, Susu Screening every 2 years*" introduced; localised brochures and posters; a coffee mug with "Women Gathering" artwork; a photo shoot of local Aboriginal and/or Torres Strait Islander BreastScreen Qld women to be used for BreastScreen Qld promotional resources.

The aim of the clinics is to break down barriers that prevent Aboriginal and/or Torres Strait Islander women from attending important clinics like BreastScreen Qld. This is done by supporting women and providing information to empower our women to make informed decisions about their health. Breast cancer is the second most common cancer diagnosed in Aboriginal and/or Torres Strait Islander women. Queensland currently has the highest breast cancer screening participation rate for Indigenous women in Australia, while this is a good outcome, we need more women to take part in regular, two yearly screenings.

If you would like to have a Breast Screen please contact NCACCH on 54433599, BreastScreen Qld on 1302050 or your Aboriginal and Torres Strait Islander Hospital Liaison on 54760318.



NCACCH Referrers

* Mobile all areas (by prior arrangement).

Caloundra

Ronda Randall	0402 698 230
Sana Smyth	5420 9090
Dan Stevens (Fri)	5470 9784
Tamara Olive	5436 8552

Coolum

Veronica Webb* (Wed)	0417 011 225
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Cooroy

Veronica Webb* (Fri/Alt Mon)	0417 011 225
Kristal Muggleton (Tues/Alt Mon)	5472 2257

Gympie

Gordon Browning*	0414 491 641
Chris Gorrie*	5489 8444
Letishia Parter	5489 8444
Marlene Reed*	5489 8444
Elise Bailey*	5489 8444
NCACCH Office	5483 6511
Mon, Wed, Thurs, 9.30 am — 2.30pm	

Imbil

Paula Wootton	5484 5599/ 0414 258 242
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Kawana

Debbie Currey	0459 993 031
Dan Stevens (Tues)	5470 9784

Maroochydore

Lyndelle Beezley	5443 3599 / 0400 179 644
Natasha Hawkins	5443 3599 / 0431 795 433
Dan Stevens (Mon)	5470 9784
Nichole Weeks	5443 3599
Carolyn Weldon*	5456 8406 / 0437 932 764

Nambour

Catherine Campbell*	5450 4750
Carolyn Jones (Mon/Tues)	5450 4750
Jennifer McClay*	0414 671 534 / 0419 028 308
Anne Humbert*	0414 671 534 / 0419 028 308
Shannon Jackson*	5450 4700 / 0414 671 534
Chris May*	5450 4700 / 0419 028 308
Raili Zeilinski* (Mon/Tues/Wed)	5450 4700 / 0419 028 308
Gordon Browning*	0414 491 641
Kaylene 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
Dan Stevens (Wed)	5470 9784

Noosa

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

Pomona

Tanya Morcom	0409 624 395 / 5480 8222
Veronica Webb* (Thurs)	0417 011 225

Sippy Downs

Maryanne Williams	5456 5889
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Sunshine Beach

Veronica Webb* (Mon, Thurs)	0417 011 225
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Tin Can Bay

Helen Felstead	5486 4024 / 0409 096 727
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Please note: All applications for a Health Access Card or Referral to Allied Health Services MUST be done through one of the NCACCH





Nana Bill's Mum's and Bub's Program: Christmas Present Guide



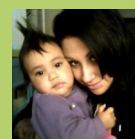
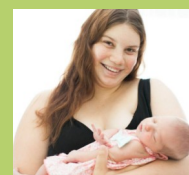
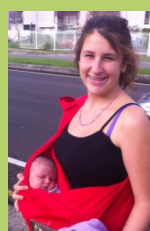
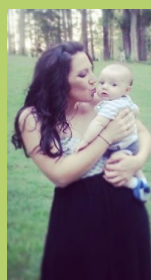
Deciding on what to buy children at Christmas is often stressful so here are a few things to remember: Keep It Simple. Children do not need a large amount of toys to keep them entertained. Be aware of toys that are poorly constructed or unsuitable for their age or skill level. Buy toys from reputable toy companies and avoid street traders, car boot sales and fairs. If you buy toys that need batteries be aware of the batteries size as a potential choking hazard and the future expense of replacing them.

Babies at the age of 0-6 months are all about discovery, learning how to use their hands, feet, eyes and most of their senses. Toys for this age group include toys for looking, listening, sucking and for touching. Bright colours such as red, blue or yellow are colours babies love to look at, the toys should be light, soft and easy to hold. Rattles, Teethers, baby play gyms, cloth toys, squeeze toys, soft squeeze balls and plastic keys on rings are a few recommended toys that your 0-6 month old baby will enjoy for hours.

Babies at the age of 6-12 months are becoming aware of their surroundings, they start teething, learning how to grasp, pull themselves up, crawl, begin to stand and walk along at the later stages. Musical toys, Rubber or soft blocks, Toys that can be opened, twisted, poked, posted, shaken, chewed, pushed, dragged around or used during bath time. Cloth toys, Keys on rings, Pop-up toys, big balls, Stacking cups, Stacking rings, Fill a bag with interesting textures such as wrapping paper.

A drum made by stretching strips of paper soaked in glue (create your own glue with flour and water) across the top of an old tin (without the lid). Once it's dry, give your child a wooden spoon to bang the drum with. A container to post things in can be made by cutting slits into the front of an empty shoe box or cardboard box then paint or cover using wrapping paper by giving the toddler things to post and different shapes of card board or envelopes that have been decorated will give the toddler loads of entertainment and be inexpensive.

Wishing you all a Happy and Safe Christmas



NCACCH Mum's & Bub's Clients 2013

NCACCH 2013 Ear Health Interventions

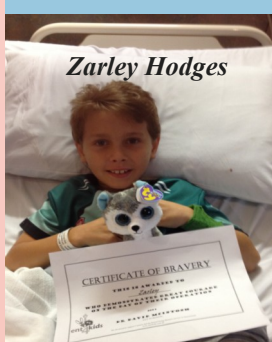
North Coast Aboriginal Corporation for Community Health (NCACCH) has been involved in a special initiative, partnering with ear, nose and throat specialist Dr David McIntosh. On November 1st 10 local Indigenous children had operations at the Caloundra Private Hospital to improve their hearing.



Taylah Pratt

In addressing this problem NCACCH decided to direct money left over in its budget towards surgery for 10 children at the Caloundra Private Hospital. Dr McIntosh commented the children should notice an immediate difference after surgery and better hearing would improve the quality of their education and lives.

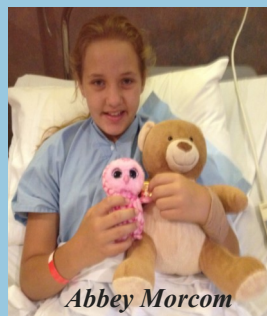
For several years NCACCH has been conducting ear health screening in the local state schools. Ear health screening in the Sunshine Coast and Gympie primary schools had revealed hearing impairment in 20% of Indigenous children.



Zarley Hodges

The results of the screening showed a high number of Indigenous children were having problems with ear health.

Abbey Morcom was surprised to learn that after many thousands of surgeries having been performed at the Caloundra Private Hospital. Abbey's operation was the very last operation to be performed at the recently closed Caloundra Private Hospital.



Abbey Morcom

**Do you have a
Chronic Health Condition?
Then
HealthTrax
is the
program
for you**

Program Eligibility:

- * Identify as Aboriginal and/or Torres Strait Islander
- * Aged 15 yrs or over
- Suffer from Diabetes / Respiratory / Cardiovascular disease

Free Access to:

- * Specialists
- * Health Advocate (Nurse)
- * Free/reduced medication

**For further information or to register for the program contact
Lyndelle at NCACCH
5443 3599 / 0400 179 644**

Serves 6

**Contact NCACCH
on 5443 3599 to
book your place**

2013 NCACCH AGM



Black Swans Sunshine Coast runs Wanna Be Deadly Touch Carnival

The Annual Touch Carnival event was again very successful. In attendance were two teams from Cherbourg, one team from Caboolture and three teams from the Sunshine Coast participating in the fixtures. Many more Sunshine Coast children had a great time playing in a demonstration game during the lunch break.

The PCYC organised a jumping castle/waterslide as entertainment for everyone, which was a huge success. Family Planning Queensland (FPQ) provided health promotion in the way of sexual health information and screening on the day.

The Carnival was dedicated in honour of the Cullinane-Purcell-Tyson families. There was a trophy for Yulungji Tyson-Purcell in the Grand Final between the Cherbourg and Caboolture teams, with Caboolture winning the game. A second trophy was dedicated to Tjarmarli Tyson-Purcell, which was played off by the two Black Swans Sunshine Coast Teams, Nynderry the winner of that game.

We would like to thank Uncle Evan Blackman and other Elders, Volunteers and Mentors for their valued involvement. We would also like to acknowledge and thank all the organisations including Cultural Program, PCYC, Family Planning Queensland, Sunshine Coast Council, NCACCH and many others for their involvement and sponsorship of another successful carnival.



Black Carnival Sunshine Coast Participants



DEADLY STORIES: Academic Achievement Nicole Damarra



Congratulations to Nicole Damarra who is a Narungga descendant from Point Pearce and York Peninsula in South Australia. Nicole has just graduated from the University of the Sunshine Coast with a Bachelor in Social Science where she did a dual major in Justice and Sociology.

Nicole Damarra and her retired Guide Dog Neville, who guided her through three and a half years of study.

Nicole is looking forward to studying honours in 2014 in the area of critical disabilities studies within the field of Sociology. Nicole's future aspirations include Doctorial studies in the disability field with an interest around equality and access for other Indigenous Australians living with a disability.

Nicole's interest in the disability sector arises from personal and lived experience as a legally blind Indigenous woman.

NCACCH wishes you all the best on your deadly journey Nicole and hope you inspire other young Indigenous people to pursue further studies and/or work in equality, justice and disability.