



NCACCH

North Coast Aboriginal Corporation for Community Health

news

"Your Pathway to Better Health"

ISSUE: June 2016

WELL PERSON'S HEALTH CHECK DAY

The NCACCH "Well Persons Health Check Day" was recently held at the Suncoast Auditorium, Kiel Mountain Road Woombye, Saturday 14th May 2016. The aim of this fantastic free annual event is to bring the Gympie and Sunshine Coast Aboriginal and/or Torres Strait Islander community together with a major emphasis on health. Well Person's Health Check Day has become a day that community look forward to and is well attended, with families travelling from Gympie, Tin Can Bay and Brisbane to enjoy the day. Community members were given the opportunity to link with numerous service providers, have a flu shot, a plaque screen, breast screen, pap smear and access to a range of health checks all under the one roof.

The theme for this year was nutrition to highlight the importance of healthy living amongst our community, titled "**Galang Bin-Dja Manngoorbadjin**" which means "Good Food in Good Health" in Gubbi Gubbi (local) language. With nutrition as our theme, we were very excited to have Mark Olive aka "The Black Olive" (host of "The Outback Café") emcee the day, prepare and cook kangaroo stir fry using many of the native herbs and spices talked about in an earlier demonstration.



NCACCH would like to thank;

- ◆ 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 to participate at information stalls and co-ordinate pap smear screening
- ◆ Queensland University of Technology (QUT) Health Clinics for generously providing 14 staff and 67 students who volunteered their time, providing community members the opportunity access to Mental Wellness, Optometry, Podiatry, Nutrition and Dietetics, Exercise Physiology, Pharmacy, and health checks with a Nurse
- ◆ Dr Sandra Peters and Dr Richard McDermott for reviewing results
- ◆ BreastScreen Qld for having the mobile service available to provide breast screening
- ◆ University of the Sunshine Coast (USC) for the use of their Mobile Health Clinic, USC students and Ms Ruth Tidswell RN (Registered Pap Smear Provider) from Gympie Women's Health for providing pap smear screening
- ◆ PlaqueCheck for providing stroke assessment and screening
- ◆ The service providers who provided an information stall to link community with their service
- ◆ 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
- ◆ Our community members for coming and supporting this great day



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

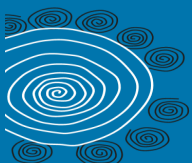


UPCOMING EVENTS:

NAIDOC Day - Cotton Tree (Sunday 10th July 2016)

NAIDOC Fun Day - Gympie (Friday 15th July 2016)

NAIDOC Dinner Dance Gympie Golf Club (Saturday 16th July 2016)



"No Durri for this Murri"™

NCACCH is pleased to announce the "No Durri for this Murri"™ smoking cessation program has been extended for up to another two (2) years. This means the program is able to assist more community members and continue to support current participants on their journey to quit smoking.

NCACCH encourages all community members who are thinking of quitting smoking, or who would like to have a yarn about how the program can help a family member/friend, to give us a call.

Please phone Lyndelle the NCACCH Quit Coach on 5443 3599 / 0400 179 644.



Lyndelle Beezley (NCACCH) and Kristal Muggleton (student) at Well Person's Health Check Day



NCACCH | North Coast Aboriginal Corporation for Community Health

No Durri for this Murri™

Do you want to quit the durries?
NCACCH can support you on your journey to quitting

FREE services (to a limit) for:

- Quit Coach
- Counselling (including hypnotherapy)
- Medications eg champix
- Nicotine Replacement Therapy (NRT) eg patches, gum

Phone 5443 3599 to register for the program

NCACCH Office Information

MAROOCHYDORE (HEAD OFFICE)

Suite 15, 27 Evans Street, MAROOCHYDORE Q 4558
Phone: 5443 3599 Fax: 5443 8899

OFFICE HOURS

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

E-mail: admin@ncacch.org.au

Web: www.ncacch.org.au

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

Congratulations Lerissa!!



Congratulations to Lerissa on her promotion to the position of NCACCH Project Officer.

Commencing employment with NCACCH as an Administration Officer in 2012, Lerissa is embracing the challenges of her new role and enjoys interacting with our community, referrers, service providers and doctors.

Lerissa who was born and raised on the Sunshine Coast is a proud descendant of the Quandamooka People of North Stradbroke Island. She is passionate about assisting our Aboriginal and/or Torres Strait Islander community to improved health outcomes through better access to primary health care services.

ABORIGINAL & TORRES STRAIT ISLANDER 2016 BREASTSCREEN CLINIC DATES

DATE	LOCATION	BREASTSCREEN QLD VENUE
Tuesday 19th July 2016	Gympie	BreastScreen Qld, Gympie Specialist & Diagnostic Centre, 74 - 76 Channon St, Gympie 10:30am - 12:30pm
Thursday 8th September 2016	Maroochydore	BreastScreen Qld, 72 Duporth Ave, Maroochydore 10:30am - 12:30pm
29th Aug —16th Sept 2016	Nambour Mill	Mobile Van located at Nambour Mill Village 8.30am - 3.30pm
20th-30th September 2016	Lake Kawana	Mobile Van located at Lake Kawana Community Centre 8.30am - 3.30pm
24th Oct—17th Nov 2016	Beerwah	Mobile Van located at Beerwah Community Hall 8.30am - 3.30pm
Tuesday 22nd November 2016	Nambour	BreastScreen Qld, Nambour General 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.



Proudly supported by
Sunshine Coast Hospital and Health Service

DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?



**IF YOU HAVE NOT RECEIVED
YOUR CARD
PLEASE PHONE US ON 5443 3599**

NCACCH HealthTrax Self Management Program

To better support our HealthTrax clients on their journey to self-management, NCACCH, in collaboration with Anglicare, developed a Self-Management Program. The pilot program commenced on the 16th March, 1 day per week for a total of six weeks at Millwell Road Community Centre in Maroochydore.

The program is open to participants at all stages of Self-Management. Two workers from Anglicare, who have a chronic condition, led the program with resources and strategies provided to assist in achieving long term self-management.

The program overview includes:

- ◆ Taking care of your health problem/s
- ◆ Carrying on with your life as normal
- ◆ Managing your emotional changes and how to deal with the symptom cycle
- ◆ Why physical activity and eating healthy are beneficial to self managing chronic conditions
- ◆ How to communicate with the Doctor/Health professional and understanding the importance of medications including how they work, the purpose of the medication/s and responsibilities while using such medications
- ◆ Steps towards positive thinking, coping with depression, understanding grief and loss



To link in with the main aim of self-management, all HealthTrax participants are required to participate in the program. The next program is currently being organised with a date and venue to be confirmed. HealthTrax participants will be contacted once details have been organised.

If you have any questions or would like to enquire about the next program, please phone Nicole McDermott, NCACCH Chronic Disease Support Facilitator, on 5443 3599 / 0413 395 931.

NCACCH REFERRERS

Beerwah

Aleccia Franks 5436 5333

Caloundra

Sana Smyth 5420 9090
Tamara Olive 5436 8552

Cooloolo Cove

Helen Felstead 0409 096 727
(Thurs—Sun)

Cooroy

Kristal Muggleton 5472 2257
(Wed, Thurs, Fri)

Gympie

Gordon Browning* 0414 491 641
Chris Gorrie* 5489 8444
Bruce Burnley 5489 8444
Albertha (Ally) Johansson 5489 8624
Debbie MiMi 0459 808 989
Chris Delisser 0402 941 009
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
Juanita O'Rourke 5456 8100
Veronica Webb 5438 3000
Kylee Samels 5453 1888

Nambour

Anne Humbert 0414 674 534 / 0419 028 308
Chris May 0414 674 534 / 0419 028 308
Jennifer McClay 5450 4700 / 0414 671 534
Catherine Campbell 5450 4750
Sarah Cooper 5450 4750
Gordon Browning* 0414 491 641
Ed Wotherspoon 5450 4750
Gordon Browning* 0414 491 641
Shannon Jackson 5370 4905
Tara Robinson 5450 4750
Kay Jones 5470 6318
Peter Robinson 5470 5316

Pomona

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

Rainbow Beach

Helen Felstead (Mon, Tues) 0409 096 727

Sippy Downs

Maryanne Williams 5456 5889
Nicole Copley 5456 5889

Tewantin

Kara Nitschke 5442 4277

Tin Can Bay

Helen Felstead 5486 4024 / 0409 096 727

MEN'S WORRY-UP PROGRAM

Sunshine Coast Hospital and Health Service



Aboriginal and Torres Strait Islander Health Team
Community Integrated and Sub-Acute Services in
partnership with Northcoast Aboriginal Corporation
for Community Health

**Men's Health worry up
no worries program**

2016



Sunshine Coast
Hospital and Health Service
Exceptional people. Exceptional healthcare.



Ask yourself

- Do you ever feel like your mind is racing or confused?
- Do you have trouble sleeping?
- Do you ever feel dizzy or light headed?

Symptoms could include:

- sweating or shivering
- difficulty swallowing
- heart palpitations
- shallow breath or breathlessness
- jelly-like legs
- blurred or strange vision
- feeling of a racing mind

**4 sessions - Tuesday July 12, 19 & 26
Tuesday August 2**

**Time: 10.00am to 12.30pm at Millwell Road
Community Centre, Maroochydore**

Sessions Teach:

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

Numbers are limited so please call the
Aboriginal and Torres Strait Islander Health
team for bookings.

**Please contact Eddie Wotherspoon (SCHHS
Indigenous Health on 5450 4750).**



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



TIPS on preparing and storing good healthy food for your baby ...

Ingredients for good baby food

Start simple: along with iron-fortified cereal, baby's first solids can be single foods such as mashed banana or avocado, or cooked and pureed apple, pear, pumpkin or potato.

Once baby is enjoying a good range of fruits and vegetables, introduce some fresh beef, lamb, pork or chicken (not pickled, salted or smoked). Combine meat with vegetables or even fruits such as apple or pear.

Gradually become more adventurous with different foods and textures. When teeth start coming in, try flaky loose fish, mashed legumes and couscous. Include fruits such as berries, citrus and stone fruit that has been deseeded and mashed.



Pureed baby food can be frozen in clean ice cube trays. Spoon the puree into the trays and cover with plastic wrap. Freeze for 30 days maximum.

Solids can also be stored in plastic containers or glass jars. They'll keep for up to two days in the fridge or one month in the freezer. Label containers with contents and use-by date.

To serve, pop out food cubes into a glass or ceramic bowl. Warm the solids in the microwave or on the stove. Stir well to get rid of hot spots. Test temperature with a clean spoon on your lip before serving to baby. Discard any leftovers – don't refreeze.

More information available at <http://raisingchildren.net.au/>

CHILD EAR HEALTH

PARENTS & CARERS

We all want children to have a strong start to life. That's why hearing is so important. When a child's ears are healthy, they can:

- learn language and talking;
- listen to family stories;
- listen to music;
- talk with family and friends;
- be good at school;
- feel good about themselves; and
- get a job later in life.



You can keep children's ears healthy by getting them checked regularly by a health worker, nurse or doctor, even if they seem okay.

It is also important to know the symptoms of ear disease in case your child's ears get sick.

SYMPTOMS OF EAR DISEASE

- ◆ Signs of a cold (coughing, sore throat, runny nose)
- ◆ Pain in ear
- ◆ Runny fluid or pus
- ◆ Not eating
- ◆ Kids pulling ears
- ◆ Can't hear properly
- ◆ Diarrhoea or vomiting



PARENTS AND CARERS CAN HELP PREVENT EAR DISEASE BY:

- Getting kids ears checked regularly
- Keep kids clean (wash their hands and face regularly)
- Get kids to blow their nose
- Don't smoke around kids
- Feed kids healthy foods like fruit and vegetables
- Make sure kids get all their vaccinations
- Breastfeed as it helps fight infection
- Don't stick anything in kids' ears (unless recommended by a health worker, nurse or doctor)

FAST FACTS - EAR DISEASE

Knowing the facts about ear disease is important.

- ◆ Fact: Children are not born with ear infections but they can get an ear infection soon after birth.
- ◆ Fact: Too many Aboriginal and Torres Strait Islander children have ear disease.
- ◆ Fact: Ear disease can lead to loss of hearing forever.
- ◆ Fact: Children can have ear disease with no symptoms.
- ◆ Fact: Ear disease can be prevented and treated

This information and more can be found at
<http://www.careforkidsears.health.gov.au/internet/cfke/publishing.nsf/Content/parents-information>

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.

How does Partners in Recovery work?

Easier system navigation

PIR assists its participants to navigate the service system and link them in with a support network.

System advocacy

If we find something in the system that is not working well, we will try to fix it by letting decision makers know.

Cultural awareness and safety

Our team is culturally aware and can work with individuals and their services to provide information support.

Holistic long term recovery planning

We work with people with a lived experience to develop holistic long term recovery plans.

Less red tape

We try to cut through red tape and remove barriers that prevent people from having their needs met.

Community development

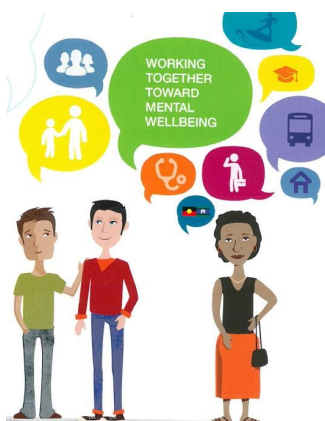
We collaborate with the whole community to co-design sustainable options for individuals to participate in the life of the community.

Improved access and integration

We work with people and systems to improve accessibility, integration and quality.

PIR strives to work sensitively with all cultural groups, including those from a non English speaking background and lesbian, gay, bisexual, transgender and intersex communities. PIR acknowledges the Aboriginal and Torres Strait Islander community and strives to deliver a culturally safe and sensitive service.

If you would like more information please phone Rick Dank - NCACCH Partners in Recovery (PIR) Support Facilitator on 5443 3599 or 0401 405 143.



Congratulations Tracey !!



A huge congratulations to Tracey Lang who was the very lucky Well Person's Health Check Day **1st prize winner**, of a TCL 50" Full HD LED LCD Smart Television...



2nd Prize was a Fitbit Charge HR (Wireless Heart Rate + Activity) won by Jamie Brown



3rd Prize was a George Foreman Grill which was won by Joy Willis

Womens Group

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 to talk about important issues.

Our next Women's Group is being held on Wednesday 13th July 2016 at the NCACCH Gympie Office 10.30am-12.30pm. Please contact NCACCH on 5443 3599 to RSVP or to register your interest for any upcoming Women's Groups. *Come and join us for a cuppa :)*



Men's Group

The aim of the NCACCH Men's Group is to provide community members the opportunity to meet other Aboriginal and/or Torres Strait Islander men in the area. This allows the group to come together on a regular basis to share stories and expand their knowledge on general health and more specifically Men's health. Come down for a yarn, a feed and listen to our guest speaker (we aim to have a different speaker each Men's Group).

If you are interested in coming along to an upcoming Men's Group, please give us a call at NCACCH office on 5443 3599 to register your interest.

Come down for a yarn !



Have you registered for "Closing The Gap" with your Doctor ?



As part of the Australian Government's aim to Close The Gap between Aboriginal and/or Torres Strait Islander people and non-Indigenous Australians, the Closing The Gap program was started.

There are two parts to the program:

- 1) PBS co-payment measure scheme – ALL Aboriginal and/or Torres Strait Islander people should be able to claim this (free/cheaper medicines)
- 2) Indigenous Health Incentive (IHI) – Aboriginal and/or Torres Strait Islander people OVER the age of 15 with a chronic condition should be able to claim this

The PBS co-payment measure scheme helps our mob to pay for most of their medications. If you have a Centrelink health care card or pension card, **YOU SHOULD NOT HAVE TO PAY FOR MOST OF YOUR MEDICATIONS.** If you don't have a Centrelink card, you should only be paying the reduced cost for your scripts. When you get a script from your Doctor, make sure he/she has printed "CTG" on it so the pharmacy can see that you have joined the program.

If you are still paying full price for your medications, see your Doctor and ask them to complete the Closing The Gap registration form.

If your Doctor is unsure or would like more information, ask them to phone NCACCH on 5443 3599 for more information.

Recipe - Winter Warmer

Moroccan Spicy Sausages

Ingredients

- 1 tbs olive oil
- 8 beef sausages
- 1 brown onion, chopped
- 2 carrots, diced
- 1 green capsicum, deseeded, cut into strips
- 2 garlic cloves, crushed
- 1 tbs Moroccan seasoning
- 3 cups chicken stock
- 400g can chickpeas, drained, rinsed
- 3/4 cup couscous
- 1 cup flat-leaf parsley, roughly chopped
- 1/4 cup natural sliced almonds, to serve

Cost per serve \$6.00

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes



Method

1. Heat oil in a heatproof casserole over medium heat. Add sausages and cook, turning frequently, for 8 minutes or until well browned. Transfer to a plate.
2. Add vegetables and garlic to casserole. Cook for 8 minutes or until softened. Stir in seasoning and stock, and bring to the boil. Return sausages to casserole and cook for 10 minutes or until cooked through.
3. Stir in chickpeas and couscous. Cover and cook for 5 minutes. Season, then stir through most of the parsley. Garnish with remaining parsley and almonds.

Nutritional information

Per serve: 43g protein, 58 g fat (21g saturated fat), 57g carb, 9.5g dietary fibre, 3100mg sodium, 3340kj (800 cals)

You can find this recipe and others in the June edition of Fresh Magazine <https://www.woolworths.com.au/Shop/Discover/fresh/fresh-magazine>



Go for 2&5™
FRUIT VEG

An Australian Government, State and Territory health initiative.

WELL PERSON'S HEALTH CHECK DAY 2016

