



NCACCH

North Coast Aboriginal Corporation for Community Health

news

"Your Pathway to Better Health"

ISSUE: March 2016

10th Anniversary of "Close the Gap Day"

Why is closing the gap so important?

Most Australians enjoy one of the highest life expectancies of any country in the world — but this is not true for Aboriginal and Torres Strait Islander people. Aboriginal and Torres Strait Islander people can expect to live 10–17 years less than other Australians. Babies born to Aboriginal mothers die at more than twice the rate of other Australian babies, and Aboriginal and Torres Strait Islander people experience higher rates of preventable illness such as heart disease, kidney disease and diabetes. The mortality rates for Aboriginal and Torres Strait Islander people is on par with some of the world's most poorest nations. The United Nations Report, *The State of the World's Indigenous Peoples (2009)* indicated Australia and Nepal have the world's worst life expectancy gaps between Indigenous and non-Indigenous people. Is this the Australia you want? With your help we aim to close this health gap and achieve Aboriginal and Torres Strait Islander health equality within a generation.

The Close the Gap Coalition — a grouping of Indigenous and non-Indigenous health and community organisations — together with nearly 200,000 Australians is calling on governments to take real, measurable action to achieve Indigenous health equality by 2030. With your support, we are asking for:

- The implementation and monitoring of a comprehensive National Action Plan (developed in partnership with Indigenous communities and health organisations)
- meaningful partnerships between Indigenous and non-Indigenous communities and health services
- improvements to Indigenous participation, control and delivery of health services
- a commitment to provide adequate and long-term financial resources including strengthening of the Indigenous health workforce
- a way to address critical social issues that impact Indigenous health (including poor housing, nutrition, employment and education)



NCACCH Board of Directors

Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda 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.

How you can Close the Gap

The Close the Gap campaign has achieved a tremendous amount since its launch by Cathy Freeman and Ian Thorpe in 2006. These outcomes include:

- a commitment by government and all major political parties to take action through the formal signing of the Statement of Intent
- allocation of additional health funding through COAG; and
- a stated intention to work in partnership with Indigenous health organisations and communities.

But this is just the beginning, change will take a generation.

Take action now and support Indigenous health equality — www.oxfam.org.au/closethegap



Photo: (L-R) Goondir Health Services' Rachael Smith, Floyd Leedie, Louise Sanderson; with North Coast Aboriginal Corporation for Community Health's Nicole McDermott and Sharelle Eggmolesse.

Goondir Health Services/NCACCH 5 klm Fun Run

It's was great to see CEO Floyd Leedie and EO Louise Sanderson of Goondir Health Services leading by example and running for such a great cause. Floyd said "As a health service we also need to be leading by example, particularly when it comes to preventing chronic disease". Insurance House very proudly supported this event to raise awareness and promoting the benefits of choosing a healthy and proactive lifestyle. Diabetes Queensland, CheckUP, and North Coast Aboriginal Corporation for Community Health also supported the 5km run with our very own Sharelle Eggmolesse and Nicole McDermott taking up the challenge with Goondir Staff.

UPCOMING EVENTS

NCACCH "Well Person's Health Check Day"
Saturday 14th May 2016



NCACCH HealthTrax Chronic Disease Management

Participants attended Enhanced Health and Fitness Clinic for 12 sessions over the course of the 6 week exercise program. An initial assessment was conducted by the Exercise Physiologist where an individual home exercise program was developed taking into consideration client capabilities. In addition, a Dietitian also attended and conducted a review on meal planning and how to read food labels. Participants worked very well in a group and they had their own individual exercises to focus on.

Program exercises included:

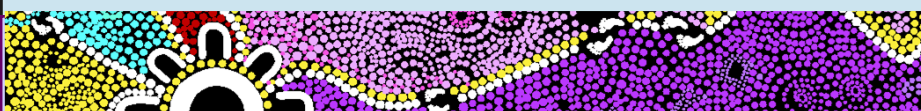
- Circuit class of various exercises
- Hydrotherapy (6 sessions)
- Boxing
- Treadmill
- Stretching and warm up/down exercises
- How easy it is to use everyday items for exercise at home



An assessment was done at the end of the program to ensure each participant was motivated and able to continue with exercises after the program finished.

The exercise physiologist provided a high level of motivational strategies to assist in keeping the participant retention and compliance rate. This resulted in maintaining the required visits needed to make a change to improve their health and mindset.

If you are on the HealthTrax Program and are interested in the exercise program please call Nicole McDermott, NCACCH Chronic Disease Client Facilitator 5443 3599 / 0413 395 931.



ABORIGINAL & TORRES STRAIT ISLANDER 2016 BREASTSCREEN CLINIC DATES

DATE	LOCATION	BREASTSCREEN QLD VENUE
19th April—13th May 2016	Tin Can Bay	Mobile Van located at Cathy House, Coral Trout Dr, Tin Can Bay 8.30am – 3.30pm
Tuesday 10th May 2016	Tin Can Bay	Mobile Van located at Cathy House, Coral Trout Dr, Tin Can Bay Aboriginal and Torres Strait Islander Clinic) 10.30am – 12.30pm
16th May—9th June 2016	Maleny	Mobile Van located at Maleny Hospital, Bean St Maleny 8.30am – 3.30pm
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 Duport 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	Kawana Lake	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 Elise @ 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

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

LION LEADERSHIP PROGRAM

Calling all Aboriginal and Torres Strait Islander Youth 15-25yrs

April 8th, 2016 8:30am-4:00pm
Nambour **PCYC**

For more information and Registration contact Letishia 5479 0755

www.interceptsupplyco.com

Most Excellent Adventure Tour

To the Ration Shed

2016

14th May, 6th August, 5th November

Departing 7.30am, returning 6.00pm from Ettamogah Pub
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 & head 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 at Ettamogah 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)

"No Durri for this Murri™"

Smoking can cause eye problems

When you smoke, you raise your chances of having a number of eye problems that can lead to blindness. Cigarettes harm nearly every organ in the body; smokers significantly increase their risk of developing a cataract compared with non-smokers. Smoking is the single largest preventable cause of disease and premature death. It harms important structures of the eye, including the iris and retina and can lead to complications such as cataract, glaucoma and retinal detachment.

HOW SMOKING HARMS YOUR VISION



Studies have shown that people who smoke double their chances of forming cataracts, and the risk continues to increase the more you smoke. It has been shown smokers can have a three-fold increase in the risk of developing Age-related macular degeneration (AMD) compared with people who have never smoked. AMD affects the centre of the retina, which is responsible for sharp, central vision needed for everyday tasks such as reading and driving. Macular degeneration causes "blind spots" and often severely impairs central vision. Diabetics are double the risk of damaging their eye sight if they smoke.

Dry eye syndrome is insufficient tears on the eye's surface which are needed to keep the eye lubricated and healthy. Tobacco smoke is a known eye irritant and worsens dry eye – even among second hand smokers and people who wear contact lenses. People who smoke are nearly twice as likely to have dry eyes.

Quitting by going cold turkey doesn't work for most people, neither does going it alone. Research shows that people do best, when they take either prescription or over the counter medications to help them stop and get counselling the same time. Many try several times to quit before they're finally able to stop for good. Most smokers try kicking the habit at least once a year. But don't be too hard on yourself if you slip up and have a cigarette but do stop yourself from having another. Talk to your doctor about your efforts to quit and ask friends, family and work mates for support. Phone counselling is also available by contacting Quitline 13 78 48.

It's never too late to quit smoking and enjoy the benefits of a healthier lifestyle and a healthier body. Quitting smoking at any age can reduce your risk of developing many sight-threatening eye conditions.

Are You Ready To Quit?

NCACCH has the "No Durri for This Murri™" Smoking Cessation Program and if you want to quit please call Lyndelle on 5443 3599 to organise an appointment to join the program. Quitting smoking can reduce your risk of eye conditions that cause vision.

Reference www.allaboutvision.com



**NCACCH is funded by the Australian Federal Government,
Department of Health**

NCACCH REFERRERS

Beerwah

Aleccia Franks 5436 5333

Caloundra

Sana Smyth 5420 9090
Tamara Olive 5436 8552
Chris Delisser 0402 941 009

Cooloolia Cove

Helen Felstead 0409 096 727
(Thurs—Sun)

Cooroy

Kristal Muggleton 5472 2257
(Wed, Thurs, Fri)

Gympie

Debbie MiMi 0459 808 989
Chris Delisser 0402 941 009
Chris Gorrie* 5489 8444
Bruce Burnley 5489 8444
Gordon Browning* 0414 491 641
Albertha (Ally) Johansson 5489 8624

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
Chris Delisser 0402 941 009

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
Ed Wotherspoon 5450 4750
Gordon Browning* 0414 491 641
Rhonda Wauchope 5450 4750
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

Sippy Downs

Maryanne Williams 5456 5889
Nicole Copley 5456 5889

Tewantin

Chris Bell 5442 4277
Kara Nitschke 5442 4277



PLEASE NOTE:

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

Drinking alcohol and smoking in pregnancy is dangerous



When you drink, so does your baby...

Alcohol in the mother's blood passes to the baby through the umbilical cord. Lifelong physical, behavioural and intellectual disabilities can be caused from drinking during pregnancy. Drinking can cause FASD: Fetal Alcohol Spectrum Disorder, FASD is a disability for life..

When you smoke your baby smokes too...

The chemicals and nicotine inhaled pass through the placenta and into the baby. The baby gets less oxygen and this can compromise growth and development. Nicotine increases the baby's heart rate and breathing which can cause fetal distress. When you drink alcohol and breastfeed, the amount of alcohol in your breastmilk will almost be the same as in your blood. Therefore, it is best not to drink any alcohol while you are breastfeeding.

"For women who are pregnant or planning to be pregnant, the safest option is not to drink alcohol."

The information above should not be used as an alternative to professional care. If you have a particular problem, see your doctor or midwife.

PIR provides assistance to people who:

- Have severe and persistent mental illness
- Are generally between 18 and 64 years of age
- Require support from many different agencies
- Have a long term mental illness
- Rely on multiple health and community services for assistance to maintain their lives outside institutional care
- May be disconnected from family and social supports
- May have drug and alcohol and physical health issues
- Are likely to experience unstable housing or homelessness
- Experience daily living difficulties



PIR aims to better support such people, their families and carers by helping them:

- Find the support and services they need
- Navigate the system
- Ensure the services work better collaboratively in the interests of recovery

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.

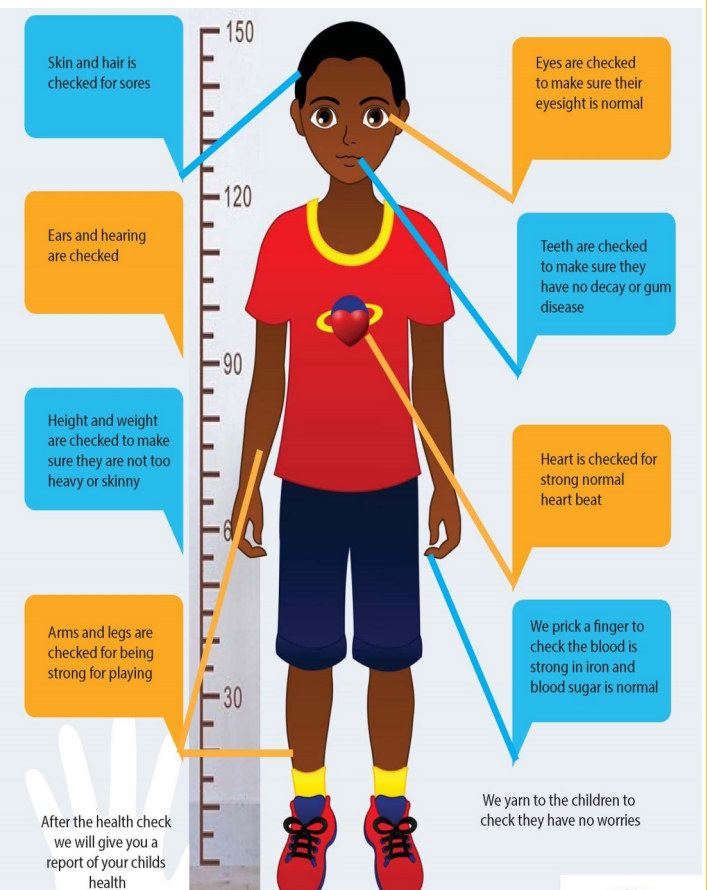
CHILD HEALTH CHECKS MBS ITEM 715

Has your child had a Child Health Check?

The aim of Medical Benefit Scheme (MBS) Health Assessment Item Number 715, is to help ensure that Aboriginal and Torres Strait Islander children receive primary health care matched to their needs. It supports early detection, diagnosis and intervention for common and treatable conditions.

NCACCH encourages all children have their child health check before starting school. A child health check picks up on whether your children is reaching their developmental milestones. The health check could involve things such as; eyesight, hearing, physical development and basic language skills to ensure kids are appropriately developed in all areas. This check will also assist your doctor to identify if your child requires any additional support and link to appropriate services or therapy.

Please contact your Doctor if you would like to book a Child Health Check (MBS Item 715). This is free health check and you should ask for a long appointment when booking.



DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?



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

Generous ladies bring a Smile:)

NCACCH would like to pass on our heartfelt thanks to Judy, Mandy & Janice for generously making and donating knitted/crocheted items to pass onto our Aboriginal and/or Torres Strait Islander community members, who are spending lengthy stays in a hospital bed or very unwell.

We thought that when the surrounds are clinical and often foreign to the patient and their family, giving a beanie, scarf, quilt or pillowcase in the Aboriginal and Torres Strait Islander colours would provide comfort and a cultural connection for the patient and their family. To see the massive smile on the faces of our clients and bring some cheer has been very rewarding. If you would like to help us out, please give Di Bennett the NCACCH Health Advocate/Care Coordinator a call on 5443 3599 or 0422 894 547.



Mandy pictured with one of the many stunning crocheted beanies she has made and donated to us.

L to R: Nicole, Judy & Di holding some of the beautiful knitted/crocheted items generously donated.

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 20th April 2016 at the Nambour Community Centre 10.30am-12.30pm. Please RSVP by contacting NCACCH on 5443 3599.



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 (different speaker each Men's Group).

Our next Men's Group is being held Thursday 7th April 2016 at Muller Park, Bli Bli. 11.00am-2.00pm. Please RSVP to NCACCH office on 5443 3599.

Come down for a yarn !



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



QUICK & EASY RECIPE

Asian Stir Fry

A super quick, delicious recipe your family will love!



Serves: 4

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Ingredients

250 g vermicelli rice noodles
500 g Asian stir-fry vegetables
1/4 cup (60ml) Hoisin sauce
2 tsp chilli flakes

Method

- *Soak noodles in a pot of boiling water for 5 minutes, or until they are soft enough to eat. Drain, and quickly rinse under cold water to keep from sticking. Set aside.
- *Add 1/4 cup of water to wok or large frying pan over medium-high heat. Add the vegetables and stir-fry for 4 to 5 minutes.
- *Add the noodles, hoisin sauce and chilli flakes and toss thoroughly to mix through. Serve immediately

Dietitians Note

Stir fries work well with many vegetables. Try using vegetables of different colours to get a range of nutrients and antioxidants!

Nutritional Information (per serve)

Energy (kj) 1242	Total fat (g) 0.9	Saturated Fat (g) 0.8
Carbohydrates (g) 60.8	Dietary Fibre (g) 5.8	Sodium (mg) 269

Recipe from 4 Ingredients Diabetes <http://www.4ingredients.com.au/>



Go for 2&5TM
FRUIT VEG

An Australian Government, State and Territory health initiative.



CLOSETHEGAP

