



NCACCH

North Coast Aboriginal Corporation for Community Health

news

"Your Pathway to Better Health"

ISSUE: September 2016



In Memory of Suzi Latimer

27/07/1967 – 24/08/2016



North Coast Aboriginal Corporation for Community Health (NCACCH) Board & Staff and the Kabi Kabi Aboriginal Corporation Board would like to express our deepest condolences to Toby, Bodhi, Maya and family for the tragic passing of our beautiful Suzi; the most gorgeous Angel in Heaven.

Suzi touched everyone with her kindness, generosity and wonderful spirit. She was a woman who gave strength with her energy. She always listened no matter what the issue with a smile for everyone. She had an unbounded love of life; sharing stories of her travels and her eternal love for her family.

Suzi expressed her devotion to her family daily through stories and pictures. We feel we know you all; you have been a part of our lives through her. We have watched Bodhi and Maya grow into beautiful young adults; a tribute to Toby and Suzi's wonderful parenting. Suzi's big heart taught her children to be charitable and help out where they can; regularly bringing family members to volunteer at community events.

We will forever miss her vivacious laugh around the office, her gourmet lunches on fancy crockery, vegetable trading, her love for shoes (especially her red dancing shoes and the ones from China 8 weeks later), her need to cuddle every baby in sight, being the biggest parking rebel in the complex, her flowers & "Hotline Bling" by Drake. Words cannot express our profound sadness, but we are forever grateful for the precious and happy times we had together.

We give thanks to Suzi's commitment and dedication to the Aboriginal and Torres Strait Islander community of the Sunshine Coast and Gympie Regions. During the last 9 years Suzi has worked tirelessly to assist and support our community.

We are heartbroken and our NCACCH family will never be the same.

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

2016 / 2017 NCACCH Annual General Meeting

- ◆ The AGM provides all members with the chance to meet the current NCACCH Board and staff, catch up with other community members and hear what health achievements NCACCH has made within our community over the past year
- ◆ Full (Aboriginal and/or Torres Strait Islander) members will have the chance to be elected and/or vote for Director positions due for renewal
- ◆ A two course meal will be provided and served during the nights proceedings.
- ◆ This years AGM will be held in October with a date to be advised

UPCOMING

12th October - Sunshine Coast Women's Group, Muller Park Bli Bli

October - Gympie Chronic Disease Self Management Program (date to be advised)

22nd November - Breastsreen Clinic, Breast Screen QLD (behind Nambour Hospital)

23rd October - Black Swans Sunshine Coast, PCYC, Youth Avenue, Nambour



No Durri for this Murri™

Great news! NCACCH has recently been funded to continue this great program for another 2 years. This means we are able to continue providing much needed support services to our community to reduce or quit smoking.

What does the program offer?

- * 6 months support with the NCACCH Quit Coach
- * 3 months support with cost of Nicotine Replacement Therapy
- * Access to counselling, hypnotherapy and acupuncture
- * Support to access Quitline and other smoking cessation support services
- * Support to stay on track with your quit goal
- * Support on how you can reduce the harmful effects of cigarette smoke

If you (or your partner) would like quit smoking, or would like to have a yarn about where to begin, please phone Lyndelle Beezley, NCACCH Quit Coach on 5443 3599 to discuss further.

Congratulations to the lucky winners of our smoking survey

As part of NCACCH's continuous quality improvement, we like to give community the chance of providing feedback and comments through surveys. This year in July, two surveys were conducted; a whole of community survey and a smoking program participant survey.

These surveys are done yearly and the information is used to help planning for future programs/events; find out how many people smoke in our community; how many people smoke in the house and car and how useful smoking cessation messages are.



Tyrone "Yarra" Nelson



Patricia Jory

NCACCH gave away a shopping voucher for two lucky participants that who took part in the survey.

NCACCH would like to thank all of the community who took time to take part in the survey.

Congratulations Tyrone "Yarra" Nelson from Tin Can Bay and Patricia Jory from Maroochydore.

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

Moyes & Measures Physiotherapy with Margot Stuart

Classes are low impact exercises and you can move at your own pace.

Classes run:

Marcoola— Wednesday 1:30pm

Nambour— Wednesday 9:00am

Yandina— Thursday 7:45am

Class Prices are:

Nambour & Yandina— \$7.00 pp

Marcoola— \$5.00pp



To book in for these sessions please contact Margot Stuart on 0457 063 096.

NCACCH TO REDUCE POSTING OF LETTERS

Due to costs of postage and long mailing times, NCACCH will now be sending all letters/flyers and information by email.

Please call NCACCH if you have provided an email but not received emails.

If you do not have an email NCACCH will still post

ABORIGINAL & TORRES STRAIT ISLANDER BREASTSCREEN CLINIC DATES

DATE	LOCATION	BREASTSCREEN QLD VENUE
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 or Tara @ Caloundra 5436 8552

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 Chronic Disease Management Program

Participant Exercise Program

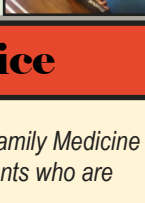
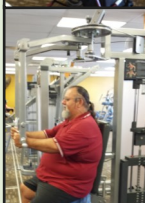
NCACCH in collaboration with Enhanced Health held a group exercise program for participants living in the Nambour and surrounding areas. The program ran over six weeks with participants attending two group sessions per week.

Participants attended Anytime Fitness Nambour where they completed a 30 minute education session and 1 hour 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.

The program exercises included; circuit class of various warm ups and exercises, gym routine and exercises to do at home using everyday items. The education sessions included information regarding; Diabetes, Safety with exercise, Weight management, Smoking, Spine health, Lung health, Heart health, Partners in rehab, kidney health, self-management and Mental Health.

To ensure client safety and good health, blood pressure, weight and waist measurements observations were conducted pre, during and post exercise program. These medical checks are conducted to ensure the client is in good health to be able to perform the exercises on the day.

The exercise group is currently being held in Gympie. If you are currently registered in the NCACCH Chronic Disease Management Program and would like to participate in the exercise program, please phone Nicole McDermott on 5443 3599 for further details.



Discounted Vasectomy Service



Dr Matheesha (Mat) Ranaweera of Nambour Clinic Family Medicine is offering discount vasectomy for NCACCH male clients who are thinking about taking the lead in contraception.

Family planning is an important issue for men and their respective partners as the costs of raising a child in Australia are ever increasing.

No-Scalpel Vasectomy is one of the safest, most effective and most affordable forms of permanent contraception. It is performed in a large, open procedure room with local anaesthetic. There are no hospital costs or anaesthetist costs. You can drive yourself home following the procedure and post-operative pain can usually be managed with simple paracetamol. Some men can return to work the following day.

To help with the closing the gap initiative, Dr Ranaweera offers this service at a discounted cost of \$20 to NCACCH clients payable on the day of booking. He will usually see you (and ideally your respective partner) to go through the procedure bulk-billed as a standard appointment.

For further information or to make a booking call Nambour Clinic Family Medicine on (07) 54411455 or visit www.vasdoc.com.au.

Bookings for the initial consult can also be made online through the website.



NAMBOUR CLINIC FAMILY MEDICINE

Nambour (07) 54411455 Woombie (07) 54422500 Palmwoods (07) 54573788

NCACCH Referrers

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

Chris Gorrie* 5489 8444
Kevin Toby 5489 8567
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
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



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

Breast feeding

Breastfeeding is normal food for babies, it is a complete food containing all the nutrients needed for the babies first 6 months of life. Breastmilk satisfies hunger and thirst, extra water is not needed. Breastfeeding is convenient, cheap, always there when you need it. It is always fresh, clean and safe.

Breastfeeding soothes a fussy, unhappy baby. It helps your uterus return to normal size after childbirth. Breastfeeding gives you a chance to sit down during the day and rest.

How often should I breastfeed?

Your breasts make milk in response to your baby's sucking. The more milk the baby takes, the more milk you make.

You will establish a good supply of milk if you: Breastfeed frequently, whenever your baby fusses or seems hungry. Let baby finish the first breast. You will know this because the baby will stop sucking and swallowing and will let go of the breast. Then offer the second breast.

Breastfeed your baby at night. This also helps prevent your breasts becoming too full and uncomfortable.

Many young babies feed between 8-12 times in 24 hours. Avoid giving complementary bottles ('comps'), as these will reduce your baby's needs to suck at the breast and so reduce your supply.

How do I know my baby is getting enough?

You know your baby is getting enough breastmilk if she:

- ◇ Is breastfeeding well and frequently
- ◇ Has plenty of pale, wet nappies (at least 5 disposable or 6-8 cloth nappies in 24 hours)
- ◇ Has 3 or more soft bowel motions a day (babies older than around 6 weeks may have less than this)
- ◇ Is gaining weight and has some periods in which she seems reasonably alert, active and happy.

What about night feeds?

New babies wake at night from hunger and need to be breastfed. This also helps your milk supply. Some babies sleep through the night quite early while others take much longer to do so. Breastfeeding is a quick and easy way to soothe and settle your baby.



Australian Breastfeeding Association, 2013

Recognise Coastal Walk



On Saturday 6th August 2016 NCACCH participated in the yearly Recognise Coastal Walk that was held at Woorim Park, Golden Beach.

The day consisted of a 3 km walk, heading south along Pumistone Passage. The main aim of the event and for (Sunshine Coast Reconciliation Group) SCRG was to bring people together in the telling of stories about the rich culture of our Local Unbandi and Gubbi Gubbi Aboriginal tribes and to promote a process of Reconciliation between Australia's First Peoples and the wider Australian community.

Below are some pictures from the day



Indigenous Child Health

NCACCH now has access to a Bulk-Billed Speech Pathology and Children's Occupational Therapy Service! Introducing Lifestyle Therapies & Training Solutions.....

LTTS is an allied health company that offers evaluation, individual therapy, and group therapy for a wide range of children's developmental and learning difficulties within the fields of **Occupational Therapy, Speech Pathology, Psychology and Physiotherapy**.

LTTS is offering Allied Health services in partnership with CheckUp, and North Coast Aboriginal Corporation for Community Health (NCACCH), and in collaboration with the local Hospital and Health Service and Primary Health Network.

Speech Pathologists can assist children to enhance their participation at school, home, and within the community. LTTS Speech Pathologists can also help children to improve:

- ◆ Language and communication skills
- ◆ Literacy skills
- ◆ Visual perception skills (e.g. reading words, identifying letters, forming letters correctly, reading from the board, copying from books, or following the steps in their books)
- ◆ Concentration and attention (e.g. finishing work without prompting, sitting in the same place for an activity, or working through an activity from beginning to end)
- ◆ Sound forming and verbal pronunciation
- ◆ Communication reception, analysis and understanding (eg. Written, verbal and visual communication)
- ◆ Daily conversation and interaction skills

In order to access bulk billed services which will enable you to participate in up to five Medicare funded services, a Care Plan and subsequent referral will need to be developed from your local GP.

For more information, contact the LTTS Team on:

Phone: 1300 994 854 Email: administration@LTTS.com.au

Website: www.ltts.com.au

What is Ocsober?

Ocsober is a fundraising initiative by Life Education Australia. This event encourages people all over Australia to give up alcohol for 28 days during the month of October. The initiative commenced due to binge drinking and alcohol abuse turning into a growing problem, particularly among young Australians. Did you know:

- More than **one million Australian children** are affected by parents and carers who drink
- Across Australia, **73% of one-punch assaults** result in fatalities involving alcohol
- Responsible for 30% of fatalities, alcohol remains one of the **biggest single causes of road deaths and injuries**

Life Education Australia, wants all children to grow up healthy and safe. They believe there's nothing our youngest generation can't achieve with the right skills, knowledge and tools.

Community can show their support by making a pledge to give up the booze during October. You can help raise funds to provide our children with the confidence and knowledge to stand up to the pressures of alcohol abuse. This year, Life Education Australia want to raise \$700,000 to empower Aussie kids. All funds raised support Life Education, and our mascot Healthy Harold, to teach our next generation of kids to be alcohol safe.

NCACCH is supporting this very important cause by holding a luncheon including a guest speaker and demonstration of yummy juice making. Come along for an informal get together in support for this event

Stay Sober Ocsober!

ocsober
Invitation to attend
NCACCH's first Ocsober event

Thursday
20th October 2016
11am—1pm
Lunch provided!

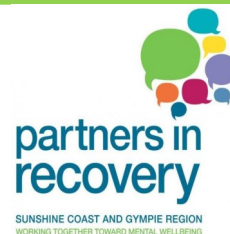
NCACCH Maroochydore Office
Suite 15, 27 Evans St
Maroochydore

Fresh fruit frappe making

Guest Speaker from Alcohol, Tobacco and other Drugs Service (ATODS)

Please RSVP
by **13th Oct 2016**
Phone: 07 5443 3599

"Your Pathway To Better Health"



SUNSHINE COAST AND GYMPIE REGION
WORKING TOGETHER TOWARD MENTAL WELLBEING



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 5443 3599 or 0401 405 143.

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 our 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.

NCACCH holds bi-monthly groups on the Sunshine Coast and Gympie with our groups doing all different activities such as: Diabetes Education, Creations with Paula (beading workshop), Heartmoves with Margot Stuart, Walking Group and our upcoming home medication review.

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 **Leissa Rolls, Project Officer on 5443 3599.**



Pictured above are some of the participants from both Sunshine Coast and Gympie groups.

Our next Women's Group is being held on the Sunshine Coast Wed12th October 2016 at the Muller Park, Bli Bli 10.00am-12.00pm. Please RSVP by contacting NCACCH on 5443 3599.

Recipe - Kangaroo Fillet

By Lenice Husband

Preparation Time: 25 minutes

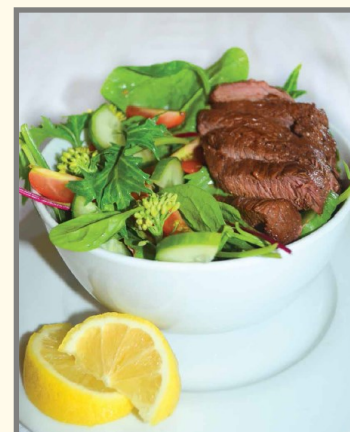
Cooking Time: 10 minutes

Ingredients:

- 2 teaspoons of olive oil
- ½ teaspoon of chilli flakes
- 1 teaspoon of soy sauce
- 2 gloves of crushed garlic
- ½ teaspoon of grated ginger
- Juice of 1 lime
- 500g of kangaroo fillet

Method:

1. Mix together the olive oil, chilli flakes, soy sauce, garlic, ginger and lime together in a bowl.
2. Thinly slice the kangaroo fillet.
3. Add the kangaroo fillets to the bowl and let sit for 15 minutes.
4. Pan cook or BBQ the kangaroo fillets until cooked.
5. Serve either with green vegetables or green salad.



You can find this recipe and others on the Heart Foundation Website:
https://heartfoundation.org.au/images/uploads/publications/4423_HF_Koori_Cookbook_FA_WEB.pdf



Sunshine Coast NAIDOC 2016

This years theme was - Songlines: The living narrative of our nation

Held at: Cotton Tree Park, Sunday 10th July 2016

