

NCACCH

North Coast Aboriginal Corporation for Community Health

news

"Your Pathway to Better Health"

ISSUE: September 2017



*"We acknowledge the Traditional Custodians of the land on which we live and work,
We pay our respects to Elders past, present and emerging".*



HAVE YOU HAD YOUR 715?



NCACCH is excited to introduce our new shirt, available FREE to NCACCH clients who have their 715 Health Assessment from 1st July 2017 – 31st June 2018!

Did you know?

- Having a 715 Health Assessment is free and takes around 45-60 minutes to complete.
- The 715 Health Assessment has been tailored for Aboriginal and Torres Strait Islander people of all ages.
- Having your 715 it will help you to manage your health and prevent chronic diseases.
- Having your 715 will also give you access to additional bulk-billed Allied Health Services (including podiatry, physiotherapy, dieticians and more)

To get your shirt:

- Contact your regular GP and make an appointment - When making your appointment, you need to inform GP staff it is for a 715 Health Assessment and that you require a longer appointment.
- Once you have completed your 715 Health Assessment; NCACCH will contact you to arrange pick-up or mailing of your shirt.
- If you don't have a GP, call NCACCH who can tell you about NCACCH approved practices near you.



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

For any further information or assistance feel free to contact
Maria Mitchell-Brown, Indigenous Outreach worker on 5346 9800.

Gympie Office Closure

**The NCACCH Gympie Office will be closed as of
12th September 2017 until further notice.**

**If you require any Health Access Card Applications or
Referrals please contact SCHHS Aboriginal and Torres
Strait Islander Health Program on 5489 8690.**

We apologise for any inconvenience.



2017/2018 NCACCH Annual General Meeting

- ◆ The AGM provides all members with the chance to meet the current NCACCH Board & staff, catch up with other community members & 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 vote and/or be elected for Director positions due for renewal
- ◆ A two course meal will be provided & served during the night's proceedings.
- ◆ This year's AGM will be held on Thursday 26th October 2017, RSVP by Monday 16th October 2017.

UPCOMING EVENTS:

Men's Group: Every Thursday — Suncare Community Centre
Gympie Tai Chi: Every Friday commencing 20th October 2017 (for six weeks)
Annual General Meeting: Thursday 26th October 2017
Gympie Womens Group: Thursday 9th November 2017



NCACCH UPDATES

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 9.00AM - 4.30PM

FRIDAY 9.00AM - 3.00PM

GYMPIE OFFICE

Shop 3, 56 River Road, Gympie Q 4570

Phone: 5483 6511 Fax: 5483 6322

OFFICE HOURS

CURRENTLY CLOSED UNTIL FURTHER NOTICE.

DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?



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



FREE HEARING CHECKS

NCACCH IN COLLABORATION WITH AUSTRALIAN HEARING

NCACCH and Australian Hearing worked together to hold the first ever free hearing check clinic for our clients. A clinic was held at the NCACCH Birtinya Office on Wednesday 30th August 2017 and NCACCH Gympie Office on Monday 4th September 2017.

The clinics were for community aged over 18 years of age and included hearing aid checks and education. NCACCH has had a high interest from clients with children under the age of 18, therefore a children's clinic will be looked at near the end of the year.

We had a great outcome with 16 clients attending the Birtinya clinic and 13 clients attend the Gympie clinic. NCACCH & Australian Hearing will be looking at holding more clinics in the new year for clients to access.



**To express your interest for the 2018 clinics please contact
NCACCH Birtinya Office on 5346 9800.**

NCACCH HOSTS CLOSING THE GAP BREAKFASTS FOR GENERAL PRACTICE STAFF

The Closing the Gap (CTG) initiative is to support Aboriginal and Torres Strait Islander community to gain access to adequate health care, better chronic disease management, and improved health outcomes. With the goal of, Longer and healthier lives free of chronic disease, NCACCH focuses on providing support to mainstream primary care services, to enable them to provide culturally safe and appropriate environments and care.

Since obtaining Integrated Team Care (Closing the Gap) funding in January 2017, NCACCH's Indigenous Health Project Officer (IHPO) and Indigenous Outreach Worker (IOW) have been working hard to engage with general practices in the Sunshine Coast and Gympie regions to raise awareness of, and promote engagement, in the CTG initiative.

With the aim of reaching larger groups of general practice staff at one time, CTG breakfasts were held in Mooloolaba and Gympie to provide education about the main parts of CTG and how practices could best implement these. "NCACCH covers such a large area, with so many Practices, so we thought it would be great if we could reach practice staff at once to provide education, and encourage everyone to take action and be a part of the solution", says IHPO Ruth Taylor who delivered the main presentation at both events.

Di Bennett and Julie Fresta, two of the Health Advocates from the NCACCH Chronic Disease Management Program (CDMP), also shared the positive impact of the CDMP, and the importance of using a holistic approach when treating Aboriginal and Torres Strait Islander patients. "As Health Advocates, we don't just look at the chronic disease, we look at each person as a whole, including their emotional, spiritual, and physical wellbeing", said Di. This approach contributed to many of her success stories.

Both breakfasts were well attended with 25 attendees at the Mooloolaba event, and 19 at the Gympie event. Feedback was overwhelmingly positive with participants reporting that the presentation made CTG much easier to understand and inspired them to become more involved in being a part of improving the health of Aboriginal and Torres Strait islander people.

NCACCH Chronic Disease Management Program

To better support our Chronic Disease Management Program (CDMP) clients on their journey to self-management, the program commenced on the 1st of June, 1 day per week for a total of six weeks at the NCACCH Birtinya Office. The program is open to participants at all stages of Self-Management. Di Bennett (NCACCH Health Advocate) and Nicole McDermott (CDMP Support Facilitator) presented 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 Doctors/Health professionals 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 CDMP participants are required to participate in the program. The next program is currently being organised with a date and venue to be confirmed. CDMP 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, Chronic Disease Support Facilitator on 5346 9800 / 0413 395 931.

NCACCH Referrers

****PLEASE PHONE ALL REFERRERS TO ARRANGE AN APPOINTMENT****

Buddina

Rose Raymond 0459 862 826

Birtinya

Dillon Lorroway 5202 0022
Kay Jones 5202 0022
Michelle Juillerat 5202 0022
Pamela Salon 5202 0022
NCACCH 5346 9800

Caloundra

Sana Smyth 5420 9090
Kylee Samels 5420 9090

Cooloola Cove

Helen Felstead 0409 096 727
(Thurs—Sun)

Cooroy

Kristal Muggleton 5472 2257
(Mon & Thurs Arv)

Gympie

Kevin Toby 5489 8567
Elise Bailey (Mon & Tues only) 5489 8567
Chris Delisser* 5481 0202
NCACCH Office Currently Closed Until Further Notice

Imbil

Paula Wootton 5484 5599 / 0414 258 242

Kawana

Debbie Currey* 0459 993 031

Maroochydore

Veronica Webb 5438 3000
Juanita O'Rourke 5456 8100

Nambour

Chris May 0414 674 534 / 0419 028 308
Donna MacLeod 0414 674 534 / 0419 028 308
Catherine Campbell 5450 4750
(Mon, Tues, Thurs & alt Fri)
Gemma Stevens 5450 4750
(Wed & alt Fri)
Jasminka Corporal 5450 4750
(Tues & Fri)
Sarah Cooper 5450 4750
Ed Wotherspoon 5450 4750
John Murray 5450 4750
Naomi Scarr 5450 4750
Luke Snabaitis 5436 8720
Rena Longbottom 5436 8720
Tara Robinson 5436 8720
Rhonda Wauchope 5470 6318

Pomona

Kristal Muggleton (Wed) 5480 8111
Tanya Morcom 5480 8222 / 0409 624 395

Rainbow Beach

Helen Felstead (Tues & Wed) 0409 096 727

Sippy Downs

Maryanne Williams 5430 1200
Robert Denyer 5456 3766

Tewantin

Kara Nitschke 5442 4277

Tin Can Bay

Helen Felstead (Mon) 0409 096 727
Helen Felstead (Thurs-Sun) 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.



FREE Tai Chi for Beginners
(Diabetes, Arthritis and Falls Prevention Program)

Located at Nelson Reserve Park
(at the under cover area)

6 week program starting on Friday 13th October
From 10:00am—11:00am

Please RSVP your name for a space!
Contact Lerissa Rolls, Project Officer on 5346 9800

INTRODUCING NCACCH PARTNERS IN RECOVERY (PIR) SUPPORT FACILITATOR

Pete Adams has taken on the role of PIR (Partners in Recovery) Support Facilitator. Pete is a proud Wakka Wakka man who has spent most of his life in NSW and is very happy to be returning to his Qld roots. Pete has been working within community for the last 15 years supporting Aboriginal and Torres Strait Islanders with pre and post release inmate mentor support. Pete is an avid supporter of Aboriginal and Torres Strait Islander physical and mental health and looks forward to working with NCACCH clients & community.

Nanna Bill's Mum's & Bub's Program

Gympie South Playgroup is for Aboriginal and Torres Strait Islander children 0-5 years. The group meets at Gympie South State school Wednesday mornings from 9.30am—11.30am. Rochelle from the Gympie Libraries First5Forever visits the playgroup fortnightly for story time and craft. Playgroup also visits the Gympie Early Years Family Hub on the first Wednesday of every month.

If your interested in participating please contact
Alicia Robinson on 0448 325 121

No Durri for this Murri®

NCACCH is proud to announce that, the Body Corporate Building Manager, has made our new Head Office premises in Birtinya a smoke free zone.



NCACCH WOULD LIKE
TO THANK ALL THE
CLIENTS WHO TOOK THE
TIME TO COMPLETE THE
TOBACCO SMOKING SURVEY
FOR 2017.

WHAT IS PASSIVE SMOKING?

Passive smoking (second-hand smoke) means breathing in other people's tobacco smoke from cigarettes, cigars, pipes and other sources.

Second-hand smoke is a danger to everyone, but children, pregnant women and the partners of smokers are most vulnerable.

A smoker's exhaled smoke is called "exhaled mainstream smoke". The smoke drifting from their lit cigarette is called "sidestream smoke". The combination of mainstream and sidestream smoke is called second-hand smoke and is very harmful to your family

Some facts about second-hand smoke and children:

- * Babies whose mothers smoked during pregnancy often weigh less than those whose mother did not smoke
- * Children who spend one hour in an extremely smoky room inhale enough toxic chemicals to equal smoking 10 cigarettes
- * Children face a higher risk than adults of the negative effects of second-hand smoke



We would like to invite you
to our
Men's Group

at
Suncare Community Centre

(2-6 George Street,
Maroochydore)

Every Thursday

11.00am - 2.00pm

Come down and join us!

Pete Adams (NCACCH) -
5346 9800 / 0401 405 143

Christina Fletcher (Suncare) -
5409 5950 / 0439 354 850

Eddie Witherspoon (SCHHS) -
5450 4750 / 0414 197 480



Indigenous Child Health

NCACCH attended and presented at the recent CheckUp Forum in Brisbane, held on 08th September 2017. The forum was centred around 'Creating Healthier Communities' and was targeted at clinical leaders, senior practitioners, CEOs, Board Directors, operational and strategic managers, stakeholder organisations and health consumers.

Kaity Fletcher, NCACCH Indigenous Child Health Worker (ICHW) presented on the current NCACCH Ear Health program and was titled: "Ear health: More than just ears".

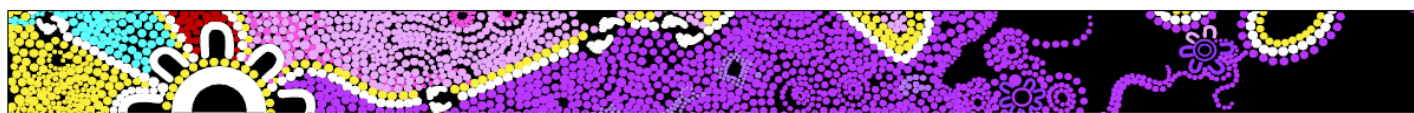
The information presented was based on the successful collaboration and partnerships formed to ensure the gap in child ear health issues are addressed via bulk billed services and operations. In 2009, with 20-25% failure rate and long waitlists within the public health system, NCACCH identified a need to prioritise the high rates of Chronic Otitis Media within school aged children.


NCACCH uses a comprehensive, school-focused ear health screening model to detect re-current Chronic Otitis Media in Aboriginal and Torres Strait Islander children residing in the Sunshine Coast and Gympie regions.

Partnered with CheckUP and Dr David McIntosh (ENT Surgeon), NCACCH is able to provide early intervention through early detection and accelerated pathways to ENT clinics and surgery for our most urgent cases.


The presentation was incredibly well-received and it was a fantastic opportunity to showcase the important work we do here at NCACCH. We value the fact that we are leaders in Aboriginal and Torres Strait Islander Health and it is only through our strong relationships with stakeholders that we are able to provide such positive health outcomes for our clients.







ABORIGINAL & TORRES STRAIT ISLANDER
2017 BREASTSCREEN CLINIC DATES



LOCATION	DATE	BREASTSCREEN QLD VENUE	TIME	CONTACT
Maroochydore	Thursday 12 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

NEW DRUG TO HELP OVER 200,000 AUSTRALIANS

The Australian Government has taken another significant step to eliminate hepatitis C from Australia by subsidising a new drug which can treat all forms of the disease with an expected success rate of 90%

The drug known as Eplclusa® will be comfort for around 200,000 Australians who face many challenges of living with hepatitis C.

Please see link below for further information.

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-vr2017-hunt072.htm>

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, Aboriginal painting & Creations with Paula (beading workshop)

Recently the ladies participated in Aboriginal painting with Aunty Eve Kitchener located at Nungeena Aboriginal Corporation for Womens Business. We had a great turnout of 24 ladies attend while taking in beautiful scenic views and enjoying a cuppa whilst painting their own stories. We also had our Indigenous Outreach Worker (IOW) Maria Mitchell-Brown come & chat with the ladies around Closing the Gap (CTG) & introduced herself to some new faces.

Aunty Eve Kitchener will be facilitating the Aboriginal painting for the Gympie Womens Group being held at Nelson Reserve Park, Gympie. We usually have a good amount of ladies attending regularly but new faces are always welcome.

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.

If you would like to attend our Womens Groups please contact:
Lerissa Rolls, Project Officer on 5346 9800.

**Our next Women's Group is being held on Thurs 9th Nov
at Nelson Reserve Park, Gympie, 10.00am - 1.00pm.
Please RSVP by contacting NCACCH on 5346 9800.**



Women's Business

Invitation to attend

Friday 17th November 2017

1:00pm—4.00pm

(30 minute appointments)

**Held at Clinic 87 Nambour
First floor, 80-82 Blackall Terrace
Nambour Q 4560**

(Opposite Nambour Hospital.
Entry to the building is via the carpark
behind the building)

**Bus: Translink bus #610 stops at
Nambour Hospital**

**NCACCH will be holding a Women's
Health Clinic focusing on pap smears**

Healthy Snacks Provided!

**Please RSVP to
Lerissa Rolls, Project Officer
By Friday 10th November 2017
Phone: 5346 9800**

Sunshine Coast NAIDOC 2017

2017 National NAIDOC Theme - Our Languages Matter

Held at: Black Swan Park, Cotton Tree Parade, Saturday 8th July



Our Languages Matter
2-9 JULY 2017