

NCACCH 2012 Well Persons Health Check Day

The NCACCH Well Persons Health Check Day is an annual event held to educate and increase awareness of the health issues currently affecting Aboriginal and/or Torres Strait Islander persons with the aim to reduce the burden of chronic disease by promoting early detection through health checks.

North Coast Aboriginal Corporation for Community Health recently held another two successful Well Persons Health Check Days at Sunshine Coast and Gympie.

The weather held out for us and everyone came out and had a great day.



Our new venue for the Sunshine Coast was the North Shore Community Sports Centre in Marcoola, which was well received by all who attended.

We encouraged all our Aboriginal and/or Torres Strait Islander community members to attend the free, open aged, alcohol & drug free community event. Health Educational Workshops were featured focusing on Diabetes and Healthy Pregnancies. Men's and Women's Traditional Workshops, Tai Chi Workshop, live music from 'The Yindi Band' and dancers from the Gubbi Gubbi Dance Troupe also entertained the crowd.

Fuzz Wollop and Jo Jo the clown provided great fun for the children with face painting, jokes and balloon making.

With the main aim of promoting the high importance of healthy living for our mob, Health Checks were available on both days and all attendees were encouraged to follow up with a Full Adult Health Check with their GP.

A Special Guest appearance by Alfie

Langer at both events, was popular with both young and old. The State of Origin legend signed and raffled off NCACCH and Former Origin Greats (FOGs) memorabilia as well as engaging in a game of touch footy with the kids.



NCACCH Board of Directors

Tom Cleary
Aunty Olive Bennet
Helen Felstead
Paula Wootton
Ronda Randall
Aunty Gwen Tronc
Uncle Des McArthur

NCACCH Health Access Card: Card expiry

NCACCH Health Access Card entitles eligible Aboriginal and/or Torres Strait Islander persons residing within the Sunshine Coast and Gympie Regions to access NCACCH Health Services.

IMPORTANT NOTICE

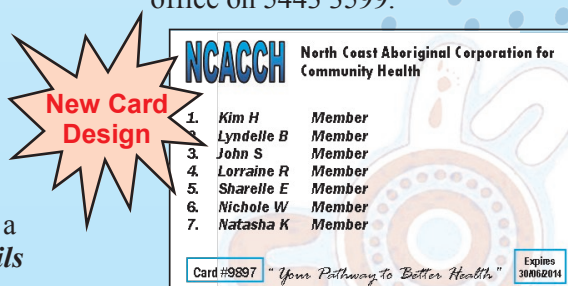
YOUR CURRENT NCACCH HEALTH ACCESS CARD WILL EXPIRE ON 30/6/12

We wish to advise that we are currently issuing NCACCH Health Access Cards for 2012 – 2014 to all registered NCACCH clients.

In the first week of May you will receive a purple **Health Access Card Update Details Form** in the mail.

Please complete this purple form and return to NCACCH by the **15th May 2012** to receive your 2012-2014 Health Access Card (before the old card expires).

If you have any questions, please contact the office on 5443 3599.



UPCOMING EVENTS

Dragons Smoke We Don't
12 May 2012: Tin Can Bay Yacht Club



DATE CLAIMERS

27 May - 3 June: Reconciliation Week
3 June: Mabo Day
1 - 8 July: NAIDOC Week

NCACCH

CONTACT DETAILS

HEAD OFFICE

Suite 15

27 Evans Street

MAROOCHYDORE Q 4558

Phone: 5443 3599

Fax: 5443 8899

GYMPIE OFFICE

Shop 3

56 River Road

GYMPIE Q 4570

Phone: 5483 6511

Fax: 5483 6322

E-mail: admin@northcoast.net.auWebsite: www.ncacch.org.au

OFFICE HOURS

MON: 8.30AM - 4.30PM

TUES: 8.30AM - 4.30PM

WED: 8.30AM - 4.30PM

THURS: 8.30AM - 4.30PM

FRI: 8.30AM - 3.00PM

PLEASE NOTE:

GYMPIE OFFICE
CLOSED TUESDAY

Men's Business

The NCACCH Men's Group has confirmed meeting times for 2012.

The next Sunshine Coast Men's Group will meet on Friday 20 April.

The Gympie Men's Group will meet on Thursday 17 May.

A combined group gathering will be on November 16 2012.

NCACCH will contact all members with details and meeting locations.

"A man who wants something will find a way; a man who doesn't will find excuses".

Stephan Dolley Jr.

If you are not a current member of the NCACCH Men's Group please contact the NCACCH office on 5443 3599 to be included on our mail out list.

No Durri for this Murri: Keep Our Kids Smoke Free

No Durri for this Murri is a support program assisting eligible NCACCH Card Holders and their partners to reduce and/or cease smoking.

Ok, so you smoke and not quite ready to quit. How about reducing the harm reduction instead?

What is Harm Reduction?

Harm reduction means reducing the effect smoking has on other people around us, especially our children.

What Is Passive Smoking?

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

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

smoker's exhaled smoke is called "exhaled mainstream smoke".

The smoke drifting from their lit cigarette is called "side stream smoke". The combination of mainstream and side stream smoke is called second-hand smoke and is very harmful to your family.

Are you thinking of reducing smoking ?

"No Durri for this Murri" is now accepting eligible non-Indigenous partners.

To ditch those durries call Lyndelle on 5443

TIPS TO MAKE YOUR LIFE SMOKE FREE

1. Get the family to agree on a date to make the home smoke free
2. Remove all ashtrays and lighters from indoor areas
3. Display a "no smoking" sign/sticker on the fridge and at the front door
4. Ask other family and friends to smoke outside when they visit
5. Wear an old shirt/jumper when you smoke and take it off when you come back inside
6. Clean out the ashtray and remove the cigarette lighter from the car
7. Display a "no smoking" sticker on the dashboard or ashtray
8. Step out of your car to smoke
9. Don't take your cigarettes with you in the car

REMEMBER: IT IS ILLEGAL TO SMOKE IN THE CAR WITH A CHILD UNDER THE AGE OF 16

HealthTrax

HealthTrax is a NCACCH Chronic Disease Support Program that focuses on assisting clients to self manage their Diabetes, Respiratory and/or Cardiovascular condition.

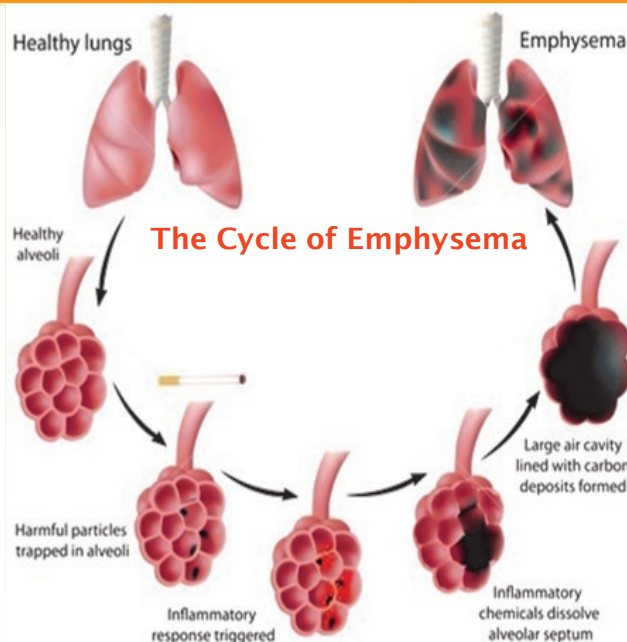
Emphysema is a respiratory disease indicated by shortness of breath.

The disease is generally caused by cigarette smoking or long-term exposure to certain industrial pollutants or dust.

The exchange of oxygen and carbon dioxide takes place in the small air sacs of the lungs (alveoli). In a person with emphysema, the alveoli are damaged. The main tubes leading into the lungs (the bronchi) are also damaged and narrowed.

The symptoms of emphysema include:

- Breathlessness upon exertion, eventually breathlessness all the time
- Susceptibility to chest infections
- Sputum (mucus) is produced with chronic bronchitis
- Coughing
- Fatigue
- Expansion of the ribcage, due to expansion of the lungs
- Cyanosis, or a blue tinge to the skin due to lack of oxygen.



Having a chronic disease doesn't mean you can't continue to enjoy the things you used to do. With the right treatment and care you can be back on track and living a healthier life.

To enquire or to register your interest in HealthTrax call Sharelle on 5443 3599.

Healthy Murri Kids: Breakfast Program

Healthy Murri Kids is a NCACCH program that educates children aged 4-12 about taking care of their health.

North Coast Aboriginal Corporation for Community Health (NCACCH), in partnership with Education Queensland and Queensland Health, continue to hold the before school breakfast program to educate school aged children (between the ages of 4 and 12), about the importance of good nutrition and exercise.

The program is called The Healthy Murri Kids Breakfast Club (HMKBC), and educates students about exercise and good food choices and demonstrating the link between good food choices now to help reduce the risk of getting sick when they get older.

With a focus on making healthy choices, which is also the aim of the Early Learning Area of Health and Physical Learning, the direction of HMKBC is to take children through the phases of becoming aware, exploring, making connections and applying knowledge about making healthy food and lifestyle choices.



The current program is being run at the Tin Can Bay State School and will run for 8 weeks. It started in mid March and runs every Thursday.

Nana Bills:

Mum's and Bub's Program

The Nana Bills Mums & Bubs program supports all mothers and fathers from conception to 1 years.

So the moment you have been waiting for has arrived. You're a dad. But what are you to do? Here are some tips, to help guide you through the joys of parenthood.

BE THERE

Make time to be with your kids, do things together, love, hold, provide for and support them, have fun, show them your feelings - you're children love you for who you are so just love them for who they are no matter what they do.

CONNECT

Be involved from the start and all the way through - mistakes may happen but keep in touch with the kids, family and community and let your kids know you are there for them.

BE PROUD

Respect and be proud of yourself, your culture, your kids, and let your kids be proud of you.

TALK

Talk with and listen to your kids - talk up for your kids and talk with other Dads about being a Dad.

FEEL GOOD

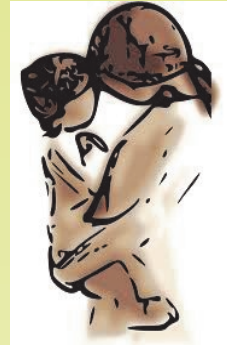
There may be hard times to get through but enjoy your kids and enjoy being a Dad.

PROTECT

Make good decisions for and with your kids, think about how you talk, guide and protect your children to keep them happy, safe and proud.

THE JOURNEY

Think about what you have learnt in your own life journey and teach your own kids and grandchildren.



(SJAICC, 2012)



Triple P Positive Parenting Program is about suggesting simple routines and small changes that can assist in parenting your children.

Comments from the participants have been that their children no longer have tantrums when out shopping, but if the children did make a performance, they felt confident in using tips from the Triple P program to stop the unwanted behaviour.

The program was recently delivered at the Tin Can Bay State School. It commenced on Friday 2 March 2012 and lasted last 5 weeks.

To register interest or for more information call NCACCH on 54433599.



Women's Business



Women's Clinics

May

3 - Gympie; Pap Smear Clinic

June

13 - Nambour; Pap Smear Clinic

For more Information or to register interest please call NCACCH on 5443 3599.

Women's Group

April

26 - Gympie; Sand Art with Nicky Newley - Guivarra

RSVP Required by Friday 20 April

To be placed on the NCACCH Women's Group mailing list, please call 5443 3599.

BLAST: Babies Learning Aquatic Safety Techniques

Blast is a collaborative program to encourage Aboriginal and/or Torres Strait Islander parents to educate their children in learn to swim schools.

Friday the 2nd of March saw the commencement of the BLAST program which runs for 8 weeks incorporating water safety, surf survival and awareness and first aid.

The program encourages health and well being through the promotion of fun, physical activities and healthy lifestyle.

The program has been funded by the Aboriginal and Torres Strait Island services Department of Communities in collaboration with Alex Surf Club and NCACCH.



NCACCH Referrers

Caloundra

Dan Stevens (Fri)	5470 9784
Ronda Randall	0402 698 230
Sana Smith	5420 9090

Coolum

Veronica Webb* (Tues)	0417 011 225
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Cooroy

Veronica Webb* (Wed)	0417 011 225
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Gympie

Gordon Browning	54898 444 / 0407 759 209
NCACCH Office	5483 6511
(Mon, Wed, Thurs, Fri)	

Imbil

Paula Wootton	5484 5599 / 0414 258 242
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Kawana

Dan Stevens (Tues)	5470 9784
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Maroochydore

Amanda Stapleton	5453 1888
Dan Stevens (Mon)	5470 9784
Julie Pearce	0407 723 028
Harry Pitt	5456 8888
Nichole Weeks	5443 3599
Vanessa Buckley	1800 052 222
Vern Robateau	5443 3599

Nambour

Anne Humbert*	0414 671 534 / 0419 028 308
Belle Hartnell	5450 4794 / 0414 491 641
Briony Boyd	0410 743 121
Chris May*	0414 671 534 / 0419 028 308
Cultural Healing	5450 4700
Dan Stevens (Wed)	5470 9784
Ed Wotherspoon	5450 4796 / 0417 197 480
Jennifer McClay*	0414 671 534 / 0419 028 308
Leone Smith	5450 4570
Philly Nakata-Bradley	5450 4780 / 5450 4764
Rhonda Wauchope	5470 6978 / 0448 127 187
Sarah Cooper	5450 4780 / 5450 4764

Noosa

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

Sunshine Beach

Veronica Webb*	0417 011 225
(Mon, Fri)	

Sippy Downs

Su Gould	5459 4439
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Tin Can Bay

Denis Felstead	5486 4024 / 0409 096 727
Helen Felstead	5486 4024 / 0409 096 727

Please note: All applications for a Health Access Card or Referral to Allied Health Services MUST be done through one of the NCACCH registered Referrers.



What's Happening



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 first NCACCH Referrers Workshop for the year was held at the Cooroy Hotel on Friday 9th March 2012. This workshop saw a large representation of workers within the Aboriginal and/or Torres Strait Islander Sunshine Coast and Gympie Community and Health Sectors to reflect on the upcoming influenza season with Sandi Grant from QLD Health's Sunshine Coast Public Health Unit talking about the importance of immunisations. Included in the schedule of the day was Centrelink's Indigenous Service Officer for the Sunshine Coast Region, Dan Stevens enlightening NCACCH Referrers about Centrelink's Healthy Start for School Initiative.

"Healthy Start for School" is a recent Centrelink initiative that requires those in

receipt of an income support payment with children to ensure that children turning four within a financial year, to undergo a relevant health check yearly up until six years of age. In the event that this requirement is not met, Centrelink have the ability to withhold part/all of Family Tax Benefit Part A Payments.



Sandi Grant and Michael Langley from the Sunshine Coast Public Health Unit

Murris on the Move

Murris on the Move is a program that has been developed to assist our local Aboriginal and/or Torres Strait Islander youth to obtain their learners licence, and progress onto driving lessons in a community car at a subsidised cost. This program is a part of the "Learn Earn Legend", a year 12 destinations initiative funded by the Commonwealth Government's Department of Education, Employment and Workplace Relations (DEEWR) and the Queensland State Governments Department of Education and Training (DET). This program provides a strategy to eliminate identified barriers such as access to a registered vehicle, access to a licensed driver to supervise lessons, the cost of driving lessons and the cost of obtaining a Learner licence. NCACCH, United Synergies, FaHCSIA, Commonwealth Respite - Young Carers sponsor the project and will support their own clients, Indigenous and Non Indigenous with volunteer drivers over a ten weekend period. Clients will have access to the car over the weekend to reduce the hours required of them by the Department of Transport.

For more information contact

Jason Carr on 5459 9155.



"Living Strong" is a group based healthy lifestyle program for Aboriginal and Torres Strait Islander communities.

Run by NCACCH the "Living Strong" program will create a fun and safe environment focusing on Diabetes prevention and engaging in the process of making long term lifestyle changes, including healthy eating and getting active.

"Living Strong" will run over 12 weeks providing all participants with a variety of enjoyable activities and specialist workshops. The provided information will give participants some great tips to help them feel and look good.

Living Strong will also provide fun competition and prizes for participants' involved.

So if you are 25 and looking for a change in your life for the better, then come on and start "Living Strong" with NCACCH life modification program.

To register your interest in the NCACCH Living Strong Program, please call 5443 3599.

Aboriginal and Torres Strait Islander Legal Service (Qld) Ltd

Innovative, Professional and Culturally Proficient Legal Services for Our People

ATSILS provides a free legal-advice clinic every Thursday at MATSIC, Gympie
Please call (07) 4168 1944 to make an appointment.

