

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE December 2012

news

NCACCH 2012 Annual General Meeting

The North Coast Aboriginal Corporation for Community Health (NCACCH) held our Annual General Meeting (AGM) at the Ramada Resort in Marcoola on the 25th October 2012.

This has marked another successful year, highlighting the addition of new programs such as Living Strong and Deadly Tucker.

Board and Staff were also congratulated on the successes of on-going programs and services offered to the Indigenous community.

With 3 positions up for renewal and no new nominations, NCACCH would like to congratulate Aunty Gwen Tronc,

Helen Felstead and Tom Cleary on their re-election of their positions.

There was a great turnout with 70 members with invited guests in attendance.

We are pleased with an increase in membership numbers with over 300 members. The increase in numbers show great community support and confirms the services available suit community need.

There are currently 30 Referrers, 50 Service Providers and 240 General Practitioners. These figures confirm clients have an on-going ability to choose a provider that suits their needs.

NCACCH would like to thank the Department of Health and Ageing, OATSIH, QLD Health and the Focus Health Network including members and Service Providers for their support throughout the year.

We look forward to seeing you all at the 2013 AGM.



The current NCACCH Board (from left to right): Paula Wootton, Helen Felstead, Ronda Randall, Aunty Gwen Tronc, Tom Cleary, Aunty Olive Bennet and Uncle Des McArthur.

NCACCH Board of Directors

Tom Cleary

Aunty Olive Bennet

Helen Felstead

Paula Wootton

Ronda Randall

Aunty Gwen Tronc

Uncle Des McArthur

From the Board:

NCACCH Board and Staff would like to wish you all a safe and healthy Christmas and a prosperous New Year.

NCACCH Referrers Christmas Break Up

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 NCACCH Annual Referrers Christmas Workshop saw a representation of workers within the local Aboriginal and Torres Strait Islander Community come together to wind up 2012.

The last workshop for the year was held on 7th December 2012, on board the Mooloolaba Seafood Cruise. This was a time for NCACCH to show their appreciation on all the hard work the Referrers do during the year in a voluntary role.

The weather held up for the day with the cruise, exposing NCACCH Referrers to the Mooloolaba Marina, Minyama Island and various hot spots along the Mooloolah River.

With over 30 Referrers spread out across the Sunshine Coast and Gympie Regions, community members have access to NCACCH services without having to travel long distances or wait long periods to have access to a Referrer.

The Board are very grateful for the work the Referrers complete throughout the year and would like to thank them for all of their efforts throughout 2012 and previous years.



Referrers in attendance at the end of year workshop.

NCACCH CHRISTMAS BREAK OFFICE CLOSURE

Maroochydore Office

24 December 2012 – 4 January 2013

Gympie Office

24 December 2012 – 4 January 2013



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.au

Website: 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



No Durri for This Murri: Reduce Stress While You Quit

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

Many smokers think that lighting up a smoke helps them relax, but this isn't true.

Nicotine withdrawal makes people feel jittery and anxious, which smokers often confuse with feeling stressed. Lighting up makes them feel better not because the cigarette eases stress, but because it's giving them their next dose of nicotine.

Breaking free of nicotine addiction can be stressful and is one of the reasons why people don't succeed in their efforts to quit smoking.

If you are trying hard to quit or reduce smoking over the Christmas period, here are a few tips to help you achieve your goal:

1. Cut yourself some slack

Don't be too hard on yourself while quitting/reducing. Relapse is a common thing, just remember to have a "can-do" attitude and set your sights on your goal again. Most smokers have to try several times before they succeed.

2. Set long-term worries aside for now

You have enough to think about already, don't burden yourself by worrying about long-term problems over Christmas. Make a deal with yourself that you will worry about them later, after you have made it through this busy time. Focus on the here and now!

3. Do things you enjoy doing

One of the easiest ways to ease stress is to distract

yourself with activities that give you pleasure. Listen to music, take the dog for a walk, play with your children. Besides helping you let off steam, the simple pleasures remind you why you want to quit in the first place.

4. Call on a friend/smoking support worker

During the holidays when NCACCH is closed, there will be a confidential and professional support line for you to use. Phone if you are feeling overwhelmed or just to have a yarn.

NCACCH Smoking Support Line

Over the Christmas Break NCACCH have arranged a Smoking Support Line to run from 24th December - 4 January 2013.

Phone Maggie Wild from Mind Design on 0405 138 567.

(if you have no credit, just text Maggie and she will ring you back)

LOOK OUT FOR THE "NO
DURRI FOR THIS MURRI"
ADVERT BEING RUN
FROM 16/12/12 - 25/01/13

HealthTrax

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

Be it drinking, eating, spending, or even family time, Christmas season sees the worst of our excesses. Driven by marketing activities we have come to believe that without gift-giving, drinking and eating, it's not Christmas.

Excess eating

According to published research, an unwanted 2kgs can be added to a person's waistline around this period.

"People relax their healthy eating and activity routine and splurge during this season," says Maria Packard, spokesperson for the Dietitians Association of Australia.

Christmas favourites such as chocolates, pastries, potato chips and alcohol are high in energy (kilojoules), and can contribute to the festive weight gain. Packard advises that we should eat regular meals to keep hunger at bay and prevent overeating. "Drink smart and choose diet versions of soft drinks, and try light beer or alternate alcoholic drinks with water," she says. With so much

food on offer, you should pick something that really appeals to you, rather than filling up on everything.

Lastly, "keep moving", Packard advises. "Even if you can't go to the gym, make exercising a family activity by going for walks, bike rides or swimming."

Excess drinking

Dubbed the "Silly Season", Christmas sometimes becomes more about the number of parties you are invited to, and how full our social calendars are. "We are not only drinking excessively on Christmas and New Year, but also in the lead up to the season," says Dr Belinda Lloyd from Eastern Health's Turning Point Alcohol and Drug Centre.

The New Year's Eve represented a peak time for acute alcohol intoxication, with more than a threefold increase in people presenting for treatment in emergency departments. Lloyd suggests that we should try and limit to two standard drinks a day. "Ask for low joule mixers like soda water, mineral water, diet soft-drinks," she says. People should avoid drinking alcohol to quench their thirst. You could alternate drinks with water/soda water or plain mineral water.

Have realistic expectations from the holidays and don't expect all your problems to magically disappear. Instead use this time to rest and recuperate.

Taken from bodyandsoul.com.au

Men's Business

The NCACCH Men's Groups are a good place for you to yarn and link in with any support programs/information relating to Men's Health and well-being.

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



New Close the Gap (CTG) Team Member

Henry Neill

NCACCH would like to congratulate Henry Neill on his recent appointment with Focus Health Networks (formally Sunshine Coast Division of General Practice) Closing the Gap team.

Henry proudly identifies as an Indigenous South Sea Islander with links to the Torres Strait and Aboriginal Communities in South East Queensland and North Queensland. His sons are Traditional Custodians of the Sunshine Coast and are fiercely proud of being Kabi Kabi/Gubbi Gubbi men.

He has had extensive experience in the Education and Training industries with over 25 years in the classroom and in Educational Administration. Henry started his career in a preschool unit in

North western Queensland and has worked in the Primary, Secondary and Tertiary Sectors.

Henry has worked with numerous Aboriginal and Torres Strait Islander Communities to develop locally based education programs and has developed, written and delivered such programs to a variety of Government and Non-Government Organisations.

Henry is looking forward to working with the respective communities on the Sunshine Coast and Gympie Regions for improved Health Outcomes.



Healthy Ears: Otitis Media (Runny Ear)

Healthy Ears is a NCACCH Program that screens Aboriginal and Torres Strait Islander Children within the local primary schools to pick up on ear infections

How children get ear infections?

Runny noses are full of the germs that cause ear infections. The germs travel up into our ears and cause the infection. Children with runny noses can give the germs to other children and babies when they cough or sneeze, cuddle or sleep with them.

The germs get on children's hands too. Then children touch other children and the germs are shared around. Germs spread easily, especially if children are sharing beds, and if there are more than two people sharing a room.

Children who don't eat enough fresh fruit and vegetables are more likely to get ear infections because their bodies can't fight off the germs as well.

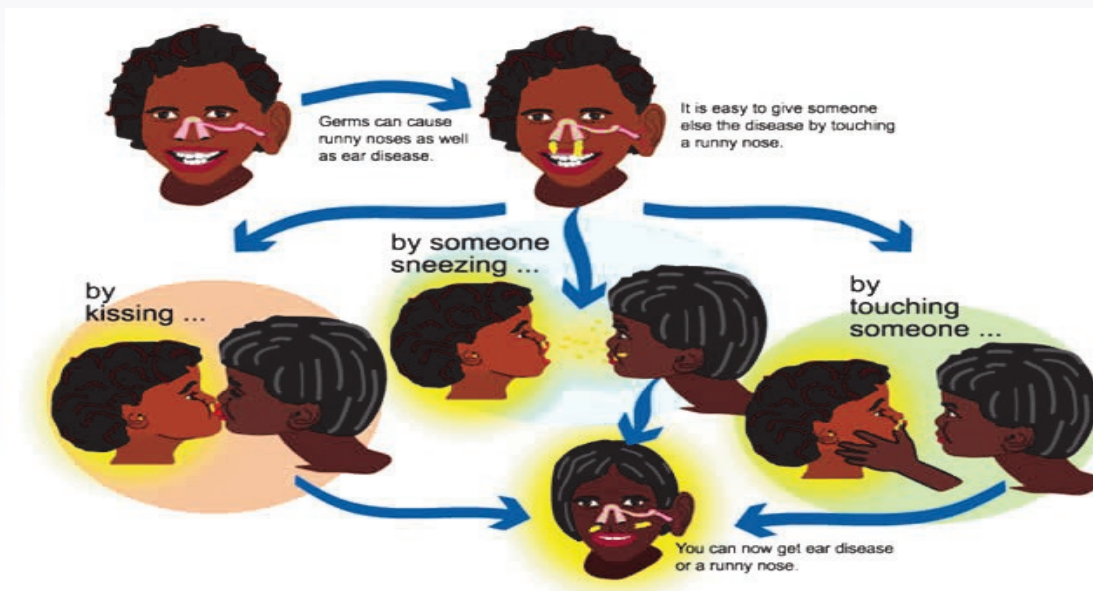
What you can do?

Children should sleep in separate beds, especially when they have coughs and runny noses. Only two children should share a room.

Smoke outside the car or house, especially when there are children around. It's best if pregnant women reduce the amount they smoke.

Wipe runny noses and keep children's faces clean. Teach kids how to blow their noses. Show kids how to wash their hands after blowing their noses before eating and after touching pets.

Make sure you and your children eat plenty of fresh fruit and vegetables. Breast fed babies fight off germs better. Take your child to the doctor if their nose is always running, their ears are runny or smelly, or if they say their ears are sore.



NCACCH's 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 still did, they felt confident in using tips from the Triple P program to stop the unwanted behaviour.

To register your interest please call NCACCH on 54433599.



Strong Murri Women

Wednesday, 28th November 2012 saw the NCACCH Sunshine Coast Women's Group come together at Cotton Tree Park, for a day full of craft.

The relaxing day, saw the ladies painting and making beaded bracelets and earrings.

The day was thoroughly enjoyed by all ladies who attended.

If you wish to join the NCACCH Women's Group please call NCACCH on 5443 3599.

Women's Health Check Clinics

NCACCH will be holding Women's Health Clinics throughout the year focussing on Breast Screening and Pap Smears, to register your interest please call NCACCH on 5443

