

NCACCH

North Coast Aboriginal Corporation for Community Health

news

"Your Pathway to Better Health"

ISSUE: December 2014

NCACCH 2014 Annual General Meeting

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at the Ramada Maroocha on the 30th October 2014 with sixty members and guests attending. We would like to thank all members for their ongoing support and welcome our new members (334 members to date for 2014-2015).

NCACCH has had another productive year and was able to maintain and continue all programs and services through uncertain times due to changes in government funding and policies. Successfully retaining funding means that we are able to continue providing the community with the much needed services and programs required to contribute towards closing the gap between Aboriginal and/or Torres Strait Islander and non-Indigenous Australians. The Board and Staff look forward to continued delivery of programs in 2015.

Congratulations to Tom Cleary, Aunty Gwen Tronc and Helen Felstead who were re-elected as Directors and we would like to welcome Trevor Draper (Interim Director) to NCACCH. Trevor is a Kamilaroi man from NSW/QLD and has been on the coast for 11 years. Trevor currently works as a Court Support Officer for the Aboriginal & Torres Strait Islander Legal Service (ATSILS) and is passionate about his job and helping people.

NCACCH would like to thank the Department of Health, Sunshine Coast Hospital and Health Services, Focus Health Network (FHN) and our members for their continued support throughout the year. We would also like to acknowledge and thank the NCACCH Referrers for their support in linking community members of the Sunshine Coast and Gympie Regions to NCACCH Services.



Trevor Draper

NCACCH Board of Directors

Tom Cleary
Aunty Olive Bennet
Helen Felstead
Rhonda Randall
Paula Wootton
Aunty Gwen Tronc
Trevor Draper (Interim)



*The
NCACCH Board and Staff
would like thank you
for your support
and wish you a safe and
Merry Christmas
and all the best
for 2015.*

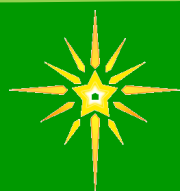


View the NCACCH
newsletter online @
<http://ncacch.org.au/>



CHRISTMAS CLOSURE

Maroochydore & Gympie Offices will close Friday 19th December
and re-open on Monday 5th January 2015



NCACCH Healthtrax Chronic Disease Management



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for Community Health



HealthTrax

Does your child have a chronic condition?

Identify as
Aboriginal and/or
Torres Strait Islander

Suffer from:

- * Diabetes
- * Respiratory (asthma)
- * Cardiovascular (heart)
- * Chronic Renal (kidneys)
- * Cancer

Transport to appointments is **PROVIDED!**

↓ **Free access to** ↓



Medical
Equipment
(approval required)

Health
Advocate
(Nurse)

Allied Health
Services
eg dietician, exercise
physiologist

Specialists
eg. heart, asthma

For further information or to register for the program
contact Sharelle at NCACCH 5443 3599

Children, Cancer and Chronic Renal conditions now accepted on HealthTrax program

Through funding provided by the Sunshine Coast Medicare Local, the NCACCH Board are pleased to announce our NCACCH HealthTrax chronic disease management program, has now been expanded to include children and increased support services for clients with cancer and chronic renal conditions.

Registered/Clinical nurses within Blue Care and the Sunshine Coast Hospital and Health Service (SCHHS) are contracted to support and assist clients on their journey to self-management. In addition, the program now supports parents to self-manage their child/children's chronic condition, such as heart problems and asthma.

Transport to specialist appointments, assistance with medical equipment, access to personalised exercise programs, home visits and personal care coordination are also included.

If you identify as Aboriginal and/or Torres Strait Islander and not participating in another chronic disease program, please give Sharelle a call on 5443 3599 to discuss your registration into the program.

NCACCH

"No Durri for this Murri"
Smoking Cessation Program
to re-commence

NCACCH recently received approval to re-commence its "No Durri" for this Murri" smoking cessation program. The NCACCH Board are very happy to have the opportunity of re-establishing the program to assist community to quit or reduce the durries.

The program also focuses on harm reduction by providing participants with strategies on how to reduce smoking in the home and car. The program previously ended in May 2013 with great success rates of helping over 80% of program participants either quit or reduce smoking by at least 5%. Survey results show overall smoking rates within our community decreased by 15% over the three year period.

NCACCH hopes to support at least another 50 community members on their journey to quitting or reducing smoking over the next seven months. Lyndelle Beezley will re-commence as the Quit Coach and will remain in contact with participants during this time.

NCACCH will continue to offer free access to nicotine replacement therapy, hypnotherapy, acupuncture, medication, support groups and counselling.

If your interested in joining the program please contact Lyndelle on 5443 3599 / 0400 179 644 to register.



No Durri for this Murri

New Years Resolution!

NCACCH can support you
to quit or reduce the durries by
providing **FREE** services to:

- Quit Coach
- NRT (eg patches, gum etc.)
- Medications (eg champix)
- Hypnotherapy
- Acupuncture
- Counselling
- Support Groups

Register
before 09th
January and go
in the draw to
win a 50 inch
flat screen
TV

Due to the program's previous success, the
Department of Health has approved NCACCH
to re-run the program until 30th June 2015!

Phone 5443 3599 to register your interest



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for Community Health

HealthTrax Exercise Program

The latest HealthTrax exercise program saw 5 female participants attend Ochre Health Medical Centre at Sippy Downs for 10 (one hour sessions) over 6 weeks.

The program was run in conjunction with David Nunn Exercise Physiologist and Simply Nutrition Diabetes Educator Kate Stoker. An initial assessment was conducted for each participant with an individual exercise program and meal plan developed, taking into consideration client capabilities.

Medical checks which included blood pressure, weight and waist measurement were used to gauge improvement of the participants' health status. Diabetes Educator Katelyn went on a supermarket tour with participants to provide education on label reading and alternate healthy food options.

A final assessment was done at the end of the program to ensure each attendee was motivated to continue with exercises after the program finished.

Everyone was very keen to join the program to improve their health and enjoyed sharing their personal experiences with others.

The next exercise program will be run in early 2015 which will be specifically for men.



FREE Retinal Screening

Are you over 40 and have diabetes?

If yes....

When was the last time you had
your eyes checked?

NCACCH has been provided with a retinal camera which will allow community members access to free retinal eye screening, ophthalmologists, optometrists, endocrinologists and treatment of certain eye conditions.



Phone NCACCH on 5443 3599
for a free eye screening



Screenings held at:

Sunshine Coast Office
Suite 15, 27 Evans Street,
Maroochydore 4558

Gympie Office
Shop 3, 56 River Road,
Gympie 4570

Holiday Travel Tips

Holidays are meant to be fun, some planning and preparation before you set off gives you a better chance of enjoying a safe drive.

- ◆ Service/check your vehicle eg. tyres (incl spare), oil, water, lights, wipers etc.
- ◆ Take a 15 minute break every 2 hours if your travelling long distances
- ◆ Do not speed—allow extra time for delays like roadwork and extra traffic
- ◆ Buckle up, check children throughout trip to ensure their still wearing their seat belts
- ◆ Arrange activities for kids to make their trip enjoyable
- ◆ Share driving if possible
- ◆ Don't drink and drive



NCACCH Referrers



Caloundra

Tamara Olive	5436 8552
Dan Stevens (Fri)	5470 9784
Ronda Randall	0402 698 230
Sana Smyth	5420 9090

Cooroy

Kristal Muggleton (Tues & Thurs)	5472 2257
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Gympie

Chris Gorrie*	5489 8444
Elise Bailey*	5489 8444 / 0407 759 209
Gordon Browning*	0414 491 641
Kevin Toby*	5489 8444
NCACCH Office	5483 6511
Mon, Wed, Thurs, 9.30 am — 2.30pm	

Imbil

Paula Wootton	5484 5599 / 0414 258 242
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Kawana

Debbie Currey*	0459 993 031
Dan Stevens (Tues)	5470 9784

Maroochydore

Lyndelle Beezley	5443 3599 / 0400 179 644
Nichole Weeks	5443 3599
Dan Stevens (Mon)	5470 9784
Carolyn Weldon*	5456 8406 / 0437 932 764

Nambour

Catherine Campbell*	5450 4750
Sarah Cooper*	5450 4750
Jennifer McClay*	0414 671534/0419 028308
Chris May	5450 4700 / 0419 028 308
Naomi Scarr	5450 4700 / 0414 671 534
Gordon Browning*	0414 491 641
Kay Jones	5470 6318
Peter Robinson	5470 5316
Eddie Wotherspoon	5450 4796 / 0417 197 480
Tara Robinson*	5450 4794
Rhonda Wauchope	5470 6978 / 0448 127 187
Dan Stevens (Wed)	5470 9784

Noosa

Dan Stevens (Thurs)	5470 9784
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Pomona

Tanya Morcom	0409 624 395 / 5480 8222
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Sippy Downs

Maryanne Williams	5456 5889
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Tewantin

Chris Bell	5442 4277
Kara Nitschke	5442 4277

Tin Can Bay

Helen Felstead	5486 4024 / 0409 096 727
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* Mobile all areas (by prior arrangement).



PLEASE NOTE:

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



RECOGNISE

It's time to **RECOGNISE** Aboriginal and Torres Strait Islander peoples in Australia's Constitution. It's the right thing to do.

Did you know that Aboriginal and/or Torres Strait Islander peoples are not recognised in the Constitution of Australia?

Recognition campaigners have walked over 30220 kilometres in massive relay across the nation to see Aboriginal and Torres Strait Islander peoples recognised in the Constitution. NCACCH was extremely excited to be part of the Journey to Recognition by hosting a morning tea with Recognise team for everyone to join us in raising awareness of the importance of Constitutional Recognition.



Our Constitution was written more than a century ago. By then, Aboriginal and Torres Strait Islander peoples had lived in this land for more than 40,000 years, keeping alive the world's oldest continuous cultures. But Australia's founding document did not recognise the first chapter of our national story.

It mentioned Aboriginal and Torres Strait Islander peoples only to discriminate. Until the 1967 Referendum, Indigenous Australians were excluded even from being counted in the tally of citizens under section 127 of the Constitution.

Today Australia prides itself on being a place of fairness. But our Constitution still does not recognise the first Australians. And it still says in Section 25 that the States can ban people from voting based on their race. It's long past time that we ensure that there is no place for race discrimination in our nation's highest legal document.

We need to fix this, and bring the country together after so many chapters apart. It is the next step in reconciling our past. And it's the right thing to do. All Australians know that our unique Aboriginal and Torres Strait Islander cultures enrich this nation, and are crucial to our distinctive national identity. And when we write that chapter in, it will formally become part of the shared story of every Australian. So all of us will be connected with tens of thousands of years of history that is the long story of Australia.

**You can find more information
on the Recognise website by visiting
<http://www.recognise.org.au>**

DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?

North Coast Aboriginal Corporation for Community

1 Kim H	Member
2 Wendy T	Member
3 Lorraine R	Member
4 Nichole W	Member
5 Suzi L	Member
6 Sharelle E	Member
7 Lerissa R	Member



Card #1234

"Your Pathway to Better"

Valid to
31-12-2015

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

You can get involved in this important campaign ;

1. Sign up as a supporter (<http://www.recognise.org.au/>) and help shape the future of this movement, and keep an eye out for email updates.
2. Get your friends and family involved by asking them to sign up too.
3. Join the 'Journey to Recognition' and get involved with events in your area.
4. Wear the "R" Recognition badge or t-shirt to start a conversation about Recognition.
5. Put a bumper sticker on the car or letterbox to raise the profile of the issue.
6. Like us on Facebook and follow us on twitter so you can add your voice to growing calls for recognition.



Festive Recipes



Ingredients

4 tablespoons rindless orange marmalade
2 tablespoons runny honey
1 table spoon apple cider vinegar
optional: 1 fresh red chilli
2 bay leaves
1 small cinnamon stick
1 teaspoon ground allspice
a pinch of black peppercorns
2 cloves
1 sprig of fresh rosemary

Jamie Olivers Crackin' Christmas glaze

Directions:

Invest a bit of time in building up those lovely layers of flavour and you'll have the most wonderfully epic glazed ham for the centre of your Christmas table there'll be smiling faces all round, not to mention the incredible leftovers you'll be left with.

Enough for one large ham - approx. 8kg

1. Add the marmalade, honey and apple cider vinegar to a pan over a very low heat. Slice the chilli in half lengthways, but leave it attached at the stalk, then add to the pan along with the bay, cinnamon, allspice, peppercorns and cloves. Pick in the rosemary leaves, then warm very gently for a few minutes so that all the flavours get a chance to infuse, then remove from the heat.

2. Leave to cool slightly before spreading over the ham - this will help it to thicken and stick better. When you're ready to glaze your ham, remove and discard the chilli (if using), cinnamon stick and bay leaves, then brush the ham all over with the glaze, making sure to get it in all the nooks and crannies, before roasting in a moderate oven. Baste frequently to build up layers of flavour until beautifully golden and crisp. Leave the ham to rest before carving.

Cooking times and temperatures vary depending on the size and sort of ham you choose.

5-7kg ham = 1 1/2 hours cook time with 170°C. Brush with glaze every 15 minutes until golden and crisp.

Jamie's top tip: Make sure you keep a close eye on the glaze while it's roasting because it will take on too much colour if you're not careful.

Recipe copyright © Jamie Oliver.



Chocolate Butternut Snap Tartlets

Preparation time: 25 minutes

Cooking time: 10 minutes

Servings: 20

Ingredients:

1x250g Packet Arnott's Butternut Snap Cookies
375ml Pura pure cream
200g milk or dark chocolate, chopped
65g unsalted butter chopped

Directions:

1. Preheat oven to 180°C. Place 12 biscuits over each hole of a twelve hole, 1 1/2 tbsp capacity round based tartlet tin. Bake for 2-3 minutes or until soft. Remove from oven then carefully press softened biscuits into tin to mould into a cup shape. Allow to cool. Remove from tin and transfer to serving plate. Repeat with remaining biscuits.

2. Place butter, cream and chocolate in a saucepan over very low heat. Stir constantly until melted and smooth (approx 7 minutes). Pour into clean, dry bowl and refrigerate until cool but not set (approx 20 minutes).

3. Fill biscuit cases with 1 heaped teaspoon of chocolate mixture then place in refrigerator for 20-25 min or until set and ready to serve.

Rudolf tartlets are lots of fun and very easy to make:

1. Cut a regular marshmallow in half and place cut side down for face.
2. Stick a jaffa to marshmallow using a dot of ready made frosting
3. Cut a mini marshmallow in half and place cut sides up onto tart for eye whites. Add a small drop of black food writing gel to the eye whites.
4. Cut mini pretzel to shape and gently push into chocolate filling to make ears.

Apple Tea Mocktail

Ingredients:

2 green tea bags
1L clear apple juice
1 red apple, sliced
1 green apple, sliced
mint sprigs
1L sparkling mineral water & crushed ice to serve



Directions:

1. Place tea bags in a jug. Pour over 2 cups boiling water. Set aside for 15 minutes, then discard bags. Add apple juice. Cover and chill overnight.

2. Transfer to a large jug. Add apple, ice and mint. Top up with mineral water to serve.

All recipes can be found at
<https://www2.woolworthsonline.com.au/Shop/Recipes>



Tips to help you stay well during hot weather

One of the best ways to avoid heat related illness is to **drink plenty of water**. It's important to keep drinking water even if you don't feel thirsty because this can prevent you from becoming dehydrated. Avoid alcoholic, hot or sugary drinks (including tea and coffee) because these can make dehydration worse. Drinking cold drinks and eating smaller cold meals, such as salads and fruit, can help you to keep cool.



Festive season exercise tips

It is not unusual to come to the end of the year and believe you need a well deserved break from all the hard work you have been doing all year, and this is understandable. But who says that you need to wake up at 6am and do weights at the gym? During the festive season it is wise to change our exercise goals. Not only will this help you to keep motivated but will expose different muscles to a work out. The festive season is a time for family and friends. Try changing your normal exercise routine to fun activities the whole family can enjoy. Encourage a game of street or beach cricket with the kids, a backyard game of 'chasey' or a swim at the beach. Social exercise does not feel like the regular "work out" and it gives everyone a chance to participate and have a great time.



