

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: June 2014

news

2014 WELL PERSON'S HEALTH CHECK DAY A HUGE SUCCESS

Our annual Well Persons Health Check Day (WPHCD) was held on the 10th of May on the Sunshine Coast. This year's theme was "HealthTrax – Your Journey to Good Health", highlighting the importance of better chronic disease management. It was a day of breaking records for NCACCH with a total number of 828 people attending the day and 161 people participating in the general and sexual health checks.

Our wonderful partners provided a large variety of health check stations for the community to access. The Sunshine Coast Hospital and Health Service (SCHHS) supported participants with sexual health checks and gave flu shots. Queensland University of Technology (QUT) provided access to Mental Wellness, Optometry, Podiatry, Dietary and Nursing checks. Everyone who completed seven (7) health check stations received a specially designed NCACCH Indigenous Jersey designed by local artist Brent Miller.

There were loads of displays, workshops and activities for participants to engage with on the day; including cooking demonstrations, diabetes, men and women's cultural workshops, and heart smart exercise sessions.

There was plenty of entertainment, with live music from Dan Sultan, 'The Yindi Band', 'Djembe Love' and 'Deadly Ways'. There were also dance performances from the Gubbi Gubbi Dance Troupe, GMU Dance Troupe, Torres Strait Islander Dancers and from the Aboriginal Centre for Performing Arts (ACPA).

It was a fantastic day, enjoyed by all who attended. We would like to extend a special thank you to our partner and sponsor of the 2014 Well Persons Health Check Day the Sunshine Coast Hospital and Health Service (SCHHS).



Left to right; SCHHS Chief Executive Kevin Hegarty, Sunshine Coast Mayor Mark Jamieson, NCACCH Director Tom Cleary, NCACCH Executive Officer John Spink, SCHHS Aboriginal & Torres Strait Islander Health Coordinator Sharon Barry, MC Corey Czok.

NCACCH Board of Directors

Tom Cleary
Aunty Olive Bennet
Helen Felstead
James Williams
Rhonda Randall
Aunty Gwen Tronc
Paula Wootton

From the Board:

NCACCH Board and Staff would like to thank the NCACCH Members for their continued support throughout the year.

NCACCH HEALTH ACCESS CARD UPDATE

The NCACCH Health Access Card allows 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 30th JUNE 2014

New Card Design

NCACCH will be issuing "2014 – 2015" Health Access Cards to all registered NCACCH clients before the end of the month (this is when the white card expires).

To receive your new card, you must complete and return the **orange "Health Access Card Update Details Form"** that was posted to you in April (please ignore if you have already returned your form).

If you did not receive your update form or would like assistance to complete your form, please don't hesitate to contact NCACCH on 5443 3599 or a NCACCH Referrer.



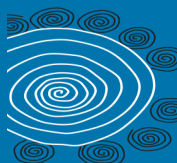
UPCOMING EVENTS:

NAIDOC SUNSHINE COAST

NAIDOC GYMPIE

Flag Raising 7th July 2014 Nambour Council
NAIDOC Day Cotton Tree Park 13th July 2014

Flag Raising 7th July 2014 Nelson Reserve
NAIDOC Day Civic Centre 18th July 2014
NAIDOC Dinner Dance Golf Club 19th July 2014



GP Visit Update

As you may be aware over the past few months NCACCH has been working on a new database, for GP surgeries to use when you visit your Doctor. The new system will be up and running from the 1st of July. Nothing will change in the way you visit your doctor.

NCACCH will now have direct contact with the surgeries which means we will be able to provide up-to-date information on important issues such as chronic conditions, child health and the "Closing The Gap" program.

If you have a Doctor or surgery that you would like added to our list or if you have any problems or feedback about a particular GP or Practice, please give Sharelle (NCACCH Program Coordinator) a call on 5443 3599.



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 to access NCACCH Services.

The second NCACCH Referrers Workshop for 2014 will be held in Cooroy on Friday the 27th June. Our Guest Speakers for the day are from the Sunshine Coast Aboriginal & Torres Strait Islander Child Safety Team. Rosie Cooper the Child Safety Officer and Amanda Stapleton the Child Safety Support Officer for Department of Communities, Child Safety and Disabilities, Meg Pamenter the Child Protection Advisor for Recognised Entity, Waa -Widji-Bargumar Aboriginal & Torres Strait Islander Corporation, Carolyn Weldon the Indigenous Foster Carers Co-ordinator D'jinang-Djaa Integrated Family & Youth Service, and Debbie Currie the Family Support Worker for Kuwnakan Palan Family Intervention Service Refocus.

Each will be introducing their respective organisations and their specific roles. This segment is known as the NCACCH Referrers Spotlight.

Referrers are voluntary workers from within our community, and they assist community members to access NCACCH services. NCACCH would like to acknowledge and welcome the new Referrers that have come on board Nicole Copley, Naomi Scarr, Chris Bell and Kara Nitschke.

The NCACCH Board appreciates the hard work our Referrers do in making a difference to the health outcomes of our community across the Sunshine Coast and Gympie and would like to take a moment to say thank you to all the NCACCH Referrers.

NCACCH Community Referrers undergoing training.



NCACCH CONTACT DETAILS

HEAD OFFICE

Suite 15

27 Evans Street

MAROOCHYDORE Q 4558

Phone: 5443 3599

Fax: 5443 8899

OFFICE HOURS

MON: 8.30AM - 5.00PM

TUES: 8.30AM - 5.00PM

WED: 8.30AM - 5.00PM

THURS: 8.30AM - 5.00PM

FRI: 8.30AM - 3.00PM

GYMPIE OFFICE

Shop 3

56 River Road

GYMPIE Q 4570

Phone: 5483 6511

Fax: 5483 6322

OFFICE HOURS

MON: 9.30AM - 2.30PM

WED: 9.30AM - 2.30PM

THURS: 9.30AM - 2.30PM

E-mail: admin@ncacch.org.au

Website: www.ncacch.org.au



Men's Business

The Men's Groups are designed to provide men with a chance to come together to meet each other, support each other, share stories and expand their knowledge on general health and more specifically men's health.

Regular activities are planned and it's a great chance for you to link in with your local male Health Worker and other guest speakers around men's health.

Group's are held in Gympie and on the Sunshine Coast



To register your interest, phone the NCACCH office on 5443 3599.

Men's Group

The second Gympie Men's group was held in partnership with the Sunshine Coast Hospital and Health Services (SCHHS) on the 29th April. The Sunshine Coast Men's Group was held shortly after on the 2nd May. Both Groups had a major focus on how to maintain a healthy heart and a Heartmoves exercise session, funded through the Sunshine Coast Regional Council and supported by Focus Health Network.

The Gympie guest speaker and facilitators were Kevin Toby from SCHHS and Heartmoves Instructor Lee Smith. The Sunshine Coast guest speaker and facilitators were Eddie Wotherspoon from SCHHS and Heartmoves Instructor Mark Thomo. A big thank you to all the facilitators as the men really enjoyed their healthy heart presentation and Heartmoves session.

NCACCH's Coast Men's Group will be run throughout 2014. Please call the NCACCH office on 5443 3599 if you are interested in coming along.



Men's Group Heartmoves



Men's Group Healthy Heart Talk

Women's Group Women's Business

NCACCH Gympie Women's Group was held on 23rd April and the Sunshine Coast Women's Group was held on the 1st May. The topic covered was a Healthy Heart Session with a Heartmoves exercise session, funded through the Sunshine Coast Regional Council and supported by Focus Health Network.

A big thanks to the facilitators Letishia Parter and Tara Robinson from Sunshine Coast Hospital and Health Services (SCHHS), and Heartmoves Instructor Margot Stuart. Both days were relaxed with the women having a great time catching up and learning about how to maintain a healthy heart through exercise and healthy eating. There will be more Women's Groups in 2014 if you are interested in coming along please call NCACCH on 5443 3599 to register your interest.

NCACCH Women's Group Participating in a Heartmoves session



The NCACCH Women's Groups are a relaxed and comfortable place to catch up and talk with old friends and make new ones in your 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 as chosen by the groups.

Women's Groups are held both on the Sunshine Coast and Gympie.

Register your interest by contacting the NCACCH office on 54433599.

2014 BreastScreen Clinic Dates

DATE	LOCATION	BREASTSCREEN QLD VENUE
27 th May to 19 th June	Tin Can Bay	Mobile Van located at Cathy House, Coral Trout Dr, Tin Can Bay 8.00am - 3.30pm
23 rd June to 25 th June	Kilcoy	Mobile Van located at Kilcoy Hospital, 19 Brown St, Kilcoy 8.00am - 3.30pm
16th July	Gympie	Gympie Specialist & Diagnostic Centre 74 - 76 Channon St, Gympie 10:30am - 12:30pm
13th August	Maroo-chydore	BreastScreen Qld 72 Duporth Ave, Maroochydore 10.30am - 12.30pm
25th November	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, Tamara @ Caloundra 5436 8552 or
Elise @ Gympie 5489 8624

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.

NCACCH Referrers

*** Mobile all areas (by prior arrangement).**

Caloundra

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

Cooroy

Kristal Muggleton (Tues/Alt Mon) 5472 2257

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

Kawana

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

Maroochydore

Carolyn Weldon* 5456 8406 / 0437 932 764
Dan Stevens (Mon) 5470 9784
Lyndelle Beezley 5443 3599 / 0400 179 644
Natasha Hawkins 5443 3599 / 0431 795 433
Nichole Weeks 5443 3599

Nambour

Catherine Campbell* 5450 4750
Sarah Cooper* 5450 4750
Jennifer McClay* 0414 671534/0419 028308
Anne Humbert* 0414 671534/0419 028308
Chris May 5450 4700 / 0419 028 308
Gordon Browning* 0414 491 641
Kaylene 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

Pomona

Tanya Morcom 0409 624 395 / 5480 8222

Sippy Downs

Maryanne Williams 5456 5889
Nicole Copley 5456 5889

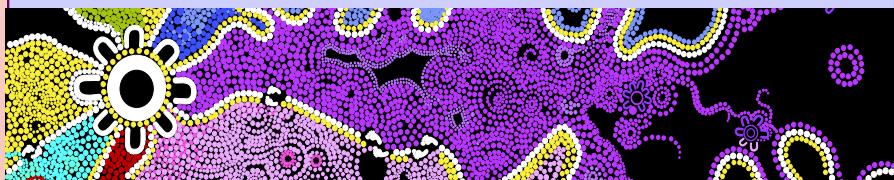
Tewantin

Kara Nitschke 5442 4277

Tin Can Bay

Helen Felstead 5486 4024 / 0409 096 727

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



Let's Do This

Lets Do This (LDT) is a NCACCH Lifestyle Modification Program that focuses on the education, implementation and support of living a healthy lifestyle.

Well done to all the committed participants who completed the latest 12 week 'Let's Do This' lifestyle modification program. The group has worked very hard during this time with some great results, including changes in their diets, weight loss and blood pressure!

The Kawana LDT Program had an excellent attendance rate with participants coming twice a week to join in the physical activity and nutrition sessions. The program included activities such as: individualised exercise programs, diabetes education, yoga, water aerobics, food and safety, nutrition just to name a few. However, it was the water aerobics and boxercise that proved to be the most popular with participants feeling so energised/motivated that they have organised to continue to meet as a group to exercise outside of the program.

Congratulations to the winner's of the pedometer readings (over 12 weeks) with Frances Moore in first place with her steps at 539968, coming in second place Annette Wells with 458244 and third place Maureen Faulkner with 454112. A big congratulations to all the participants that gave it a great shot and for all your efforts throughout the program.

NCACCH would also like to say a big thanks to Chris Shoyer for his skills as a fitness trainer and the successful running of the program. NCACCH wish all the participant's luck on their journey to achieving their health goals.

Keep up the great work everyone!!!



NCACCH DEADLY STORIES

Sporting Achievement Tai Hawkins

Tai Hawkins has grown up on the Sunshine Coast, on Gubbi Gubbi / Kabi Kabi Country. Tai Hawkins is a proud 16 year old Aboriginal and Torres Strait Islander young man. Tai is a descendant of the Bibbulmun Nation from Western Australia on his mother's side.

Tai's family, friends, coaches and mentors are proud of his accomplishments. Tai has worked hard to make the most of the opportunities presented to him.

Tai's interest and passion is boxing. Tai's achievements include winning a Novice Title, a South East Queensland Title, four consecutive Queensland State Titles. A silver medal at the Australian Amateur National Championships and two consecutive gold medals at the Australian Amateur National Championships.

Tai's future aspirations are to continue boxing and to see how far it will take him.

Tai is also interested in health and fitness. Tai is hoping to find a job that will allow him to continue pursuing his boxing career. He is considering doing a Certificate III in Personal Training and Fitness.



Tai Hawkins on the left in the ring representing Shamrock Boxing Gym

Congratulations Tai Hawkins on your achievements. NCACCH wishes you all the best on your deadly journey and hopes you inspire others.

Positive Parenting Program Triple P

Do your children have frequent arguments and fights with their brothers and sisters? Triple P can offer a solution...

Children may fight or become aggressive out of frustration or anger when things don't go the way they want. Children may hit out at others if they don't know other ways of solving their problems. Sometimes parents are not sure where to draw the line between rough and tumble play and hurtful behaviour. If the boundaries are unclear, it's hard for children to learn acceptable ways of getting along with others and solving problems.

Triple P strategies can teach your child to play cooperatively and to share. A good place to start is to decide on two or three simple rules for playing with others and discuss them with your child. Ideally rules should tell your child what to do rather than what not to do. Some examples are to be gentle, share and take turns, keep your hands and feet to yourself, and use a pleasant voice. Playing ball games, board games or computer games with two or more players are some ways to teach your children how to share and take turns. When your children are playing well together give them praise and attention. For the first few days you may like to give your child a special reward such as a story, game or special snack. Tell your children how pleased you are that they have played so well together by taking turns and sharing.

If you are interested in attending a free two day workshop to learn about ways of journeying through parenthood. Call Nichole at the NCACCH office on 5443 355 99.



**"HAVE YOU HAD YOUR
FREE FLU SHOT"**

FLU SEASON IS HERE

Contact Sunshine Coast Hospital and Health
Services to book your flu shot
Gympie 5489 8624 / 5489 8452
Sunshine Coast 5450 4750

Healthy & Affordable

Impossible Quiche

Ingredients

1 tablespoon olive oil
1 brown onion, finely chopped
2 chorizo sausages, roughly chopped
1 red capsicum, deseeded, finely diced
3 eggs, at room temperature
1 1/2 cups milk
1/2 cup self-raising flour
1 cup grated tasty cheese

Method

Step 1

Preheat oven to 200°C. Grease a 4cm deep, 24cm (base) ovenproof fluted ceramic quiche dish.

Step 2

Heat oil in a non-stick frying pan over medium heat. Add onion, sausage and capsicum. Cook, stirring often, for 4 to 5 minutes or until tender. Remove from heat. Set aside for 5 minutes to cool.

Step 3

Whisk eggs, milk and flour in a bowl until well combined. Stir in sausage mixture and cheese. Season with salt and pepper.

Step 4

Pour mixture into quiche dish. Bake for 45 to 50 minutes or until set in the center. Allow to stand for 10 minutes. Serve.

Variations

Meat: This recipe is great because you can use any sort of diced meat. From cooked chicken, bacon, ham, left over sausages, steak, salmon tuna, its your choice.

Vegetables: This recipe is so easy because you can add any vegetables you may have in your fridge, tomato, zucchini, carrot, spinach, broccoli, cauliflower, corn, mushroom and the list goes on. You can even leave out the meat and be totally vegetarian.



Honeyed Greens

Ingredients

6 Cups of assorted green vegetables in season (choose from: Zucchini, Leek, Celery, Asparagus, Green Beans, Brussels Sprouts, Broccoli, Green Capsicums, Snow Peas and Bean Shoots),

Dressing

2 Tablespoons of Honey
2 Tablespoons of Vinegar
1 Teaspoon of Olive Oil
1 Teaspoon of reduced salt Soy Sauce
1 teaspoon of Ginger, finely chopped

Method

Step 1

Slice vegetables to same size for even cooking.

Step 2

Steam vegetables for 6-8 minutes or microwave on HIGH (100%) for 3-4 minutes until crisp but tender.

Step 3

Place dressing ingredients in a saucepan and simmer over low heat until honey dissolves, or microwave on HIGH (100%) for 1 minute.

Step 4

Drain vegetables and toss through dressing. Serve immediately (serves 4).

Hints

This menu is a great way to empty your refrigerator crisper, or to introduce new varieties of vegetables to the family or friends.

Variations

Garlic can be used instead of Ginger.



Are You Pregnant?

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

This program is about promoting healthy outcomes and healthy lifestyle choices for Aboriginal and Torres Strait Islander Women and their babies. The NCACCH Mum's and Bub's program is aimed at assisting Indigenous mothers to utilize preventative health care including comprehensive pre-natal care from health service providers.

Free Access to:

- * Trained Midwife
- * Choice of General Practitioner or Care Provider
- * Be linked into existing health services and community networks

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

NCACCH Healthtrax Chronic Disease Management

Heartmoves has been developed by the Heart Foundation. It is a low to moderate intensity exercise program, that has been designed to be a gentle form of physical activity. It is suitable for anyone who hasn't done any exercise in a while, and you can work at your own pace.

Heartmoves is designed to be safe for all.

Regular sessions can help

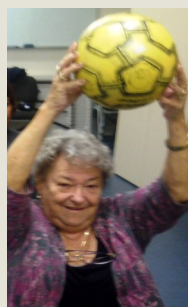
- Lower blood pressure
- Improve cholesterol control
- Manage weight
- Improve diabetes, balance, flexibility and sleep
- Prevent falls and injuries from falls

NCACCH has just completed a Healthtrax 9 week Heartmoves exercise program at the Maroochydore Neighbourhood Centre. A survey was collected at the end of the program and all the participants reported thoroughly enjoying the program. The sessions provided a friendly, relaxed and encouraging environment for the participants to engage in exercise.

Participants learnt about how important exercise is to an individual's health, that a small amount of exercise can make a big difference to a person's heart rate. The exercise shown to the participants are simple and easy enough that they can continue to do them at home.

Participants' also said that they use the information the dietician has shown them when they do their weekly shopping. That it is great to know the importance of healthy eating, and how important it is to take much more notice of the labels in regards to the salt, fat and sugar contents.

As you can see it is an exercise program suited for our Healthtrax clients, who reported that they enjoyed it so much that they would



Sunshine Coast Council

every day your way

Active, healthy Sunshine Coast

Heart Foundation
Heartmoves

Heart Foundation

Healthtrax clients participating in Heartmoves

WELL PERSON'S HEALTH CHECK DAY

Lake Kawana Community Centre 10 May 2014



Congratulations to the Major Prize Winners; 1st prize a Large Screen TV won by Gerard Direen, 2nd prize a George Foreman Grill won by Cecilia Combo, 3rd prize a Jamie Oliver Steamer won by Taylor Hill.

Congratulations to the Minor Prize Winners a NCACCH Promotional Pack; Sam Andrews, Hazel Clarey, Terence Evans, Helen Felstead, Christina Fletcher, Grahame Hill, Gabrielle Judson, Sabrina-April Lievesley, Ben Rayner, Kathryn Rayner, Donna Sarre, James Woulfe, Kim Wynbergen.