

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: March 2014

news

NCACCH Health Access Card Renewal



IMPORTANT NOTICE



YOUR NCACCH HEALTH ACCESS CARD WILL EXPIRE ON 30/6/14

Your NCACCH Health Access Card will expire on the 30th June 2014 and all active NCACCH clients have been posted a "Health Access Card Update Details Form" (orange form).

You will need to complete and return the Update Form to receive your 2014-2016 Health Access Card. If you haven't received an Update Form please contact NCACCH or one of the NCACCH Referrers as soon as possible.

This form is to be only completed by clients who have had a NCACCH Health Access Card before. New clients will need to contact NCACCH or a NCACCH Referrer.

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

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.

2014/2015

Membership Renewals Due

\$5.00 is a small fee for all the deadly services you receive

The \$5.00 fee is for financial membership only.

What do you get for your membership?

- Know your funding goes towards the continuation of services provided
- Attend the NCACCH Annual General Meeting
- Vote at the NCACCH Annual General Meeting (Indigenous Members Only)
- Receive quarterly newsletters keeping you up to date on NCACCH activities

THE NCACCH CARD AND ACCESS TO SERVICES IS FREE.

MEMBERSHIP FEES NEED TO BE PAID BY 30 JUNE 2014

UPCOMING EVENTS

**NCACCH Well Person's Health Check Day
May 10th 2014**



"like" us on
facebook

New Director

Hello everyone, I would like to introduce myself to the NCACCH community. My name is James Williams and I am descended from the Dainggatti people of New South Wales located in Kempsey to Taree and into Walka and Coolah area.

I relocated to Montville 13 years ago. I have four daughters and nine grandchildren. I am very much a family and community orientated person and take much pleasure in contributing to community and helping people. I have previously been with the Murri Courts.

I have recently had the pleasure of being voted as a NCACCH Interim Director and I am excited to be involved in the organisation. I look forward to contributing to the future of Aboriginal and Torres Strait Islander health



NCACCH Interim Director
James Williams

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 first NCACCH Referrers Workshop for 2014 will be held on the 28th March. It will be held in Cooroy. Aboriginal & Torres Strait Islander Health Worker Coordinator Gordon Browning from Sunshine Coast Hospital and Health Services, will be introducing the Aboriginal & Torres Strait Islander Health Team, their specific roles and the programs they are running in 2014. This segment is called the NCACCH Referrers Spotlight.

Referrers are voluntary workers from within our community, and are available for community members to access with NCACCH services. NCACCH would like to acknowledge and welcome the new Referrers that have come on board Kevin Toby, Letishia Parter, Peter Robinson, Tamara Olive, and Tara Robinson. NCACCH would also like welcome back Chris May, Elise Bailey and Kay Jones as NCACCH Referrers. NCACCH has identified that more Referrers are required in the Noosa / Tewantin region and are currently in the process of recruiting referrers for this area.

The NCACCH Board would like to thank and appreciate the hard work our Referrers do in making a difference to the health outcomes across

A thank you message from Barry Cutmore; the

Thank God we have the likes of Chris Gorrie and Gordon Browning as NCACCH Referrer's in our Community. They organised doctors for me immediately and it was only a hernia and nothing serious as I thought. Thanks again Chris and Gordon you stopped a lot of worrying for me. Regards Barry Cutmore.

Chris Gorrie and Gordon Browning are a part of the Aboriginal and Torres Strait Islander Health Team for the Sunshine Coast Hospital and Health Services.



NO DUBBI FOR THIS MURRI...

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 and trips 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 first Gympie Men's group was held in partnership with the Sunshine Coast Hospital and Health Services (SCHHS) on the 27th February. The Sunshine Coast Men's Group was held shortly after on the 14th March. Both Groups had a major focus on men's health.

The Gympie guest speakers and facilitators were Chris Gorrie, and Kevin Toby from SCHHS. The Sunshine Coast guest speaker and facilitators was Gordon Browning and Peter Robinson from SCHHS. A big thank you to all the speakers as the men really enjoyed the conversations and asked a lot of questions.

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



Men's Group

Women's Group

The first NCACCH Gympie Women's Group was held on 24th February and the Sunshine Coast Women's Group was held on the 7th March. The topic covered was a Women's Health Session with guest speakers Jo Stewart from Family Planning QLD, Julie Austin from Gympie Women's Health, and Karen McGill from Clinic 87, with apologies from Tracey Irwin from East Coast Women's Health. Both days were relaxed with the women having a great time catching up and yarnning while enjoying a healthy snack. A big thank you to all the speakers for providing great information.

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 in-



Gympie & Sunshine Coast Women's Group



Women's Business



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.

NCACCH Referrers

* Mobile all areas (by prior arrangement).

Caloundra

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

Coolum

Veronica Webb* (Wed) 0417 011 225

Cooroy

Kristal Muggleton (Tues/Alt Mon) 5472 2257
Veronica Webb* (Fri/Alt Mon) 0417 011 225

Gympie

Chris Gorrie* 5489 8444
Elise Bailey* 5489 8444 / 0407 759 209
Gordon Browning* 0414 491 641
Kevin Toby* 5489 8444
Letishia Parter* 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
Carolyn Jones (Mon/Tues) 5450 4750
Jennifer McClay* 0414 671 534 / 0419 028 308
Anne Humbert* 0414 671 534 / 0419 028 308
Shannon Jackson* 5450 4700 / 0414 671 534
Raili Zeilinski* (Mon/Tues/Wed) 5450 4700 / 0419 028 308
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
Veronica Webb* (Wed) 0417 011 225

Pomona

Tanya Morcom 0409 624 395 / 5480 8222
Veronica Webb* (Thurs) 0417 011 225

Sippy Downs

Maryanne Williams 5456 5889

Sunshine Beach

Veronica Webb* (Mon, Thurs) 0417 011 225

2014 BreastScreen Clinic Dates

DATE	LOCATION	BREASTSCREEN QLD VENUE
29 th April to 22 nd May	Maleny	Mobile Van located at Maleny Hospital, 17 Bean St, Maleny 8.00am - 3.30pm
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
25 th June	Gympie	Gympie Specialist & Diagnostic Centre 74 - 76 Channon St, Gympie 10:30am - 12:30pm
13 th August	Maroochydore	BreastScreen Qld 72 Duport Ave, Maroochydore 10.30am - 12.30pm
25 th 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.



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.

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.



the nearest NCACCH office on

Home ownership is a big decision and involves many steps. The friendly and experienced staff at IBA will be able to provide you with the necessary advice and support. IBA offers home loans with concessional interest rates, to help Indigenous Australians receiving low to middle level incomes, to buy their own homes. IBA's Home Ownership Program has assisted more than 14,000 Indigenous families into home ownership.

An IBA application must include at least one applicant of Aboriginal and/or Torres Strait Islander descent and your combined family income must be within the allowable limits set by IBA. The ability to repay a home loan will be assessed based on a comparison between your combined incomes and living expenses. Applicants will also need to be able to meet the associated home ownership start-up costs including a deposit** and legal fees.

**First home buyers may be eligible to access the First Home Owner Grant (FHOG) to help

IBA have a two stage application process. Register your interest in an IBA home loan by completing an Expression of Interest form and an Aboriginality or Torres Strait Islander Descent form, these can be obtained by calling IBA or downloading them from the IBA website.

Once IBA receives the above forms, your initial eligibility will be assessed. IBA will then contact you regarding the outcome. If eligible, your name will be placed on the Expression of Interest Register (a list of eligible applicants).

IBA will contact you to apply for an IBA home loan when funding becomes available. IBA will ask you to submit a Housing Loan Application for formal assessment.

IBA have offered to visit the Sunshine Coast and host a free information session. Please register your interest with Suzi at Kabi on 5443 2090.

IBA is located all across Australia for more information;

Nana Bills Mum's n Bub's

Tips to be active during pregnancy

Physical activity in pregnancy is important for all mums because it helps them:

- Have better circulation (blood flow)
- Sleep better
- Are less stressed
- Have less back pain
- Have less constipation
- Have better weight control
- Recover quickly after giving birth

Always seek medical advice if there is any vaginal bleeding or pain.

Suggestions for physical activity in pregnancy include:

- Dancing, pregnancy yoga or Pilates
- Riding a stationary exercise bike
- Going for a daily walk
- Swimming

Non active mums prior to pregnancy should start slowly.



Activities to avoid in pregnancy:

- Contact sports or activities where mum could lose balance and hurt her baby or herself
- Activities involving sharp movements (e.g. parachuting, water skiing, martial arts, gymnastics and trampoline exercises)
- Activities involving mum holding breathe e.g. weight lifting
- Activities in water above 32°C
- After 1st trimester, activities involving lying flat on back (this decreases blood flow to baby)
- Any physical activity when ill
- Women should ask their Dr. about safety of organised sport activities

Suggestions for safe physical activity in pregnancy

- Avoid getting too hot in first 12 weeks
- Exercise in the cooler parts of the day

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.

The LDT Program will be commencing March 18 and will be running 2 nights a week for 12 weeks. Due to community feedback we will be running the program after hours. We have had the largest number of clients wishing to participate since the program began.

The program will be based around the Kawana area and will be conducted by Indigenous personal trainer Chris Shoyer who will facilitate the sessions each week. Clients will participate in a variety of fun exercises including boxercise, tai chi and water aerobics.

Watch this space or like us on Facebook to hear what our participants will be up to over the next 12 weeks.



"LET'S DO THIS"

Healthy Lifestyle Program

Starts on the Sunshine Coast in 2014



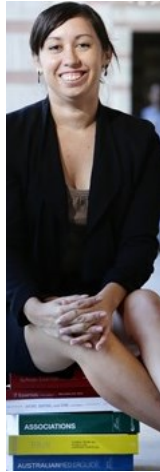
Contact NCACCH on 5443 3599 to book your place

NCACCH DEADLY STORIES

Academic Achievement Kristal Muggleton

Kristal Muggleton grew up in the Australian Training Awards Cooroy on the Sunshine Coast 2013. Kristal is currently enrolled as a first year student studying Indigenous Community Health in the centre of Aboriginal Studies at Curtin University in Perth. Kristal speaks highly saying that "the students and staff have been supportive and it is a positive learning environment. Studying here has been a healing experience."

Kristal's family, friends and mentors are proud of her success. Kristal has worked hard to make the most of the opportunities presented to her, to become the person she is today. Kristal's achievements include successfully completing her Certificate III & IV in Education Support. Kristal attended the Queensland Indigenous Youth Leadership program in 2013. Kristal was nominated and awarded the Sunshine Coast Institution of Tafe's Aboriginal & Torres Strait Islander Student of the Year 2012, North Coast Region Aboriginal Student of the Year 2013, Queensland Training Awards Aboriginal Student of the Year 2013 and represented the Queensland Aboriginal students



Kristal Muggleton

International Acclaim Michell Forster

Michell Forster is from or Torres Strait Islander families in Cunnamulla way, Kunja, she lives here on the Sunshine Coast and has 3 beautiful boys, 2 of which are now young men and her youngest is in year 7.

Michell has completed her Masters of Indigenous Studies in Wellbeing. She was trained to deliver the Indigenous Positive Parenting Program, also known as Triple P. She has since been delivering the program across the state of Queensland.

Currently Michell is working with the University of Queensland assisting Aboriginal & Torres Strait Islander Family Support Workers to roll out Triple P across the State. Having used the skills and strategies with her son and seeing the positive changes in his behaviour. Michell is driven to support Aboriginal and/

Michell Forster and her Triple P

Recently Michelle's supervisor Lauren Hodge, nominated her for the Triple P presenter of the year. This was for normalizing parenting support on a population level, with the flexibility of the program in making a difference for Indigenous families throughout Queensland.

The International award was recognized at the recent Helping Families Change Con-



Congratulations Kristal Muggleton and Michell Forster on your achievements.

NCACCH Healthtrax Chronic Disease Management Heartmoves

NCACCH is running a Heartmoves session as a part of our HEALTHTRAX program. Heartmoves is funded through the Sunshine Coast Regional Council and supported by Focus Health Network.

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 in a friendly atmosphere.

Heartmoves sessions provides individuals with the opportunity to be part of the solution to the increasing rates of chronic disease that can be linked to such conditions as heart disease, diabetes, obesity and other health conditions.

Heartmoves are run by accredited exercise professionals, who have been trained specifically to run and manage this safe physical activity program. Classes are limited in size to ensure maximum safety for the participants involved.

If you have been diagnosed with any long term conditions such as heart disease, diabetes or obesity then Heartmoves could be just the right exercise program for you.

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

If you are interested in finding out about Heartmoves sessions in your area, contact NCACCH on

As you can see it is an exercise program



Sunshine Coast Council



Active, healthy Sunshine Coast

Heart Foundation
Heartmoves



**Do you have a
Chronic Health Condition?
Then
HealthTrax
may be the
program
for you**

Program Eligibility:

- * Identify as Aboriginal and/or Torres Strait Islander
- * Aged 15 yrs or over
- Suffer from Diabetes / Respiratory / Cardiovascular disease

Free Access to:

- * Specialists
- * Health Advocate (Nurse)
- * Free/reduced medication

For further information or to register for the program contact

**Lyndelle at NCACCH
5443 3599 / 0400 179 644**

Flu Vaccination

Gympie and Nambour

Aboriginal and Torres Strait Islander Health Team is offering **Flu and Pneumonia** immunisations for the Aboriginal and Torres Strait Islander Community:

- Flu vaccine will be offered this year for children aged 6 months to 14 years of age, who have 'medical risk factors' - please talk to us about this if you think your child may be eligible.
- Flu vaccine will be available for all Aboriginal and Torres Strait Islander people aged 15 years and over

This year we will be offering:

- Home visiting clinics (March - June)
- Aboriginal and Torres Strait Islander Health office visits (March - June).

If you would like to make an appointment for a home visit or clinic visit.

Please phone the Gympie Aboriginal and Torres Strait Islander Health Team on 5489 8624 or 5489 8452.

Please phone the Aboriginal and Torres Strait Islander Health Team on 5450 4750.

Aboriginal and Torres Strait Islander Eye Health Clinic Caloundra & Gympie



DATE	DAY	VENUE	TIME	CONTACT
29 th May 2014	Thursday	Caloundra Hospital	9am - 4.30pm	Tamara Olive - Caloundra - 5436 8720
30 th May 2014	Friday	Gympie Hospital	9am - 3.30pm	Chris Gorrie - Gympie - 5489 8452
28 th August 2014	Thursday	Caloundra Hospital	9am - 4.30pm	Tamara Olive - Caloundra - 5436 8720
29 th August 2014	Friday	Gympie Hospital	9am - 3.30pm	Chris Gorrie - Gympie - 5489 8452
27 th November 2014	Thursday	Caloundra Hospital	9am - 4.30pm	Tamara Olive - Caloundra - 5436 8720
28 th November 2014	Friday	Gympie Hospital	9am - 3.30pm	Chris Gorrie - Gympie - 5489 8452

LEASE NOTE:

- * Current Medicare card is required for consultation
- * Current Qld. Issued Pension or Health Care Card is required for 'free' glasses eligibility
- * Dates and times may be subject to change at short notice

Aboriginal and Torres Strait Islander Respiratory Health Clinic Caloundra & Gympie

DATE	DAY	VENUE	TIME	CONTACT
9 th April 2014	Wednesday	Gympie Hospital	8.30am - 3pm	Chris Gorrie - Gympie 5489 8452
7 th May 2014	Wednesday	Caloundra Hospital	8.30am - 3pm	Tamara Olive - Caloundra 5436 8720
4 th June 2014	Wednesday	Gympie Hospital	8.30am - 3pm	Chris Gorrie - Gympie 5489 8452

In partnership with Indigenous Respiratory Outreach Care Program

The Respiratory (Lung) Clinic is for

- * Ages from 15yrs and over
- * If you are short of breath, have asthma, cough a lot or if you smoke
- * Have your Lungs and Breathing checked
- * Dates and times may be subject to change at short notice

Sunshine Coast Aboriginal & Torres Strait Islander Oral Health Service "CLOSING THE GAP" Information

CALOUNDRA Phone 54368801 For an appointment	NAMBOUR Phone 54706758 For an appointment	GYMPIE Phone 54898437 For an appointment	ORAL HEALTH CALL CENTRE Phone 1300 300 850
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To be **eligible** to access the Aboriginal and Torres Strait Islander Dental Clinic Session at the Department of Health Dental Clinics clients must;

- Identify as being of Aboriginal and/or Torres Strait Islander descent to Oral Health administrative staff and
- Hold a current Queensland issued Concession Card

- ◆ Health Care Card or Pension Card as issued by Centrelink.
- ◆ Pensioner Concession Card as issued by the Department of Veteran's Affairs
- ◆ Commonwealth Seniors Health Card
- ◆ Queensland Seniors Card