



### Governance Training

NCACCH Board and Staff recently attended Queensland Parliament as part of our Governance Training. Brett Nutley, a member of the Chilly family and Queensland Parliament's Indigenous Liaison Officer gave us with a very informative tour of Queensland Parliament and the history in relation to Aboriginal and/or Torres Strait Islander peoples.

The Manager of the Committee Mr Stephen Finnimore, provided an information session about the Queensland Parliament and how our organisation and community can involve themselves with current and future parliamentary committee inquiries.

In 2011, the Queensland Parliament introduced a new legislative process by which a Bill becomes a law. Parliamentary committees are now responsible for holding inquiries into Bills before the Parliament and these committee inquiries seek input and opinions from members of the public and stakeholder groups on the likely impact of the Bill.

Community members are encouraged to make written submissions to committee inquiries and may also appear before committees to provide information in relevance to a proposed Bill.

You can find more information at  
<http://www.parliament.qld.gov.au/get-involved>



### NCACCH Board of Directors

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

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

## 2013/14

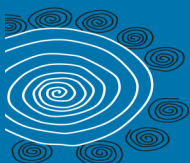
# Annual General Meeting

**Thursday 30th October 2014**  
**Ramada Resort, Marcoola**  
**5.30pm**

- As a member/associate member, you are invited to come along and hear about achievements NCACCH has made within our community over the past year.
- Aboriginal and/or Torres Strait Islander members (financial) can nominate a member for election and/or vote for Director positions.
- The AGM provides all members with the chance to meet the current NCACCH Board and staff and catch up with other community members.
- A two course meal will be provided and served during the nights proceedings.

### UPCOMING EVENTS:

**KABI KABI AGM— Tuesday 28th October 2014**  
**NCACCH AGM—Thursday 30th October 2014**



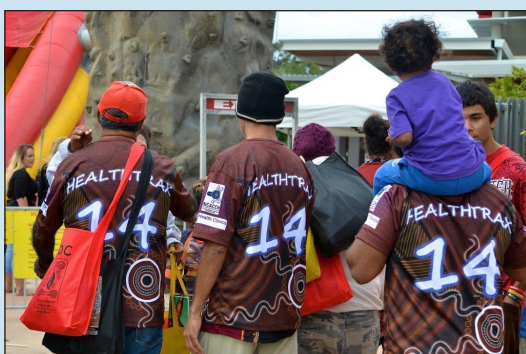
## NCACCH Healthtrax Chronic Disease Management

We are extremely excited to announce the NCACCH HealthTrax program has now been approved to run until 2016. The NCACCH Board are very proud of the programs' achievements so far and believe we will be able to improve the health and quality of life of up to another 200 community members.

Working in partnership with Blue Care, Sunshine Coast Hospital and Health Service to provide Health Advocate services, 151 NCACCH clients have received assistance through the program. In addition, the program has successfully assisted 33 of these clients to self-manage their chronic condition.

The program offers home visits and phone contact with your own Health Advocate (Registered Nurse), free visits to private specialists, access to individual exercise programs and education awareness to the whole family around your chronic condition. The program offers intensive and in-depth support services with the aim of helping you to reach self-management.

A referral to the program can now be done through visits with your doctor. You can also contact NCACCH to enquire about coming onto the program.



NCACCH in collaboration with Enhanced Health and Simply Nutrition held a mixed group exercise program for HealthTrax participants in the Gympie area during May/June 2014.

The small group of six participants attended two days per week over a six week period at Jetts Gym. The program included aerobic and anaerobic exercises that were based on the participants capabilities and goals.

The NCACCH nurse and HealthTrax Support Worker also attended the program to conduct the relevant health checks which included: blood pressure, weight and waist measurements. The checks were done at the commencement, during and finish of the program. These checks are then used as a gauge in the improvement of the participants' health status.

The next exercise program will be held on the Sunshine Coast and will be a women's only group.

If you have a chronic disease and would like to participate, please give Lyndelle a call on 5443 3599.



### Are You Pregnant?

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

This program promotes healthy outcomes and healthy lifestyle choices for Aboriginal and/or 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.

- ◆ Trained Midwife
- ◆ Choice of General Practitioner or Care Provider
- ◆ Be linked into existing health services and community network
- ◆ Service Providers.

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

### Do you have a Chronic Health Condition? Then HealthTrax is the program for you

#### Program Eligibility:

- \* Identify as Aboriginal and/or Torres Strait Islander
- \* Aged 15 yrs and 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 please contact Lyndelle at the NCACCH office on 5443 3599 or 0400 179 644**

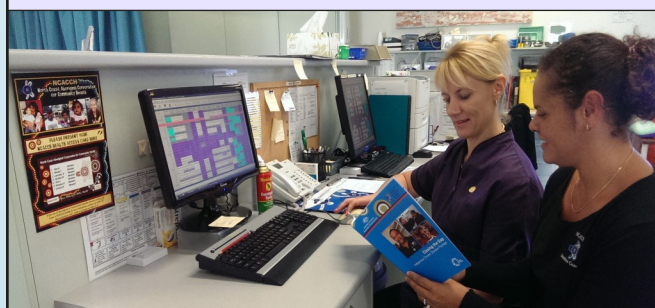
### GP Visit Update

NCACCHs working relationship with over 300 Doctors across 46 surgeries continues to grow with on going communication.

Sharelle, NCACCH Program Coordinator, has visited 40 surgeries over the past two months, providing an opportunity to meet Practice staff and provide information regarding NCACCH programs and Closing The Gap initiatives.

NCACCH clients are reminded they MUST have a current Health Access card and show it at the time of appointment to be bulk billed. If you do not have a current card, you may be charged for your visit.

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 surgery, please contact Sharelle at the NCACCH office on 5443 3599.



Sharelle providing training to Llara Taylor from Medicine on Second





## IDEAS

### Indigenous Diabetes Eyes and Screening Program

NCACCH is extremely excited to announce that we will be working with the Indigenous Diabetes Eyes and Screening (IDEAS) Program to bring much needed services to our community.

The state-of-the-art mobile IDEAS van travels 5,000 kilometres around Queensland every month providing free specialist ophthalmic and optometry treatment to rural and remote communities.

Major General the Honourable Michael Jeffery, who is the Australian Representative for the Queen Elizabeth Diamond Jubilee Trust, officially launched the program on Thursday 9th October 2014 at Nelsons Reserve in Gympie. The day coincided with World Sight Day, the main international event for raising awareness about avoidable blindness and vision loss. Rates for blindness in Aboriginal and Torres Strait Islander people over the age of 40 are 6 times higher than non-Indigenous. In addition, 94% of vision loss in Indigenous Australians is preventable.

Queensland Health has provided \$5 million to Diamond Jubilee Partnerships Ltd. for an innovative project to substantially reduce blindness and visual impairment amongst Aboriginal and Torres Strait Islander people with diabetes in Queensland. Queensland Aboriginal & Islander Health Council (QAIHC) is a major partner in this initiative, which provides education, equipment and specialist clinical treatment and support to numerous Aboriginal Medical Services in Queensland.

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.

If you would like retinal screen, please give Lyndelle a call at NCACCH on 5443 3599 to arrange an appointment.



## 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

### 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    |

### Maroochydhore

|                   |                          |
|-------------------|--------------------------|
| 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 |
|---------------------|-----------|

### Pomona

|              |                          |
|--------------|--------------------------|
| Tanya Morcom | 0409 624 395 / 5480 8222 |
|--------------|--------------------------|

### Sippy Downs

|                   |           |
|-------------------|-----------|
| Maryanne Williams | 5456 5889 |
|-------------------|-----------|

### Tewantin

|               |           |
|---------------|-----------|
| Chris Bell    | 5442 4277 |
| Kara Nitschke | 5442 4277 |

### Tin Can Bay

|                |                          |
|----------------|--------------------------|
| Helen Felstead | 5486 4024 / 0409 096 727 |
|----------------|--------------------------|

\* 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.

## Breakfast Club



NCACCH in partnership with Education Queensland and Sunshine Coast Hospital and Health Service has just completed an 8 week breakfast program at Maroochydore State School.

'The Healthy Murri Kids Breakfast Club' aims to educate primary aged students about the importance of good nutrition and exercise.

Rates for overweight and obesity continue to rise and currently 1 in 4 Australian children are being classed as overweight. Excess weight, especially obesity, is a major risk factor for cardiovascular disease, type 2 diabetes, musculoskeletal conditions and some cancers.

For the best health outcomes possible, introducing fresh fruit and vegetables and encouraging children to drink plenty of water, combined with exercise while they are young develops good habits for growing children.



*"Yummy & Healthy"*

## DO YOU HAVE YOUR NEW NCACCH HEALTH ACCESS CARD?



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

## Client Rights

NCACCH is committed to providing the best possible service to its clients, members, stakeholders and community. We are committed to maintaining sound, professional relationships with all service providers/clients, and will manage any dispute or complaint to ensure the best possible outcome for all involved. Clients have the right to comment about any part of the service provided to them by NCACCH. Clients are encouraged to make a complaint if they are dissatisfied with the service provided by NCACCH. All complaints are to be dealt with sensitively and in a timely manner. At any time during the complaints process the client has the right to access Advocacy or independent support.

### Complaints Process

1. Complaints must be in writing in the first instance. Email or fill in the "Have Your Say" Feedback Form. Post/lodge it at your nearest NCACCH office. Assistance can be provided for people with reading and writing difficulties.
2. NCACCH Management will send a written acknowledgement to you within 48 hours of receiving the complaint.
3. The complaint will then be tabled at the next Board meeting, with a written response sent back within 60 days.



## 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 also hit out at others if they don't know alternative 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 co-operatively 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're interested in attending a free two day workshop to learn parenting strategies please contact Nichole at NCACCH on 5443 3599.





# NCACCH DEADLY STORIES

Gary Sit, the son of our very proud Gympie community members Maree and Gary Wood, and brother to Kimberly, Jazzmine and Ashley is our latest "NCACCH Deadly Story".

Gary is a proud Wirajuri man and second year medical student at the University of Melbourne. Gary takes inspiration from his parents who had it rough and wanted better for their children, so he aims to take every opportunity he possibly can. He said it hurts our families and our communities to lose our Elders to things like grog and cigarettes, so it's only natural to want better for our people and make a difference regardless of how small. Coming from a huge extended family in Queensland and New South Wales and now has been extended to include Hong Kong after his recent marriage. Gary recently spent a week in Mailly Brumby (Kalano) community just outside Katherine, Northern Territory filming and recording a hip hop video with Wurli-Wurlijang Health Service and Indigenous Hip Hop Projects. Gary said he was blown away by the experience and hasn't seen so many deadly talented children (you can check out the clip on the following link [http://www.youtube.com/watch?v=KfobTx\\_UX5A](http://www.youtube.com/watch?v=KfobTx_UX5A)) Gary feels that Medical school has opened up a world of opportunities and experiences. Attending events like the Australian Indigenous Doctors' Association Symposium in 2013 and 2014 (where he was in awe of all of the deadly students and doctors), as well as attending Leaders in Indigenous Medical Education in Darwin have broadened Gary's views to include a more global perspective and has allowed personal and professional development. Gary's ultimate goal is to work in Obstetrics and Women's health.



## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



## Healthy & Affordable Recipes

### Tuna and Lemon Pasta

A quick and easy mid-week dinner option the whole family will enjoy!



**Serves:** 4

**Preparation Time:** 5 minutes

**Cooking Time:** 20 minutes

#### Ingredients

250 g drained pasta  
425 g can tuna in springwater, drained  
1 tablespoon olive oil  
Rind and juice from 1 small lemon (or 2tbs lemon juice)  
2 cups frozen green beans (or other frozen vegetables)  
Pepper

#### Method

- \*Add pasta to a pan of boiling water. Cook according to packet instructions (10-15 minutes) until almost cooked through.
- \*Add the green beans to the boiling water and cook for another 2 minutes. Drain pasta and beans.
- \*Put pasta and green beans back into saucepan over low heat and add the remaining ingredients. Stir until ingredients are mixed well and hot through.
- \*Add pepper to taste and serve.

#### Dietitians Note

Try to eat oily fish (such as tuna, salmon, sardines, herring) at least twice a week to ensure you are getting enough omega-3 fatty acids required for good health.

### Fruit Pikelets

Enjoy this delightful recipe all year round. Whether enjoying it as a nice warm treat in winter or serving it up as delicious summer snack this recipe

**Serves:** 20

#### Ingredients

1/2 cup self raising wholemeal flour  
1/2 cup self raising white flour  
1/4 cup sugar  
1/2 cup sultanas  
1 egg, lightly beaten  
3/4 cup Sanitarium So Good soy drink or milk if preferred  
1 Tbs margarine, melted

#### Method

- \*Sift flours into bowl, add sugar and sultanas
- \*Combine egg, So Good and margarine
- \*Gradually beat liquid ingredients into dry ingredients, mixing until batter is smooth
- \*Heat lightly, greased frypan
- \*Place teaspoon of mixture in pan
- \*Cook until bubbles appear on top, turn and cook the other side
- \*Serve with sliced strawberries and blueberries. Drizzle with a little honey

#### Dietitians Note

This recipe is lower in fat, especially saturated fat, than your typical cake, biscuit and snack foods. Remember to still to moderate your serve size.

These recipes and more can be found at <http://www.australiandiabetescouncil.com/>





"An excellent organisation, run by women, for women"

Yvonne – mum, artist... and is a BreastScreen Queensland client like you.



That's right Yvonne – your breastscan appointment is a one-on-one service with a female health professional.

The BreastScreen Queensland program has performed over 3 million mammograms and scans over 250,000 women each year. All women 40 years and over are eligible for a free breastscan. Women aged 50-74 years are particularly encouraged to attend. Phone 13 20 50 for your free appointment. BreastScreen Queensland: quality and care women want.



## Breast Screen News

NCACCH in partnership with BreastScreen Qld and the Sunshine Coast Hospital and Health Service regularly hold breast screening clinics for Aboriginal and/or Torres Strait Islander women.

The aim of these very important clinics is to support women and provide information to empower women in making informed decisions about their health.

This very successful partnership is very proud to promote and share with you the new BreastScreen Qld resources featuring our local Sunshine Coast Aboriginal and/or Torres Strait Islander women. The new resources include a painting titled "Women Gathering" by Yvonne Williams a local Aboriginal woman in the Caboolture area, a promotional blurb

*"Be Screened, Be Proud, Susu Screening Every 2 Years"*

introduced, localised brochures and posters, B&W framed prints to be displayed in local clinics, a coffee mug featuring the "Women Gathering" artwork, a photo shoot of local Aboriginal and/or Torres Strait Islander BreastScreen Qld women to be used for future BreastScreen Qld promotional resources.

"My health is my number one priority"

Susan – mother, grandmother, and keen horse-riding competitor... and is a BreastScreen Queensland client like you.



We couldn't agree more Susan. What can be more important than enjoying good health?

A BreastScreen is a great way to help maintain breast health and is the most effective way to detect breast cancer early. All women 40 years and over are eligible for a free breastscan. Women aged 50-74 years are particularly encouraged to attend. Phone 13 20 50 for your free appointment. BreastScreen Queensland: quality and care women want.



"I go every two years without fail – I've been having them for years"

Jane – keen gardener, grandmother to six... and is a BreastScreen Queensland client like you.



Yes Jane – being female and getting older are the biggest risk factors in developing breast cancer.

Two-yearly breast cancer screening remains the most effective way to detect breast cancer early and is a good way to maintain breast health. All women aged 40 years and over are eligible for a free breastscan. Women aged 50-74 years are particularly encouraged to attend. Phone 13 20 50 for your free appointment. BreastScreen Queensland: quality and care women want.



If you would like to attend one of our 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.