

2013 Community Survey

The 2013 NCACCH community survey has now been completed with the results collected.

The survey allows clients the opportunity to let NCACCH know:

- what on-going services NCACCH should be provided eg. dental, counselling etc.
- what are other “gap” services that currently are not offered
- feedback on NCACCH and the services provided

This year's survey showed a great response rate with over 300 surveys returned, allowing some good feedback and direction as to how NCACCH is able

to improve available services, and investigate possible other “gap” services not currently provided.

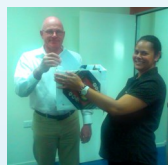
Results from the survey showed some very positive responses with visits to GPs, dental and mental health topping the highest health issue priority list. Some other points of interest include:

- 97.5% of respondents are happy with the services NCACCH provides
- 85% of respondents had their referral processed within 2 days
- 94% of respondents were able to get access to a provider of their choice
-

- 94% of respondents found it easy to access a Referrer for health services

Thank you to everyone who responded to the survey, the feedback will be taken into consideration in the planning of continued/new services over the next 12 months.

Congratulations to Cheryl Howkins, the lucky winner of the \$100 shopping voucher for returning her completed survey.



Phil Johnson, Chief Executive Officer from Focus Health Network (FHN) drew the lucky prize winner Cheryl

NCACCH Board of Directors

Tom Cleary
Aunty Olive Bennet
Helen Felstead
Uncle Des McArthur
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 2013/2014.

2013/14 Annual General Meeting

Thursday 31st October
Ramada Resort, Marcoola
5.30pm

* As a full/associate member, you are invited to come along and hear what health achievements NCACCH has made within our community over the past year

* Full (Aboriginal and/or Torres Strait Islander) members will have the chance to be elected and/or vote for Director positions due for renewal

* 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

RSVP to NCACCH before Thursday 17th October 2013

UPCOMING EVENTS

Sunshine Coast Women's Group
27th September 2013

Sunshine Coast Men's Group
30th September 2013

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



The Australian Men's Shed Association

The Men's Sheds are a place where men can get together, join in activities, talk about men's health and about what's on their minds.

There are Men's Sheds located on the Sunshine Coast and in Gympie.

Buderim Men's Shed

53 Mill Road
Buderim QLD
4556
0429 627 101

Maleny Men's Shed

Maleny Road
Maleny QLD 4552
07 5494 3342

Coolum Men's Shed Inc

25 Quanda Road
Coolum Beach
QLD 4573
07 5446 3269

Nambour Men's Shed

40 Doolan Street
Nambour QLD
4560
07 5441 2527

Men's Shed Online:
www.theshedonline.org.au

Women's Health Check Clinics

Have you had a BreastScreen in the past 2 years?

NCACCH, in partnership with BreastScreen Qld and the Sunshine Coast Hospital and Health Service are organising **FREE** breast screening clinics for Aboriginal and/or Torres Strait Islander women 40 years and over.

The clinics are held in a friendly, confidential environment with a staff member present from NCACCH, BreastScreen Qld and Indigenous Health.

UPCOMING CLINICS

Maroochydore	Thursday 17/10	11.00 - 12.30
Gympie	Wednesday 30/10	11.00 - 12.30
Nambour	Thursday 28/11	10.30 - 12.30

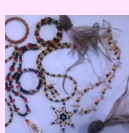
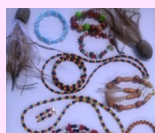
Come and join us for a cuppa and a yarn

If you haven't had a BreastScreen in the last two years and would like to attend a clinic, please give us a call at either NCACCH on 5443 3599 or your Aboriginal and Torres Strait Islander Hospital Liaison on 54706 318.

Gympie Women's Group

The NCACCH Gympie Women's Group was held on 26th August with guest, Paula Wootton from Bunya Art, in attendance for a emu feather beading workshop. The day was relaxed with the women having a great time catching up and using their creative skills to create their own beautiful hand made beaded jewellery.

The next group is due to be held on the Sunshine Coast for the 27th September 2013 at Cotton Tree. Paula will also be in attendance, so if you want to come along for a nice lunch, make some jewellery and catch up with other women please call NCACCH on 5443 3599 to RSVP.



*Beautiful jewellery
made by the women
present on the
day*

Gympie Men's Group



The Gympie Men's group was held in partnership with the Sunshine Coast Hospital and Health Service (SCHHS) on the 29th August 2013 at Nelson Reserve.

The meeting was facilitated by Chris Gorrie (SCHHS) with Nick Denniston, SCHHS Nutritionist/Dietician, as the guest speaker. Nick gave a presentation on healthy eating, which the men appreciated and asked a lot of questions.

One of the group members brought his guitar along and played some tunes at the end of the discussion, which was followed by a great BBQ lunch.

NCACCH's Sunshine Coast Men's Group is scheduled for the 30th September 2013 at CoCo's in Curriundi. Please call the NCACCH office on 5443 3599 if you are interested in coming along.



Gympie Men's Group BBQ

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 group.

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

**Register your interest by
contacting the NCACCH
office on 54433599.**

Men's Business

The Men's Group 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 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.**

NCACCH Referrers News: Referrers Workshop

The second NCACCH Referrers Workshop for 2013 was held in Cooroy on the 6th September 2013.

We would like to say a big thank you to our guest speakers for the day. These included Diane Violi from QulHN, Shona McDonald from Donate for Life and David Ruzicka and Clodagh Barwise-Smith from DOVE Palliative Care. Each were very informative about the services their organisations delivered and how they could be of benefit to our community.

Referrers are voluntary workers from within our community, and are

available for community members to link in with NCACCH services.

NCACCH would like to welcome aboard our new Community Referrers and to let you all know that we now have more Referrers in the Cooroy and Pomona regions.

NCACCH is still currently in the process of recruiting referrers for the Noosa / Landsborough area.

The NCACCH Board would like to thank and give their appreciation for all the hard work our Referrers do in making a difference to health services across the Sunshine Coast and Gympie regions.



NCACCH Referrers in attendance at the workshop.



Guest speakers from left: Diane Violi, Clodagh Barwise-Smith, David Ruzicka and Shona McDonald

NCACCH Referrers

Caloundra

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

Coolum

Veronica Webb* (Wed) 0417 011 225

Cooroy

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

Gympie

Gordon Browning 0414 491 641
Chris Gorrie 54898 444
Tina Vines* 0459 993 035
NCACCH Office 5483 6511
Mon, Wed, Thurs, 9.30 am — 2.30pm

Imbil

Paula Wootton 5484 5599/ 0414 258 242

Kawana

Vanessa Buckley 1800 052 222
Debbie Currey 0459 993 031
Dan Stevens (Tues) 5470 9784

Maroochydore

Lyndelle Beezley 5443 3599
Natasha Hawkins 5443 3599
Harry Pitt 5456 8888
Amanda Stapleton 5453 1888
Dan Stevens (Mon) 5470 9784
Nichole Weeks 5443 3599
Carolyn Weldon* 5456 8406

Nambour

Catherine Campbell* 5450 4750
Sarah Cooper 5450 4750
Jennifer McClay 0414 671534 / 0419 028 308
Anne Humbert* 0414 671 534 / 0419 028 308
Chris May* 0414 671 534 / 0419 028 308
Shannon Jackson* 5450 4700 / 0414 671 534
Raili Zeilinski* (Mon/Tues/Wed) 5450 4700 / 0419 028 308
Gordon Browning 0414 491 641
Dan Stevens (Wed) 5470 9784
Eddie Wotherspoon 5450 4796 / 0417 197 480
Rhonda Wauchope 5470 6978 / 0448 127 187
Janita Adams 5470 6318
Carolyn Jones (Mon/Tues) 5450 4750

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

Carly O'Brien 0427 955 348
Maryanne Williams 5456 5889

Sunshine Beach

Veronica Webb* (Mon, Thurs) 0417 011 225

Tin Can Bay

Denis Felstead 5486 4024 / 0409 096 727

Sunshine Coast Hospital and Health Service

Aboriginal & Torres Strait Islander Health Team

EYE HEALTH CLINIC

WHERE: CALOUNDRA HOSPITAL
OUTPATIENTS DEPARTMENT

DATE: 7th November 2013

TIME: 9.00 am — 4.30 pm

FOR APPOINTMENTS CONTACT
Aboriginal & Torres Strait Islander Health Team

Phone: 5450 4796
0417197480

Queensland Government

Sunshine Coast Hospital and Health Service

Aboriginal & Torres Strait Islander Health Team

EYE HEALTH CLINIC

WHERE: Gympie Hospital

DATE: 8th November 2013

TIME: 9.00 am — 3.30 pm

FOR APPOINTMENTS CONTACT
Aboriginal & Torres Strait Islander Health Team

Phone: 54898 444

Queensland Government

Protect your child against four diseases



You can now protect your child against measles, mumps, rubella and varicella (chickenpox) with one vaccine, to be given at age 18 months.

Talk to your health worker or doctor about the MMRV vaccine today.

www.immunise.health.gov.au
Immunise Australia Information Line: 1800 671 811



Medicare

Aboriginal and Torres Strait Islander Access Line

Haven't got a Medicare Card?

Need to add a family member to your Medicare Card?

Lost your Medicare Card?

Medicare have a free-call telephone service to support Aboriginal and Torres Strait Islander customers and health workers.

The Access line is supported by the Medicare Liaison Officers for Indigenous Access who are culturally aware of the special conditions that may affect Indigenous people.

1800 556 955

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.

Nana Bill's Mum's and Bub's Program

Helpful Hints for new parents

Caring for a newborn infant requires a lot of energy, commitment, love and a good sense of humour. This can be hard when you are suffering from lack of sleep, a change in your lifestyle and the added responsibilities of being a parent. Being a new parent can have many rewards as you watch your baby grow and develop.

A few important points to remember:

Parenting is a learnt skill whereby most parents learn on the job. Start each day with a positive attitude and remember you are new at being a parent. Be kind to yourself and try to retain your sense of humour

Caring for yourself

- Eat healthy and drink plenty of water
- Try to take 30 minutes each day to do something you like; such as a walk in the park, swimming, reading a book or painting
- Sleep or rest when your baby is asleep
- Join a parenting or playgroup to meet other new parents
- Don't worry if the house is not as clean as you would normally have it remember you are a new parent so limit the amount of housework you need to do in the early weeks of parenthood
- Write a list of jobs you need to do, when people ask if they can help you will have jobs to give them
- If possible cook larger quantities of meals so you can freeze for later or have the same meal the next day
- Take care to avoid heavy lifting or placing strain on

your back, and avoid twisting when you are lifting your baby or baby equipment

- Learn some quick relaxation techniques to use if you feel things are getting difficult (listed below)
- Talk about your feelings or concerns to your partner, a close friend or a health professional. Check out the Beyond Blue website that talks about emotional health and well being during pregnancy and early parenting



Retrieved on the 29 August 2013 from, "Beyond Blue", *A guide to emotional health and wellbeing during pregnancy and early parenthood*, <http://www.beyondblue.org.au/>

Caring for your partner

- Plan time together;
- Arrange a night out or an afternoon out - don't forget to arrange babysitting. If that's not possible then listen to music together, make a special dinner or lunch together at home.
- Talk to your partner about your feelings, relationship and needs.

Adapted from Fowler, C & Gornall, P (2001). *How to stay sane in your baby's first year*, 3ed. Simon &



1 A long long time ago, way, way back in the Dreamtime, there lived a brave ant, a very brave ant.....

Positive Parenting Program (Triple P)

Another successful Triple P program was held in Maroochydore on the 3rd and 4th September with community members successfully completing the course and receiving a Triple P certificate.

Mums and Dads enjoyed the 2 day program with all praising the useful parenting hints and tips that the course offered.

The Triple P program offers the following advice:

- Encouraging better behaviour in your children
- Advice on how to handle children's challenging misbehaviour
- Getting your children to do what they asked the first time
- Offering assistance just to be more confident in managing your children's behaviours

While Triple P is almost always successful in improving child behavioural problems, more than half of its emphasis is on developing positive attitudes, skills and behaviour.

We will be hosting a Triple P program in Gympie if you are interested, please call NCACCH on 54433599.



Bush Beef Stir Fry

Serves 6

Ingredients

- | | |
|-----------------------------------|---|
| Canola oil spray | 1 Cup of snow peas or green beans |
| 1 Onion diced | 1 Sliced zucchini |
| 1 Teaspoon minced garlic or | 2 Tablespoons of water |
| 1 Crushed garlic clove | 1 Tablespoon of corn flour |
| 1 Tablespoon of crushed ginger | 1 Teaspoon of honey |
| 750g Lean beef cut into strips | 1 Tablespoon of sweet chilli sauce |
| 1 Sliced red capsicum | 3 Tablespoons of salt reduced soy sauce |
| 1 Sliced green capsicum, | 3 Cups steamed basmati rice |
| 1 Bunch of Broccoli | |
| 2 Large peeled and sliced carrots | |
| 1 Cup sliced mushrooms | |

Method

1. Lightly spray pan or wok with oil and cook onion ginger and garlic on medium heat for 2 minutes.
2. Add beef strips and cook until slightly brown all over.
3. Add red capsicum, green capsicum, broccoli, carrot, mushroom, snow peas and zucchini and cook for 3 minutes.
4. In a bowl mix water, cornflour, soy sauce, honey and sweet chilli sauce.
5. Pour this mixture over the meat and vegetables.
6. Stir and simmer for 5 minutes.
7. Serve with steamed rice.

Steamed Rice

Ingredients

- 3 cups white Basmati rice
4 cups of water (more or less according to the instructions below)

Method

1. In a small-to-medium saucepan, rinse the rice 2-3 times with cool water.
2. Add water to approximately 1 inch or 1 finger joint above the rice.
3. Cook on medium to medium high heat until the water has boiled down to the level of the rice.
4. Reduce heat to low. Cover and continue to cook 12-15 minutes. Do not stir or uncover.
5. Turn off heat and allow rice to steam undisturbed for at least 15 minutes. Now you can serve it!



REMEMBER:
1 cup of uncooked rice
makes approx 2 cups of
cooked rice

**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 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

Diabetes — What is it and how does it affect your body?

What is diabetes?

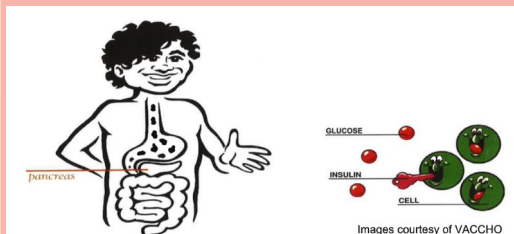
Diabetes is a condition where there is too much glucose (sugar) in the blood.

Here's what happens in your body:

Carbohydrates in food provides your body with fuel for energy. These carbohydrates are found in healthy food such as breads, rice, pasta and cereals as well as other foods.

Carbohydrates are digested (broken down) in your body and released into the blood as glucose.

Insulin, a hormone, is produced in the pancreas, and insulin helps get the glucose from the blood into the muscles to provide your body with energy.



In people who don't have diabetes, there is a balance between glucose and insulin. With diabetes, insulin doesn't work properly and glucose stays in the blood and does not get into the muscles and body easily. This can make you feel tired or weak (no energy).

What types of diabetes are there?

There are 3 main types of diabetes:

Type 1 Diabetes

This happens when there is no insulin produced by the pancreas. People with type 1 diabetes need insulin injections to get the glucose into the cells.

Type 2 Diabetes

This happens when the insulin being produced is either not enough or not working properly. A healthy diet and regular exercise can help improve the insulin action but the person may also need tablets or insulin.

Gestational Diabetes

This happens in pregnancy but usually goes away once the baby is born. Women with gestational diabetes may be more likely to develop type 2 diabetes later on.

Pre Diabetes

There is also Pre Diabetes or Impaired Glucose Tolerance (IGT). This happens when your glucose level is high, but not high enough to be called diabetes. It doesn't mean you have diabetes now, but it does mean you might get it later. Being active and eating healthy can slow down the start of type 2 diabetes.

Type 2 Diabetes is the most common type of diabetes in the Aboriginal and/or Torres Strait Islander community



"LET'S DO THIS"
Healthy Lifestyle Program

**Starts In Gympie
1 October 2013**



Contact NCACCH on
5443 3599 to book
your place

NAIDOC 2013 - YIRRKALA BARK PETITIONS



2013 marked the 10 year anniversary of NAIDOC Celebrations for the Sunshine Coast. The day commenced with a memorial walk along Cotton Tree park to the event site on Sunday 14th of July. The event included various activities and entertainment including: stall holders, service providers, Murri Fashion Parade, Murri Idol, and So You Think You Can Didge. It was great to see a large representation of both Aboriginal and/or Torres Strait Islander and non-Indigenous community along to celebrate the history and culture of our people.

The Gympie NAIDOC festivities were held at the Gympie Civic Centre on 19th July. The day was a great success, with a many community members and organisations attending to join in the celebrations which included entertainment, stalls, lunch and cultural activities. Gympie also held its annual dinner/dance on 20th July at the Gympie Golf Club. With over 50 people in attendance and entertainment provided by Rabbit and the travelling Aboriginal Band, the night was a fantastic way to finish off the weekly celebrations.

This years NAIDOC theme was "We value the vision: Yirrkala Bark Petitions 1963" which proudly celebrates the 50th anniversary of the presentation of the Yirrkala Bark Petitions to the Federal Parliament, in which the Yolngu people of Yirrkala in northeast Arnhem Land sent two bark petitions, framed by traditional ochre paintings of clan designs, to the Australian House of Representatives in August 1963.

NCACCH DEADLY STORIES

Academic Achievement

Congratulations to Catherine Roth, who is a 21 year old Kabi Kabi descendant and just graduated from the University of Queensland, St Lucia Campus. Catherine graduated with a Bachelor in Science where she majored in Biomedical Science, specialising in Immunology and Infectious Diseases.

Catherine is looking forward to taking the next 18 months off, which she deserves. However, Catherine intends to do a secondary degree in Health as her future aspirations include working in remote Australian communities with Aboriginal and/or Torres Strait Islander people. Catherine is also interested in traveling overseas and working with such organisations as Doctors without Borders.

NCACCH wishes you all the best on your deadly journey Catherine and hope you inspire other young Indigenous people to pursue further studies and/or work in health.



Professional Achievement

Congratulations to Natalie Cunningham for winning the 2013 Deadly Dressed – Professional Award at the Deadly Awards.

The Deadlys® are produced by Vibe Australia and it's the biggest Aboriginal and Torres Strait Islander awards night. It is a proud celebration of Aboriginal and Torres Strait Islander achievement across music, sport, the arts and community.

Natalie is a Biripi/Ngarabal descendent, a gifted fashion designer and a mother of three. Natalie has been designing clothes since she was a teenager, wanting her clothes to reflect her personality. Growing up Natalie's role models were her Mother (a Trainer in the beauty/modelling industry), her Nana (a tailor to celebrities) and her Father (a well known contemporary Indigenous artist).

Natalie is all about supporting community, showcasing her designs at local events whilst using local artists and models. If you want to find out more about this deadly and inspiring woman, then please check out her story and designs at <http://www.nataliecunningham.com.au/>



Pictured De Greer Yindimincarie,
Natalie Cunningham, Candice Thorne



MURRISON ON THE MOVE DRIVING SCHOOL
www.murrisonthemove.com



Sunshine Coast Sexual Health/HIV Service

First Floor, 80-82 Blackall
Terrace, Nambour 4560

Ph: 5470 5244

Fax: 5470 5115



Clinics available Nambour, Noosa,
Maroochydore & Caloundra



Aboriginal and Torres Strait Islander
Legal Service (Qld) Ltd

Innovative, Professional and Culturally Proficient Legal Services for Our People

Outreach clinic in Gympie
phone 4168 1944 to make an appointment

Maroochydore
5452 7633

Services include: Criminal Law, Family and Civil Law