

## NCACCH No Durri For This Murri 2012 Media Launch

NCACCH is very excited about our "No Durri for this Murri" has been extended until May 2013.

The Harm Reduction Media Campaign commenced with a television commercial which was run from 8 July until 13 August 2012.

There will also be back of bus advertising which will run for 6 months until January 2013.

The NCACCH Board recognises the importance of harm reduction and believes the increase in awareness from this media campaign will provide a positive impact within our community, especially the effects of second hand smoke on our children

and other family members.

The media campaign uses local Aboriginal and/or Torres Strait Islander community members, so keep an eye out for bus advertising.

If you missed our ad, the full one minute version of the ad can be found on the NCACCH YouTube webpage or on the NCACCH website.

Feedback from the advertisement was overwhelmingly positive amongst both Government and the Community, with Dr Tom Calma presenting the advertisement in at the World Indigenous Conference in Vancouver, Canada.

The NCACCH Board would like to commend the 45 participants who have quit smoking with the help of the NCACCH "No Durri for this Murri" Program and for the hard work and dedication they have put into making their families and their own lives smoke free.

If you wish to ditch those durries and join the program please call NCACCH on 5443 3599.



Look for this sign shown on the back of buses in the Sunshine Coast and Gympie areas.

### 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 2012/2013.

## NCACCH Ear Surgery Success

The NCACCH Indigenous Child Health Worker conducts ear health screening on children 4-12 years of age within the local schools to assist in the identification of ear, nose and throat issues.

North Coast Aboriginal Corporation for Community Health (NCACCH) has recently partnered with prominent Ear, Nose and Throat specialist Dr David McIntosh and Caloundra Private Hospital by providing local Aboriginal and/or Torres Strait Islander children with vital Ear Surgery.

On 18th May 2012, 16 local Aboriginal and/or Torres Strait Islander children underwent ear operations at Caloundra Private Hospital to improve their hearing.

The NCACCH Ear Health Screening Program conducted in

the Primary Schools within the Sunshine Coast and Gympie Region has revealed that 20% of Aboriginal and/or Torres Strait Islander children are affected by a hearing impairment.

Through the flexibility of the brokerage model, the NCACCH Board was able to assist this problem by providing surgery for these children at Caloundra Private Hospital.

During a 12-hour stretch, Dr McIntosh performed a variety of ear, nose and throat procedures which included the removal of

tonsils and adenoids and the insertion of grommets.

Dr McIntosh stated that; "The children should notice an immediate difference after surgery and that the quality of their hearing would greatly improve the quality of their

learning and lives."

Although ear infections are relatively easy to treat, a child who has had multiple ear infections or one who has evidence of hearing loss and/or speech delay are considered ideal candidates for ear surgery.

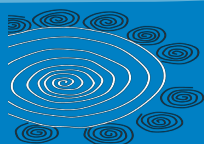


Dr David McIntosh with patient Madeline Stephens and mother Pamela after surgery.

### UPCOMING EVENTS

**NCACCH Annual General Meeting**  
**25th October 2012**  
Ramada Marcola Beach

**KABI KABI Annual General Meeting**  
**23rd October 2012**  
Ramada Marcola Beach



# NCACCH

## CONTACT DETAILS

### HEAD OFFICE

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27 Evans Street  
MAROOCHYDORE Q 4558

Phone: 5443 3599

Fax: 5443 8899

### GYMPIE OFFICE

Shop 3  
56 River Road  
GYMPIE Q 4570

Phone: 5483 6511

Fax: 5483 6322

E-mail: [admin@northcoast.net.au](mailto:admin@northcoast.net.au)

Website: [www.ncacch.org.au](http://www.ncacch.org.au)

## OFFICE HOURS

MON: 8.30AM - 4.30PM

TUES: 8.30AM - 4.30PM

WED: 8.30AM - 4.30PM

THURS: 8.30AM - 4.30PM

FRI: 8.30AM - 3.00PM

### PLEASE NOTE

GYMPIE OFFICE

CLOSED TUESDAY



## Men's Business

The NCACCH Men's Groups are a good place for you to talk about your community's issues and link in with any support relating to men's health and well-being.

We have a Men's Groups on the Sunshine Coast and Gympie that meet on a regular basis so if you want to engage with other men within the community, you can register your interest by contacting the NCACCH office on 54433599.

"The greatest wealth is health"

## Let's Do This FAST

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

Let's Do This has come to the final week..

The group has worked very hard in the last 12 weeks concluding the program on a high.

NCACCH would like to thank QLD Health for their healthy informative sessions for LDT in Gympie.

We encourage the group to stay motivated in pursuit of a healthier lifestyle.



*Fast is an innovative program that provides training and support for individuals interested in turning their passion for fitness into a rewarding and sustainable career.*

Participants in the FAST program recently recieved the opportunity and support to complete accredited training in fitness and personal training to assist in gaining employment or starting a business in the fitness industry.

Future employment opportunities may include: Gym instructors and personal trainers; Sports conditioning and coaches; Sport and recreation officers; PCYC staff or manager; Preventative

health officers.

NCACCH, in partnership with Sunshine Coast Regional Council and the FAST team, would like to congratulate all graduates who have participated in the program and wish them all the best for their careers in the fitness industry.



FAST Graduates: Joshua Clark, James Craley, Amanda Kenny, Mahkaylor Bollinger, David Peters, Coen Anderson, and Simone O'Brien.

## HealthTrax

*HealthTrax is a NCACCH Chronic Disease Management Program that focuses on assisting clients to self-manage their condition.*

After a successful pilot exercise program in late 2011, another exercise program was held in May 2012.

Developed for a small group, the program allows individualised support and information tailored to the participants specific chronic condition.

The program also allows participants to motivate each other and talk to other people who suffer from the same chronic condition.



Part of the exercise program includes using the bike and treadmill to increase your cardiovascular system and aims to decrease your body fat. All exercises are done at a level to suit each individual in a comfortable and fun environment.

If you have a Chronic Disease and would like to participate in future similar programs such as Nu-Life call Sharelle on 5443 3599 to join North Coast's HealthTrax Program.

## Staff Profile: Natasha Hawkins

NCACCH would like to introduce the newest member to the NCACCH Team, Natasha Hawkins.

Natasha has recently been appointed to the role as the Healthy Communities Project Officer a position which is funded by the Sunshine Coast Regional Council.

Natasha is an Aboriginal woman descended from the Bibbulmun Nation [Western Australian] and has lived on the Sunshine Coast on and off over the last 20 years.

Throughout her career Natasha has utilised her Bachelor of Arts degree by working within the local Aboriginal & Torres Strait Islander community with various committees in the areas of youth advocacy and education.

As a passionate advocate for 'Closing the Gap' Natasha wishes to use her role as NCACCH Healthy



NCACCH Health Communities Project Officer Natasha Hawkins and Anthony Mundine.

Communities Project Officer, to assist in the improvement of health, education and employment opportunities for Aboriginal and Torres Strait Islanders.

Excited about her new role with NCACCH, Natasha says she is "enjoying being a part of an organisation that is doing great work for our Aboriginal & Torres Strait Islander community in improving health outcomes."

**Natasha is currently facilitating the healthy lifestyle program Living Strong on the Sunshine Coast. To register your interest please call NCACCH on 5443 3599.**





## Deadly Breakfast Program

*Deadly Breakfast Program is a NCACCH program that educates children aged 4-12 about taking care of their health.*

NCACCH, in partnership with Education Queensland and Queensland Health, have run another successful Deadly Breakfast Program at Gympie West State School.

The breakfast program is used for teaching life skills such as hygiene, nutrition, smoking prevention, physical activity and Aboriginal and Torres Strait Islander cultural practices. Many children go to school without breakfast.

Kids who don't have a good breakfast find it hard to concentrate on what the teacher is saying.

At the Deadly Breakfast Program all the kids get good food and have enjoy learning about nutrition and exercise.

This term the program is being run at Yandina State School.



### NCACCH AMENDMENT

NCACCH would like to apologise the misprint in the last edition of NCACCH News. The Deadly Breakfast Program was held at Gympie West State School and not at Tin Can Bay School.

## Nana Bill's

### Mum's and Bub's Program

*Nana Bills Mums & Bubs is an antenatal program supporting all mothers from conception to 1 years.*

### Basic Hygiene

Winter is well known for sicknesses; by following basic hygiene practices many of these unwanted coughs and colds can be reduced.

#### Basic hygiene involves:

- washing hands before handling or eating food
- washing hands after going to the toilet or touching animals
- having a daily shower or bath
- keeping homes clean - especially kitchens, toilets and bathrooms, by sweeping and mopping floors, cleaning benches and removing dust and dirt from inside the house.
- taking care when cooking and serving family meals
- keeping yards and animal living areas clean
- washing cutlery and crockery properly after each use, and keeping these items in clean drawers and cupboards
- washing clothes and linen (sheets, pillow cases, towels) properly and regularly keeping animals out of the house.



NCACCHs Triple P Positive Parenting Program is about suggesting simple routines and small changes that can assist in parenting your children. Comments from the participants have been that their children no longer have tantrums when out shopping, but if the children still did, they felt confident in using tips from the Triple P program to stop the unwanted behaviour.

To register your interest please call NCACCH on 54433599.



## Women's Business

### Strong Murri Women

Tuesday, 9th August saw the NCACCH Sunshine Coast Women's Group come together for a cultural healing ceremony at Wappa Falls Dam recreation area.

The day facilitated by Auntie Jenny Thompson, enabled attendees to partake in cultural and spiritual refinement through the use of a yarning circle and enlightenment by engaging with other women to strengthen and support them through their own personal ordeals.

The feedback from the women who attended, was that they felt energised, and wish to continue having a yarning circle as a regular part of the Women's Group.

## NCACCH Referrers News: Referrers Workshop

*Referrers assist in providing access to NCACCH Services to all NCACCH Card Holders.*

The second quarterly NCACCH Referrers Workshop for 2012 saw NCACCH Referrers meet at the Waterfront Hotel, Didillilbah on 8 June, 2012.

Representatives from the QLD Health's Indigenous Smoking Program Senior Program Officer Stephanie Button, provided NCACCH Referrers with an insight into the behavioural patterns of those who partake in the lifestyle

choice of smoking, accompanied by statistics relating to tobacco use within our Aboriginal and/or Torres Strait Islander community.

The day saw many NCACCH Referrers engaging in the training, with potential for discussion and teamwork. The day concluded with a game of jeopardy to further solidify learning.

NCACCH would like to thank QLD Health employees Stephanie Button and Natasha White for providing an enjoyable session for the NCACCH Referrers and on behalf of NCACCH Board and Staff would like to wish them all the best for their future.



NCACCH Referrers with QLD Health's Natasha White and Stephanie Button.

### NEXT REFERRERS WORKSHOP

Where: Cooroy Hotel, COOROY  
When: Friday 21st September 2012  
9.00 am arrival for a 9.30 start

Referrers please remember to bring along your Referral Folder.

### Women's Health Check Clinics

NCACCH will be holding Women's Health Clinics throughout the year focussing on Breast Screening and Pap Smears, to register interest please call NCACCH on 5443 3599.



## NCACCH Referrers

### Caloundra

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

### Coolum

Veronica Webb\* (Tues) 0417 011 225

### Cooroy

Veronica Webb\* (Wed) 0417 011 225

### Gympie

Elise Bailey 54898 444 / 0488 723 414  
Gordon Browning 54898 444 / 0407 759 209  
Chris Gorrie 54898 444  
NCACCH Office 5483 6511  
(Mon, Wed, Thurs, Fri)

### Imbil

Paula Wootton 5484 5599 / 0414 258 242

### Kawana

Dan Stevens (Tues) 5470 9784

### Maroochydore

Amanda Stapleton 5453 1888  
Dan Stevens (Mon) 5470 9784  
Nichole Weeks 5443 3599  
Vanessa Buckley 1800 052 222  
Vern Robateau 5443 3599

### Nambour

Anne Humbert\* 0414 671 534 / 0419 028 308  
Briony Boyd 0410 743 121  
Chris May\* 0414 671 534 / 0419 028 308  
Cultural Healing 5450 4700  
Dan Stevens (Wed) 5470 9784  
Eddie Wotherspoon 5450 4796 / 0417 197 480  
Jennifer McClay\* 0414 671 534 / 0419 028 308  
Leone Smith 5450 4570  
Rhonda Wauchope 5470 6978 / 0448 127 187  
Sarah Cooper 5450 4780 / 5450 4764

### Noosa

Dan Stevens (Thurs) 5470 9784  
Veronica Webb\* (Wed) 0417 011 225

### Sunshine Beach

Veronica Webb\* 0417 011 225  
(Mon, Fri)

### Tin Can Bay

Denis Felstead 5486 4024 / 0409 096 727  
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.



**As of 1 July you will not be able to get Cash Refunds from your local Medicare Office.**

This means that any out of pocket expenses will be refunded by Eftpos Credit. If you do not have an Eftpos Card, a cheque will be sent to you in the mail which you should receive within 10 working days. If you wish to provide your bank details direct deposit is also available.

**For further information please call the Medicare Hotline on 132 150.**

## What's Happening

# 2012 NAIDOC Celebrations

*'National Aboriginal and Islander Day Of Celebrations (NAIDOC) are held annually in July to celebrate the history, culture and achievements of Aboriginal and/or Torres Strait Islander persons.'*

The annual NAIDOC Day Celebrations held at Cotton Tree Park on Sunday 8th of July saw a large representation of the local Aboriginal and Torres Strait Islander Community to celebrate the history and culture of our people.

The theme for this year was "Spirit of the Tent Embassy, 40 Years On" which celebrated the 40th anniversary of the Aboriginal Tent Embassy.

Established in 1972, the embassy became a powerful symbol of unity. Its founders instilled pride, advanced equality and educated the country on the rights of Aboriginal and Torres Strait Islander peoples.

Stall holders, service providers and the local community came together to experience the festivities which included the Murri Fashion Parade, a dance performance from hip hop dance crew Level 6, Murri Idol, So You Think You Can Didge? and a new addition to the program, the NCACCH Shuffling Competition.

NCACCH provided their renowned chicken and vegetable burgers on the day for a free and healthy lunch time meal.

The 2012 Gympie Festivities saw NAIDOC Day in the Park held at the Gympie Civic Centre on 13th July 2012 and was supported by organisations working within the local Aboriginal and Torres Strait Islander Community, including NCACCH.

The event saw sporting stars Andrew Walker, Micheal De Vere and Kelly McKellar-Nathan attend the day which proved popular amongst the Gympie Community.

To round off the Gympie NAIDOC celebrations, Cooloolool Aboriginal Services held the annual NAIDOC Ball at the Gympie Pines Golf Club on 14th July 2012, which was thoroughly enjoyed by attendees with entertainment from Cherbourg Band Muddy Flats.

**1-8 JULY 2012**  
**CELEBRATING NAIDOC WEEK**  
**40 YEARS ON**



## NCACCH CARDS - Health Access Cards have expired!!

The new NCACCH Health Access Card has been issued to everyone who returned their update form. If you have not returned this form, please do so as soon as possible. If you need another form please contact the office on (07) 5443 3599 or contact a NCACCH Referrer closest to you.

**North Coast Aboriginal Corporation for Community Health**

1. Kim H	Member
2. Lyndelle B	Member
3. John S	Member
4. Lorraine R	Member
5. Sharrille E	Member
6. Nichole W	Member
7. Natasha K	Member

**New Card Design**

Card #9897 "Your Pathway to Better Health" Expires 30/06/2014