

"Your Pathway to Better Health"

NCACCH

North Coast Aboriginal Corporation for Community Health

ISSUE: June 2013

news

NCACCH ISO Accreditation Renewed

Congratulations to the NCACCH Board and staff after its successful ISO 9001 accreditation renewal in April 2013.

ISO 9001:2008 is a Quality Management System (QMS) which incorporates the important aspects of safety and quality within healthcare. The main benefits of having this system is to ensure NCACCH's framework, policies, objectives and legal requirements are being adhered to. It is also shows NCACCH is supplying the right services for the health and wellbeing of our community, as identified

through its annual community survey. It also makes sure our community can trust the Board as most have completed Governance training, which means all decisions are made with the community interests in mind. NCACCH also hold regular workshops throughout the year to discuss and review specific strategies around the continuous improvement of NCACCH policies and to discuss the



future direction of programs and services.

The ISO Accreditation is reviewed each year with the next one due in April 2014. Well done to the NCACCH Board and staff for their continuing passion in striving to Close The Gap by improving the health of our community.



Board and Staff in attendance at a strategic planning workshop

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.

2013/14

Membership Renewals Due

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

What do you get for your membership?

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

MEMBERSHIP FEES NEED TO BE PAID BY 30 JUNE

UPCOMING EVENTS

NCACCH Annual General Meeting
October 2013

KABI KABI Annual General Meeting
October 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 - 3.00PM

WED: 9.30AM - 3.00PM

THURS: 9.30AM - 3.00PM

E-mail: admin@ncacch.org.au
Website: www.ncacch.org.au



Men's Business

The NCACCH Men's Group is a great chance for you to catch up with old friends and meet new men in your community. Regular activities and trips are planned and it's a great chance to link in with your local male Health Worker and other guests around men's health and available services.

We have a Men's Group on the Sunshine Coast and Gympie that meet on a regular basis, so if

you want to yarn and meet other men in your community, register your interest by contacting the NCACCH office on 5443 3599.

NCACCH Community Survey

Keep a look out for the 2013 Community Survey in the mail at the end of June.

This is a yearly survey NCACCH conduct to make sure feedback is provided by our community on the current services provided and to give you the opportunity to have a say in future services to be provided.

Your answers from this survey will help the NCACCH Board in determining and prioritising the services needed for our local community.

In past years doctors visits, dentists and counselling have been at the top of the list. Do you think these services should remain the focus, or is there something else more important for you and your family? NCACCH won't know unless you complete the survey and return it. If you complete the entire survey and return it before the due date, your name will go in the draw to win a \$100 shopping voucher.



HAVE YOUR SAY AND YOU MIGHT JUST WIN A VOUCHER BY SIMPLY TELLING NCACCH WHAT YOU THINK!

Last years lucky winner was Michelle Meehan from Gympie

'No Durri For This Murri' Smoking Cessation Program

Congratulations to all the participants who have either quit or reduced during their time on the program.

The NCACCH Board appreciate how difficult your journey towards becoming smoke free can be!

Even though the program finished on the 31st May 2013, NCACCH is in the process of trying to secure more funding to continue this very important program.

In the meantime, you can still access cheaper NRTs and medications by visiting your Doctor for a script.

NCACCH encourages community members to continue your journey towards becoming smoke free and to stay motivated towards a healthier lifestyle.

Lyndelle, the support worker, will still be contactable if you need assistance and NCACCH will contact all participants if there are any changes to the program.

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**

Let's Do This

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!

The program included activities such as: individualised exercise programs, diabetes education, yoga, water aerobics, food and safety, nutrition just to name a few.

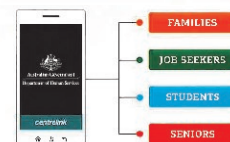
NCACCH would also like to acknowledge all of the health professionals who attended and assisted in the programs success. Many new friendships were formed, which NCACCH hopes will motivate the participants to continue with exercising and continue to lead a healthier lifestyle.

Participants in action during warm up exercises



Participants enjoying their well earned graduation lunch

Express Plus Apps— connecting with Centrelink just got easier



It's like having a service centre on your mobile device. There is an Express Plus App for Families, Job Seekers, Students and Seniors.

All it takes is four simple steps to get connected:

- 1 Register
- 2 Download
- 3 Log on
- 4 Set up

For more information about Express Plus Apps, visit humanservices.gov.au/expressplus



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Nana Bill's Mum's and Bub's program

Winter tips for pregnant women

Winter is well known for sicknesses; by following these simple steps you can reduce many of these unwanted coughs and colds.



Pregnant woman should stay away from people with flu symptoms and be particularly careful with the following:

- wash hands frequently with soap and water or use an alcohol based hand gel
- wash hands prior to touching your eyes, nose and mouth
- when coughing or sneezing, cover your mouth and nose with disposable tissues and dispose of the tissues immediately
- don't share items such as cigarettes, glasses or cups, lipstick, toys or anything which could be contaminated with respiratory secretions
- maintain at least one metre distance from people who have flu symptoms such as coughing or sneezing
- stay home when sick

Positive Parenting Program (Triple P)

The Triple P program was held in collaboration with Michell Forster and ran over 2 days at the Nambour PCYC. The program saw 6 community members successfully completing the course and receiving a Triple P certificate of completion.

Fathers, Mums, Aunties, Carers and Grandparents 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 misbehaviour
- Getting your children to do what their asked the first time
- Offering assistance just to be more confident in managing your children

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

Michell Forster congratulating a participant on his completion



NCACCH Referrers

Caloundra

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

Coolool

Veronica Webb* (Wed) 0417 011 225

Gympie

Gordon Browning 54898 444 / 0407 759209
Shannon Jackson 0407 759 209

(Tues / Wed/ Thurs)

Chris Gorrie 54898 444
NCACCH Office 5483 6511

(Mon, Wed, Thurs, 9.30 am—3.00 pm)

Imbil

Paula Wootton 5484 5599/ 0414 258 242

Kawana

Vanessa Buckley 1800 052 222
Debbie Currey 049 993 031
Dan Stevens (Altern 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

Nambour

Janita Adams 5470 6318
Catherine Campbell* 5450 4750
Sarah Cooper 5450 4750
Shannon Jackson (Mon) 5450 4700
Carolyn Jones (Mon/Tues) 5450 4750
Anne Humbert* 0414 671534 / 0419 028308
Chris May* 0414 671534 / 0419 028308
Jennifer McClay 0414 671534 / 0419 028308
Dan Stevens (Wed) 5470 9784
Eddie Wotherspoon 5450 4796 / 0417 197 480
Rhonda Wauchope 5470 6978 / 0448 127 187

Noosa

Dan Stevens (Altern Tues) 5470 9784
Veronica Webb* (Wed) 0417 011 225

Sunshine Beach

Veronica Webb* (Mon, Fri) 0417 011 225

Tin Can Bay

Denis Felstead 5486 4024 / 0409 096 727
Helen Felstead 5486 4024 / 0409 096 727

NCACCH Referrers News: Referrers Workshop

The first NCACCH Referrers Workshop for 2013 saw Referrers meet in Cooroy on the 10th May 2013.

Dr Scott Parson's from Coastal Family Health, Sarah Mackney from Focus Health Network and Anne Schober from Focus Health Network were our guest speakers for the day.

Referrers are voluntary workers from within our community, and are available for community members to link in with

NCACCH services.

NCACCH has identified that more Referrers are required in the Noosa / Pomona 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 health services across the Sunshine Coast and Gympie.



Dr Scott Parson delivering his presentation on ear health



Some of our valued referrers in attendance

Women's Health Check Clinics

NCACCH in collaboration with BreastScreen Qld have recently completed clinics at Caloundra, Maroochydore, Tin Can Bay, Noosa, Maleny and Gympie. Attendance was high at each of the clinics with approx 50 women attending overall. The clinics are held in a friendly, confidential environment with a Qld Health Worker and NCACCH worker present.



Women who attended the Tin Can Bay clinic

Well Women's Clinic

Regular clinics are held at Gympie & District Women's Health Centre. Phone the Office to make an appointment on 5483 6588



The NCACCH Women's Groups are a warm and comfortable place to catch up and talk with old friends or 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 and well-being with local guest speakers as chosen by the Women's Group.

NCACCH Women's Groups are held on the Sunshine Coast and Gympie. Register your interest by contacting the NCACCH office on 54433599.

Well Person's Health Check Day



Congratulations to the Following WPHCD Prize Winners;

1st Prize (T.V.) Marlene Reed, 2nd Prize (George Foreman Grill) Michelle Chilly, 3rd Prize (Tefal Steamer) Chris Kermond

Survey Prize Winners: (Indigenous Jersey) Helene Widders and Leanne Moore.

If you had your picture taken at the WPHCD and would like a copy, please call the Main Office on 5443 3599.