

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: July 2018

news

NAIDOC



This year we are celebrating the Sunshine Coast NAIDOC at Cotton Tree on Saturday 14th of July. The theme this year is "Because of her, we can". As stated by the National NAIDOC Committee, this theme recognises and celebrates the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make - to our communities, our families, our rich history and to our nation. It also identifies Aboriginal and Torres Strait Islander women as pillars of our society and the active and significant roles they have played at community, local, state and national levels. These women fought and continue to fight, for justice, equal rights, our rights to country, for law and justice, access to education, employment and to maintain and celebrate our culture, language, music and art. They are our mothers, our elders, our grandmothers, our aunts, our sisters and our daughters.

NCACCH will again be holding a stall at NAIDOC this year and providing community health education, interactive activities and referrals and links to health services in the Sunshine Coast and Gympie regions. In particular,

NCACCH will be signing clients up to the No Durri for this Murri Program, providing clients information about the Chronic Disease Management Program and holding plenty of interactive activities for our young people. Come and say hello!



NCACCH

BOARD OF DIRECTORS



Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Paula Wootton

Uncle Trevor Draper

Ron Binge (Interim Director)

NCACCH is funded by the
Australian Government,
Department of Health

Have you had your 715 Health Check?

The aim of the Aboriginal and Torres Strait Islander Health Check (MBS item 715) is to help ensure that Aboriginal and Torres Strait Islander people receive primary health care matched to their needs.

Every NCACCH client who attends their GP for a 715 Health Check will receive this NCACCH Polo Shirt*

- A 715 is an Aboriginal and Torres Strait Islander Health Assessment (check)
- You can have one 715 Health Check every 9-12 months
- The current NCACCH shirt will be given to every NCACCH client who has completed a 715 Health Check between 1st July 2018 to 30th June 2019
- Please let reception staff know that you would like to have a 715 Health Check and will require a longer appointment
- A 715 Health Check takes approximately 45-60 minutes to complete!
- Your GP will contact NCACCH once you've had your 715, then we will contact you to arrange collection of the shirt



UPCOMING EVENTS AND REMINDERS:

★ **NEW NCACCH Health Access Cards - see pg 2** ★
NAIDOC Week - 8th July - 15th July 2018

 like us on
facebook

NCACCH Cultural Awareness Training

The NCACCH Closing the Gap (CTG) team held Cultural Awareness Training on Saturday 26th May 2018 at the Maroochy Golf Course, Bli Bli. The workshop date was chosen to coincide on "Sorry Day" to showcase the significance of this date and to give the attendees an understanding of what this day means to Aboriginal and Torres Strait Islander people.

The training was delivered by the Institute for Urban Indigenous Health (IUIH), the workshop gave the participants an overview of Aboriginal and Torres Strait Islander history, culture, and the current health outcomes of our Aboriginal and Torres Strait Islander community.

The Indigenous Health Project Officer (IHPO) and Indigenous Outreach Worker (IOW) ended the day by offering follow-up support visits to our General Practices and reiterated the importance of working together to provide a culturally appropriate service to Closing the Gap in Aboriginal and Torres Strait Islander health.



For more information about Cultural Awareness Training, please contact NCACCH Indigenous Health Project Officer, Lerissa Rolls on 5346 9800.

NCACCH Health Access Card Renewal

★ IMPORTANT NOTICE ★

NEW NCACCH HEALTH ACCESS CARDS

Your blue NCACCH Health Access Card expired on the 30th June 2018. All active/current NCACCH clients were posted a Health Access Card Update Details Form (pink form). If you returned this form you will receive your new Health Access Card (pictured below)

You will need to complete and return the Update Form to receive your new Health Access Card. If you haven't received a Health Access Card Update Form please contact NCACCH or one of the NCACCH Referrers as soon as possible. Please Note: 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. If you have any questions, please contact the office on 5443 3599.

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.

North Coast Aboriginal Corporation for Community Health



* 1 Sharelle E	Surname
2 John S	Surname
* 3 Lorraine R	Surname
* 4 Lyndelle B	Surname
* 5 Lerissa R	Surname
* 6 Nicole M	Surname

Card# 1234 "Your Pathway to Better Health"

NCACCH Office Information

E-mail: admin@ncacch.org.au

Web: www.ncacch.org.au

BIRTINYA (HEAD OFFICE)

8/8 Innovation Parkway, Birtinya Q 4575

Phone: 5346 9800 Fax: 5346 9899

OFFICE HOURS

MONDAY TO THURSDAY 9.00AM - 4.30PM
FRIDAY 9.00AM - 3.00PM

GYMPIE OFFICE

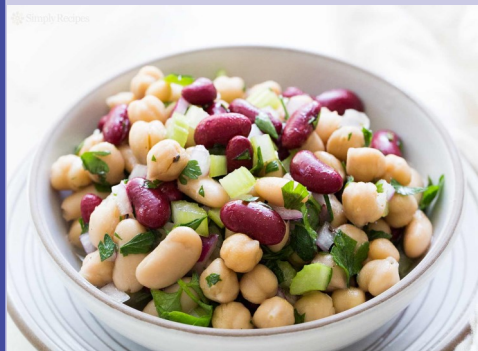
Shop 3, 56 River Road, GYMPIE Q 4570 Phone: 5483 6511

OFFICE HOURS

MONDAY: 9.30AM - 3.30PM
WEDNESDAY: 9.30AM - 3.30PM
THURSDAY: 9.30AM - 3.30PM

NCACCH RECIPE!

Crunchy Bean Salad



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 can four bean mix
- 1 capsicum
- 1 stalk of celery
- 1 cucumber
- 1 tomato
- 1 lemon
- Salt and pepper to taste
- Coriander or parsley

METHOD

1. Dice onion, celery, cucumber, capsicum and tomatoes and put into a bowl
2. Drain beans and add to bowl
3. Juice the lemon and add to bowl
4. Cut up herbs and add to bowl
5. Add the olive oil to the bowl
6. Add salt and pepper to taste
7. Enjoy!

TIP - use as a side salad with your favourite piece of meat or add tinned fish!

NCACCH Referrers

****PLEASE PHONE ALL REFERRERS TO ARRANGE AN APPOINTMENT****

Birtinya

Dillon Lorroway	5202 0022
Kay Jones	5202 0022
Michelle Juillerat	5202 0022
Pamela Salon	5202 0022
NCACCH	5346 9800

Caloundra

Kylee Samels	5420 9090
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Cooloolo Cove

Helen Felstead (Thurs—Sun)	0409 096 727
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Gympie

Kevin Toby	5489 8567
Elise Bailey (Mon & Tues only)	5489 8567
Chris Delisser*	5481 0202
Chris Gorrie	5489 8444
Anne Humbert	5489 8777
Jennifer McClay NCACCH Office	5490 8777 / 0439 406 670 5483 6511

Imbil

Paula Wootton	5484 5599 / 0414 258 242
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Maroochydore

Juanita O'Rourke	5456 8100
Brett Davis	5438 3000 / 0429 511 882
Kristal Muggleton	0411 671 534

Nambour

Chris May	0414 674 534 / 0419 028 308
Donna MacLeod	0414 674 534 / 0419 028 308
Catherine Campbell (Mon,Tues,Thurs & alt Fri)	5450 4750
Jasminka Corporal (Tues & Fri)	5450 4750
Sarah Cooper	5450 4750
Ed Wotherspoon	5450 4750
John Murray	5450 4750
Naomi Scarr	5450 4750
Luke Snabaitis	5436 8720
Tara Robinson	5436 8720
Peter Robinson	5470 5316
Rhonda Wauchope	5470 6318

Pomona

Tanya Morcom	5480 8222 / 0409 624 395
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Rainbow Beach

Helen Felstead (Tues & Wed)	0409 096 727
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Rosemount

Debbie Currey	0459 993 031
Sana Smyth	5442 3992

Sippy Downs

Maryanne Williams	5430 1200
Robert Denyer	5456 3766

Tewantin

Kara Nitschke	5442 4277
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Tin Can Bay

Helen Felstead (Mon, Thurs-Sun)	0409 096 727
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PLEASE NOTE:

All applications for a Health Access Card or Referrals to Allied Health Services MUST be completed by a NCACCH registered Referrer.

Have you had your

715 HEALTH CHECK?



**ABORIGINAL AND TORRES STRAIT ISLANDER
HEALTH CHECK MBS ITEM #715**

*"Let's Be Stronger
& Live Longer"*

**NCACCH is committed
to Closing the Gap**

All Aboriginal and/or Torres Strait Islander people are eligible for a MBS 715 Health Check.

MAKE AN APPOINTMENT WITH YOUR DOCTOR TODAY!!

Registered NCACCH clients will receive FREE Polo Shirt!!
If you have any questions please contact NCACCH on 5346 9800

"Your Pathway to Better Health"



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

Our first "Baby Bounty Packs" that promote wellbeing of mum and baby have been given out to eligible Nanna Bill's Mum's and Bub's participants. The recipients were so happy to receive with the "Baby Bounty Packs," especially Tazanna and Ronan (pictured below). To be eligible for a "Baby Bounty Pack" you are required to be a NCACCH client, pregnant or have a baby under 12 months of age, and be actively involved in the Nanna Bill's Mum's and Bub's program.

On August 6th we are providing First Aid Awareness for parents, expectant parents and carers of infants and children after the Kawana Indigenous Playgroup. We are also holding First Aid Awareness in Gympie at the Southside Indigenous Playgroup on 5th September 0930 to 1230. Light refreshments will be provided for both First Aid Awareness information sessions. Please call Sharlene on 53469800 for further information.



No Durri for this Murri™



We have recently changed our No Durri for this Murri Program and have an exciting new partnership with Quitline!

For any clients that join our program and have a Quitline referral, you will be eligible to receive 3 months of free Nicotine Replacement Therapy to help you quit smoking.

If you'd like help to quit smoking and want to join our program, you will need a NCACCH referral to attend intake days, which are Monday at Birtinya Office and Wednesday at Gympie as required.

The first step is always the hardest, but quitting smoking can positively benefit you and your family, so be deadly and give up the smokes today!



Chronic Disease Management Program (CDMP) Monthly Activity Workshops

The Chronic Disease Management Program (CDMP) clients have been invited to attend the Monthly Activity Workshops around the Sunshine Coast and Gympie regions along with Exercise Physiologists Amy Hall and Cameron Sullivan from Enhanced Health & Fitness. Activities have included Gym and Aerobic Sessions, Resistance bands, Pilates, Walking group, Boxing/ Combat, Outdoor circuits & Aqua Yoga for the warmer months. The Monthly Activity Workshops are designed to provide the participants with a variety of options to expand their knowledge on physical activity and to increase their exercise habits.

If you would like more information on the Chronic Disease Management Program (CDMP) please call Julie at NCACCH on 5346 9800.

Or for more information on the Monthly Activity Workshop please call Sade on 5346 9800.



Indigenous Child Health

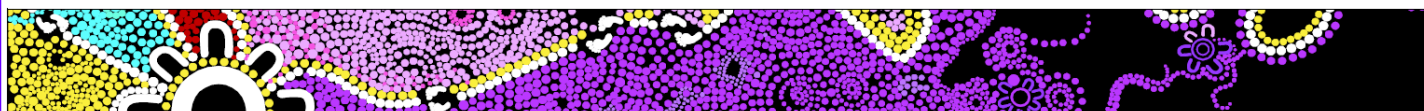
Children's Ear Health Screening 2018

There have been so many deadly things happening in the Child Health Space at NCACCH! NCACCH is very excited to announce that we now have a partnership with Ear Health Experts – **Hear and Say!** **Hear and Say** are a charitable organisation who conduct school hearing screening and targeted Early Childhood Intervention Programs. **Hear and Say** also provide specialist support through a Cochlear Implant Program and offer clinical services including Audiology, Speech Pathology, Occupational Therapy, Social Skills Programs and Spoken Language Therapy. Established in 1992, **Hear and Say** is a world-leading Paediatric Auditory-Verbal and cochlear implant centre and NCACCH is fortunate to be partnering with them to deliver services to our community.

CTC Kawana Indigenous Playgroup & Activities

NCACCH continues to partner with the Children's Therapy Centre, in providing Children's Psychology and Physiotherapy services to our members. NCACCH supports the Kawana Indigenous Playgroup (facilitated by Playgroup Queensland), which is held at the Children's Therapy Centre Kawana on Mondays from 9:30am to 11:30am (except school/public holidays). The ICHW (Kaity Fletcher), has been running a 6-week Nutrition Program after Playgroup for Parents, Carers, Kids and Bubs, which has been fun for all involved. Most sessions have included a Registered Dietitian for information and advice, as well as lots of yummy food and messy food play with the kids.





ABORIGINAL & TORRES STRAIT ISLANDER 2018 BREASTSCREEN CLINIC DATES



LOCATION	DATE	BREASTSCREEN QLD VENUE	TIME	CONTACT
Gympie	Monday 9 th July	BreastScreen Qld, Gympie Specialist & Diagnostic Centre, 74-76 Channon St, Gympie	10.30am – 11.45am	Gemma or Tara 5479 9852 / Lorraine 5346 9800 BreastScreen Qld 132050
Maroochydore	Thursday 13 th September	BreastScreen Qld, 72 Duporth Ave, Maroochydore	10.00am – 12.00pm	Lorraine 5346 9800 / Gemma or Tara 5479 9852 BreastScreen Qld 132050
Nambour	Tuesday 13 th November	BreastScreen Qld, Nambour (behind Nambour General Hospital)	9.00am – 11.15pm	Gemma or Tara 5479 9852 / Lorraine 5346 9800 BreastScreen Qld 132050

The clinics above are specific Aboriginal and/or Torres Strait Islander clinics. A staff member from BreastScreen Qld, NCACCH and the Aboriginal and Torres Strait Islander Health Team will be in attendance. So come down for a chat and a cuppa!!

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).

Please phone BreastScreen Qld on 13 20 50 if you would like to make an appointment for a different date.



NCACCH North Coast Aboriginal Corporation for Community Health

Proudly supported by
Sunshine Coast Hospital and Health Service



Women's Group



NCACCH holds bi-monthly women's groups on the Sunshine Coast and Gympie. We do exciting different activities and have run diabetes education, tai chi, walking groups and cultural activities in the past. The Women's Groups are a relaxed and comfortable place to catch up and talk with old friends and make new ones in our community. We have had a good group of ladies attending regularly but new faces are always welcome.

If you would be interested in attending our Women's Groups please contact Alana Haymes, Project Officer on 5346 9800.

Next Sunshine Coast Women's Group: Thursday 26th July 2018

Next Gympie Women's Group: Thursday 30th August 2018

Please RSVP by contacting NCACCH on 5346 9800.

First Aid Awareness

Can you care for your child in an **EMERGENCY**?

North Coast Aboriginal Corporation for Community Health (NCACCH) presents

FIRST AID AWARENESS

Facilitated by Annette (ASSIST First Aid)

Suitable for parents, expectant parents, and carers of infants or children



No one likes to think about their child in an emergency situation, but having First Aid Awareness can give you confidence to know how to respond

KAWANA

Date: Monday August 6th 2018

Times: 11:00am – 2:00pm

Venue: Children's Therapy Centre - Meridan Street,

Bokarina

Cost: FREE

RSVP by: 30th July 2018

GYMPIE

Date: Wednesday September 5th 2018

Times: 9:30am – 12:30pm

Venue: Gympie Indigenous Playgroup – Southside School

50 Exhibition Road, Gympie

Cost: FREE

RSVP by: 30th August 2018

LIGHT REFRESHMENTS WILL BE PROVIDED

Contact: Sharlene on 5346 9800

TOPICS TO BE DISCUSSED

- Unresponsive baby or child
- Burns
- Asthma
- Anaphylaxis
- Poisons
- Febrile convulsions
- Basic wound preparation



NCACCH World No Tobacco Day 2018

This year we celebrated World No Tobacco Day at the TAFE Mooloolaba Campus. Every year, on 31 May, organisations and communities recognise World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

Tobacco smoking is the number one cause of chronic disease within the Aboriginal and Torres Strait Islander community and lung cancer is the second largest cause of premature death. While Indigenous smoking rates are decreasing due to successful anti-tobacco campaigns, the national Indigenous smoking rate still remains more than double that of the wider Australian population. The event was a great success and close to 50 participants enjoyed the day. The event had several great outcomes including:

- Engagement with a wide variety of our community, especially smokers
- Education for our community, highlighting the link between tobacco use and heart conditions
- Increasing awareness and knowledge within our community about the impact of second hand smoke
- Encouraging our mob to sign up to our No Durri for this Murri Program
- Promoting quit options and referral pathways for our mob.

We worked closely with Sunshine Coast Hospital and Health Service on the day, as well as Quitline and TAFE. All of our partners greatly enjoyed interacting with the community and continued to build strong partnerships with each other. NCACCH also provided a healthy lunch on the day which was enjoyed by all.

**Make
every day
World No
Tobacco Day.**

www.who.int/tobacco



World Health
Organization

31 MAY



Aboriginal & Torres Strait Islander Diabetes Clinics

Caloundra Health Service - Aboriginal and Torres Strait Islander Diabetes Clinic
Start date Tuesday 9 January 2018 and will be every fortnight.

Nambour General Hospital - Aboriginal and Torres Strait Islander Diabetes Clinic
Start date Thursday 18 January 2018 and will be every fortnight
on the opposite week to Caloundra.

Please note

- ages from 18 years old and above
- bring your blood sugar book and machine to be checked
- have your HbA1c (three month average sugar level) checked
- dates and times may be subject to change at short notice

**Sunshine Coast
Hospital and Health Service**
Exceptional people. Exceptional healthcare.



For more information contact:

Diabetes centre: **5470 5088**

For appointment:

Ask your GP or health specialist
for a referral.

Email or fax completed referral to:
Sc-scu-h-acc-referrals@health.qld.gov.au

Fax no. 5202 0555