

NCACCH

North Coast Aboriginal Corporation for Community Health

news

ISSUE: April 2018

"Your Pathway to Better Health"



Well Persons Health Check Day



This year's Well Person's Health Check Day event was held for the first time at the University of the Sunshine Coast in Sippy Downs on Saturday 24th March 2018. The aim of this free annual event is to bring the Gympie and Sunshine Coast Aboriginal and/or Torres Strait Islander community together for big day of fun, community spirit and to focus on our health. This year it was all about our men, with the theme being "Healthy Men, Strong People". This theme highlighted the importance of men's health, in particular mental health and focused on encouraging men to visit their GP and have their 715 health check. The theme also recognised the important role that our men play in our community and families.

Our emcee on the day was Joe Williams, a Wiradjuri man who is a fantastic role model and advocate for men's mental health. Joe is an ex-NRL player and a motivational speaker and mentor who works closely with disengaged adults and youth to overcome mental illness and addictions. Having experienced mental health illnesses in the past, Joe travels the country and discusses his experiences, with the hope of inspiring individuals and groups to be resilient and move forward to a better future.

On the day we had over 800 community members attending, with a huge number of health screens completed, including over 200 adult health screens and close to 200 child health screens.

The health screens were conducted by the University of the Sunshine Coast and Queensland University of Technology and are a great way for community to check if they have any underlying health issues that they aren't aware of. If there are any health concerns that are identified, community can be referred on the

day to services that can assist them.



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

NCACCH would like to give a special thank you to;

- * Our partner the Sunshine Coast Hospital and Health Service (SCHHS) for providing financial sponsorship and staff to participate at information stalls
- * Our partner PHN Central Queensland, Wide Bay, Sunshine Coast for financial sponsorship and staff for co-ordinating the pap smear screens
- * University of the Sunshine Coast (USC) for providing the venue and students to complete the child educational health checks
- * Our general practitioners who volunteered their time on the day
- * Queensland University of Technology (QUT) Health Clinics for generously providing staff and students who volunteered their time, providing community members the opportunity to access Mental Wellness, Optometry, Podiatry, Nutrition and Dietetics, Exercise Physiology, and Pharmacy
- * BreastScreen Qld for having the mobile service available to provide breast screening
- * The service providers who provided an information stall to link community with their services
- * All the deadly performers for keeping us entertained
- * All the workshop facilitators for providing cultural and educational activities
- * All the volunteers who generously donated their time and efforts
- * And of course all our community members for coming and supporting this great day

UPCOMING EVENTS AND REMINDERS:

★ NEW NCACCH Health Access Cards - see pg 2 ★

NCACCH World No Tobacco Day - 31st May 2018

NAIDOC Week - 8th July - 15th July 2018



like us on
facebook

NCACCH DEADLY STORY!

We had a great success story that we came across at Well Persons Health Check Day. One of our clients, Martin Cochrane told us his inspiring story on how he beat the odds and self-managed his diabetes. Three years ago Martin was diagnosed with Diabetes Type 2. After seeking help from an Aboriginal Health Worker and a dietitian, Martin got on track to improve his health. He followed a meal plan which saw him lose 32 kilograms and at a recent visit, was advised by his doctor after measuring his blood sugar, that he no longer identified as a diabetic. Martin enjoyed a diet of lean meats, veggies, fruits and plenty of salad and healthy wholegrains. Martin was supported by his wife Kathy throughout his journey and is now able to enjoy every day normal activities including riding his bike and doing the housework. Martin wanted us to share his story to inspire the rest of the community and has said "If I can do it, so can everyone!"



NEW NCACCH INTERIM DIRECTOR

Ron is a Traditional Owner from Southeast QLD and a Kamilaroi man on his fathers side. Originally from Miles where his grandmother established Goondir Indigenous Health over 30 years ago. Ron has resided on the Sunshine Coast for the last 13 years. He has a vast range of experience in many fields. From consulting with Traditional Owners for the purpose of employment, training and business development programs, to community engagement.

NCACCH Health Access Card Renewal

★ IMPORTANT NOTICE ★

YOUR NCACCH HEALTH ACCESS CARD WILL EXPIRE ON 30/06/2018

Your blue NCACCH Health Access Card is due to expire on the 30th June 2018. All active/current NCACCH clients have been posted a Health Access Card Update Details Form (pink form).

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.

Membership Renewals Due

What do you get for your membership?

The \$5.00 fee is for 2018 / 2019 financial membership only.

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

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

NEW NCACCH STAFF

Alana Haymes—Project Officer

Introducing Alana Haymes our new Project Officer! Alana is qualified in Health Promotion and Public Health and prior to commencing with NCACCH, worked for the Institute for Urban Indigenous Health (IUIH) in the Deadly Choices team as the Clinical Integration Coordinator. Alana coordinated the anti-tobacco initiatives, developed the first Deadly Choices Youth Tobacco Program, assisted the Deadly Choices staff within Queensland and provided training and governance to the Aboriginal Health Workers at the IUIH Aboriginal Medical Services.

Alana was very excited to start at NCACCH and will be managing the contracts with our General Practices and our Allied Health service providers. In addition Alana will coordinate the NCACCH membership program, the NCACCH Referrers, the Sunshine Coast and Gympie Women's groups and the annual NCACCH Well Person's Health Check Day. Alana loves working in Indigenous Health and is looking forward to meeting the community and strengthening our partnerships with organisations in the region.



Sarah Herrmann Health Advocate

Introducing Sarah Herrmann, who came from Germany to Australia 10 years ago and have since studied Bachelor of Nursing at QUT, Brisbane. Sarah graduated in 2013 and started her Nursing career in the North-West QLD region (Mt Isa, Normanton, Mornington Island) and continued to work in Brisbane and the Sunshine Coast.

Throughout the years Sarah has mainly worked in surgical and medical wards but was also able to gain some experience in community health last year. In her new role as a Health Advocate she is all about coordination and advocacy for clients with chronic health conditions. Educating, self-management and referring to needed care providers are also part of her job.

Tania Burgess – Health Advocate

Tania Burgess has a primary health and chronic disease background. She was born in rural Victoria and moved to the Sunshine Coast 10 years ago. Tania has been working in nursing the past five years in remote communities and North West Queensland and in the Gulf area.

Tania had a fantastic experience and enjoyed the landscape and meeting the communities and people in these regions. Tania is excited to be working at NCACCH and looks forward to using her skills and knowledge to help improve our community living in the Sunshine Coast and Gympie region.

Tania will be helping to educate the community on chronic conditions, as well as encouraging clients to self manage their conditions.



Mark Daynes – Partners in Recovery Facilitator

Mark was born in Singapore and immigrated to Australia 1962. He was educated primarily at Boys Town Engadine and made it through to Year 10. Mark has experience in the retail sector and the shipping industry and has worked in all areas of the industry including Ships Operations, Imports/Exports and various other roles within the industry. From 1990 – 2003 Mark took up a position with the Special Investigations Unit (Centrelink) investigations into serious welfare fraud. He also took some time out to care for his father and worked at a local Pub for four years before completing his Cert IV in Mental Health and worked with Richmond Fellowship NSW in the HASI Program (Support Worker) and transferred to Queensland (Caloundra). After completing 10 years support work with Richmond Fellowship he accepted a position with (United Synergies) CHIME Program in case Management (6 Months) before accepting a position with NCACCH and is very happy to be here.

NCACCH RECIPE!

Kangaroo Chilli Con Carne



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 500g lean kangaroo mince
- 2 tablespoons ground cumin
- 1/2 teaspoon chilli powder, to taste
- 1 tablespoon ground coriander
- 1 1/2 cups (390g) tomato pasta sauce
- 3 x 400g cans no added salt red kidney beans, drained and rinsed
- 2 teaspoons dried oregano
- 1/3 cup coriander sprigs, to garnish
- Cooked brown rice, to serve

METHOD

1. Heat oil in a heavy-based casserole dish on medium high. Cook onion for 5 minutes, stirring until softened. Add kangaroo and cook for another 3 minutes, breaking up mince with a wooden spoon to avoid any large lumps.
2. Stir through garlic and spices and cook for another 1 minutes, until fragrant. Stir in remaining ingredients and 1 cup water.
3. Bring to boil. Reduce heat and simmer, covered.
4. Serve with steamed rice and garnish with coriander.

NCACCH Referrers

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

Buddina

Rose Raymond 0459 862 826

Birtinya

Dillon Lorraway 5202 0022

Kay Jones 5202 0022

Michelle Juillerat 5202 0022

Pamela Salon 5202 0022

NCACCH 5346 9800

Caloundra

Kylee Samels 5420 9090

Cooloola Cove

Helen Felstead 0409 096 727

(Thurs—Sun)

Gympie

Kevin Toby 5489 8567

Elise Bailey (Mon & Tues only) 5489 8567

Chris Delisser* 5481 0202

Chris Gorrie 5489 8444

NCACCH Office 5483 6511

Imbil

Paula Wootton 5484 5599 / 0414 258 242

Maroochydore

Juanita O'Rourke 5456 8100

Brett Davis 5438 3000 / 0429 511 882

Nambour

Chris May 0414 674 534 / 0419 028 308

Donna MacLeod 0414 674 534 / 0419 028 308

Catherine Campbell 5450 4750

(Mon,Tues,Thurs & alt Fri)

Gemma Stevens 5450 4750

(Wed & alt Fri)

Jasminka Corporal 5450 4750

(Tues & Fri)

Sarah Cooper 5450 4750

Ed Wotherspoon 5450 4750

John Murray 5450 4750

Naomi Scarr 5450 4750

Luke Snabaitis 5436 8720

Renae Longbottom 5436 8720

Tara Robinson 5436 8720

Peter Robinson 5470 5316

Rhonda Wauchope 5470 6318

Pomona

Tanya Morcom 5480 8222 / 0409 624 395

Rainbow Beach

Helen Felstead (Tues & Wed) 0409 096 727

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

Tin Can Bay

Helen Felstead 0409 096 727

(Mon, Thurs-Sun)

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

If you are pregnant or have recently had a baby, NCACCH can offer you personalised support through our Mum's & Bub's program. The Nanna Bill's Mum's and Bub's program gives you access to a registered midwife who will:

- Assist you with helpful information for a healthy pregnancy, birth, and baby.
- Help you to access other service providers throughout your pregnancy up to 1 year after birth.
- Take time to discuss any concerns you may have about being pregnant, or becoming a mum.
- Visit you in your home or other convenient location.

NCACCH clients referred to the Nanna Bills Mums and Bubs program will be eligible for our new Bounty Baby Bundles, as well as a Pepi Pod for safe sleeping (See picture below – baby not included).

Participant Feedback:

"I found the home visits worked great for me as I already had other children at home and made it easier because I didn't need to travel to extra appointment, also I felt the program gave me the chance to build a strong relationship with my midwife"

"She (my baby) went to sleep as soon as I put her in the Pepi Pod."



No Durri for this Murri™

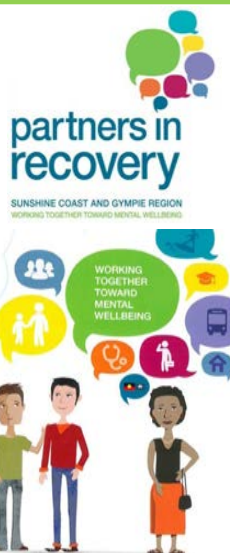


We have recently changed our No Durri for this Murri Program and have an exciting new partnership with Quitline!

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!



What does Partners in Recovery do?

Partners in Recovery (PIR) provides care coordination support to people with severe and persistent mental illness and complex multiagency needs.

For more information please phone
NCACCH Partners in
Recovery (PIR) Support Facilitator on
5346 9800

MEN'S GROUP

The Gibir Galangur Men's group run by Sunshine Coast Hospital and Health Service in partnership with NCACCH, has been meeting fortnightly at Suncare in Maroochydore. On the alternate weeks the men have been attending the Worry Up No Worries Program.

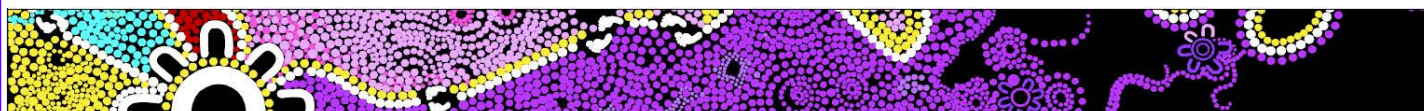
We usually have 8-12 men join our programs and the men have been enjoying the groups immensely. We have had some special guests including Luke, the exercise physiologist who engaged our men in some exercise and diet tips to promote health and wellbeing. If you'd like to attend our Men's programs please contact Darcy our Health Promotion Officer on 5346 9800.



Indigenous Child Health

This year NCACCH successfully obtained funding for an Indigenous Playgroup! Kawana Indigenous Playgroup has been up-and-running since Monday the 22nd and has been a great way for families to connect and support each other. We have had many families attending at different times and welcome everyone – Mums, Dads, Grandparents, Carers, Aunts and Uncles; to bring your kids along to play and make new friends! We have fantastic toys to play with, an inside/outside area, sandpit and a dedicated facilitator who organises activities such as: playdough making, arts and crafts, imaginative play and yarning. Most recently we held an Easter Party where kids and adults made bunny ears to wear and participate in a 'colour coordinated Easter Egg Hunt'. It was so much fun! We also have access to Registered Midwives and Child Health Nurses, as well as a partnership with The Children's Therapy Centre, who generously provide space for our Playgroup. Kawana Indigenous Playgroup is held at the Children's Therapy Centre (inside the Kawana State College Grounds) from 9:30am to 11:30am every Monday (excluding school holiday). We'd love to see you there!





ABORIGINAL & TORRES STRAIT ISLANDER 2018 BREASTSCREEN CLINIC DATES



| LOCATION | DATE | BREASTSCREEN QLD VENUE | TIME | CONTACT |
|--------------|-------------------------------------|---|-------------------|---|
| Maroochydore | Thursday 26 th April | BreastScreen Qld, 72 Duport Ave, Maroochydore | 10.00am – 12.00pm | Lorraine 5346 9800 / Gemma or Tara 5479 9852 BreastScreen Qld 132050 |
| 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 Duport 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 24th May 2018

Next Gympie Women's Group: Thursday 28th June 2018

Please RSVP by contacting NCACCH on 5346 9800.

Women's Health Clinic

NCACCH will be holding Women's Health Clinics throughout 2018 at Gympie and the Sunshine Coast. This allows women from our communities to protect themselves against cervical cancer. Our next screen is on Monday 28th May at our Gympie Office. If you are due for your screen or interested in coming along please contact Alana, Project Officer on 5346 9800.

Cervical Screening Changes

Cervical screening has changed in Australia since December 2017. The Pap test has been replaced with a new Cervical Screening Test every five years. Cervical cancer is one of the most preventable cancers.

The new Cervical Screening Test is expected to protect up to 30% more women.

The test is a simple procedure to check the health of your cervix. It feels the same as the Pap test, but tests for the human papillomavirus (known as HPV). For most women aged 25 to 74 your first Cervical Screening Test is due two years after your last Pap test. After that, you will only need to have the test every five years if your result is normal. Regular cervical screening is your best protection against cervical cancer.

If you are due for testing, contact your healthcare provider to book an appointment. For more information about the National Cervical Screening Program call 13 15 56.

CLOSE THE GAP 2018

NCACCH Close the Gap 2018 Celebration

On Monday 19th March 2018 NCACCH invited the Community to participate at Muller Park, Bli Bli to celebrate Closing the Gap and NCACCH's ongoing commitment to improving the health status for Aboriginal and Torres Strait Islander people who reside in Sunshine Coast and Gympie regions. Representatives from NCACCH included Di Bennett, Acting Team Leader for Chronic Conditions, Maria Mitchell-Brown, Indigenous Outreach Worker, Lerissa Rolls, Indigenous Health Project Officer, Nicole McDermott, Chronic Disease Program Coordinator, Sarah Herrmann, Health Advocate.

The day commenced with an open introduction by NCACCH Director, Rhonda Randall, the Gubbi Gubbi Dance Troupe, provided a 'Welcome to Country' dance performance and highlighted their stories about the cultural significance of Bli Bli for the traditional owner group Gubbi Gubbi/Kabi Kabi people providing historical information about Bli Bli, talking about their land and waterways, including recognition of the South Sea Islander people who integrated with Aboriginal people, many of these family still living within the Sunshine Coast region.

Di Bennett, acting Team Leader for Chronic Conditions, presented information about the implementation of Closing the Gap and the existing disparities between Aboriginal and Torres Strait Islander people to that of the non-indigenous population. Expressing that, "Culture is at the core of Indigenous health". NCACCH vision is to Close the Gap in Indigenous health status through a holistic approach to client health and well-being. Through the unique Brokerage Model at NCACCH our clients are given the chance to choose their health care provider, this freedom of choice allows the client and their families to access cultural appropriate health services'.

Maria Mitchell-Brown related her story to one she is so familiar with, how chronic conditions can affect a person, a family and a community, that these conditions are still prevalent within community today, with many still facing challenges and experiencing barriers when accessing primary health care. On a positive note, the introduction of the Closing the Gap incentive, has opened pathways and choices for Aboriginal and Torres Strait Islander patients to begin their journey to improving their health. It is important for our mob to have an awareness and understanding of the benefits of CTG, such as self-identifying, having their 715 health check and signing up for CTG with their General Practices.

After the proceedings the community joined in with NCACCH to enjoy a beautiful Bush tucker brunch and refreshments.



Aboriginal & Torres Strait Islander MAY Flu Vax Clinics

GYMPIE

| | | |
|-----------------------------|-----------------|-------------------------------------|
| Monday 14 th May | 9.30am – 3.30pm | NCACCH Office, 3/56 River Rd Gympie |
| Monday 21 st May | 9.30am – 3.30pm | NCACCH Office, 3/56 River Rd Gympie |
| Monday 28 th May | 9.30am – 3.30pm | NCACCH Office, 3/56 River Rd Gympie |

CALOUNDRA/NAMBOUR

| | | |
|--------------------------------|---------------|--|
| Wednesday 9 th May | 8.30am – 11am | Caloundra Community Health Centre 2A West Terrace, Caloundra |
| | 12pm – 4pm | 1-3 Waterfall Rd, Nambour |
| Wednesday 16 th May | 8.30am – 11am | Caloundra Community Health Centre 2A West Terrace, Caloundra |
| | 12pm – 4pm | 1-3 Waterfall Rd, Nambour |
| Wednesday 23 rd May | 8.30am – 11am | Caloundra Community Health Centre 2A West Terrace, Caloundra |
| | 12pm – 4pm | 1-3 Waterfall Rd, Nambour |

Well Persons Health Check Day

"Healthy Men, Strong People"

