

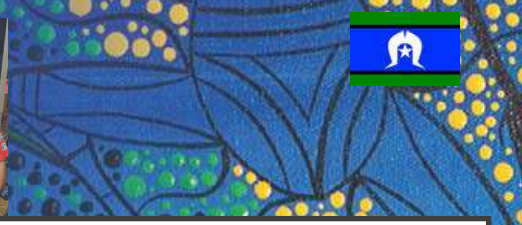
NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: Oct 2018

news



BOOIN GARI

NCACCH was pleased to attend the 2018 Booin Gari Festival hosted by Gubbi Gubbi Dance.

The rain didn't keep the festival goers away. And the team had a blast interacting with over 200 community members who enjoyed the new interactive NCACCH anti-smoking and nutrition displays. There were many stalls, entertainers, dancers and musical guests on the day to help celebrate Aboriginal and Torres Strait Islander Culture at the Noosaville Lions Park.

NCACCH
Board of Directors



Tom Cleary

Aunty Olive Bennet

Helen Felstead

Rhonda Randall

Paula Wootton

Uncle Trevor Draper

Ron Binge (Interim Director)



2017/2018 NCACCH Annual General Meeting

- ◆ The AGM provides all members with the chance to meet the current NCACCH Board & staff, catch up with other community members & 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 vote and/or be elected for Director positions due for renewal.
- ◆ Finger foods and refreshments will be provided & served during the nights proceedings.
- ◆ **This year's AGM will be held on Thursday 18th October 2018 at the Gympie RSL, RSVP by Tuesday 9th October 2018.**

NCACCH is funded by the
Australian Government,
Department of Health

UPCOMING EVENTS

Annual General Meeting: Thursday 18th October 2018

Next Gympie Women's Group: Thursday 25th October 2018

Next Sunshine Coast Women's Group: Thursday 29th November 2018



"Let's Clear the Air" - Working together to create smoke-free places

The NCACCH "No Durri for this Murri®" Tackling Indigenous Smoking team promotes the importance of Smoke-Free environments, and encourages smokers in the Sunshine and Gympie communities to make their houses and cars Smoke-Free and improve the health and wellbeing of their families, friends and loved ones.

As part of this commitment, NCACCH has launched the "Let's Clear the Air" Smoke-Free Places campaign, including a **"Let's Clear the Air" Pledge** which will feature on our website, social media, and at community events.

Sign the Pledge to receive a FREE PACK and to enter PRIZE DRAWS!!!



NCACCH talks about Improving the Patient Experience Through Effective Partnerships at 20th Anniversary CheckUp Forum

On Friday 14th September the NCACCH Programs Manager for Preventative Health (Ruth Taylor) and Former Indigenous Child Health Worker (Kaity Fletcher) enjoyed the privilege of attending the annual CheckUp Forum, which saw the celebration of the 20th Anniversary of the not-for-profit organisation.

NCACCH was pleased to feature prominently in the program with former Indigenous Child Health Worker Kaity Fletcher providing a presentation on the partnership between NCACCH and the Children's Therapy Centre. NCACCH also collaborated with Hear and Say on a poster presentation regarding the joint ear health screening program, which commenced during the latter half of 2018. Both of these partnerships have been critical to extending the reach of child health services to the Aboriginal and Torres Strait Islander community in the Sunshine Coast and Gympie regions, and it was exciting for us to be able to share this good work with others working in health!



Chronic Disease Management Program (CDMP) New Hydrotherapy Program

The NCACCH Chronic Disease Management Program (CDMP), has a 6 week Hydrotherapy program commencing in October at Maroochydore and November in Gympie.

All CDMP clients were sent a letter with the details including a GP referral to be completed. Once NCACCH has received your Doctors approval to participate in the Hydrotherapy Program you will be advised that your spot has been secured.

**Register and receive a Limited Edition Bucket Hat (on the first day)
Attend ALL 6 sessions, and receive a NCACCH Towel!**

For further information please call Mandy or Nicole on 5346 9800



2018 NCACCH Annual General Meeting

NCACCH is holding its Annual General Meeting on Thursday 18th October 2018 at 5.30pm at:

**Gympie RSL Club
217 Mary Street
Gympie QLD 4570**

Members and invited guests are welcome to attend and hear about our operational activities over the previous year.

You must RSVP to NCACCH on 5346 9800 by COB 9th October 2018 for catering purposes.

*Limited Transport will be provided from the Sunshine Coast. For bookings, please contact NCACCH 5946 9800

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



Brett Fragiaco—Tackling Indigenous Smoking Coordinator

Brett Fragiaco comes to NCACCH with a background in community development having spent four years with East Arnhem Regional Council in the Northern Territory (NT) managing the Youth, Sport and Recreation programs. Brett previously worked with the Australian Football League (AFL) for nine years managing Game Development programs in remote and metropolitan regions of Queensland (Qld). Brett is excited to be working with NCACCH and looks forward to applying his skills and knowledge in community development and healthy lifestyle programs in the TIS Coordinator role to promote smoking cessation across the Sunshine Coast and Gympie region.



Danielle Kartinyeri—Administration Support Officer



Danielle is a Ngarrindjeri and Narangga woman from South Australia, born and raised in Port Augusta, SA. She spent 7 years living and working in the NT, both Katherine and Darwin, and during that time has worked in hospitality, retail, mining, workforce recruitment, hospital, government and community health. The last 4 and a half years Danielle has been working for Nunkuwarrin Yunti in Adelaide as a Senior Medical Receptionist. Danielle has now been living on the Sunshine Coast for nearly 12 months and loves the friendly people and the lifestyle. She also has a 11 month old baby boy Bodhi who she says “is my world”.

Mandy Nash—Chronic Disease Administration Support Officer

Mandy was born in Gosford NSW, with Aboriginal family heritage from Sydney NSW and moved to the Sunshine Coast and has now been here for 23 years. She has over 8 years' experience within the Medical Reception field, having worked at two Medical Centres on the Sunshine Coast, also working at Gladstone GP Super clinic as a Pre-Employment Drug & Alcohol Medical Officer, when she then returned back to the Sunshine Coast to work at the Sunshine Coast University Private Hospital. Seeking a change in her career, she has always had a big interest in the Aboriginal Community on the Sunshine Coast, and is very thankful for obtaining a career path with NCACCH, where she assists the Aboriginal Community within the Chronic Disease Management Program.



Brad Hore—Project Officer



Brad Hore is a proud Dunghutti man from NSW, who moved to the Sunshine Coast in 2000 to pursue a boxing career. Since then he has represented Australia in two Olympic Games (2000 & 2004) and two Commonwealth Games (2002 & 2006) and was honoured with the title of the 23rd Australian Indigenous Olympian. Brad has also travelled all over the world as an amateur and professional boxer. Brad continues to work with the Australian Olympic Committee as a strong, Indigenous role model for our people all over the country, proudly representing a healthy lifestyle. Before starting at NCACCH as the Project Officer, Brad worked at Deadly Choices for 5 years, working within communities to reduce health disparities and making a positive change on the younger generation through a strong connection to culture.

Norma Binge—Indigenous Child Health Worker

Norma is a Goomeroi woman from Boggabilla NSW and she has been on the Sunshine Coast for over 6 months. She is a qualified Aboriginal and Torres Strait Islander Primary Health Care Practitioner with over 5 years' experience in Oral Health. Norma is “very happy to be here at NCACCH” and says “I cant wait to be out and about and be more involved with people in the community” Norma has some exciting upcoming projects that she has been working on as the Indigenous Child Health Worker so watch this space.



Let's talk Closing the Gap!

NCACCH held their first Closing the Gap breakfast for 2018 on Thursday 13th September located on the Sunshine Coast, we had a great turnout of 25 participants attend the morning session. Participants were given information targeted to the healthcare pathways for our Aboriginal and Torres Strait Islander community, an overview on the NCACCH services and what eligible clients can access as well as resources and information on creating a culturally welcoming environment within their practices. The Indigenous Health Project Officer (IHPO) has organised the next session to be located in Gympie on Thursday 11th October 2018.

If your practice is needing support in the above information, please contact the NCACCH IHPO to organise a practice visit. Call Lerissa 5346 9824



NCACCH

Cultural Awareness Training

Work effectively with Aboriginal and/or Torres Strait Islander patients: equipping GPs and health services with practical tools



Areas that the training will cover include:

- ⇒ Defining and developing culturally safe practice
- ⇒ History and its impact on service delivery
- ⇒ Policy context—opportunities and barriers
- ⇒ Current incentives for GP practices
- ⇒ Closing the Gap initiatives—support available
- ⇒ NCACCH programs and services
- ⇒ Barriers to access, engagement, and follow-up

Gympie: Saturday 10th November 2018

Time: 8:30am – 1:30pm

Venue: Kingston House Impressions - 11 Channon Street, Gympie QLD 4570

Sunshine Coast: Saturday 17th November 2018

Time: 8:30am – 1:30pm

Venue: Refocus - 246 Petrie Creek Rd, Rosemount, QLD 4560

Cost: FREE | MORNING TEA PROVIDED

To register, please RSVP!

Please contact Lerissa Rolls, Indigenous Health Project Officer (IHPO) on

5346 9824 or lerissa@ncacch.org.au

Completion of this training meets the Practice Incentive Program (PIP) Indigenous Health Incentive requirement.



NCACCH Referrers



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

Birtinya

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

Caloundra

Kylee Samels	5420 9090
Michelle Juillerat	5346 8552
Darcy Budden	5346 8552

Cooloolo Cove

Helen Felstead (Thurs—Sun)	0409 096 727
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Gympie

Elise Bailey (Mon & Tues only)	5489 8567
Chris Delisser*	5481 0202
Chris Gorrie	5489 8444
Anne Humbert	5489 8777
Jennifer McClay	5489 8777 / 0439 406 670
NCACCH Office	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 439 053

Nambour

Chris May	0414 674 534 / 0419 028 308
Donna MacLeod	0414 674 534 / 0419 028 308
Jasminka Corporal (Tues & Fri)	5450 4750
Sarah Cooper	5450 4750
Ed Wotherspoon	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
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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.

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



It's been a big few months for the NCACCH Midwife Sharlene Terry!

In August and September we ran our initial First Aid Awareness programs in Kawana and Gympie, which were well attended by community. These sessions were delivered in response to community feedback and provided key education and strategies about "How to care for your child in an emergency". The participants gave some great feedback and reported feeling more confident in caring for a child in an emergency situation.

Since their launch in June 2018, our "Baby Bounty Packs" have continued to be hugely successful amongst expectant mothers on the Nanna Bill's Mum's & Bub's program. These packs contain items that promote the wellbeing of both mum and baby and are given to mothers in the two weeks prior to the birth of their baby.



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

Clients also receive 3 months of FREE Nicotine Replacement Therapy (NRT).

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!



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**


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!!!





**ABORIGINAL & TORRES STRAIT ISLANDER
2018 BREASTSCREEN CLINIC DATES**




LOCATION	DATE	BREASTSCREEN QLD VENUE	TIME	CONTACT
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.



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 Lyndelle Beezley on 5346 9800.

Next Gympie Women's Group: Thursday 25th Oct 2018
Next Sunshine Coast Women's Group: Thursday 29th Nov 2018
Please RSVP by contacting NCACCH on 5346 9800.

Women's Health Clinics

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.

If you are due for your screen or interested in coming along please contact Maria 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.



Green fish curry



Fresh, tasty, healthy, and perfect for springtime!

INGREDIENTS

- cooking oil spray
- 1 tablespoon green curry paste
- 375ml can coconut-flavoured evaporated skim milk
- 1 cup green beans, trimmed, halved
- 1 cup snow peas, trimmed
- 500g firm white fish, cut into 2cm cubes
- 3 teaspoons fish sauce
- 2 teaspoons sugar
- 1 cup frozen peas
- zest and juice of 1 lime

INSTRUCTIONS

Step 1 Spray a non-stick pan with oil and place over medium heat. Add curry paste and fry for 1 minute until fragrant.

Step 2 Add evaporated milk and reduce heat to low. Simmer for 10 minutes, stirring occasionally. When liquid has reduced add beans, snow peas and fish. Stir to combine.

Step 3 Add fish sauce and sugar, taste and adjust to suit. Add peas and lime zest. Cook until fish is cooked through, then remove from heat.

Step 4 Add lime juice to taste. Serve immediately with rice.

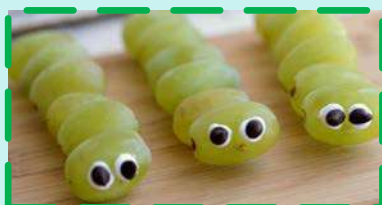
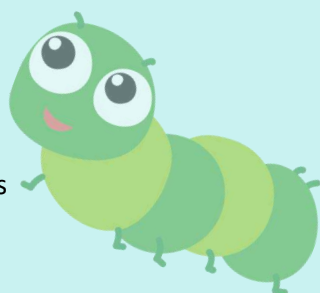
NCACCH Grape Caterpillars

Are grapes healthy?

Seedless green grapes are now in season and naturally sweet, they are full of vitamins and minerals essential for healthy growth and development. These NCACCH Grape Caterpillars will be fun for the whole family to make and they are indeed quite good for you.

Ingredients:

- 1 bunch of grapes
- 12 mini-chocolate chips
- Vanilla Yoghurt
- 6 smaller-size skewers



Directions:

- Place about 6 grapes on each skewer.
- Place two small dots on the top of the grape on the end with the Vanilla Yoghurt, Then place two mini chocolate chips into the white frosting.

Makes about 6

Eat with the seasons to save \$\$\$

Are you getting your 5 veggies and 2 fruits a day?
Did you know you can save money by buying what's in season?

Fruit and Veggies in season during SPRING

Vegetables

Artichokes
Asparagus
Beetroot
Broccoli
Cucumber
Chillies
Garlic
Green beans
Lettuce
Mushrooms
Onions
Peas
Potatoes
Spinach
Spring onions
Zucchini



Fruit

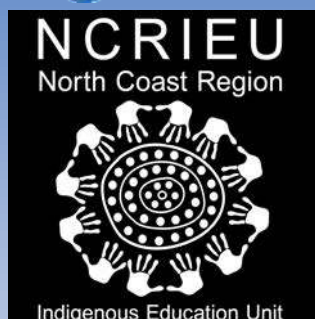
Avocados
Bananas
Blueberries
Lemons
Limes
Mandarins
Mangoes
Nectarines
Oranges
Passionfruit
peaches
pears
Pineapple
Paw Paw





NCACCH

Child Health Mascot Competition



NCRIEU
North Coast Region

Indigenous Education Unit

We're looking for a Mascot to help us
promote health in our community!

Competition dates

8th of October 2018 to 16th of November 2018

The Mascot competition is open to:

- Primary School aged Aboriginal and Torres Strait Islander children
- Children, residing in the Sunshine Coast, Gympie and Cooloola Coast areas.
- Eligible applicants may enter as many times as they like (one form per entry).

PRIZES



MAJOR 1st PRIZE

HP 2 in 1 Laptop
&

Winner will see their
Mascot brought to
life as a full-sized
character!



Prep to Year 2

2nd PRIZE

Apple iPad 32GB

3rd PRIZE

Garmin
Vevo Fit Jr2

Year 3 to Year 6

2nd PRIZE

Apple iPad 32GB

3rd PRIZE

Fitbit Versa

Consolation PRIZES

\$50 Rebel Gift
Card



The 12 finalists will have their mascot entry published in our 2019 North Coast
Aboriginal Corporation for Community Health Calendar.

The winners will be announced by the end of Term 4 2018

For more information contact NCACCH: 07 53469800