

NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: December 2018

news



**"We acknowledge the Traditional Custodians of the land on which we live and work.
We pay our respects to Elders past, present and emerging".**



NCACCH 2018 Annual General Meeting

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at the Gympie RSL Club on the 18th October 2018 with sixty-five members and guests attending. We would like to thank all members for their ongoing support and welcome our new members (548 members to date for 2018-2019). Congratulations to Tom Cleary, Helen Felstead, and Ron Binge who were un-opposed and re-elected as Directors.

This year has seen some significant achievements for NCACCH, including exciting new partnerships and funding opportunities, which will expand the reach of programs and services to our community. 2018 also marked the 20th anniversary of the NCACCH Tripartite Agreement with the Sunshine Coast Hospital and Health Service (SCHHS) and Central Queensland, Wide Bay, Sunshine Coast Primary Health Network (PHN). Moving into 2019, our focus will remain on the provision of much needed programs and services to improve health outcomes for Aboriginal and Torres Strait Islander people in our region. The NCACCH Board and staff look forward continuing to serve our community in 2019!



The NCACCH
Board & Staff
would like to thank you for
your support & wish you a
safe & happy
holiday season

NCACCH
Board of Directors

Tom Cleary
Aunty Olive Bennet
Helen Felstead
Rhonda Randall
Paula Wootton
Uncle Trevor Draper
Ron Binge

NCACCH is funded by the
Australian Government,
Department of Health



CHRISTMAS CLOSURE

Birtinya Office: closing Friday 21st December, re-opening Wednesday 2nd January 2019

Gympie Office: closing Thursday 20th December, re-opening Wednesday 2nd January 2019



NCACCH UPDATES



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*

- 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 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
- Access 5 additional allied health visits

NCACCH provides Cultural Awareness Training for Gympie Health Practitioners

The NCACCH Closing the Gap (CTG) team has had a busy few months, holding Cultural Awareness Training in Gympie (Saturday 10th November) and the Sunshine Coast (Saturday 17th November) regions specifically aimed for our General Practitioners. We had excellent attendance, with over 20 participants at both trainings and received great feedback from our attendees.

The training was delivered by Kerry Neill (Gympie) and Dan Neill (Sunshine Coast), who provided participants with local knowledge and content. The training included an overview of Aboriginal and Torres Strait Islander history, culture, and community engagement whilst giving an overview of the current health outcomes of our Aboriginal and Torres Strait Islander community. The Indigenous Health Project Officer (IHPO) 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.

NCACCH will be offering Cultural Awareness Training throughout 2019.

Please contact NCACCH Indigenous Health Project Officer, on 5346 9800 to find out more information.



NCACCH CDMP Hydrotherapy Program making a splash!

Hydrotherapy is a great form of exercise, particularly for those with chronic pain and joint problems. Since commencing their Hydrotherapy Program in late October, the Chronic Disease Team at NCACCH has seen some excellent results in some of their clients participating in the program.

One of the participants, Samantha Cronin, shared that "I'm very proud of myself! I've lost the 7.5kg in approx. 3-4 weeks, and plan to lose more. I'm enjoying the Hydrotherapy Program very much!

I didn't think it was for me as I have very bad knees, but now I wish it was going for more than just the 6 weeks. The program is helping me lose weight and makes my knees stronger.

I would strongly advise for all to try Hydrotherapy for anyone that suffers from pain."

Great work Samantha! We hope that your story will inspire others to take the plunge and dive into this program in 2019!



NCACCH OFFICE HOURS

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 NEWS



"NO DURRI FOR THIS MURRI®"

On Wednesday October 31st, 2018, NCCACHs TIS team partnered with Malouf Pharmacy Big Top Maroochydore to pilot a smoking community support day. The support day focused on providing community and NCACCH clients with information and support around smoking cessation. NCACCH & Malouf had a range of smoking cessation resources and information available and ran a competition with 2 State of Origin jerseys drawn for clients and community who attended on the day. NCACCH provided healthy finger food.

Look out for the NCACCH "No Durri for this Murri ®" team information stall at community events in 2019!



Let's Clear the Air!

Have you signed our smoke-free pledge yet, to make your home and car smoke free? Visit our website at www.ncacch.org.au to read about our new "Smoke Free Places" campaign. Sign our pledge and go in the draw to win prizes each month!



Women's Group



NCACCH would like to thank all the ladies who have attended our Women's Groups throughout this year and wish you all a safe & Merry Christmas.

NCACCH holds bi-monthly groups on the Sunshine Coast and Gympie with different focuses around health each group. 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. If you would like to attend our Women's Groups, please contact NCACCH on 5346 9800.

NCACCH Referrers

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

Birtinya

Dillon Lorraway	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

Cooloola Cove

Helen Felstead (Thurs—Sun)	0409 096 727
-------------------------------	--------------

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
---------------	--------------------------

Maroochydore

Juanita O'Rourke	5456 8100
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
--------------	--------------------------

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 (Mon, Thurs-Sun)	0409 096 727
------------------------------------	--------------

PLEASE NOTE:

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



NCACCH | North Coast Aboriginal Corporation for Community Health

School readiness day

The transition to school can be an exciting yet challenging time for you and your child. So it's important you provide them with as much support and preparation as possible to get them through this new phase in life...

*free screening day

Where

The Children's Therapy Centre
Corner of Meridan Street and Sportsmans Parade, Bokarina
(inside the Kawana State College grounds)

When

Monday the 14th January 2019

Time

9:30am to 3:30pm

R.S.V.P

To ensure your child's spot
call NCACCH office 07 53469800
by the 12th of December 2018

There will be screening stations for
ear health, dental health, eye
health, O.T and Speech Therapy for
Aboriginal and Torres Strait Islander
children aged 4 – 6yrs.

Please make sure you
bring your Medicare Card



Language Development



Physical Development



Cognitive Development



Social Development



Emotional Development



Backpack & Contents

*Each child screened on the
day will receive a
free school readiness backpack
filled with the essentials your child
will need for school.



Fatherhood & Depression Looking after our new Dads

1 in 20 men experience depression during their partner's pregnancy and up to 1 in 10 new dads struggle with depression following the birth of their baby.

Some symptoms of postnatal depression in dads include:

- Often feeling afraid, confused, angry, or frustrated
- No longer enjoying the things you normally like to do—i.e. time with family, friends, and hobbies
- Difficulty making decisions
- Arguing with your partner more than usual
- Unhealthy alcohol and drug use
- Having trouble sleeping
- Other physical signs like loss of appetite, nausea, and headaches.

It is very important to get the help you need sooner rather than later.

- Talking about how you are feeling with someone you trust, so they can provide support
- Talking to a doctor can be an important step to getting help
- Therapy or counselling may also help. Seeing a therapist or psychiatrist is not a sign of weakness, it's a sign that you are taking the steps necessary to keep yourself and your family safe and healthy.

Call PANDA Helpline or Lifeline 13 11 14 (24/7) (PANDA,2018)

Keeping the kids cool this summer

Little bodies can be affected by heat much more easily than adults. Make sure you give your littles ones some extra TLC during the hotter months so keep them safe and well.

Things to remember:

- Breastfeed or bottle-feed your baby more often in hot weather
- Provide babies and children with extra cool drinks on hot days—water is best!
- Dress babies and children in cool, lightweight clothing and remember to SLIP, SLOP, SLAP!
- Never leave children in the car, even if it is only for a moment



NCACCH RECIPE



HEALTHY TRIFLE

INGREDIENTS

- 9g sachet low-kilojoule raspberry jelly crystals
- 375g fresh strawberries, hulled, sliced, plus 125g strawberries, extra
- 2 tablespoons fresh lemon juice
- 2 tablespoons sugar-free maple syrup
- 175g savoiardi (sponge finger biscuits), broken into 2cm pieces
- 250g fresh raspberries

CHOCOLATE CUSTARD

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons cornflour
- 2 egg yolks
- 500ml (2 cups) skim milk
- 60ml (1/4 cup) sugar-free maple syrup



METHOD

1. Prepare the jelly following packet directions. Cover and place in the fridge for 4 hours or until set. Use a fork to roughly break up the jelly.
2. Meanwhile, to make the custard, sift the cocoa and cornflour into a large bowl. Add the egg yolks and 60ml (1/4 cup) of the milk. Whisk until smooth. Place the remaining milk in a saucepan and heat over medium heat until simmering. Slowly add the hot milk to the egg mixture, whisking constantly, until smooth and well combined. Transfer the mixture to a clean saucepan and cook, stirring, over low heat until it thickens and coats the back of a spoon. Stir in the maple syrup. Transfer to a bowl. Cover the surface of the custard with plastic wrap. Set aside to cool, then place in the fridge for 2-3 hours or until chilled.
3. Place the sliced strawberries in a bowl with the lemon juice and maple syrup. Cover and set aside for 30 minutes to macerate.
4. To assemble the trifle, place half the sponge finger biscuits in the base of a 2L serving dish. Top with half the macerated strawberries, half the raspberries, half the custard and then half the jelly. Continue layering with the remaining biscuits, macerated strawberries, raspberries and custard. Top with the remaining jelly and the whole strawberries. Place in the fridge until ready to serve.



SNOWMAN SNACKS

INGREDIENTS

- 2 bananas, 3 strawberries, 6 grapes
- 1/4 carrot
- Handful of currants or sultanas
- 6 skewers

METHOD

1. Cut the bananas into thick slices (approx. 9 rounds per banana)
2. Peel the carrot and cut into small triangular slivers for a pointy nose
3. Trim the stem from the strawberries and then cut in half (You should get two hats out of each strawberry)
4. Cut the grapes in half. (We only used the smooth half and ate the stem end)
5. To assemble, thread three slices of banana on to each skewer followed by a strawberry hat and grape half. Gently press the currants into the banana slices to create eyes and the buttons on the body then add the carrot nose
6. **Tip:** Chop everything up, place all the bits in separate bowls and then have the kids assemble the snowmen

Merry
Christmas



Goodstart Early Learning Maroochydore—local champions for reconciliation

Earlier in 2018 Goodstart Early Learning in Maroochydore implemented a Reconciliation Action Plan (RAP) in an effort to do their bit for the national reconciliation effort.

The RAP, which was developed with the help of Reconciliation Australia, has been signed by all staff working in the centre and focusses on building relationships with Aboriginal and/or Torres Strait Islander community members, respecting and learning about Aboriginal and/or Torres Strait Islander culture and history, and providing an inclusive environment which provides opportunities for both Indigenous staff and students.



The team have also been sporting these deadly NCACCH polos!

NCACCH wishes to commend this effort and thank the team for their efforts towards a more culturally inclusive learning environment for our little ones.

If you are interested in developing a RAP, visit www.reconciliation.org.au to learn more and access support.

Everyone bends down and with flat hands we touch the ground and say:

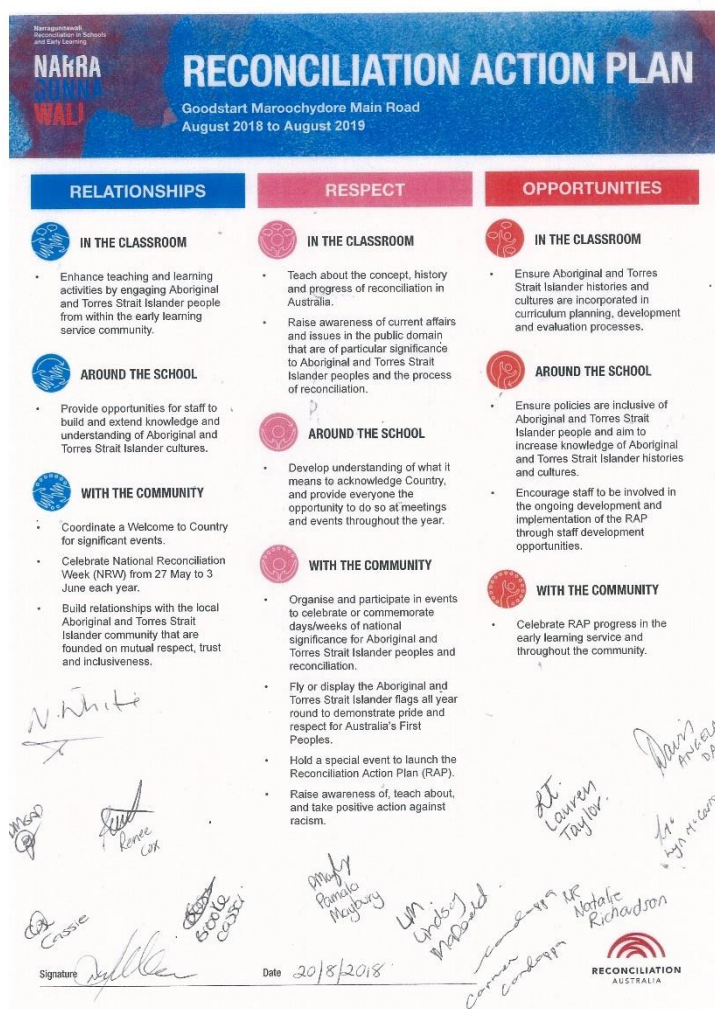
"We acknowledge the traditional custodians of the Gubbi Gubbi land that we stand on today. Those Elders who have come and walked this land before us."

Everyone stands up and stretches to the sky and we say:

"We acknowledge the future traditional custodians and Elders of the Gubbi Gubbi land that we stand on today for they will carry the dreams of their Elders into the future."

Everyone touches their hearts and we say:

"We acknowledge everyone who is here today. Good morning everyone and Thank You for joining us. Let's have a great day of learning together!"





NACCHO Youth Conference

NCACCH had the opportunity to participate in the recent National Aboriginal Community Controlled Health Organisation (NACCHO) Youth Conference, held in October 2018 in Brisbane! The reason NACCHO held its first youth conference was to hear the voice of young workers within the Aboriginal Health sector in Australia. Their aim was to discuss health and public policy issues affecting our youth. The conference theme was *Future Leaders of Tomorrow*, it was an opportunity to have discussions and action planning with a youth breakout session focusing around issues, priorities and solutions for 2019 and beyond.

Lerissa Rolls and Mandy Nash from NCACCH attended the conference and greatly enjoyed this experience. They found all the speakers from the Conference very inspirational. Patrick Johnson, John Singer & Dawn Casey were guest speakers and promoted the importance of Aboriginal leaders and the need to work towards health promotion and preventative health.



NCACCH CHILDREN'S 2018 CHRISTMAS PARTY!

NCACCH 2018 Community Survey

NCACCH wishes to thank all community members who took part in our 2018 Annual Community Survey. This year we had a great response and enjoyed giving out some amazing prizes too!

Pictured (below left) is our **1st Prize winner**, Nicholas Irwin, who took home a \$500 shopping voucher. Congratulations Nicholas! Also pictured (below right) is one of our State of Origin jersey winners, Jason Osborne. Looking deadly Jason!

The NCACCH Community Survey gives important feedback relating to the services and programs delivered by NCACCH, as well as health priorities as identified by our community.



NCACCH

Children's Christmas Party

NCACCH

North Coast Aboriginal Corporation for Community Health

Where

The Children's Therapy Centre
Corner of Meridan St and Sportsmans Pde,
Bokarina
(inside the Kawana State College grounds)

When

Monday the 17th December 2018

Time

10:30am to 1:30pm

R.S.V.P

please call NCACCH office
07 53469800

Christmas...

a time of reflection, a time for good cheer, a time for friends and family, during a special time of the year.

You and your children are invited to the NCACCH Children's Christmas Party..

Lunch will be provided, there will be entertainment, gifts for your Indigenous and Torres Strait Islander primary school children from Santa & lucky door prizes to be won!!

Please make sure you RSVP so that your children are registered to receive a gift.

NCACCH NEWS



NCACCH announces new Children's Health Mascot

In November 2018 NCACCH launched a region-wide competition whereby primary school-aged Aboriginal and Torres Strait Islander children were invited to design a children's health mascot. We are so excited to announce **the competition winner Kiah aged 12 from Unity College**. Congratulations Kiah!

The winning mascot entry "Dr Kiah" (pictured top left below with NCACCH staff members Ruth Taylor, and Norma Binge) was selected by a panel including representatives from NCACCH staff and board, child health workers, and Traditional Owner Brent Davis who had the challenging task of selecting the winner from over 70 entries. The new NCACCH mascot will be brought to life as a full-size character in 2019 and will play an important role in educating and entertaining young Aboriginal and Torres Strait Islander audiences regarding important health messages. NCACCH wishes to congratulate and thank all children who took part in the competition, who did an amazing job of coming up with many wonderful and creative characters.

