

OCTOBER 2021 · ISSUE 3

NCACCH NEWS

Quarterly Newsletter

NCACCH WELCOMES NEW STAFF

Meet our new young and dynamic Operations Manager - Paul Penumala. Paul was a dentist in Bangalore, India before moving into management roles with a master's degree in Advanced Health Services Management at Griffith University.

Paul is a passionate and energetic leader with a vision to make an impact on the health outcomes of Aboriginal and Torres Strait Islander people. In his previous executive role, he was highly involved in Aboriginal Community Controlled Health projects across the Southwest Queensland region. One of the projects included ensuring mob with chronic health conditions could access Virtual Health Monitoring Units for free that will potentially have a major impact on long-term community health outcomes.

Paul firmly believes that achieving health equity starts from re-empowering our mob and taking a holistic approach to addressing health. His diverse life experience, including the ability to speak six different languages, has enabled him to connect well with people from different walks of life.

Paul is very keen to hear any feedback, concerns or rising issues in the community and is open to having a yarn about them. He is very excited to start in this new role and he looks forward to achieving successful outcomes alongside the team.



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WELCOME TO NEW NCACCH STAFF

NCACCH HAVE SEEN A RECENT APPOINTMENT OF NEW STAFF MEMBERS TO HELP US MOVE FORWARD IN A POSITIVE DIRECTION. WE WELCOME THE FOLLOWING:



Tess Symes commenced her temporary role as Project/Practice Manager for NCACCH in August to facilitate with the new Aboriginal Medical Service opening in Gympie. Tess is currently on secondment from her role with Sunshine Coast Hospital Health Service (SCHHS) as Nurse Navigator and prior to that position worked as the Clinical Nurse with the SCHHS Aboriginal and Torres Strait Islander Preventable Hospital Program based out of Nambour. Both of these positions require Tess working across the whole of the Sunshine Coast region which she states enables her to get to know mob in all areas and not just to a specific region of the Coast. Tess identifies as Torres Strait & South Sea Islander and has a very close family connection to the Sunshine Coast region. Tess in the past, has also worked with ATSICHS at Brisbane across numerous sites and thoroughly loves working in community with mob to ensure better access, literacy and preventive health education is being provided to improve the health and wellbeing of Aboriginal and Torres Strait Islander communities. Tess is proud to provide holistic care to patients, clients and their families and will continue to strengthen relationships within the Sunshine Coast region to improve our mobs health outcomes.

Stacie Barker commenced in her role as Project Officer for NCACCH in September to assist with running community projects. As one of NCACCH first referrers, Stacie has a long-standing relationship with NCACCH and the Sunshine Coast community. Following her long-term involvement as Coordinator with Nungeena Aboriginal Corporation for 12 years, Stacie has been working with an NDIS service provider, advocating for people with disabilities. She will provide a holistic approach to empowering NCACCH clients to build strong relationships, access appropriate health care services and preventative practices.



Helen Ryan has just started at NCACCH as a Health Advocate. She has been nursing for 43 years! Helen started her training at Nambour hospital as a local girl who grew up in Cotton Tree. Helen was lucky enough to get a job with the Flying Doctor Service in Cairns and stayed in Cape York for over 12 years. She has lived in Thursday Island, Cooktown and Pormpuraaw and all over the Cape. Helen says 'It is a privilege to work for North Coast Aboriginal Corporation with such an amazing group of people'. As the Health Advocate, Helen is eager to assist clients in any way possible.



DJUM BAAL

On September 9, the TIS team took the Djum Baal Program to Currimundi State School. The Team organised a range of activities to simulate 'The Amazing Race' around the school grounds, to educate the children on the harmful effects of smoking. The 230 students were required to demonstrate teamwork and encourage each other to complete the activities in the time provided. The staff at Currimundi State School were very welcoming and the students had a great time.



TIS PARTICIPATION IN NCACCH WOMEN'S GROUP

The Sunshine Women's Group day was successful for our No Durri for this Murri team as there were many valuable discussions surrounding the history of tobacco and promotional items were handed out to the children. A few employees from a local community organisation, Cultural Healing participated in this event and our Tackling Indigenous Smoking Officer has initiated a partnership for further events! This was a great day, and we look forward to holding stalls at future Women's Group events.

The Gympie Women's Group approached our Tackling Indigenous Smoking Officer with intentions of helping family members quit smoking. They received great information regarding smoking cessation education, how to approach the family member successfully and the harmful effects of second-hand smoke on the family.

NO DURRI
...FOR THIS MURRI...
Tackling Indigenous Smoking

**Tackling
Indigenous
Smoking**





Heal Country

WAN'DINY - NAIDOC 2021

The Sunshine Coast Family Fun Day to celebrate NAIDOC 2021 was held at Crushers Leagues Club, Nambour on the 22nd September.

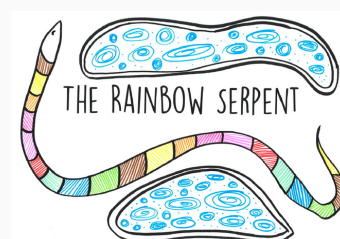


The crowd was entertained by the Gubbi Gubbi Dancers, who performed the Welcome to Country and also had the crowd up for an afternoon corroboree. Alister Bartholomew, OKA and the Torres Strait Islander Dance Group also entertained the community throughout the day.

NCACCH STALL

North Coast held an information stall as well as a children's activity where the children listened to the story of the rainbow serpent. After listening to or reading the story, the children then designed, coloured and cut out their own rainbow serpent to take home.

Congratulations to the organising committee for bringing this community event together.





WOMEN'S GROUP ALLOWS OUR TIDDAS & AUNTIES TO COME TOGETHER IN A CULTURALLY SAFE ENVIRONMENT TO YARN AND LEARN



WOMEN'S GROUP

Sunshine Coast Women's Group

Women's group for the month of July had a focus on family tree painting and a Tackling Indigenous Smoking Presentation. This event was held at the Nambour Community Centre, which was accessible for many of our North Coast clients. This concluded in a massive reach of 18 ladies and 4 children.

The September gathering saw 12 ladies and 2 children attend Muller Park at Bli Bli to try their hand at creating air-dried clay constructions. Some amazing pieces were created and lots of laughs were had. It was lovely to welcome some new faces to the group.



Gympie Women's Group

Women's Group for the month of August was held in Gympie. This month we focused on a craft activity and forming strong connections with our ladies. Air-dried clay construction was a hit, and we had a massive turnout of 21 women and 3 children. We had many comments that clay moulding was something that the ladies had always wanted to try and that it was very therapeutic. There were many powerful conversations held as well as laughter and a great welcoming environment for all the ladies that attended.

Feedback from one of the clients advised that they will be attending each Women's Group as it was a great way to connect, and it felt great to be around like-minded women and be social. This Women's group was a great success considering the engagements and reach as well as the positive feedback received.



WOMEN'S GROUP UPDATE

You can help grow our Women's Group by encouraging your friends or family members to join our Women's Group Facebook page. This page is open to all Aboriginal and Torres Strait Islander Women located in the Sunshine Coast and Gympie Regions. You must be over 16 years of age.



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for Community Health

Refer your friends or family members to join NCACCH Women's Group Facebook Page

COMPETITION TIME

CLOSES **29TH OCTOBER**

Win a \$50 Shopping Voucher



NAMING OUR WOMEN'S GROUP

We would love to hear your ideas and suggestions to name our Women's Groups. You can send your thoughts through to our Women's Group Facebook page or gives us a call.



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for Community Health



How does NCACCH Women's Group make you feel?



How does NCACCH Women's Group represent your community?



What does NCACCH Women's Group mean to you?

CLOSES
19 November
2021

**NAMING
NCACCH
WOMEN'S
GROUP**

Please send us your ideas to our Women's Group Facebook Page

www.facebook.com/groups/569750690334731/

Or call the office on 5346 9800 and chat to Danielle or Stacie



"Taking care
of yourself
makes you
stronger for
everyone in
your life"

MEN'S GROUP

Brad Hore, the Indigenous Outreach Worker here at NCACCH has been doing a deadly job with the Men's Group. The Group is slowly increasing in numbers. These groups provide a great environment for the men to come together and yarn while doing men's business. At the August catch up, the men got together for a Walk on Country while connecting and yarning.



THE NEXT MEN'S GROUP WILL BE HELD ON THE
SUNSHINE COAST ON THURSDAY 28 OCTOBER
2021.

THIS WILL BE A FISHING DAY HELD IN BLI BLI.

CALL US ON 5346 9800 TO RSVP YOUR SPOT





North Coast Aboriginal Corporation
for Community Health

"BETTER PROTECTED WHEN PROTECTED TOGETHER"

IT'S FREE

IT'S SAFE

IT'S YOUR
CHOICE

IT'S FOR YOUR
COMMUNITY

A vaccine is a safe way to protect people against serious illness from COVID 19. Just like the flu, it is important to get vaccinated to protect yourself, family, community and elders. You won't be forced to get the vaccination because it is your choice to make but it is encouraged, so you can protect yourself and your mob.

MAKE the CHOICE

Get vaccinated against COVID-19, for you and your community.



Call Aboriginal and Torres Strait Islander Health team on 5479 9608 for walk in clinic locations or speak to your local GP Clinic

COVID Update

The Sunshine Coast vaccination rates are still under 80%, Queensland Health has set up a number of walk-in clinics to help our mob get vaccinated.

How to get your COVID-19 vaccine

1. Register your interest online here: covid-vaccine.healthdirect.gov.au/eligibility
2. Await your invitation to arrive via email
3. If you belong to an approved priority group, as outlined by the QLD Chief Health Medical Officer, you are asked to register online (as above) and await your email invitation. When registering, ensure you select the correct priority cohort. If your invitation does not arrive within 72 hrs, you are able to walk into one of our vaccination sites. Proof of employment is required (staff ID badge etc). If you are attending the clinic as a walk in, please be patient as the wait may be up to 2 hours. Booking an appointment is in advance preferred.

As of 16th August, approved Vaccination priority groups are:

1. Queensland Health Priority Groups
2. Any person needing a second dose (regardless of vaccine brand) who received their first dose at a Queensland Health vaccination clinic
3. Healthcare workers including health care students on clinical placement
4. Hotel quarantine workers (including passenger transport services)
5. Aboriginal and Torres Strait Islander people aged 12 and over
6. Workers at airports that receive international and domestic flights
7. Queensland-based international and interstate air crew workers
8. Border workers
9. Residential aged care and disability care workers
10. Queensland Police Service workers
11. Freight workers who cross domestic borders
12. All fly-in-fly-out (FIFO) workers
13. Volunteers at a COVID-19 testing or vaccination clinic
14. Queensland Corrective Services workers
15. All persons working in an early learning, primary, secondary or special Queensland school. This applies to state and non-state schools.
16. All freight and food distribution centre workers.

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Hospital and Health Service
Exceptional people. Exceptional healthcare.



Thank you to everyone who has received their
COVID-19 vaccination to date

Our clinics:

Gympie Civic Centre Mellar street Gympie
Open M-F 9:30-16:30 until 28th October

Nambour General Hospital Hospital Road Nambour

Open 7 days a week until first week October
Monday, Tuesday, Wednesday, Friday, Saturday, Sunday 08:30-15:30,
Thursday 12:00-19:00

Sunshine Coast University Hospital Doherty Street Birtinya

Open 7 days a week until first week October
Monday, Tuesday, Wednesday, Friday, Saturday, Sunday 08:30-15:30,
Thursday 12:00-19:00

Caloundra Indoor Stadium North Street, Caloundra

Open 8th October - 9th December 2021
Open 7 days a week 09:30-16:30





This is an extension to what we have, nothing will change, it's just a better service and it's local.

HELEN FELSTEAD - CHAIRPERSON



GYMPIE AMS

NCACCH held a series of community consultation sessions in September seeking feedback for their new Aboriginal Medical Service (AMS) delivery.

Sessions were held in Gympie, Tin Can Bay, Kilkivan and Gungalda outlining plans for the Aboriginal Medical Centre currently being fitted out at 31 Excelsior Road, Gympie.



The centre will be available to all people who identify as Aboriginal and/or Torres Strait Islander and their families (including non-Indigenous partners, children, the whole family unit). The Aboriginal Medical Service will provide a holistic approach and will be a 'one-stop shop' for patients which offers comprehensive free health checks and medical services.

Project/Practice manager Tess Symes said: "In the AMS we will be able to address more common issues like smoking cessation, chronic disease management, mental health specialists and diabetes support, and all in a culturally safe space for our patients".

We have listened to feedback and surveys and from that, we will have a children's play area, USB ports for charging phones, the beds will be larger, there will be change tables in the men's and the women's toilets which are also large enough for disabled access.

Mango and Avocado Salad

Ingredients:

1 Red Onion
2 Mangos
1 Avocado
Cherry Tomatoes
Coriander or Spinach
Olive Oil

Method:

Finely chop onion and coriander
Dice mango and avocado
Slice cherry tomatoes in half
Mix olive oil with lime juice and salt
Pour oil mixture over other ingredients
Toss well and serve chilled



Sweet Potato and Bacon Slice

Ingredients:

1 Sweet Potato - shredded
1 Zucchini - shredded
4 Bacon rashers - finely chopped
1 Onion - finely chopped
4 Eggs
1 Cup of self-raising flour
1 Cup of grated cheese
1 Teaspoon of crushed garlic
1 Tablespoon of chives - finely chopped
1 Pinch of pepper to taste

Method:

Add all ingredients together and mix well
Pour into a non-stick slice tray
Bake in oven at 220 for 40-45 minutes

Upcoming Events

Sunshine Coast
Hospital and Health Service

HEAL COUNTRY!

Nambour General Hospital
Kakadu

Oct 12 *Nambour General Hospital*

Start 10am Kabi Kabi Welcome to Country
Talk on 2021 theme "Heal Country"
Finish 11am Traditional Dance - Lyndon Davis

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Government

Sunshine Coast
Hospital and Health Service

HEAL COUNTRY!

Sunshine Coast University Hospital
Main Entrance

Oct 14 *Sunshine Coast University Hospital*

Start 10am Kabi Kabi Welcome to Country
Talk on 2021 theme "Heal Country"
Finish 11.30am Traditional Dance - Lyndon Davis

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HEAL COUNTRY!

Caloundra Health Service
BBQ Area

Oct 15 *Caloundra Health Service*

Start 10am Kabi Kabi Welcome to Country
Talk on 2021 theme "Heal Country"
Finish 12.30pm Traditional Dance - Lyndon Davis

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Aboriginal and Torres Strait Islander Eye Health Clinic
Nambour, Caloundra and Gympie—2021

Date	Day	Venue	Time	Contact
17 February 2021	Wednesday	Waterfall Road Office	8.30am-3pm	Nambour: 5479 9852
18 February 2021	Thursday	Gympie Hospital	8.30am-3pm	Gympie: 5479 9852
19 February 2021	Friday	Caloundra Hospital	8.30am-3pm	Caloundra: 5479 9852
28 April 2021	Wednesday	Waterfall Road Office	8.30am-3pm	Nambour: 5479 9852
29 April 2021	Thursday	Gympie Hospital	8.30am-3pm	Gympie: 5479 9852
30 April 2021	Friday	Caloundra Hospital	8.30am-3pm	Caloundra: 5479 9852
14 July 2021	Wednesday	Waterfall Road Office	8.30am-3pm	Nambour: 5479 9852
15 July 2021	Thursday	Gympie Hospital	8.30am-3pm	Gympie: 5479 9852
16 July 2021	Friday	Caloundra Hospital	8.30am-3pm	Caloundra: 5479 9852
8 September 2021	Wednesday	Waterfall Road Office	8.30am-3pm	Nambour: 5479 9852
9 September 2021	Thursday	Gympie Hospital	8.30am-3pm	Gympie: 5479 9852
10 September 2021	Friday	Caloundra Hospital	8.30am-3pm	Caloundra: 5479 9852
13 October 2021	Wednesday	Waterfall Road Office	8.30am-3pm	Nambour: 5479 9852
14 October 2021	Thursday	Gympie Hospital	8.30am-3pm	Gympie: 5479 9852
15 October 2021	Friday	Caloundra Hospital	8.30am-3pm	Caloundra: 5479 9852
8 December 2021	Wednesday	Waterfall Road Office	8.30am-3pm	Nambour: 5479 9852
9 December 2021	Thursday	Gympie Hospital	8.30am-3pm	Gympie: 5479 9852
10 December 2021	Friday	Caloundra Hospital	8.30am-3pm	Caloundra: 5479 9852

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Please note:

- Current Medicare card is required for consultation
- Current Qld. Issued Pension or Health Care Card is required for 'free' glasses eligibility
- Dates and times may be subject to change at short notice

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for Community Health



GYMPIE WOMENS GROUP

CREATE YOUR OWN

Macrame Wall Hanging

**THURSDAY 21 OCTOBER
FROM 10.30 AM**

**Lake Alford Park
215 Bruce Hwy, Monkland 4570**

RSVP ON 5346 9800

LUNCH PROVIDED



NCACCH NO DURI



...FOR THIS MURRI...
Tackling Indigenous Smoking

COME & TRY DAY



NOV 6th
Saturday | 2021

NORTH SHORE JETS AFL CLUB

REGISTRATION	10:00AM
SESSIONS	10:30AM
LUNCH BREAK	12:40PM
FINISH	14:00PM

**PRIZES TO
BE WON!**

**COVID
SAFE PLAN**

**HEALTHY
SNACKS &
LUNCH
PROVIDED**

Spots are limited

RSVP by Friday 22nd October

Call Now
5346 9800

sponsored by
**Sunshine Coast
COUNCIL**

**701 DAVID LOW WAY
MUDJIMBA QLD 4565**



HEARING ASSESSMENT PROGRAM EARLY EARS
HAPEE CLINIC
TERM 4 DATES

THE PROGRAM PROVIDES **FREE** HEARING CHECKS TO ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN AGED 0 - 6 YEARS WHO DO NOT YET ATTEND FULL TIME SCHOOL AND PROVIDES ON-GOING ADVICE AND SUPPORT TO PARENTS AND CARERS.

GYMPIE CLINICS

THE EARLY YEARS FAMILY HUB
2 O'CONNELL STREET , GYMPIE

13TH OCTOBER 2021
10TH NOVEMBER 2021
8TH DECEMBER 2021

BIRTINYA CLINICS

NCACCH MAIN OFFICE
8/8 INNOVATION PARKWAY, BIRTINYA

27TH OCTOBER 2021
24TH NOVEMBER 2021

PLEASE CALL NCACCH ON 53469800 TO BOOK
INTO GYMPIE OR BIRTINYA CLINICS

COVID-19 VACCINE



Vaccination Walk-in

Saturday, 16 October
10am – 1pm

**Caloundra Indoor Stadium,
North Street, Golden Beach**

BBQ and tea/coffee, community stalls, health workers to support through the process.

Scan the QR to register

#KEEPMOBSAFE



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phn
CENTRAL QUEENSLAND,
WIDE BAY, SUNSHINE COAST
An Australian Government initiative



**Queensland
Government**



NCACCH APPROVED REFERRERS

Effective: 7 October 2021 - Subject to change without notice

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

***Mobile all areas**

SUBURB	ORGANISATION NAME	REFERRER NAME	PHONE
BIRTINYA	Sunshine Coast Hospital and Health Service (SCHHS)	Broddie Watego	5202 0022
		Maxine Croaker (Mon, Tues, Wed, Fri)	5202 3332
		Rhonda Wauchope	5202 0022
		Sonia Renouf	5202 0022
	NCACCH	NCACCH Staff	5346 9800
CALOUNDRA	Caloundra Hospital Community Health	Monica Mitchell (Monday & Tuesday)	0438 554 795
	Child Safety	Sana Smyth	5438 5400
GYMPIE	Aboriginal and Torres Strait Islander Cultural Healing Program	Anne Humbert	5489 8777 / 0419 537 878
	NCACCH	NCACCH Staff (Mon, Wed, Thurs)	5375 2011
	Sunshine Coast Hospital Health Service (SCHHS)	Maxine Croaker (Thurs)	5489 8556 / 0448 074 159
		Lillian Oliver	5489 8452
IMBIL		Paula Wooton	
MAROOCHYDORE	Central Queensland, Wide Bay, Sunshine Coast PHN	Juanita O'Rourke	5456 8152
	Child Safety	Amanda Stapleton	0427 163 639
	Integrated Family and Youth Service (IFYS)	Kristal Muggleton (Mon)	0439 543 058
NAMBOUR	Sunshine Coast Hospital and Health Service (SCHHS)	Jasminka Corporal	5319 4824
	Aboriginal and Torres Strait Islander Child Health Program	Lucinda Kilburn	5319 4824
		Sarah Cooper	5319 4824
		Tara Robinson	5319 4824
	Sunshine Coast Hospital and Health Service (SCHHS) Cultural Healing Program	Bianca Abednego (Wed & Thurs)	5450 4700
		Christine May	5450 4700
		Donna Macleod	5450 4700
		Renae Longbottom	5450 4700
	Sunshine Coast Hospital and Health Service (SCHHS) Aboriginal and Torres Strait Islander Community Health Program	Maria Mitchell-Brown	5479 9608
		Kym Cain	5479 9857
	Sunshine Coast Hospital and Health Service (SCHHS)	Detta Butler	5479 9852
		Di Bennett	5479 9852
		Luke Snabaitis	5479 9852
		Monica Mitchell (Mon, Wed, Thurs & Fri)	5479 9608
		Peter Robinson	5470 5316
ROSEMOUNT	Refocus	Debbie Currey	0459 993 031
		Kylee Samels	5442 3992
SIPPY DOWNS	University of the Sunshine Coast	Maryanne Williams	5430 1200
		Nicole Copley	5456 3766

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

PLEASE NOTE: If you require a referral to a NCACCH Allied Health provider eg Dentist, Counsellor, Podiatrist etc please contact a NCACCH Referrer listed above.
To access a NCACCH Doctor, please present your NCACCH Health Access Card with your Medicare Card to reception at your preferred Doctor (as per NCACCH GP list).

BIRTINYA OFFICE

8/8 Innovation Parkway
BIRTINYA, QLD 4575

P: (07) 5346 9800 | F: (07) 5346 9899

PO Box 479, Cotton Tree QLD 4558

E: admin@ncacch.org.au

W: www.ncacch.org.au

GYMPIE OUTREACH OFFICE

9.30am – 3.30pm Monday | Wednesday | Thursday

Shop 3/2-4 Horshoe Bend Gympie QLD 4570

P: (07) 5375 2011

