
JUNE 2021, ISSUE 2



NCACCH | North Coast Aboriginal Corporation
for Community Health

NCACCH Quartely Newsletter



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this flu season
& much more

Important Update

Traven Lea is no longer with NCACCH effective 23 April 2021. Based on the order of merit process conducted at the CEO interviews held in late 2020, the Board would like to congratulate Sharelle Eggmolesse (NCACCH General Manager) as the next suitable appointed candidate. Sharelle is now the permanent CEO effective immediately.

Well Persons Health Check Day 2021

A day for mob to come together in a culturally safe and fun environment to learn about the importance of their health.

On Saturday 8th May, more than 1,000 Aboriginal and Torres Strait Islander community members gathered at the Sunshine Coast Recreational Centre for the NCACCH Well Persons Health Check Day, this annual hosted event that focuses on health inspiring and empowering the community to take practical steps to look after their health. This year the event saw a strong focus on young people, the day provided people education on preventative health and self-determination.

NCACCH would like to thank all of our Service Providers, Workshop Facilitators and Performers who came together and made the day a truly remarkable event. A massive thank you to our sponsors Sunshine Coast Council, PHN and Hospital and Health Service





08.05.2021

DR KIAH THE KANGAROO

thanks

for making my birthday so special



Aunty Betty's Memorial Reconciliation Walk 2021

On Wednesday the 2nd of June 2021, NCACCH staff were invited to host a stall for Aunty Bettys Memorial Reconciliation Walk. The event which was hosted at the stunning Buderim Forest had a massive turnout from the community. Maggie Ross who played an extensive role in the planning, development and implementation of the event spoke lovely words and shared stories of how Aunty Betty wanted the walk to be her legacy.

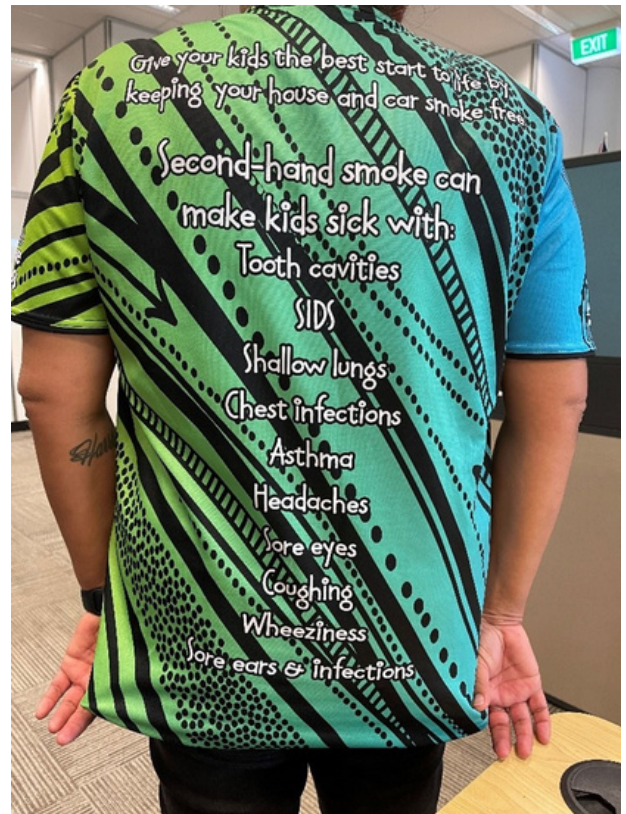
Gubbi Gubbi traditional owners shared the lands history, stories and knowledge during the event walk.



Lyndon Davis and the Gubbi Gubbi Dance Group put on an amazing Welcome to Country, they got the whole crowd involved at the end to learn a Gubbi Gubbi corroboree. One of the biggest highlights of the event was having the opportunity to listen to Lyndon Davis give a guided tour to the community who participated in the event. As we walked through the Buderim Forest Lyndon shared his extensive knowledge and spoke of the history, culture and stories of the area.

World No Tobacco Day Celebration at Gympie GA 'Gur Playgroup

World No Tobacco Day falls on May 31st annually, this year's theme was 'commit to quit'. Commit to Quit aims to create healthier environments and communities that advocate solid tobacco cessation regulations. We visited Gympie GA 'Gur playgroup to promote smoking cessation and provide education to caregivers. This information session was successful and reached up to 15 community members, we provided Dr Kiah shirts to the children that attended as a door prize as well as small promotional items. Overall, it was a great day that sparked important conversations and the community engagement for World No Tobacco Day was beneficial for those in the Gympie Region.



Tewantin State School – Eddie Mabo Day / Dingira Warrai Film Screening

On Thursday 3rd of June, No Durri for This Murri was invited along to the screening of Dingira Warrai, a children's wellness program that aimed to show the connections of the surf and first nations people. We acknowledged Eddie Mabo Day before the screening of the film. Mabo day symbolises the long struggle of aboriginal and Torres Strait Islander people recognition as the first custodians, protectors, and knowledge holders of their culture, lands and waters. Mabo Day celebrates the High Court decision which gave legal substance to native title. At this event, our TIS team ran a stall that had a lot of engagement from the students. Over 600 students attend the event. A number of students, teachers and special guests had engaged with our stall, the educational props and promotional items sparked a lot of questions within the students and prompted educational yarns.



At the event we were met by a previous client of No Durri for This Murri who had informed us that he had successfully quit smoking for 4 months due to the support from our program and the Quitline referral we did for him. This client informed us of his decision to cease smoking was due to his children, big congratulations to this client!

World No Tobacco Day Morning Tea @ Lake Kawana



The TIS Team ran a morning tea event to celebrate "World No Tobacco Day" at Lake Kawana on the Sunshine Coast. This event reached 25 community members which were positively influenced by our stall props and promotional items. The new TIS Officer, Krystal was able to conduct an educational talk and brief intervention with a young smoker. He was surprised by the interactive displays which displayed the harmful side effects for smoking. We received great feedback about the TIS stall from some of the community that attended. They stated "you are doing a great job. The community needs to see your stall so they can learn about the dangers of smoking". We give a big thanks to all those who came and supported such a significant day for the TIS Team.

Quitskills training – 25th of May to 27th of May 2021



At the end of May 2021 7 NCACCH staff Karen, Norma, Darinka, Krystal, Nicole and Lilie attended Quitskills Brief Intervention Training. Quitskills is a 3 day nationally recognised training course that aims to increase the skills, knowledge, and confidence to successfully support Aboriginal and Torres Strait Islander people to quit or reduce smoking, along with providing the tools to assess and discuss smoking behaviours. Over the 3-day course,

NCACCH staff were educated around the history of tobacco, social determinants, health consequences, cessation methods and successful brief interventions with clients. As well as the stages of change, behaviour plans, narrative therapy, and motivational interviewing. These specific topics are essential for health workers, especially for those working directly with Aboriginal and Torres Strait Islander peoples.

For staff that have been working in this industry for some time, the course is a great refresher and update of information. The delivery of this course was exceptional and engages the participants, each topic covered was both educational and interesting. Overall Quitskills was a beneficial course for our NCACCH staff.

Keeping up with Nanna Bills Mums N Bubs program

Well, Persons Health Check Day was a great success this year. We had the University of the Sunshine Coast provide student midwives who were able to weigh and measure the babies and provide health promotion discussions. We gave away 2 prizes on the day, First Prize consisted of pampering products for mothers, while the second prize consisted of a \$100 Bunnings voucher.

The 2 winners were very grateful to NCACCH for putting on such an awesome event. Candice our first prize winner said winning the first prize made her day. Nathan was also stoked with the \$100 Bunnings voucher.





North Coast Aboriginal Corporation
for Community Health

KANDANGA RECONCILIATION DAY

KANDANGA STATE SCHOOL

DAY

27TH MAY 2021

OUTDOOR TRADITIONAL GAMES, ARTS & CRAFT FAMILY TREES, JEWELLERY MAKING, STORY TELLING & DR KIAH APPEARANCE



THANKS FOR HAVING US





HEARING ASSESSMENT PROGRAM EARLY EARS
HAPPEE CLINIC

TERM 3 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

7TH JULY 2021

4TH AUGUST 2021

1ST SEPTEMBER 2021

BIRTINYA CLINICS

NCACCH MAIN OFFICE
8/8 INNOVATION PARKWAY, BIRTINYA

21ST JULY 2021

18TH AUGUST 2021

15TH SEPTEMBER 2021

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

What's been happening in Womens Group ?

April Women's Group was situated beside Lake Alford in Gympie, The day saw 20 ladies come together to share stories of their lives and learn about the importance of symbolising in our Aboriginal and Torres Strait Islander peoples culture. The ladies proved to be very talented using inspiration from traditional painting symbols to recreate their stories onto pots.

Women's Group allows our Tiddas & Aunties to come together in a culturally safe environment to yarn and learn.

May brought the women of the Sunshine Coast region together along the lovely banks of Maroochydore River. The ladies all participated in the same activity as the Gympies group. We saw over 20 women participate on the day and even had the presence of 4 happy kids who got involved in painting their own pots.

Junes Women Group was a lovely session 15 Women got together at the Lake Alford Park in Gympie and painted their Family Trees using Aboriginal art symbols.





SUNSHINE COAST WOMENS GROUP

This months activity will be painting our family trees with vibrant colours onto canvas.

Tackling Indigenous Smoking team will be there to have a yarn with as well.
healthy free Lunch provided.

WHEN: Thursday, 15th of July 2021

WHERE: Nambour Community Centre (2 Shearer Street, Nambour)

TIME: from 10:00am

RSVP: (07) 5346 9800



Out and about with Mens Group

Brad Hore, the Indigenous Outreach Worker here at NCACCH has been doing a deadly good job with the men's group this year.

From taking the fellas on bush walks and cultural tours around the Sunshine Coast and Gympie region to arranging Cultural Artifacts education session. The groups provide a great environment for the men to come together and yarn while doing men's business.



NCACCH raised awareness for Men's Health Week 2021 by hosting a Men's Health Walk along Kawana Lake

Men's Health Week 2021 was from the 14th of June till the 20th of June. Men's Health Week is your opportunity to make a positive difference in the lives of men and boys. Brad hosted a walk on Friday the 18th of June 2021 which saw 13 people come together to do a 5km walk and talk around Lake Kawana. Many honest discussions were shared about the real issues that affect both the physical and mental health of men.



North Coast Aboriginal Corporation
for Community Health

Men's Wellbeing Program

When: 9th Of June 2021

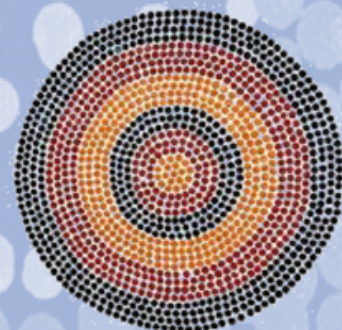
Where: Landsborough Peace Park

Theme: Cultural Talk and Site Visits

Time: 10:30am - 1:30pm

Limited Spots and Transport Available

Please RSVP to Brad on 5346 9800



The Winter Warmer Recipes

Recipes to keep you and your mob warm this Winter!

Veggie & Tortilla Soup



INGREDIENTS:

- 1 RED ONION, DICED
- 1 RED CAPSICUM, DICED
- 400G CAN OF CHOPPED TOMATOES
- 1 1/4 CUP OF VEGETABLE STOCK
- 1 CUP OF CORN
- 1 CAN OF KIDNEY BEANS
- TORTILLA CHIPS

EXTRAS:

- 1 WHOLE AVOCADO
- CHEESE

METHOD:

1. Heat a little oil in a saucepan and fry the onion until soft (1-2minutes). Add pepper and fry for a further minute
2. Stir in the tomatoes, vegetable stock, corn. Allow simmering for 12-15minutes
3. Serve in a bowl topped with tortilla chips. top with cheese and avocado(if using)

Shepard's Pie



INGREDIENTS:

- 800g potatoes, quartered (see note)
- 20g butter
- 1/2 cup hot milk
- 1 1/2 tbsp olive oil
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 1 zucchini, finely chopped
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 400g roast lamb minced
- 1/2 cup tomato sauce
- 2 tbsp Worcestershire sauce
- 3/4 cup Massel beef stock
- 1/3 cup grated cheddar cheese

METHOD:

1. Cook potatoes until tender. Drain. Add butter and mash until smooth. Add milk and beat to combine.
2. Heat oil in a large, heavy-based frying pan over medium heat. Cook carrot, celery, zucchini, onion and garlic for 8 to 10 minutes or until vegetables soften.
3. Add the lamb mince, sauces and beef stock. Cook, stirring until mixture comes to a boil. Simmer for 3 minutes. Set aside to cool.
4. Preheat oven to 200°C. Spoon mixture into 4 x 1-cup ramekins or 1 x 4-cup ovenproof dish. Top with mashed potato. Rake surface with a fork. Sprinkle with cheese. Bake for 15 to 20 minutes or until golden.

COVID-19 Vaccine Update

Queensland Health encourages anyone with COVID-19 symptoms, no matter how mild, to get tested as soon as possible. Testing locations are available at this website:

<https://www.qld.gov.au/health/conditions/healthalerts/coronaviruses-covid-19/stay-informed/testing-and-fever-clinics#testing-centre-map>

The Queensland Government continues to encourage residents to receive Covid-19 vaccinations. To check eligibility status and for a full list of locations offering the vaccination, please visit this website:

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/covid-19-vaccine/book>

Alternatively, NCACCH encourages you to phone your regular general practice to discuss or phone the National Coronavirus Hotline on 1800 020 080.

The NCACCH Board strongly encourage our members, clients, and community to continue following the Commonwealth and State advice regarding practising good hygiene, physical distancing and staying home if you are sick. If you have questions or concerns related to the latest Sunshine Coast Public Health alert for Covid-19 we encourage you to contact 134 COVID (13 42 68).

FLU Vaccine 2021

Be wise and immunise

Flu vaccine this year will be offered to all Aboriginal and Torres Strait Islander peoples aged 6 months and older.

People with some existing medical conditions may be more likely to experience complications from the flu. Conditions like:

Heart Disease
Asthma
Chronic Disease
Diabetes
Kidney disease

Please talk to the health worker when they call to confirm your appointment if you are not sure if any of the above apply to you.

Clinics will be held at Health Service facilities across the Sunshine Coast in June and July.

Call our bookings team to save your place!
5479 9608 or 5479 9852



If you are unwell
please call our Health
Workers to arrange
another booking.
5479 9852 or 5479 9608

This patient publication was developed with input from healthcare consumers. Sunshine Coast Hospital and Health Service is accredited by the Australian Council on Healthcare Standards, for more information see www.safetyandquality.gov.au or ask a member of staff.



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Sunshine Coast Hospital and Health Service



NCACCH Pop up Flu vaccination clinic on 28th June
2021 8:30am – 11am at NCACCH Birtinya office - 8/8
Innovation Parkway

Please call 5479 9608 to book

Flu vaccination

The Aboriginal and Torres Strait Islander Health team is offering Fluvax® vaccination for the Aboriginal and Torres Strait Islander community.



By appointment only at
SCHHS clinics

07 5479 9608 or 07 5479 9852

**Sunshine Coast
Hospital and Health Service**

Exceptional people. Exceptional healthcare.





NCACCH APPROVED REFERRERS

****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)	Brohdi Watego	5202 0022
		Adam Corowa	5202 0022
		Rhonda Wauchope	5205 0022
		Sonia Renouf	5202 0022
		Kay Jones	5202 0022
	NCACCH	NCACCH Staff	5346 9800
BOKARINA	Community Solutions	Peter Adams	0459 862 826
CALOUNDRA	Child Safety	Sana Smyth Joe Marsh	5438 5400
	Caloundra Hospital Community Health	Monica Mitchell (Monday & Tuesday)	0438 554 795
GYMPIE	Sunshine Coast Hospital and Health Service (SCHHS)	Elise Bailey	5489 8407
		Shannon Jackson	5489 8624 / 0409 768 813
		Lillian Oliver	5489 8452
	Aboriginal and Torres Strait Islander Cultural Healing Program	Anne Humbert	5489 8777 / 0419 537 878
	Centrelink Gympie	Chris Delisser	5481 0202
	Anglicare Gympie	Jane Blunden	0408 944 441
	Refocus	Shelly Burton (Tues - Fri)	5417 4483
	NCACCH	NCACCH Staff (Mon, Wed, Thurs)	5375 2011
IMBIL		Paula Wooton	
MAROOCHYDORE	Central Queensland, Wide Bay, Sunshine Coast PHN	Juanita O'Rourke	5456 8152
		Mandy Edwards	5456 8100
	Child Safety	Kylee Samels	5376 9500 / 0419 416 769
	Integrated Family and Youth Service (IFYS)	Kristal Muggleton (Mon)	0439 543 058
NAMBOUR	Sunshine Coast Hospital and Health Service (SCHHS)	Lucinda Kilburn	5319 4824
	Aboriginal and Torres Strait Islander Child Health Program	Tara Robinson	5470 5500
	Sunshine Coast Hospital and Health Service (SCHHS) Cultural Healing Program	Christine May	5450 4700
		Bianca Abednego	5450 4700
		Renae Longbottom	5450 4700
	Sunshine Coast Hospital and Health Service (SCHHS)	Naomi Scarr	5479 9608
	Aboriginal and Torres Strait Islander Community Health Program	Maria Mitchell-Brown	5479 9608
	Sunshine Coast Hospital and Health Service (SCHHS)	Monica Mitchell (Mon, Wed, Thurs & Fri)	5479 9608
Preventable Hospitalisation Program	Luke Snabaitis	5479 9852	
Sunshine Coast Hospital and Health Service (SCHHS)	Tess Symes	0417 195 916	
ROSEMOUNT	Refocus (Mobile)	Debbie Currey	0459 993 031
SIPPY DOWNS	University of the Sunshine Coast	Maryanne Williams	5430 1200
		Nicole Copley	5456 5889

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

**PLEASE NOTE: If you require a referral to a NCACCH Allied Health provider
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).**