

NCACCH NEWS

APRIL 2022 - Issue 5

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THE PULSE

Gympie Aboriginal Medical Service Update

NCACCH's Aboriginal Medical Service (AMS) opened to the community in December 2021. The response from community has been positive and informative. As NCACCH is always looking at continuous quality improvement, community feedback provides us with information on what we are doing right, and where we can improve.

NCACCH's AMS provides access to comprehensive primary health care within the Gympie and surrounding region. NCACCH are working toward filling the gap in allied health and maternal and child health services in the region by bringing these services to the AMS. Our goal is to have a holistic health hub available to our community to access much needed services at a central point.

The Gympie AMS team are incredibly passionate about delivering culturally appropriate, safe, patient-centred and equitable services to our NCACCH Aboriginal and Torres Strait Islander clients and their eligible family members.



THE PULSE

NCACCH is growing!!

There has been a big growth period at NCACCH with recruitment at the Gympie AMS and at Head Office in Birtinya.

A significant role that has recently been recruited to is the new role of the People and Culture Officer. The People and Culture Officer role is to assist with recruitment of the appropriate staff and championing NCACCH values.

Follow our NCACCH Facebook page to get to know some of our new team, and if you see our new staff out and about, please come and say hello.

Follow the NCACCH Facebook page or check our website for any future vacancies.



Clinical Nurse - Gympie

NCACCH Accreditation

In March this year NCACCH underwent its annual ISO accreditation.

We are pleased to report that NCACCH received a glowing report for its services and processes. The accreditation agency performing the audit (IHCA) made one observations, which the NCACCH have taken on-board to further its commitment to Continual Quality Improvement (CQI). Moving forward, NCACCH is excited to continue implementing CQI activities and initiatives in-alignment with the National CQI Framework for Aboriginal and Torres Strait Islander People 2018-2023.

NCACCH would very much like to thank all their hardworking staff for their ongoing commitments to our shared goals of Closing the Gap. ISO 9001:2015 Accreditation is a testament to your dedication and willingness to serve your community.

The NCACCH Gympie Aboriginal Medical Service (AMS) is being accredited against the Royal Australian College of General Practitioners (RACGP) Standards 5th Edition. This will give the AMS an AGPAL Accreditation showing NCACCHs commitment to safety, quality and continuous improvements. We want community members to know that their wellbeing is our priority. By choosing to attend an accredited practice, patients know they will get quality and safe care that meets the RACGP Standards.



AS/NZS ISO 9001:2015
QUALITY CERTIFIED
ORGANISATION



THE PULSE

Gympie Flood

In February 2022, the Queensland city of Gympie was hit by the largest rainfall and flooding event in over 100 years. Over 1000 households and properties within the region were submerged in floodwaters, with hundreds of residents forced to abandon their homes and seek refuge in evacuation centers, as the region was deemed a disaster declaration area, from the life-threatening floods.



This has had a significant impact on the Aboriginal and Torres Strait Islander community residing in this region. As our clients living in this area are some of our most vulnerable and elderly clients, who are isolated, suffering from chronic disease and unable to access needed food, medications and health system support.

NCACCH has been notified of requests from support for community and are currently working on accessing much needed support funds to our community.

If you require support, please contact the following services:

- Disaster Recovery Hub is open at the Civic Centre, between 9am and 5pm, seven days a week.
*Closes 8th April 2022.

Flood affected Gympie residents can visit in person and speak to a variety of Government Departments including:

- Department of Housing for emergency housing assistance and other housing support services
- Centrelink income support
- Australian Government Disaster Recovery Payment (AGDRP), of \$1000 per eligible adult and \$400 per eligible child
- Disaster Recovery Funding Arrangements (DRFA) - Emergency Hardship Assistance grants of up to \$180 per person and \$900 for a family of five or more
- Information and referral, e.g. welfare referrals, other local services
- Resources to assist vulnerable individuals and groups (e.g. young children and adolescents, domestic and family violence)
- SE QLD Flood Grants

NCACCH will provide updates on our funding application via social media and SMS.

COVID 19 SUPPORT OUTREACH VACCINATION CLINICS



NCACCH have set up clinics across the Cooloola region and Sunshine Coast. The program commenced on the 24th January 2022. The Gympie Aboriginal Medical Service (AMS) has had a daily clinic at the centre. On the Sunshine Coast we have had clinics at Birtinya, Caloundra, Nambour, Maroochydore, Coolool & Tin Can Bay.

We have delivered over 250 vaccinations at this stage. The vaccinators have been provided by the Commonwealth, the two contractors were Vanguard and Medical Rescue. Our wonderful local pharmacy Live Life Pharmacy at Stockland Birtinya have kindly offered to store our vaccinations at their premises, which has been incredibly helpful.

From the 21st March the outreach clinics are based at Coolool, Nambour, Caloundra, Birtinya and home visits by appointment. The program will run until the end of June 2022. Please contact NCACCH to make an appointment, if you're in the area you could just pop in. We have a daily clinic at the Gympie AMS from 9am - 4pm, call them direct to arrange an appointment.

Our team consists of Jennifer McClay - Covid 19 Mental Health, Kristine Muller - Covid Support and we welcome a new Covid Lead Project Officer, Mikala McSaveney who will take over from Jennifer. Mikala will be focusing on supporting people who may be experiencing any mental health issues relating to Covid 19.

If you would like to know more about the vaccination or Covid 19 please contact NCACCH program support staff.

The program also offers mental health support via telehealth or in office visits, no referral necessary.



NORTH COAST ABORIGINAL CORPORATION
FOR COMMUNITY HEALTH

COVID-19 VACCINATION CLINICS

For Aboriginal and Torres Strait Islander community
and NCACCH clients



Transport assistance available | Receive voucher after vaccination

GYMPIE AMS CLINICS : Call (07) 5329 5872 to book

21 MARCH to 30 June 2022; 9am – 4pm

SUNSHINE COAST CLINICS: Call (07) 5346 9800 to book

21 MARCH to 30 June 2022; 11am – 3pm

MONDAY

Gympie
31 Excelsior Rd

Maleny (21/3 only)
5 Coral St

Coolumb (from 28/03)
6 Park St

TUESDAY

Gympie
31 Excelsior Rd

Caloundra
58a Queen St

WEDNESDAY

Gympie
31 Excelsior Rd

Home Visits
Sunshine Coast Only

THURSDAY

Gympie
31 Excelsior Rd

Nambour
1-3 Waterfall Rd

FRIDAY

Gympie
31 Excelsior Rd

Birtinya
8 Innovation Pwy

PLEASE NOTE: Clinics not open public holidays





NANNA BILL'S MUM'S AND BUB'S PROGRAM

The TIS Team and Nanna Bills Team Up

The TIS Team and Nanna Bills Midwife team up to share education about smoking cessation and the benefits of having a smoke-free home.

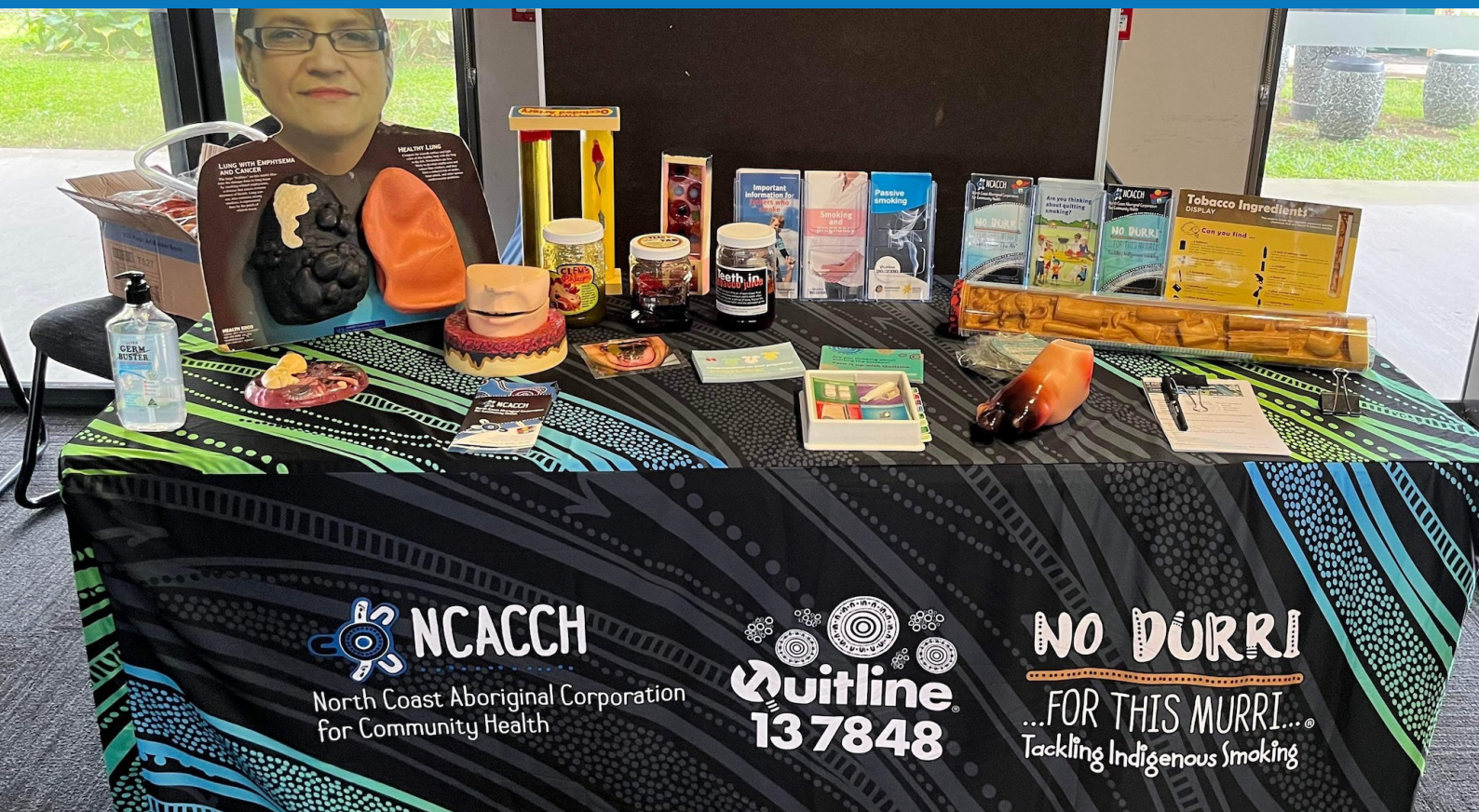
5 Mothers from the Nanna Bills Program received a ND4TM mums and bubs pack containing brochures about quitting smoking including a quit smoking journal and other healthy lifestyle measures such as physical activity and nutrition brochures.

Some of the goodies in the pack included a ND4TM backpack, water bottle, lanyard and towel to name a few. The Nanna Bill's Midwife will be following up with the mums to see if they are happy with the packs.

Gar Gur Christmas Party 2021

At the end of 2021, the Nanna Bills Mums and Bubs midwife supported Norma our Indigenous Child Health Worker for the annual Gar Gur Christmas party in Gympie. The Calvary Church on the Sunshine Coast donated presents for the children and were enthusiastically received by the children. Our valued guest Greg Dreise had the children participate in Cultural games.





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

Murris urged to quit the durri in new campaign

By ALF WILSON

THE North Coast Aboriginal Corporation for Community Health (NCACCH) is encouraging Indigenous people to give up smoking through the 'No Durri for This Murri' campaign.

NCACCH is an Aboriginal Community-Controlled Health Organisation that services the Sunshine Coast and Gympie region.

The 'No Durri for This Murri' Tackling Indigenous Smoking team strives to increase health literacy rates in the region through delivering early intervention and smoking cessation activities including yarning circle, education and accurate information materials to the Aboriginal and Torres Strait Islander communities.

With their localised campaign, they aim to

assist community to make informed decisions on quitting smoking and creating safe environments by clearing the air of cigarette smoke.

The 'No Durri for This Murri' team is part of a national strategy and is one of the 41 organisations partaking in the Tackling Indigenous Smoking initiative.

While tobacco smoking is declining in Australia, it remains disproportionately high among Indigenous people.

NCACCH recently surveyed the Sunshine Coast and Gympie community which had 386 community members participate with 95% identifying as Indigenous.

The survey showed that 31% identified as smokers, 41% ex-smokers and 52% of households are smoke-free.

When asked "Why did you quit?", the number one reason was for health and second was for family.

OUR DEADLY UPDATE

Did you see us in the Koori Mail?

Mr. Alf Wilson, a journalist for the Koori Mail was travelling home to Townsville when he spotted the "No Durri for This Murri®" billboard up in Gympie. Mr. Wilson was intrigued about the billboard and the program and stated he would like to do a story about the ND4TM program for the Koori Mail. This was a great opportunity to showcase the NCACCH and the ND4TM program. The article was published in Edition 768.

Covid 19 Vaccination Clinic, Caloundra Community Centre

The TIS Team helped facilitate a vaccination clinic at Caloundra Community Centre. The TIS Team used the opportunity to hold a ND4TM pop-up stall, the first one for 2022. The TIS Team were able to provide education to the community that attended the clinic and community centre on the day. The stall received great engagement with all 7 clients that were vaccinated not only engaging with the team but completing a 'let's clear the air' pledge.

We received great feedback on the day, the TIS Team were commended the stall set up, strong messaging and eye-opening educational props.

ND4TM has a new Radio ad on Hot 91 and Zinc FM

The new and improved ND4TM radio ad hit the airways over the new year. Its being running on Hot 91 and Zinc FM. The ad contains messaging about the dangers of smoking around others. The ad will be run again during May and June to spread messaging to celebrate World No Tobacco Day which falls annually on the 31st of May.





WOMEN'S GROUP IS BACK!

Tree of Life Art Activity with Cultural Healing

The heightened risk of Covid 19 seen NCACCH restrict face-to-face contact with the community which meant the cancellation of the Women's Groups at the start of 2022.

The first Women's Group of 2022 will be in April 2022 at the Gympie Senior Citizen Centre, 40 Mellor Street, Gympie.

The Cultural Healing team will be facilitating the art activity which is titled Tree of Life.

"The Tree of Life concept is a visual metaphor in which the tree represents your life and the various elements that make it up – past, present, and future. "

Please RSVP to secure your spot, call 5346 9800.

I look forward to seeing you there.



WOMEN'S GROUP

Art Activity with Cultural Healing

Tree of Life

The Tree of Life concept is a visual metaphor in which the tree represents your life and the various elements that make it up – past, present, and future.



Thursday 21st April
From 10:30am

The Gympie Senior Citizen Centre
40 Mellor Street
Gympie 4570

Lunch Provided

RVSP ON 53469800



STAFF TRAINING

Mandy Draper (Chronic Disease Management Program Support Officer) and Josie Cox (Health Worker) attended residential training from the 21st Feb to 24th Feb with CQUniversity in Brisbane.

Mandy and Josie are both doing their Certificate IV in Primary Health Care Practice. The residential training provided Mandy and Josie with the knowledge and skills to complete 715 Aboriginal and Torres Strait Islander Health Checks.

The training include general health checks like blood sugar checks, urine, blood pressure, temperature, eye & ear health and oxygen, as well as walking through the health check questions and assessing clients health needs for recommendations to GP.

Mandy and Josie participated in role play with the other students learning valuable interpersonal skills whilst being able to put their knowledge into practice.

Great work Mandy and Josie.



EASY READ

Getting the COVID-19 vaccine in your home



There are a number of ways for you to get the vaccine in your home.



You can speak to your health provider, support service, or GP. They can help you organise a vaccination through your Primary Health Network.



You can also call **134 COVID (13 42 68)** and ask for help.



You can register, phone or email the Primary Health Network in your area. You can find out more by visiting the website at www.health.gov.au/initiatives-and-programs/phn/your-local-phn/qld-phn



If you are deaf or hard of hearing, please contact the National Relay Service on **1800 555 727** and ask to be directed to a health service. They can connect you to 134 COVID (13 42 68).



You can visit the Queensland Health website at www.qld.gov.au/covid19vaccine for more information about the vaccine.



Stay informed at

www.health.qld.gov.au and
www.qld.gov.au/covid19vaccine



Queensland
Government



VINEGAR & OLD MAN SALTBUSH POPCORN

Ingredients

2 cups Popcorn (cooked)
1 tablespoon My Dilly Bag Old Man
Saltbush n Vinegar Mix
1/4 cup Butter (melted)

Method

- Cook popcorn as per packet instructions. Protect your hands when moving and do not touch the popcorn as it will be hot. Transfer to large bowl
- Pour melted butter over popcorn and stir well
- Sprinkle with half the Salt 'n' Vinegar Mix, stir until evenly combined
- Spread over lined baking tray and sprinkle with the remaining mix
- Transfer to air tight container or into a serving bowl and enjoy

*Recipe by Aunty Dale Chapman & [My Dilly Bag](#)

LEMON MYRTLE & WATTLESEED SHORTBREAD

Ingredients

225 gm butter
115 gm caster sugar
6 leaves ground lemon myrtle 1 tsp
3 tsp ground wattleseed
340 gm plain flour
2 Tbs caster sugar to decorate tops
of shortbread

Method

- Place 1/2 the wattleseed in a mortar and pestle and give it an extra grinding to release aroma and reduce the coarseness of the product.
- In an electric mixer cream the butter and sugar until pale and fluffy.
- Add all the ground wattleseed and the ground lemon myrtle to the butter mixture.
- Mix until combined.
- On a slow setting add the flour to the butter. Allow the flour to combine fully.
- Wrap the cookie dough in plastic wrap and refrigerate until the dough is firm.
- Approximate 2-3 hours.
- Line two cookie trays with baking paper.
- Preheat the oven to 150 degrees celsius or 300 Fahrenheit This is a cool oven.
- Place a piece of plastic film on the bench and lightly dust with flour.
- Place the cookie dough on the plastic wrap and top with another layer of plastic.
- Roll the cookie dough out to the desired thickness between the wrap.
- Remove the top plastic wrap and cut cookies.
- These are very delicate shortbread cookies to the bottom layer of wrap will help you to transfer each cookie one at a time to the baking tray.
- Repeat the process until all the dough is finished.
- Bake for 20 -25 minutes or until golden. Allow cookies to cool on tray





Hearing
Australia

HEARING ASSESSMENT PROGRAM EARLY EARS BIRTINYA HAPEE CLINICS

NCACCH MAIN OFFICE

8/8 INNOVATION PARKWAY, BIRTINYA

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.

TERM 1

9TH FEBRUARY 2022

2ND MARCH 2022

6TH APRIL 2022

TERM 2

4TH MAY 2022

8TH JUNE 2022

PLEASE CALL NCACCH ON 53469800 TO
BOOK FOR BIRTINYA CLINICS



Hearing
Australia

HEARING ASSESSMENT PROGRAM EARLY EARS HAPEE CLINIC

TERM 1 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

GYMPIE AMS

31 EXCELSIOR ROAD GYMPIE

16TH FEBRUARY 2022

16TH MARCH 2022

13TH APRIL 2022

PLEASE CALL GYMPIE AMS ON 53295872 TO
BOOK INTO GYMPIE CLINICS

TRANSPORT AVAILABLE

Women's Group Save the Dates 2022



North Coast Aboriginal Corporation
for Community Health

GYMPIE

February 24

April 21

June 16

August 18

October 20



SUNSHINE COAST

March 24

May 19

July 21

September 15

November 17



COMBINED

December 15

Follow our NCACCH
Women's Group Facebook
page for regular updates
and more information.



NCACCH

North Coast Aboriginal Corporation
for Community Health

MEN'S GROUP

SAVE THE DATES 2022

March - 31st Gympie

April - 28th Sunshine Coast

May - 26th Gympie

June - 23rd Sunshine Coast

July - 28th Gympie

August - 25th Sunshine Coast

September - 22nd Gympie

October - 27th Sunshine Coast

November - 24th Gympie

December - 8th Combined -TBC





NCACCH APPROVED REFERRERS

Effective: March 2022 - Subject to change without notice

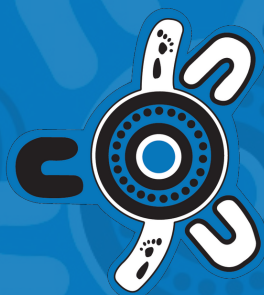
****PLEASE PHONE ALL REFERRERS TO ARRANGE AN APPOINTMENT****

***Mobile all areas**

SUBURB	ORGANISATION NAME	REFERRER NAME	PHONE
BIRTINYA	Sunshine Coast Hospital and Health Service (SCHHS)	Brent Miller	5202 0022
		Broddie Watego	5202 0022
		Maxine Croaker (Mon, Tues, Wed, Fri)	5202 3332
		Rhonda Wauchope	5202 0022
		Robert McKellar	5202 0022
		Sonia Renouf	5202 0022
	NCACCH	NCACCH Staff	5346 9800
CALOUNDRA	Caloundra Community Centre	Dana Whiston	5491 4000
	Caloundra Hospital Community Health	Monica Mitchell (Monday & Tuesday)	0438 554 795
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	0414 258 242
MAROOCHYDORE	Central Queensland, Wide Bay, Sunshine Coast PHN	Juanita O'Rourke	5456 8152
	Child Safety	Amanda Stapleton	5376 9500
NAMBOUR	Sunshine Coast Hospital and Health Service (SCHHS) Aboriginal and Torres Strait Islander Child Health Program	Debbie Armstrong	5319 4824
		Jasminka Corporal	5319 4824
		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	Kym Cain	5479 9857
		Maria Mitchell-Brown	5479 9608
		Naomi Scarr	5479 9608
	Sunshine Coast Hospital and Health Service (SCHHS)	Delta 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).



NCACCH

**North Coast Aboriginal Corporation
for Community Health**

NCACCH HEAD OFFICE

8/8 Innovation Parkway
Birtinya QLD 4575
Phone: 07 5346 9800
Email: admin@ncacch.org.au

ABORIGINAL MEDICAL SERVICE

31 Excelsior Road
Gympie QLD 4570
Phone: 07 5329 5872
Email: PM-Gympie@ncacch.org.au

