

NCACCH NEWSLETTER

December 2022

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THE PULSE



Photo: NCACCH Board of Directors and the NCACCH CEO with SCHHS Chief Executive, Dr Peter Gillies and Director for Aboriginal and Torres Strait Islander Health, Sharon Barry.

The NCACCH Board of Directors and the Executive Team continue to strive for excellence and are excited about our new initiative "The Gympie Community Hub".

The team is keen to provide regular updates to the community and welcome any feedback, suggestions, and inputs on the utilisation of the space. Project Manager, Robb Major, will continue consulting with community prior to the refit, which will be commencing in late 2022.

The Gympie Community Hub development at the 2 O'Connell Street is showing great progress with consultations undertaken with Elders, community and key stakeholders. "We believe the Gympie Community Hub will be a game changer for the outcomes of our mob in the region. This is especially true when we receive numerous requests for a culturally appropriate space that can bring together and connect multiple services in the one place." – CEO, Sharelle Eggmolesse.

The Gympie Community Hub will compliment the existing Aboriginal Medical Service (AMS) as it will provide child and maternal health services including ante-natal clinics, child health checks, allied health and specialist services, and broader community services from multiple providers. Furthermore, due to the greater than expected success of the AMS which now has over 800 clients, we are currently in the process of recruiting more General Practitioners (GP).

THE PULSE cont...

The NCACCH 2022 Community survey highlighted that 97% of our clients would like to see an AMS in Sunshine Coast. Due to the shortages of GP workforce and the high demand for services, the board and executive are currently working hard to develop strategies that meet the needs of the community by lobbying across the local, state, and federal government to expand services.

“We must work together as a team, listen to our own communities and review our efforts to close the gap and improve the lives of our mob” – Ex-chairperson, Helen Felstead. Our 2022 Annual General Meeting was a great opportunity to showcase our key successes over the previous 12 months.

It is with mixed emotions, Executive Management and staff say goodbye to our chairperson Aunty Helen Felstead, as she commences her new journey travelling Australia with her husband. We thank Helen for all her efforts put so far and, for tirelessly working hard since 2004 (200 board meetings) to bring the organisation to what we are now. We wish her well.



Photo: Kerry Staines

The board of Directors warmly congratulate our new chairperson Kerry Staines. Kerry is a descendant of the Mandandanji Indigenous people and is passionate about helping Indigenous people, their communities and their culture to thrive. A business and Strategic Leader with 15+ years experience in executive positions and change management. "With strong communication and interpersonal skills, combined with extensive leadership experience, allow me to develop a positive workplace culture through relationship building and identifying areas for growth and development." -Kerry Staines.

Welcome Karen Kennedy as our new Board member. Karen is a Yugambah/Gubbi Gubbi woman who resides in Cooloola Cove. For the past 13 years she has actively engaged herself within her community through local schools P&C's NAIDOC events and running and organising of Indigenous workshops for non-for-profit organisations. Karen's passions are family and community involvement.

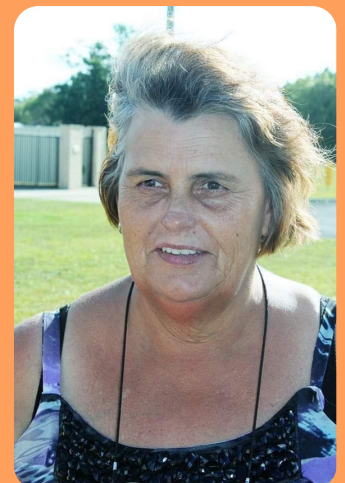


Photo: Karen Kennedy

GYMPIE ABORIGINAL MEDICAL SERVICE (AMS)

NCACCH's Aboriginal Medical Service (AMS) in Gympie goes from strength to strength, with wonderful community appraisal for the center, and in such a short time since opening their doors.

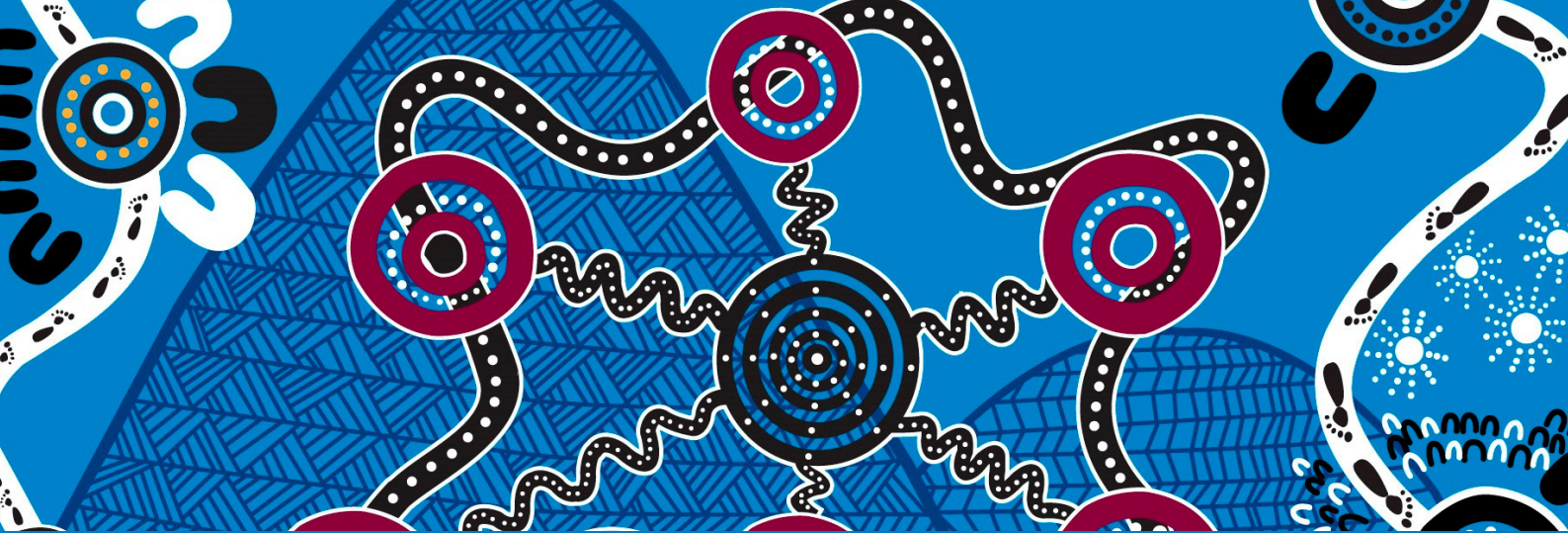
Our AMS provides access to comprehensive primary health care within the Gympie and surrounding region. NCACCH are working toward filling the gap in allied health and maternal and child health services in the region by bringing these services to the AMS. Our goal is to have a holistic health hub available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

Current GP appointments are available from 9 am to 3.30 pm:

- Dr Amanda Thomson is available Thursday and Friday
- Dr Fadi Hosn is available Tuesday and Friday

The Gympie AMS team wish to thank the support from the community, and look forward to continuing their dedication and services to our NCACCH Aboriginal and Torres Strait Islander clients and their eligible family members.





GYMPIE CHILDREN'S HUB

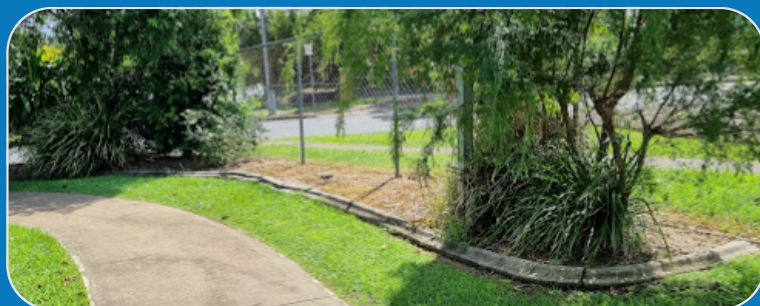
In July of this year, NCACCH were excited to announce success in attaining the lease for a well-known Gympie facility at 2 O'Connell Street – for many years known as Gympie Early Years Family Hub. In September Robb Major took on the role of project manager to support the refurbishment, community yarns, service design and opening for the new space.

For the past 13 years, the “Hub” has been a venue for parenting support programs, playgroups, child health checks, counselling, allied health services, sharing information and resources, and group work. Our intention is to build on this history, and create a welcoming space and support for community. It will have strong links to the AMS, to really build upon the supports offered to parents and families.

The last 2 months have seen a wide range of community consultation including several Elders groups, service providers, North Coast staff, and young families. A clear message coming through is to have a meeting place that will act as a real connector for community.

We are currently forming a steering committee to help to help guide plans and actions to bring this to life and meet community needs and aims. This will include naming the building, services, supports, integration with other partners and the look and feel of the place.

Minor demolition and building work will commence in December, with the fit out expected to be completed by February.



NEW STAFF

There has been a big growth period at NCACCH with recruitment at the Gympie AMS and at Head Office in Birtinya. if you see our new staff out and about, please come and say hello.

Carmen Sauvage - Compliance Officer based at our Birtinya office comes to NCACCH with Bachelor of Law, along with several years of experience working within highly compliance driven environments such as Corrective Services and the Public Trustee.



Photo: Carmen Sauvage



Photo: Kyla Johnston

Kyla Johnston- Executive Assistant is a proud Wulli Wulli woman. Kyla has worked within the Government sector and has a passion for her cut lure, people and making change. Kyal stated 'I am beyond excited to work with NCACCH to get the best outcomes for our community'

Roley (Colin) Skyes- Finance Manager has hit the ground running, and is another great asset to our growing team . Roley has an abundance of experience and expertise in the finance and accounting functions and comes with a reputation for improving & streamlining processes to increase efficiencies and improve outcomes. Having worked in many not for profits located all over the place - locally, overseas and throughout Australia, including remote Northern Territory.



Photo: Roley Skyes

Work with us:

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

<https://ncacch.org.au/about-us/work-for-us/>

COMMUNITY HEALTH SERVICES (CHS)



On the 26th October the Community Health Services team collaborated with Healthy Play Gympie to deliver a fun filled day for the Gympie Community. We had 22 parents in attendance and 36 children attend on the day Big thanks to Hear and Say, Bush Kids and Carer's QLD for coming along and providing screening services and activities. Hear and Say completed 12 hearing assessments on the day. Shout out to the Aboriginal Police Liaison Officers and QLD Police for coming along.





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

Tackling Indigenous Smoking (TIS)

Deadly Coffee

The Community Engagement officers, Karen and Kylie held a TIS pop up stall at the Caloundra Community Centre's Women's Deadly Coffee. At the group Karen discussed the vaping issues that we are facing with our youths on the Coast. The Community shared their experiences about what they have witnessed in their communities.



Aboriginal and Torres Strait Islander Children's Day-Muller Park, Bli Bli.

The NCACCH Community Health Service team hosted a "Picnic in the Park" to celebrate the annual National Aboriginal and Torres Strait Islanders Children's Day on the 4th of August 2022. The event took place at Muller Park in Bli Bli on the beautiful Sunshine Coast. The children had the opportunity to participate to participate in 6 activity stations. Each activity paid respect to culture including dreaming and fauna and flora. The special guest was Yorta Yorta man and Archibald Prize finalist, Mr. Jandamarra Cadd. The Children were treated to a story time with Jandamarra, who read the book "We are Australians" which he illustrated. With over 50 community members attending, and each child receiving a TIS ND4TM shirt, lunch box, water bottle and rugby ball, it was a great day.



We have had 8 "Lets Clear the Air" pledges since July



Nanna Bill's Mum's & Bub's

The Nanna Bills Mums and Bubs team have been busy with community events on the Sunshine Coast and in the Gympie region.

The team attended the Teddy Bears Health Check Day in Gympie providing opportunistic health promotion to families.





Nanna Bill's Mum's & Bub's cont..

We had a great attendance of mums and bubs at the July NCACCH Women's group at the Kawana Island Community Hall. The Nanna Bills Mums and Bubs team were able to support some of the mums and babies having their first Ochre Painting/Grounding.

The team also celebrated World No Tobacco Day in Gympie with a morning tea at Lake Alford Park.



The NCACCH team, Healthy Play, Hear and Say, and the NDIS Bush Kids team collaborated together to celebrate World Childrens Day at Pie Creek . The Police Liaison Officers, Vernon and Brooke also attend the event, meeting families from the Gympie region. The children had the opportunity to play on the Funny Bunnies Soft Play equipment as well as participate in arts and crafts





Women's Group

What a fun full year of wonderful yarning and connecting through the diverse range of activities such as lawn bowls and art sessions held this year. A big thank you to our supporting community and members that contributed to the success of our events, we look forward to 2023.





Youth Program

Traditional Games kicked off at Burnside SHS for term 4. NCACCH were out there every fortnight teaching the students a new Traditional Indigenous Game.

Edor is a version of a chasing-tagging game which originates in the Aurukun Aboriginal community. The names Edor, Idor, Ida or the running game have all been used to refer to this game. Edor is best played by large groups but can be fun for small groups as well.





DEADLY STAFF - GET TO KNOW US

CDMP Nurse Helen



I so love spending time with NCACCH clients on their health journey. My role is to offer support geared to the client's needs to reach their best possible health despite illness. In my role I can offer support to GPs and specialist visits if my client does not feel understood or supported and explain medical terms in a way that can be understood. Often as client will go to an important specialist visit and say that they felt overwhelmed and not be able to remember what the doctor said. That's where I can help with Ingrid Steel {Senior Health Advocate RN} who I work with is one of the kindest nurses that I know and together we share a common goal of wanting the best for our clients. The best part of the job is the laughs and yarning that happens during home visits and client contact. I work with a team of great people.

Josie Cox- Health Worker



Hi, I am a Gomeri Women who Grew up in St George QLD. I started my health working journey with NCACCH 3 years ago and, never looked back. I take pride in making my clients health journeys that little bit smoother and, am proud to say I recently completed Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health care.

Mandy Draper- Health Worker



I am a proud Darug women from Liverpool NSW, and have been living on Gubbi Gubbi Country for over 26 years. I have been working on the CDMP team for 4 years as the Chronic Disease Support Worker and, am committed and passionate about supporting and improving the health and well-being of our mob. I have just successfully completed my Certificate 4 in Aboriginal Primary Health Care Practice and look forward to working within the community and assisting our CDMP clients as an Aboriginal Health Practitioner.



NCACCH APPROVED REFERRERS

Effective: November 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
		Mackenzie Bradshaw	5202 0022
		Rhonda Wauchope	5202 0022
	NCACCH	NCACCH Staff	5346 9800
CALOUNDRA	Caloundra Community Centre	Dana Whiston (Thurs & Fri)	0414 684 443
	Child Safety	Joseph Marsh	5438 5400
GYMPIE	NCACCH	NCACCH Staff	5329 5872
	Sunshine Coast Hospital Health Service (SCHHS)	Kay Jones (Mon, Wed, Fri)	5489 8452
		Mackenzie Bradshaw (Tues, Thurs)	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
	Five Bridges	Jaqueline Froud	5376 5149
	IFYS	Justin Roby	5438 3000
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
		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
		Gemma Stevens	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
		Naomi Scarr	5479 9608
	Sunshine Coast Hospital and Health Service (SCHHS)	Detta Butler	5479 9852
		Josiah Little	5479 9856
		Luke Snabaitis	5479 9852
		Michael Woods	5479 9856
		Peter Robinson	5470 5316
		Di Bennett	5479 9852
ROSEMOUNT	Refocus	Debbie Currey	045442 3766
		Kylee Samels	5442 3992

****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).



Traditional Christmas meets outback flavours to bring you this richly spiced fruitcake, topped with dessert quandong for a tart, peachy finishing.

Ingredients

1½ cup sultanas
½ cup raisins
½ cup coarsely chopped pitted dried dates
2½ cup fresh or frozen quandong, de-seeded
½ cup chopped dried apricots
¼ cup quandong jam
¾ cup orange liqueur or orange juice
250 g butter, softened
¾ cup firmly packed brown sugar
2 eggs
2 cups plain flour
1 tsp mixed spice
1½ cup macadamia nuts
1 tsp ground bush tomato
1 tsp ground pepperberry
1 tsp wattleseed, toasted and ground

Decoration

1 cup apricot jam
1½ cup water
500 g fresh or frozen quandong halves

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Instructions Standing time: overnight

- 1. Combine fruit, jam and liqueur in a large bowl and mix well. Cover and stand overnight or for several days, stirring mixture occasionally.**
- 2. Pre-heat oven to 140°C. Line the base and sides of a deep 20 cm round cake tin with baking paper, allowing 5 cm to extend above the tin.**
- 3. Beat butter and sugar in a small bowl with an electric beater, until creamy. Add eggs one at a time, beating until just combined between each egg. Add butter mix to fruit mixture and stir well. Stir in sifted flour and mixed spice, then macadamias, bush tomato, pepperberry and wattleseed.**
- 4. Spread mixture evenly into cake tin. Bake for 3 hours or until a skewer inserted into the centre comes out clean.**
- 5. To decorate, place jam and water in a small saucepan, bring to the boil and simmer uncovered until reduced to half. Strain into a bowl, discarding pulp. Allow to cool. Thaw quandong if frozen. Quickly toss quandong halves in cooled glaze. Carefully place halves on top of cooled cake. This is a very sticky job, but take your time.**



NCACCH

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North Coast Aboriginal Corporation for Community Health

NCACCH Birtinya & Gympie are closed

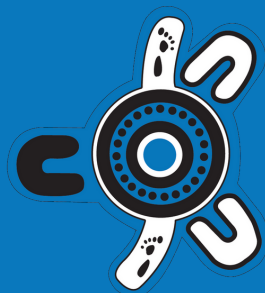
Friday 23rd Dec

Monday 26th Dec

Tuesday 27th Dec

Monday 2nd Jan





NCACCH

North Coast Aboriginal Corporation for Community Health

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