NCACCH NEWSLETTER

June 2023

INSIDE THIS ISSUE

THE PULSE

GYMPIE AMS

GYMPIE COMMUNTY HUB

NEW STAFF

COMMUNITY HEALTH SERVICES

CDMP

MEET OUR DEADLY STAFF

APPROVED REFERRERS

RECIPE

NEW EVENTS ON THE HORIZON

THE PULSE

We presented at the "Australia Awards South Asia and Mongolia Health Management & Leadership" represented by the esteemed Secretary's and Directors of Public Health - Bangladesh Government. Our focus was on the role of Aboriginal Community Controlled Health Organisations (ACCHO's) in policy formulation. It was a valuable experience engaging with government officials and discussing policy intricacies. The atmosphere was receptive, fostering an enriching exchange of ideas.

We conducted a productive two-day Board Workshop on June 21 and 22, focusing on key areas of governance, risk, strategic alignment, and Work Health & Safety (WH&S). We reviewed the progress of our Strategic Plan 2021-2026 and identified opportunities for alignment with external influences. The workshop also emphasized the importance of effective governance. This included Board, Executive and Senior Management staff, their roles and responsibilities, and the development of a roadmap for our strategic priorities. Overall, the workshop provided valuable insights and set the stage for our next steps towards operational leadership.

THE PULSE continued...

The NCACCH Special General Meeting was successfully held on June 1, 2023, with a good attendance rate ensuring quorum.
Invitations were promptly distributed via email followed up with hardcopy invitations. The meeting provided a thorough review of the current and draft versions of the amended NCACCH Rule Book, along with an overview of key changes for easy reference.

In a positive move, the meeting embraced the use of live streaming, allowing for participation from two locations.

While some challenges were encountered, we are committed to improving the quality and addressing any past issues for future meetings.

GYMPIE ABORIGINAL MEDICAL SERVICE (AMS)

On Friday, June 30th, NCACCH Gympie AMS hosted their annual Bunya 715 Health Assessment day at 22 Crusher Park Drive, Nambour. This event focused on providing health assessments to our young football enthusiasts who will be participating in the Queensland Murri Carnival (QMC).

The day also featured NRL skills and drills led by NRL Dolphins Ambassadors, as well as fun activities like a jumping castle and a sausage sizzle.

In another exciting development, on Monday, June 26th, our AMS held its first Optometry clinic at the Gympie Family Hub, led by visiting Optometrist, Lisa Penrose.

We are also thrilled to have Dietician Rebecca Deroon visiting the clinic fortnightly, with the next scheduled visit taking place on Monday, July 3rd.

Furthermore, our Projects Manager, Katrina Johnston, and Registered Nurse (RN) Lisa McCarthy recently attended the Growing Deadly Families 2-day workshop in Brisbane. This workshop aims to promote culturally appropriate care for Aboriginal and/or Torres Strait Islander mothers, babies, and families.

We're proud of the progress and opportunities happening at NCACCH Gympie AMS, and we look forward to sharing more updates with you soon!

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
Dr Jack Somerville is available Monday and Thursday
Dr Noreen Alqueza is available Wednesday and Thursday

COMMUNITY HUB

Great News for Gympie Mob!
We listened, we learned, and together, we've made it happen.
The moment we've all been waiting for is finally here! The NCACCH Gympie Family Hub has undergone a remarkable transformation and is now ready to welcome you all back with open arms.

Gympie Community Hub held their grand opening on 1st June 2023.
After extensive renovations, we have opened the Hub aiming to connect and support the Elders, Aboriginal & Torres Strait Islander community members through all age groups and wider community.

Feedback emphasised the need for family support, Elders support, playgroup, whole of lifespan and cultural activities. Initially, we will focus on NCACCH community-based services and gradually provide clinical services as part of the AMS extension such as respiratory, eye, ear and dental screening. The hub will further devlop to features outdoor spaces for gatherings and conversations, including a yarning circle and bush tucker gardens.
Stay tuned on our Facebook and website for the latest events held at the Family Hub.

NEW STAFF

NCACCH continues to grow, with new staff at the Gympie Aboriginal Medical Services (AMS) and the Birtinya office.

Barbara Miller- Finance Administrator

Hi! With over 20 years of accounting experience, primarily in the non-profit sector, I recently moved to the beautiful Sunny Coast and have a strong passion for working in community services. I've had the privilege of working for one of the largest Aboriginal community-controlled organizations in Northern NSW, where I gained valuable insights and a deep commitment to making a positive impact in communities. I look forward to contributing to NCACCH.

Photo: Barabar Miller

Natasha Hawkins, Project Officer

Hello! I'm Natasha, an experienced Coordinator passionate about non-profit work, coaching, government, event management, and delivering Cultural Capability Training. I hold a Bachelor's degree in Sociology and English from the University of the Sunshine Coast, along with various Certificate IVs in management and business. I walked in two worlds as a proud Aboriginal woman, Noongar language and a descendant of the Bibbulmun and Ballardong peoples from Southwest Western Australia. I'm eager to contribute my skills and make a positive impact.

Photo: Natasha Hawkins

Robb Major- Business Service Lead

Hey there! Just so you know, I proudly hail from rural Victoria, so let's embrace the country spirit 😊 I had an amazing career as an Exercise Physiologist, rocking the pain management and rehabilitation scene in both community and hospital settings. I decided to shake things up a bit and dive into the world of service development and integrated care models. It was all about bringing top-notch healthcare to folks in primary care and hospitals . I'm super proud to be joining the amazing Business Service Team!

Photo: Robb Major

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)

Women's Group

In recent months, our Gympie and Sunshine Coast women have had the privilege of exploring their artistic talents through a great partnership with The She Shed at Maroochydore. They have engaged in the creation of art on pre-poured and set coasters, crafted from environmentally friendly resin, as well as their own mini trays.

Furthermore, we took advantage of our newly established Gympie Family Hub to engage in heartfelt conversations while indulging in the creation of luxurious bath salts. It was a well-deserved treat for all involved.

The Women's Group provides a nurturing haven for women to unite, establish meaningful connections, and pursue some interesting hobbies. If you're interested in becoming part of this group, please call us on 5346 9800.

Our women-focused groups and events prioritise fostering a sense of community and promoting well-being.

For all women over 40, we kindly urge you to remember that BreastScreen Queensland is available to schedule appointments as needed or for your routine breast examinations. Please consult the information below for upcoming event dates, and don't forget to visit our website and Facebook page for more details.

COMMUNITY HEALTH SERVICES (CHS)

Closing the Gap

We were thrilled about this years Closing the Gap event that took place on March 16, 2023, at Muller Park in Bli Bli. It was a remarkable day with a record-breaking attendance of 85 community members, making it our biggest turnout yet! During the event, we emphasised the importance of community members booking appointments with their local GPs to receive the 715 Aboriginal and Torres Strait Islander Health Check. This check is crucial in closing the gap in life expectancy between Indigenous and non-Indigenous people. The event kicked off with a warm welcome to Country by the Gubbi Gubbi Dance Group, followed by a delightful morning tea breakfast enjoyed by the entire community.

COMMUNITY HEALTH SERVICES (CHS)

Men's Group

The Men's Group continue to embark on enriching cultural experience, exploring and immersing themselves in the rich heritage of the southern Sunshine Coast and Gympie region. They have remarkable days filled with exploration and discovery as they visit various significant cultural sites, and yarn and connect.

The Men's Group regularly consists of enthusiastic participants who eagerly embrace the opportunity to learn and engage with the local culture. They catch up for a yarn, explore walking tracks and, do a bit of fishing - always exchanging stories, experiences, and laughs along the way. There is always a sense of community and connection among the group members.

The Men's Group express their gratitude for the chance to participate in such activities.

COMMUNITY HEALTH SERVICES (CHS)

Youth Program

We were excited to share our participation in the Youth Week community day in Caloundra on April 13th. It was a fantastic event where NCACCH set up a tobacco education stall that drew the attention of over 50 community members. We were thrilled to engage with people of all ages, providing valuable information on the harmful effects of tobacco use and promoting a healthier lifestyle. The community day itself was buzzing with energy, as numerous other organizations also came together to showcase their initiatives. The vibrant atmosphere was enhanced by the captivating performances of live music performed by talented local youth. It was truly a day of celebration, education, and inspiration for everyone involved.

COMMUNITY HEALTH SERVICES (CHS)
Tackling Indigenous Smoking (TIS)

To effectively educate youth about the harms and effects of vaping, the CHS team took initiative and created their own resource using PVC pipe and spray paint. This visual tool allows young people to learn firsthand about the detrimental effects of vaping.

Brad, Krystal, and Jo delivered a stop smoking talk at Kawana State College as part of the Back on Your Feet (BYF) Program. Given the increasing amount of vaping among school-aged children, the focus was primarily on vaping, its effects, and the influence of peer pressure. The team used visual aids to connect with students and prompt questions from the class.

The CHS team also participated in Youth Fest, targeting youth to promote an end to smoking. They encouraged participation through a giant Jenga game and showcased interactive props that helped discussions on smoking and vaping. During this event, the team unveiled their newest promotional piece — an over sized vape containing various harmful chemicals.

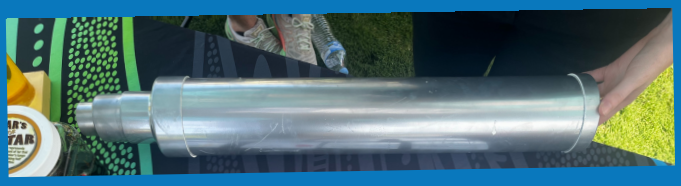

Photo: Oversize interactive Vape

For World No Tobacco Day (WNTD), Tackling Indigenous Smoking team hosted their biggest event of the year with the theme "We need food not tobacco." To align with this theme, the CHS team organised activities such as the Smokes vs. Food interactive activity, bush tucker recipes with spices for participants to take home, and a make-your-own seedling kit. The Gympie community especially enjoyed having a yarn with staff, and the children were delighted in the soft play area. The interactive TIS props created a great interest and participation from the community.

Photo: Kyrstal & Brad at Gympie WNTD with interactive TIS props

COMMUNITY HEALTH SERVICES (CHS)
Tackling Indigenous Smoking (TIS) continued...

The ND4TM (No Durrie for this Murri) campaign has launched a bus campaign featuring non-smoking/vaping messages. These buses, located on the Sunshine Coast, offer a community competition where participants who spot the campaign can enter a draw to win an extensive TIS pack. Through TIS stalls and educational efforts, the CHS team aims to empower the community to make informed choices regarding smoking and vaping. Data collection is an essential part of this process, enabling continuous improvement in the team's community presence.

Photo: Particpants from TIS workshop, Darwin

The Community Health Services (CHS) team participated in the National Tackling Indigenous Smoking workshop held in Darwin, NT, on March 7th and 8th. This workshop provided an opportunity to connect with TIS teams across Australia, exchange successful strategies, and learn from challenges encountered in delivering TIS programs nationwide. The team set up a stall, shared resources and engaged in good yarns. They gained valuable insights from experts such as Dr. Sean Taylor, Lena Etuk, Professor Tom Calma, and social media specialists from Lola Digital and Timmy Dugan from Hoops for Health. They reflected on the positive impact made in communities and explored ways to encourage Aboriginal and Torres Strait Islanders to reduce smoking rates.

The Community Health Services team expresses gratitude to the National Best Practice Unit Tackling Indigenous Smoking for organising a great and beneficial workshop. They feel motivated and inspired to implement new approaches to further reduce smoking rates and improve community health outcomes.

Photo: CHS team at TIS workshop, Darwin

CHRONIC DISEASE MANAGEMENT PROGRAM (CDMP)

Photo: CDMP staff,Ingrid, Mandy, Helen, Sharlene

Photo: CDMP staff- Diane and Ingrid

On May 15th, the NCACCH Chronic Disease Management Program organised a Covid Clinic for the community. The dedicated team administered 9 COVID vaccines and 11 flu vaccinations to community members.

Diane, our Care Coordinator, along with the Community Services Team, participated in the Back to your Feet school program on May 19th. They engaged in discussions about various aspects of Chronic Conditions.

From May 21st to 27th, Kidney Health Week was observed. Ne'miah Peters, one of our CDMP clients, shared his inspiring story with the community.

The NCCACCH Chronic Disease Management Program has collaborated with Medicines ED to educate our community about medications. We conducted sessions on General Medications and Diabetes in the Sunshine Coast and Gympie. With session on Respiratory Medications taking place on the Sunshine Coast.

Diane and Mandy, both Care Coordinators on the Chronic Disease Management Program, recently attended a Trauma-Informed Care Training Workshop delivered by Phoenix Australia. This workshop provided essential training for health providers working with clients affected by trauma.

Nanna Bill's Mum's & Bub's

Get ready for some exciting news! Back in 2007, the incredible Nanna Bills Mums and Bubs program came to life, and since then, it has received a whopping 393 referrals.

This program is all about providing women and their families with confidential and culturally appropriate support throughout pregnancy and up until the baby turns one year old. Now, brace yourselves, because NCACCH is taking things to the next level!
We're embarking on a review of this already fantastic program as part of our continuous quality improvement process. We want to make sure the support services we offer are top-notch. To make this happen, we'll temporarily put the current services on hold, starting from Friday, June 30th, 2023.

Stay tuned for the amazing improvements that will come out of this review!

Photos: NCACCH care Coordinator (midwife) Sharlene Terry with some of her wonderful bubs.

Have you had your 715 Health Check?

"Let's Be Stronger & Live Longer"

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 your needs.

Every eligible NCACCH client who attends their GP for a 715 Health Check will receive a 715 Health Check Shirt*

PLEASE NOTE:

- A 715 is an Aboriginal and Torres Strait Islander Health Assessment (Health Check)
- You can only 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 January 2023 to 31st December 2023
- Please let reception staff at your GP know that you would like to have a 715 Health Check and 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 your polo shirt
- Clients who do a 715 Health check at the AMS, Gympie get a Deadly Choices 715 shirt, where as those who go to a NCACCH approved GP get the NCACCH 715 shirts

*subject to availability

For more information please contact NCACCH on 5346 9800

DEADLY STAFF - GET TO KNOW US

Photo: Mark Sidawy, Transport Officer

Greetings, I take great pride in identifying myself as a Bundjalung/Murrangburra Man, hailing from the pristine headwaters of the Tweed River and the enchanting region known as the Big Scrub, situated in the eastern part of Australia. This extraordinary land continues to be blessed by the rainmaker, who graciously summons the clouds and bestows life-sustaining water upon us.

For the past 38 years, I have been residing on Gubbi Gubbi country, intermittently engaging with the community for over three decades, cultivating numerous friendships and meaningful connections. I find immense satisfaction in my role as a Transport Officer at the Gympie Aboriginal Medical Service. By facilitating transportation services, I contribute to the cause of ensuring our community remains connected on their health journey, thereby making tangible progress towards Closing The Gap.

Originally from Sydney, I moved to the Sunshine Coast 11 years ago with my family for a change of pace and we've never looked back! It's a beautiful part of the world and I understand why it's a top tourist destination.
Professionally, I've worked in the human resources field for almost 20 years (I know, I don't look old enough! 😊) and have experience across a range of industries. These include government departments, the private sector and Not-for-Profits. I strongly believe in the importance of having good HR practices and the impact these have on an organisation. It is an extremely busy and at times challenging role, but with no 2 days the same, I love it! I enjoy being part of NCACCH community and working with a great team of passionate and skilled people.

Photo: Loretta Ryan, People & Culture Officer

Photo: Mark
Clinical Services Lead

I am the Clinical Services Lead with NCACCH, and professionally come from an Allied Health clinician background originally, with approximately 20 years' experience working within healthcare, in various settings.

I am originally from North Queensland, but my work has taken me to various locations across Australia, including Victoria, Central Queensland and far North Queensland communities.

In my spare time, my family and I spend as much time at the beach as possible.

NCACCH APPROVED REFERRERS

Effective: May 2023 - Subject to change without notice

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

*Mo			
SU	GANISATION NAME	REFERRER NAME	PHONE
BIRT	nshine Coast Hospital and Health Service (SCHHS)	Brent Miller	5202 0022
		Mackenzie Bradshaw	5202 0022
		Rhonda Wauchope	5202 0022
		Zjaala McDermott-Mackey (Tues-Fri)	5202 0022
		Myra Holmes	5202 0022
		Emma Giles (Tues:Gympie, Wed-Thru:Nambour)	5202 0022
		Mylinh (Missy) Vo	5202 0022
	NCACCH	NCACCH Staff	5346 9800
CALOUNDRA	Caloundra Community Centre	Dana Whiston (Thurs & Fri)	0414 684 443
	Child Safety Caloundra	Kristal Lawton	5438 5400
		Keona Ellis	5438 5400
		Demi Carr	5438 5439
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
	Community Action	Shelly Burton	5413 8088
IMBIL		Paula Wooton	0414 258 242
MAROOCHYDORE	Child Safety	Jamira Kelly	0427 163 639
	Aboriginal & Torres Strait Islander Legal Service	Jaqueline Froud	5452 7633
	IFYS	Justin Roby	5438 3000
	Five Bridges	George Hooper	0459 956 364
	SunnyKids	Ange Cullings (Mon, Wed)	0421 399 910
NAMBOUR	Sunshine Coast Hospital and Health Service (SCHHS)	Debbie Armstrong	5319 4824
	Aboriginal and Torres Strait Islander Child Health Program	Jasminka Corporal	5319 4824
		Lucinda Kilburn	5319 4824
		Darinka Ondrovcik	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)	Maria Mitchell-Brown	5479 9608
	Aboriginal and Torres Strait Islander Community Health Program	Naomi Scarr	5479 9608
		Jordy Darney	5479 9608
		Yalul Felton-Busch	5479 9608
	Sunshine Coast Hospital and Health Service (SCHHS)	Detta Butler	5479 9852
		Luke Snabaitis	5479 9852
		Mitch King	5479 9852
		Annalise Chester	5479 9852
		Phily Nakata-Bradley	5479 9852
		Tara McGookin	5479 9852
		PeterRobinson Di Bennett	5470 5316 5479 9852
ROSEMOUNT	Refocus	Debbie Currey (Tues-Thurs) Kylee Samels	0459 993 031 5442 3992

Winter Soups, the ultimate comfort food!
Try this Vegetable Soup, the most comforting way to stay healthy.

Ingredients.

- 1 tablespoon vegetable oil
- 2 (400g) large brown onions, chopped finely
- 2 (360g) large carrots, chopped coarsely
- 8 (800g) stalks celery, trimmed, chopped coarsely
- 3 clove garlic, crushed
- 1 litre (4 cups) vegetable stock
- 1 litre (4 cups) water
- 3/4 cup (165g) soup pasta (see notes)
- 2 (240g) medium zucchini, sliced thickly
- 250 gram trimmed silver beet, chopped coarsely
- salt and freshly ground black pepper, to season

Directions.

1. In a large saucepan, heat oil on medium heat; cook onion, carrot, celery and garlic, stirring, for about 5-10 minutes, or until vegetables soften.
2. Add stock and water; bring to the boil. Reduce heat; simmer, uncovered, for about 10 minutes. Add pasta and zucchini; simmer, uncovered, stirring occasionally, for about 5 minutes, or until pasta is tender. Add silver beet; cook, stirring, for about 30 seconds, or until silver beet wilts. Season before serving.

Want to to add some edible bush tucker food to your soups!

For some great ideas go to https://tuckerbush.com.au/

NEW EVENTS ON THE HORIZON

Stay tuned for exciting upcoming happenings. Keep an eye out for announcements and updates on our facebook page https://www.facebook.com/ncacch/
or
website https://ncacch.org.au/

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: admin-Gympie@ncacch.org.au

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