



# NCACCH

North Coast Aboriginal Corporation for Community Health

"Your Pathway to Better Health"

ISSUE: December 2017

## news



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



### NCACCH 2017 Annual General Meeting

The North Coast Aboriginal Corporation for Community Health (NCACCH) Annual General Meeting (AGM) was held at the Best Western Plus Lake Kawana Hotel on the 26th October 2017 with sixty members and guests attending. We would like to thank all members for their ongoing support and welcome our new members (347 members to date for 2017-2018). Congratulations to Aunty Olive Bennet, Paula Wootton, Uncle Trevor Draper and Rhonda Randall who were un-opposed and re-elected as Directors.

NCACCH has had another productive year and was able to maintain and continue all programs whilst developing new projects. Our focus will continue to provide the community with the much needed services and programs required to contribute towards closing the gap between Aboriginal and/or Torres Strait Islander and non-Indigenous Australians. The Board and Staff look forward to continued delivery of programs in 2018.



### NCACCH Board of Directors

- Tom Cleary
- Aunty Olive Bennet
- Helen Felstead
- Rhonda Randall
- Paula Wootton
- Aunty Gwen Tronc
- Uncle Trevor Draper



NCACCH is funded by the Australian Government, Department of Health

### NCACCH FAREWELLS KIM HELMORE !

Our General Manager Kim has left to become a stay at home mum and spend more time with her children. Kim started at NCACCH in 2008 and became an integral advocate for our community. The most valuable and memorable program Kim initiated was the Child Health Ear Surgery Program. Along with our health worker at the time, Kim contracted Dr David McIntosh to perform the grommet surgery on 15 kids in the beginning. NCACCH put up the funds and away we went! Now the whole program has been taken up by another organisation funded by the federal government and regular surgery is on-going. This has made a major impact on many kids lives and you can see testimonials from kids and parents on our Facebook page.

Congratulations on a job well done Kim and we will always be thinking of you and love you.



The NCACCH Board and Staff would like thank you for your support and wish you a safe and Merry Christmas and all the best for 2018.

### Gympie Office RE-OPENING!

NCACCH is happy to advise our Gympie Office will be re opening as of Monday 15th January 2018!

### CHRISTMAS CLOSURE

Birtinya & Gympie Offices will close Friday 22nd December and re-open on Tuesday 2nd January 2018





# NCACCH UPDATES



## DON'T FORGET YOUR 715!



**NCACCH is excited to introduce our new shirt, available FREE to NCACCH clients who have their 715 Health Assessment from 1<sup>st</sup> July 2017 – 31<sup>st</sup> June 2018!**

### Did you know?

- Having a 715 Health Assessment is free and takes around 45-60 minutes to complete.
- The 715 Health Assessment has been tailored for Aboriginal and Torres Strait Islander people of all ages.
- Having your 715 it will help you to manage your health and prevent chronic diseases.
- Having your 715 will also give you access to additional bulk-billed Allied Health Services (including podiatry, physiotherapy, dieticians and more)

### To get your shirt:

- Contact your regular GP and make an appointment - When making your appointment, you need to inform GP staff it is for a 715 Health Assessment and that you require a longer appointment.
- Once you have completed your 715 Health Assessment; NCACCH will contact you to arrange pick-up or mailing of your shirt.
- If you don't have a GP, call NCACCH who can tell you about NCACCH approved practices near you.

**For any further information or assistance feel free to contact Maria Mitchell-Brown, Indigenous Outreach worker on 5346 9800.**



### NCACCH HAS SOME EXCITING NEWS TO SHARE!!!

The Children's Therapy Centre is now one of our Service Providers! This exciting new partnership gives our kids access to Physiotherapy and Child Psychology at the Children's Therapy Centre in three locations (Nambour, Gympie and Kawana). NCACCH will be sharing space at the new Children's Therapy Centre in Kawana Waters on a Monday morning, where the ICHW (Kaity Fletcher) and North Coast Midwife (Sharlene Terry), will be partnering with Midwives from the Hospital 'BUMPS' program and Nurses from the Sunshine Coast Hospital Child Health Team to provide access to health care for families. In 2018, we will also be starting an Indigenous Playgroup at the new centre, so watch this space for updates!

**To register your interest for the Indigenous Playgroup or for more information; please contact the Indigenous Child Health Worker (Kaity Fletcher) on: 5346 9800 or [kaity@ncacch.org.au](mailto:kaity@ncacch.org.au)**

Now that the weather is heating-up, remember to keep kids hydrated and ensure they have adequate protective clothing, sunscreen and hats on if spending time in the sun. In our hot summer climate, kids can be at risk of heat-related sicknesses such as heat stroke. It is important to try and keep kids cool during the Summer months by limiting sun exposure on hot days, making sure they have water to drink (not hot or sugary drinks) and dressing them in loose fitting, cool, cottony clothing. We all know it can be difficult to keep kids out of the sun when the days up here are so beautiful (I love the beach too!). However, getting kids to take breaks out of the sun, and giving them water and tasty snacks like watermelon, can ensure that everyone has fun in the sun safely.

For more information about heat stroke and what to do if you suspect someone has it, please visit: <https://www.healthdirect.gov.au/heatstroke>



## PUBLIC HEALTH ALERT - HUMAN PARECHOVIRUS IN QUEENSLAND

NCACCH members should be aware that there has been an increase in the number of infants presenting at the Gold Coast University Hospital, and Lady Cilento Children's hospital with Human Parechovirus (HPeV) sepsis. Children under three months are most at risk of HPeV sepsis and can become unwell very quickly. Parents are encouraged to seek medical care if little ones are experiencing the below symptoms:

- \* Meningitis symptoms (headache, unable to tolerate bright lights, irritability)
- \* Sepsis like syndrome (very unwell, high temperature)
- \* Respiratory symptoms (working hard to breathe, short, shallow breaths)
- \* Small infants will be also be lethargic and may have trouble feeding
- \* Fever > 38.5C
- \* Diarrhoea
- \* Irritable

Thankfully, recovery from HPeV sepsis is very good if medical support is obtained early. For more information please visit the website below: <https://www.childrens.health.qld.gov.au/fact-sheet-parechovirus/>

## NCACCH provides Cultural Awareness Training for Sunshine Coast Health Practitioners

On November 4<sup>th</sup>, the NCACCH Closing the Gap team held their first Cultural Awareness Training event at Surfair Marcoola. The training, which was delivered by the Institute for Urban Indigenous Health (UIH), ran as a full-day workshop addressed aspects of Aboriginal and Torres Strait Islander history, culture, and the current health gap in efforts to address the existing health gap experienced by Aboriginal and Torres Strait Islander, cultural awareness remains a key ingredient. "It's important for Aboriginal and Torres Strait Islander people to feel culturally safe when attending a General Practice. When General Practice staff participate in Cultural Awareness Training, it begins a journey of gaining knowledge, and provides them with some simple tools they can put into practice when engaging with Aboriginal and Torres Strait Islander people." Says Indigenous Outreach Worker Maria Mitchell-Brown.

Indigenous Health Project Officer Ruth Taylor further commented that "A lot of the time clinicians who treat these patients are only seeing part of the picture. By beginning to explore the cultural factors, including having an understanding of the historical context, health care workers can begin to understand some of the barriers that Aboriginal and/or Torres Strait Islander people might face when accessing primary health services." While we can't train healthcare providers to understand the oldest living culture in the world in one day, we can certainly make a start and work together towards long-term change and improved understanding between our cultures!





## NCACCH Chronic Disease Management Program

The Christmas holidays is a time of the year when we indulge in all lovely food and treats of the festive season. While celebrating with family and friends try and add a little exercise to break. Whether it be taking walks along beach or bush walks, playing a game of footy, cricket or soccer with the family are a great way to enjoy the holidays and still be doing some exercise.

### How can exercise improve a chronic Condition?

If you have a chronic condition, regular exercise can help you manage symptoms and improve your health. Exercise can have important health benefits. Before starting an exercise routine, it's important to talk to your doctor about how long your exercise sessions can be and what level of intensity is safe for you. If you haven't been active for a while, start slowly and build up gradually. Ask your doctor what kind of exercise goals you can safely set for yourself as you progress.

Aerobic exercise (exercise that increases your heart rate) can help to improve your heart health and endurance and aid in weight loss. Strength training can improve muscle strength and endurance, make it easier to do daily activities, slow disease-related declines in muscle strength, and provide stability to joints. Flexibility exercises may help you to have optimal range of motion about your joints, so they can function best, and stability exercises may help reduce the risk of falls.



### Have you been thinking about giving up the smokes?

The NCACCH "No Durri for this Murri" program will continue to provide support to community members wanting to quit or reduce smoking in 2018. Program participants will benefit through access to "Quitline" service, Allied Health including counselling and hypnotherapy, and FREE nicotine replacement therapy (to a limit).

Smoking continues to be the number one risk factor for many chronic diseases. It harms our children, and contributes to early deaths in our community! Quitting is hard, but it is possible!

For more information, or to register for the "No Durri for this Murri" program call NCACCH on 5346 9800.



## Tai Chi for Beginners

(Diabetes, Arthritis and Falls Prevention Program)

NCACCH held their first Tai Chi program that was located in Gympie with a good number of clients attending weekly. The program ran for six weeks teaching different movement controls whilst levelling up each week. The program was held at Nelson Reserve Park which added a tranquil environment for the participants to focus on relaxation to soothe their mind, body and soul. Tai Chi is very beneficial for helping to improve mobility, coordination and balance. It also strengthens muscles and helps with body posture.



## NCACCH Referrers



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

### Buddina

Rose Raymond 0459 862 826

### Birtinya

Dillon Lorroway 5202 0022  
 Kay Jones 5202 0022  
 Michelle Juillerat 5202 0022  
 Pamela Salon 5202 0022  
 NCACCH 5346 9800

### Caloundra

Sana Smyth 5420 9090  
 Kylee Samels 5420 9090

### Cooloola Cove

Helen Felstead 0409 096 727  
 (Thurs—Sun)

### Cooroy

Kristal Muggleton 5472 2257  
 (Mon & Thurs Arv)

### Gympie

Kevin Toby 5489 8567  
 Elise Bailey (Mon & Tues only) 5489 8567  
 Chris Delisser\* 5481 0202  
 NCACCH Office 5483 6511  
 (re-opening Monday 15th Jan 2018)

### Imbil

Paula Wootton 5484 5599 / 0414 258 242

### Kawana

Debbie Currey\* 0459 993 031

### Maroochydore

Veronica Webb 5438 3000  
 Juanita O'Rourke 5456 8100

### Nambour

Chris May 0414 674 534 / 0419 028 308  
 Donna MacLeod 0414 674 534 / 0419 028 308  
 Catherine Campbell 5450 4750  
 (Mon, Tues, Thurs & alt Fri)  
 Gemma Stevens 5450 4750  
 (Wed & alt Fri)  
 Jasminka Corporal 5450 4750  
 (Tues & Fri)  
 Sarah Cooper 5450 4750  
 Ed Wotherspoon 5450 4750  
 John Murray 5450 4750  
 Naomi Scarr 5450 4750  
 Luke Snabaitis 5436 8720  
 Renae Longbottom 5436 8720  
 Tara Robinson 5436 8720  
 Rhonda Wauchope 5470 6318

### Pomona

Kristal Muggleton (Wed) 5480 8111  
 Tanya Morcom 5480 8222 / 0409 624 395

### Rainbow Beach

Helen Felstead (Tues & Wed) 0409 096 727

### Sippy Downs

Maryanne Williams 5430 1200  
 Robert Denyer 5456 3766

### Tewantin

Kara Nitschke 5442 4277

### Tin Can Bay

Helen Felstead (Mon) 0409 096 727  
 Helen Felstead (Thurs-Sun) 0409 096 727



### PLEASE NOTE:

**All applications for a Health Access Card or Referrals to Allied Health Services MUST be completed by a NCACCH registered Referrer.**



SCHHS Aboriginal and Torres Strait Islander Health Team have three programs:-

**Hospital Liaison Officers Program** - The Aboriginal and Torres Strait Islander Liaison Service acts as a cultural link between health professionals, identified Aboriginal and Torres Strait Islander patients and patient's families. Liaison officers assist in breaking down any perceived barriers of communication so that Aboriginal and Torres Strait Islander patients and/or their families have a better understanding of their hospitalisation and treatment.

**Community Health Program** - The Community Health Program provide a culturally appropriate range of services to the Aboriginal and Torres Strait Islander community in the Sunshine Coast and Gympie areas.

- Healthy lifestyle promotion/education
- Education for secondary schools
- Advocacy for community members
- Referrals to government and non-government services.

To contact the Health Workers - Nambour 5479 9608, Gympie 5489 8624 Monday to Friday 8am to 4:30pm.

**Preventable Hospitalisation Program** - The aim of the Preventable Hospitalisation Program is to support Aboriginal and Torres Strait Islander people with existing health conditions who may be at risk of admission to emergency department or hospital stay. This program provides person centered care in community settings and supports clients to self-manage their condition. Enhanced self-care skills are crucial in managing chronic diseases such as diabetes - phone 5479 9852

## Sunshine Coast Hospital and Health Service

Exceptional people. Exceptional healthcare.



**Contact numbers for all Hospital Staff who are NCACCH Referrers can be found on page 3**

Photo of staff and community members taken at the opening of the Aboriginal and Torres Strait Islander Diabetes Clinic, Caloundra. L to R: Tegan Gottstein, Peter Robinson, Eddie Wotherspoon, Naomi Scarr, Jaye Glasson, Shannon Jackson, Janita Adams, Tara Robinson, Gemma Stevens, Sharon Blaney, Aunity Betty McMahon, Pamela Salon, Michelle Juillerat, Aunty Judi Wickes, Kay Jones, Luke Snabaitis



In October 2016 Sunshine Coast Council launched an exciting new health and wellbeing initiative called 'Healthy Sunshine Coast'. A series of free or low cost group fitness opportunities made available for Sunshine Coast residents to participate in across the coast.



### Get Out Get Active is HERE. Book into a class now!

Book into a FREE class just for women and girls! Booking are now open for Healthy Sunshine Coast's *Get Out Get Active* program.

**All activities are a beginner level—there is something to get you started!**

Choose from:

- Outdoor yoga
- Outdoor group fitness
- Mums and Bubs classes
- Dancing classes
- Nature trail activities



For more information and to see what other classes are available please visit:  
<https://www.sunshinecoast.qld.gov.au/Living-and-Community/Community-Support/Health-and-Wellbeing-programs/Get-Out-Get-Active>

## Womens Group

NCACCH would like to thank all the ladies who have attended our Womens Groups throughout this year and wish you all a safe & Merry Christmas.

NCACCH holds bi-monthly groups on the Sunshine Coast and Gympie with different focuses around health each group. The Women's Groups are a relaxed and comfortable place to catch up and talk with old friends and make new ones in our community. If you would like to attend our Womens Groups please contact NCACCH on 5346 9800.

## Women's Health Clinic

Thankyou for all the Women that have attended these clinics through the year and wish you all a safe & Merry Christmas.

NCACCH will be organising clinics again for the New Year for both Sunshine Coast and Gympie. We hope to see more ladies attending so we can improve and normalise screening to prevent any health issues for our community.

**If you are interested in attending our 2018 Women's Health Clinics, please contact NCACCH on 5346 9800.**

# Festive Recipes Diabetic-friendly Trifle



**Ingredients:**

- 9g sachet low-kilojoule raspberry jelly crystals
- 375g fresh strawberries, hulled, sliced, plus 125g strawberries, extra
- 2 tablespoons fresh lemon juice
- 2 tablespoons sugar-free maple syrup
- 175g savoiardi (sponge finger biscuits), broken into 2cm pieces
- 250g fresh raspberries

**Chocolate custard:**

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons cornflour
- 2 egg yolks
- 500ml (2 cups) skim milk
- 60ml (1/4 cup) sugar-free maple syrup

**Directions**

**Step 1**

Prepare the jelly following packet directions. Cover and place in the fridge for 4 hours or until set. Use a fork to roughly break up the jelly.

**Step 2**

Meanwhile, to make the custard, sift the cocoa and cornflour into a large bowl. Add the egg yolks and 60ml (1/4 cup) of the milk. Whisk until smooth. Place the remaining milk in a saucepan and heat over medium heat until simmering. Slowly add the hot milk to the egg mixture, whisking constantly, until smooth and well combined. Transfer the mixture to a clean saucepan and cook, stirring, over low heat until it thickens and coats the back of a spoon. Stir in the maple syrup. Transfer to a bowl. Cover the surface of the custard with plastic wrap. Set aside to cool, then place in the fridge for 2-3 hours or until chilled.

**Step 3**

Place the sliced strawberries in a bowl with the lemon juice and maple syrup. Cover and set aside for 30 minutes to macerate.

**Step 4**

To assemble the trifle, place half the sponge finger biscuits in the base of a 2L serving dish. Top with half the macerated strawberries, half the raspberries, half the custard and then half the jelly. Continue layering with the remaining biscuits, macerated strawberries, raspberries and custard. Top with the remaining jelly and the whole strawberries. Place in the fridge until ready to serve.

This recipe can be found at:

<http://www.taste.com.au/recipes/diabetic-friendly-trifle/LXiYkVF?r=recipes/christmasdesserts&c=8b9d2ad6-30d9-4554-be2a-017cf496ea3/Christmas%20desserts>

**Ingredients:**

- 1 1/2 cups (375ml) warm water
- 1 tsp honey
- 2 tsp (7g sachet) yeast
- 4 cups (600g) plain flour
- 1 tsp salt
- 1/4 cup (60ml) olive oil
- 1 cup tomato pasta sauce
- 250g pkt shredded pizza cheese
- 1 carrot
- 28 black olives

**NOTE:**

*You can use pitta breads for bases and load with seasonal veggies!*

**Directions:**

Combine water, honey and yeast in jug or bowl. Set aside for 3-4 minutes until foamy. Combine flour and salt in a large bowl, form a well in the centre, then add yeast mixture and oil and bring together to form a sticky dough. Turn out onto a floured surface and knead for 10 minutes until soft and elastic, adding a little more flour as required. Place in a large oiled bowl, cover with a tea towel, and set aside in a warm place for 1 hour until doubled in size. Preheat oven to 250C (230C fan-forced). Knock back dough, turn out onto a floured surface and divide into four even portions. Working with one portion at a time, divide it in half, and then divide one half again into two uneven pieces, approx one-third and two-third. Roll these three balls out into three circles. Line a large tray with baking paper. Place the largest circle on the bottom half of the tray. Place the medium-sized circle just overlapping. Place the smallest circle on top to form the head. Spread some of the tomato sauce over the three circles of dough. Sprinkle with cheese. Cut carrot into four even wedges. Place two olives for eyes and five more for buttons down the body of the snowman. Place one carrot wedge for the nose. Bake for 8-10 minutes until cheese is golden and bubbly, and base is cooked through. Repeat with remaining ingredients.

Recipe can be found: <http://www.kidspot.com.au/kitchen/recipes/snowman-pizza-3702>

## Snowman Pizzas!

Preparation time: 2.00 minutes

Cooking time: 10 minutes

Servings: 4



## 5 EASY HAM GLAZES

**Spicy Mango:** Process 1 coarsely chopped peeled stone mango in a food processor until smooth. Transfer to a small saucepan. Add 2/3 cup (150g) coconut sugar and 1/4 (55g) brown sugar. Stir over medium heat until sugar dissolves and glaze thickens slightly. Stir in 1 finely chopped seeded red chilli.

**Fennel & Rosemary:** Combine 2/3 cup (160ml) golden syrup. 1tbs apple cider vinegar. 2 tbs wholegrain mustard. 1/4 cup small rosemary springs. 1tbs fennel seeds and 1 garlic clove. Crushed.

**Beer & Maple:** Combine 1/2 cup (125ml) beer. 1/2 cup (125ml) maple syrup. 1/4 cup (55g) brown sugar. 2 tbs American mustard. 1tsp ground allspice. 1/2 tsp ground ginger and 1/2 tsp ground cinnamon.

**Zingy Sweet Chilli:** Combine 1/4 cup (185ml) sweet chilli sauce. 1/4 cup (60ml) honey. 2 tbs soy sauce. 2tbs fish sauce and a 5cm piece of ginger. Cut into matchsticks.. Or even add sprinkled chopped mint and coriander on the glaze.

**Marmalade:** Combine 3/4 cup (255g) orange marmalade. 1/4 cup (55g) brown sugar. 1/4 cup (60ml) orange juice. 2 tsp orange zest. 2tbs Dijon mustard and 1/4 cup small thyme springs.



