



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Gurriny News

September 2019

Ready to go!

Youth Hub
opening 11am
Thursday 31
October - all
welcome!

Accreditation a credit to #TeamGurriny - CEO

As part of our compliance obligations this year I'm pleased to say #TeamGurriny has successfully completed our International Organization for Standardization (ISO) Surveillance Audit, CEO Suzanne Andrews says.

"The ISO Audit is about ensuring continued compliance with national and international management standards," she said.

"Accreditation is a very important requirement for our funding bodies, and a way to make sure we have best-practice systems and processes in the organisation.

"I am very pleased to report we have successfully maintained our accreditation, which is a credit to our entire Gurriny team."

Director of Operations Karen Dennien said service and workforce growth could not be achieved unless there was a strong business

model and effective operational systems and processes in place.

"Gurriny continues to provide a well-structured, efficient and effectively managed corporate governance system that is predicated on quality, continuous improvement, risk management and compliance," she said.

"The quality and effectiveness of our business and operational systems is measured each year under our accreditation to the International Quality Standard ISO 9001:2015.

"2018-2019 was no exception and Gurriny again was externally

assessed as compliant to the International Standard.

"It has been very pleasing to see the evolution of our quality, risk and emergency systems to a very high maturity level to complement the growth in services and workforce in the organisation.

"In 2020, our full three year accreditation will occur, and that will be a much larger audit than our two day surveillance audit."

For more information see our Annual Report online at <https://www.gyhsac.org.au/annual-reports>

WARNING: sore throats and skin sores may lead to ongoing injections

Sore throats and skin sores were at the easy end of treatment – potential kidney or heart problems not so much – dealt out during an outbreak of Acute Post-Streptococcal Glomerulonephritis (APSGN or Nephritis for short) earlier this year, Gurriny's Senior Medical Officer Doctor Jason King says.

He said the same bacteria – *Streptococcus pyogenes* or 'Group A Strep' is known to cause a number of other health problems.

"Sore throats and skin sores are just two of the easier treated issues caused by this nasty bug," Doc Jason said.

"About 3 in 100 kids who suffer an untreated tonsillitis or skin infection caused by Strep, go on to develop Rheumatic Fever or ARF, which is an inflammatory complication of the initial infection and can go on to affect joints, skin, brain and heart."

He said sore and swollen joints along with a sore throat and fever were the most common sign of ARF.

"In a smaller number of cases a non-itchy rash can occur or rarely a movement disorder called Chorea," he said.

"The end result that everyone worries about is the effect on the heart.

"Inside the heart are four valves that make sure blood flows in the right direction – should these valves become damaged blood can flow in the wrong direction and cause problems.

"Usually this doesn't occur until later in life, but in the case of Rheumatic Heart Disease (RHD), children can suffer valvular damage and develop heart failure far too soon.

"This often leads to major health problems and can mean the child needs open heart surgery to repair or replace the valves."

He said there had been a rise in cases of ARF and RHD in Yarrabah in 2019.

"This was in part due to increased screening of children by paediatric cardiologist Dr Ben Reeves, but cases were also likely to be on the rise due to a number of other reasons.

"Overcrowding - an issue we are all well aware of - is a major contributing cause of Rheumatic Fever, or ARF.

"Access to quick treatment for skin sores and tonsillitis is top of the list for easily preventing new cases of ARF.

"For those who have already had ARF, the risk of a follow up episode is almost 50% higher.

"This is why it's especially important that RHD patients get their Bicillin shots every 28 days at the clinic or at home with one of our visiting community nurses.

"Staff at Gurriny are working on ways to make sure the antibiotic injections are as painless as possible.

"If you or your children have a sore throat or skin sores come along to the clinic and get it checked out, it might be a Strep!"

2018-19 Annual Report out now!



<http://www.gyhsac.org.au/annual-reports>

You-Me Yarn...

The You-Me Yarn group is for families with children aged 0-5 years interested in finding out how to learn at home with cheap and recycled materials, and strengthen their engagement in their child's learning before school or kindy, Family Wellbeing Team Leader Katrina Stafford says,

"Each week a new activity helps children learn numeracy and literacy skills," she said.

"The activity is taken home by the family so the learning can continue at home which helps to make children strong and keen learners."

She said the aim of the group, which meets every Tuesday from 10am to 12pm in the SEWB Building on Workshop Street, was to make fun learning activities using cheap and recycled materials.

"In our first group session we made Food Wrap Roll Alphabet," she said.

"Some of our Family Wellbeing clients attended and we had fun.

"One of the ladies took her activity home to finish and said she put her Food Wrap Roll Alphabet on a cupboard, where it sat for a week before her daughter became interested and wanted to play with it."

For more information drop in to our office and ask for Katrina or one of our Family Support Workers, Helena Ambrym or Katie Wilkins, or call 4056 0004.



Knit, teach, recycle

Relaxation and re-developing social and communication skills is the idea behind Family Healing Service counsellor Lyn Broadfield's new weekly knitting group.

She said during the session counsellors help to guide or start conversations about daily problems and taking steps to heal past traumas.

"One of the group's aims is to get women thinking about their perfect day: to start forward thinking about what they want out of life so they can begin to make changes now that will have the best impact on their future," Lyn said.

"So far not all of our participants know how to knit so we are teaching them garter and stocking stitch by making

some scarves.

"On the other hand, some of them are excellent knitters and they are helping Megan and I teach the others.

"From here we will move onto following patterns and creating symbols of their perfect life."

When: Mondays 11am – 1pm

Where: the SEWB group room at the back of Workshop Street.

Who: Women who want to learn to knit and to create a better life for themselves and their family. Sorry, but children cannot come (too many sharp and dangerous objects).





Pics by @jameshenryphoto



State youth focus on health

Queensland Aboriginal & Island Health Council's (QAIHC's) one day Youth Health Summit was attended by more than 300 young people – including 21 from Yarrabah – in Brisbane earlier this month.

Youth Wellbeing Coordinator Paul Neal said he had attended to mentor and support the youth who were nominated to attend.

"This was about them and their initiatives and ideas from this community, and hearing from other places in Queensland," he said.

"It was a chance for them to talk a bit about the issues, finding solutions and talking with others going through the same problems.

"Everyone was together and they had heaps of motivational speakers like Ninja Warrior Jack Wilson and Mitch Tambo, as well as a few others.

"For them it was exciting, and we could see our young people took on some maturity there, they were their own leaders, they knew with what to do and when to do it, and they didn't back down from any of the challenges."

QAIHC CEO Neil Willmet said the idea of the summit was to help shape a Youth Health Strategy to support Queensland's Aboriginal & Torres Strait Islander Community-Controlled Health Organisations.

Yarrabah participants, nominated by Gindaja Treatment & Healing Centre and Gurriny Yealamucka Health Services, were: Alberta Dabah, Alyssa Yeatman, Brent Schrieber, Caleb Thomas-Schreiber, Charles Pearson, Campbell Yeatman, Carmille Pearson, Gillian Fourmile, Jacinta Lively-Keyes, Jannali Neal, Jalara Murgha, Jarlene Kynuna, Jeremiah Costello, Kyra Yeatman, Keagan Thomas-Graham, Lexeen Sands-Seaton, Letisha Mundraby, Lynley Costello, Maria Jackson, Mark Wilson, Marlene Willett, Moirin Smith, Samuel Neal, Stanley Yeatman, Tahleise Willett, Tarnie Fourmile and Timenah Underwood.

National Men's Forum in its seventh year

Four representatives from Gurriny travelled to Melbourne in August to attend the seventh annual National Aboriginal Community Controlled Health Organisation (NACCHO) Ochre Day Men's Health Conference.

They were Youth Wellbeing Coordinator Paul Neal (in place of Darren Miller, who couldn't make it), RSAS Program worker Merton Bulmer, Men's SEWB worker Daryl Sexton and Men's Group member Roderick Duncan.

Mr Neal said it was about men taking

ownership of their health and networking.

"We talked about primary health, sexual health, mental health and suicide prevention and we looked at program-based support groups from different communities and organisations around Australia," he said.

"A lot of it was based around talking on

and spending time on country.

"We're all still talking to each other on email or text, and some of them want to come up to Yarrabah to see what our men's group does as part of the community.

"A lot of them know the story of Gurriny and Yarrabah, and what happened during the worst days back in the 1980s and 1990s.

"They want to see the success we've had in terms of our primary health transition."

Mr Bulmer said he was inspired by the conference which really drove home the health message.

"One of the presentations was about two ladies and a man who were on insulin but got off it by getting back to traditional foods and exercising," he said.

"That was a real highlight, really inspiring. "It's so important to go and have your health checked and for you to take control over whatever things you're diagnosed with, it's a choice we can all make to live healthier lives.

"I really enjoyed networking with other agencies, meeting different men, young men who had stories to tell, and it was awesome to be a part of the forum."

Speakers at the conference included Aboriginal Medical Services Alliance Northern Territory (AMSANT) CEO John

Paterson who said it was an important event.

"This year's conference saw great participation from all 200 delegates who embraced the three focus areas of Aboriginal and Torres Strait Islander men being in control, innovative and influential," he said.

"Problems were met with solutions, with many delegates taking home new skills and knowledge to face the challenges in improving the health of men in their communities."

Speakers, including Lomas Amini, Ernie Dingo and Preston Campbell covered topics such as behavioral change and using data to tell stories about health.

The NACCHO Ochre Day Conference celebrates Aboriginal and Torres Strait Islander male health and wellbeing.

It upholds traditional values of respect for the law, elders, culture and traditions, responsibility as leaders and men, holders of lore, providers, warriors and protectors of families.

The enduring theme for the conference is – Men's Health, Our Way. Let's Own It!



School attendance focus reaping rewards for students



The Remote School Attendance Strategy (RSAS) is about supporting parents and students to attend school every day and assisting Yarrabah State School to lift the school attendance level, coordinator Alicia (Dixie) Hari says.



“In term 3 this year the RSAS team worked closely with students who were attending school between 0 and three days a week, or 0-60% of the time,” she said.

“We wanted to improve that by getting them to attend five days a week, every week.

“During the September school holidays the RSAS team hosted a trip to Sugar World to recognise and reward those students whose school attendance had improved during term 3.

“We also hosted a Fun Day at the Pool and Cultural Day at Jilji to build relationships between the RSAS team, students and parents.

“And we saw some great engagement from those who participated.”

She said she wanted to acknowledge and thank parents for sending their kids to school every day.

“We would also like to thank the Yarrabah PCYC, Yarrabah Aboriginal Shire Council Pool staff, Gunggandji Aboriginal Corporation Rangers, and the Deadly Choices team for supporting and contributing towards these activities,” she said.

To find out more about RSAS activities or to become involved in future activities, speak to anyone on the RSAS team or call 4056 0662.



Team China were the big winners of this year's Staff Bonding Day, over Greece, Italy, Japan, Romania, Russia, Tonga, Turkey and, the seemingly unlikely Kardishian Teams, all of whom participated in all manner of activities at the Yarrabah Arts & Cultural Centre this month.



It was all in the name of morale, motivation and just getting to know their workmates a little better by supporting each other through egg and spoon races, a series of 'Olympic' events, performance and dancing. Prizes were on offer and competition was, at times, fierce. Overall it was a fantastic day, enjoyed by everyone!





World Suicide Day promotes awareness and prevention

Gurriny Yealamucka Health Service hosted an event for World Suicide Prevention Day at the Yarrabah Arts & Cultural Precinct on Wednesday 11 September.

Life Promotion Officers' Mary Kyle and Edward Murgha, along with the Gurriny SEWB Team, put together the event under this year's theme of "working together to prevent suicide".

World Suicide Prevention Day acknowledges the crucial role communities play in suicide prevention and helps to create

greater awareness of suicide and suicide prevention.

It's also about changing the way suicide is understood and discussed in the community, and connecting people to support services.

Guest speakers on the day were Social Worker/Counsellor Megan Bayliss and Clinical Psychologist

Joe Sproats, both from Gurriny's Family Healing Service, along with Joan Noble.

The day was well-attended by Yarrabah community members and services such as Dr Edward Koch Foundation, Life Line, Lives Lived Well and catered for by Thrive. It was enjoyed by all.



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SEE WHAT'S GOING ON WITH GURRINY YEALAMUCKA LATELY, FOR UPDATES ON ONGOING/UPCOMING EVENTS AND PROGRAMS, LIKE AND SHARE US ON FACEBOOK!!!

Find us on 



Doc Jason's Last Word...

Huge congratulations to the Child Health Team and the community of Yarrabah for leading the nation in 0-4 year old vaccinations with the community achieving 100% coverage for the first time ever.

This is a huge achievement and will have huge impacts on the health of the children of Yarrabah.

Recent changes to the national vaccine recording database has meant access to your children's vaccination records has been more difficult of late.

We're working with the national

database to ensure all staff have access moving forward but please note you can also access these records through your myGov account for children linked to your Medicare number.

Speaking of vaccines, last time I spoke about the importance of everyone getting their flu shot for the year.

As we've seen, 2019 has been a terrible year for the flu.

It's important to be reminded you can be exposed to the flu throughout the year, including late in the season, so come in and get your shot if you're not up to date, even as we enter the last part of the season.

