

**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

# Annual Report

2017 - 2018



# Gurriny Yealamucka Health Services Aboriginal Corporation

Address 1 Bukki Road Yarrabah Q 4871

Phone 07 4226 4100

Fax 07 4056 9368

Email [info@gyhsac.org.au](mailto:info@gyhsac.org.au)

Web [gyhsac.org.au](http://gyhsac.org.au)

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2017-8 Annual Report edited by Christine Howes

Front cover: Alicia Hari, Steven Stafford, Lucrecia Willett, Roszaly Aitken  
& Kiallem Barlow at the World No-Tobacco Day launch in May 2018



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# Yarrabah Community Profile



The Yarrabah Shire is situated along about 60km of coastline to the south east of Cairns between False Cape in the north, around Cape Grafton and down to Palmer Point in the south.

The Community lies about 12km to the south east of Cairns in and around Mission Bay.

By road it is a 53km drive from Cairns CBD which takes about 45 minutes to travel.

Geographically, our land area could generally be described as a long slender shape bounded in the west by the Murray Prior Range and the coast on the east. It has an overall length of about 30km and is about 2.5km wide in the south, but broadens out to almost 8km across the northern part.

It has an area of about 154 square km.

Initially European influence began in earnest with the establishment of an Anglican Mission on this same location on the 17th of June 1892.

Over the years, subsequent state government administrations forcibly relocated Aboriginal and some South Sea Islander peoples from far and wide to Yarrabah.

As a consequence most local residents can claim both traditional and historical ties to the area.

The first Aboriginal Council in Yarrabah was established in the mid-1960s, principally as an advisory body.

Community Council status was first granted in 1986 through the Community Service (Aborigines) Act in 1984.

Under the Community Services Act tenure known as DOGIT - Deeds of Grant in Trust - were established where the land was held in trust by the Council of the day.

In 2004 the Queensland Government passed new legislation – the Local Government (Community Government Areas) Act 2004, which transitioned Community Councils to Aboriginal Shire Councils by the year 2008.

Yarrabah is now governed by an elected Aboriginal Shire Council under the Local Government Act of Queensland and remains under the DOGIT system of land tenure.

The community has an official population of 2722 people according to the 2010 census and unofficially - due to a known deficit in accuracy in census reporting - of more than 3,000 people.

A health profile of the community indicates chronic disease is the main reason people get sick in Yarrabah.

Hypertension (high blood pressure), hyperlipidaemia (cholesterol), diabetes and asthma are the most prevalent.

# From Health Council to Primary Health Care Services: a short history of 'Gurriny'

The Yarrabah Health Committee was incorporated in 1991 after its formation in 1989 by the Yarrabah Community Council because the community felt the health needs of residents were not being met by state government-run health services.

The role of the Yarrabah Health Committee was to provide a community voice for health care and deliver a rheumatic heart program. It was later expanded to include a Life Promotion program. Funding to establish the Committee was initially received from the Aboriginal and Torres Strait Islander Commission (ATSIC).

In 1991 the Committee conducted a formal review and incorporated after a community decision to formalise its operations.

In 2000 the community made a decision to change the name to Gurriny Yealamucka Health Services Aboriginal Corporation (GYHSAC).

The words 'Gurriny Yealamucka' are from the Gunggandji language and means 'Good Healing Water'.

Gurriny Yealamucka Health Services is an Incorporated Aboriginal Association under the Aboriginal Councils and Associations Act 1976. Since its inception the Board of Directors have actively developed the organisation to become the lead health agency in Yarrabah.

The core business of Gurriny Yealamucka Health Services is to provide a culturally sensitive, multipurpose Primary Health Care Service, and to ensure effective coordination of health services in Yarrabah in partnership with Cairns Hospital, Hinterland and Health Service, Queensland Health, Yarrabah Aboriginal Shire Council, Yarrabah Leaders Forum and the Commonwealth Department of Health and Ageing.

The primary focus is on preventative health care including strategies that target early intervention.

## ABORIGINAL CO-ORDINATING COUNCIL

NEWSLETTER VOLUME 1, NO 1: APRIL 1999

17 APLIN ST OR PO BOX 6512, CAIRNS, Q, 4870.

PH (07) 4044 2999 F AX (07) 4031 2534 E MAIL [acc@iig.com.au](mailto:acc@iig.com.au)



### Men's group formed from success of Family Life Promotion

Suicide in Yarrabah has taken a remarkable turnaround since the opening of the Family Life Promotion Program in 1995.

Coordinator David Patterson said the program was the result of the community getting together and coming up with its own ideas about how to address the problem.

"The community got together to try and find solutions and we decided at that meeting to implement the program," he said.

He said it was now almost two years since a completed suicide had occurred on the community.

But he said attempts at self-harm were still prevalent.

"When people go into a bit of bother they think the only way they can solve their problem is by

doing self-harm," he said.

"But we go out and talk to individuals on suicide prevention and just try to focus their thinking in a positive manner."

"Any individual has the potential to go on and be something great in this community and this is what we struggle to get across."

He said the community was now used to having the program around and were actually using the services they offered.

And he said one of the most significant results of the program was the establishment of an ongoing men's group on the community.

"As a result of the Family Life Promotion Program we instigated a men's group on Yarrabah which has

been running for a year now," he said.

"It's been pretty stable and this year we have changed our meeting night to Wednesday night instead of Monday night."

"The pleasing aspect was we seem to have more younger men coming to the group."

"The youngest is 15-years-old."

He said until now the emphasis had been on educational programs.

"We do educational programs on family dynamics, domestic violence and a whole range of issues that are related to the problems in Yarrabah," he said.

"But we're looking at becoming more action oriented this year, helping more members within the community and I think that's a top priority."

"We also want to do a video of the men's group with the history to the present day and where to in the future, so that's on the drawing board and will hopefully be kicked off in the next few months."

"We've had various phone calls from different centres about the group which is why we want to do this video, so it can be a resource not only for indigenous men but other men as well."

"We're also focussing on the youth, that's our priority."

"And we're now trying to get funds to try and incorporate and get funds for a coordinator."



Family Life Promotion Coordinator David Patterson



# Vision

Gurriny Yealamucka Health Services, as the Community Controlled Health Service, will lead the advancement of equitable health outcomes for the people of Yarrabah.

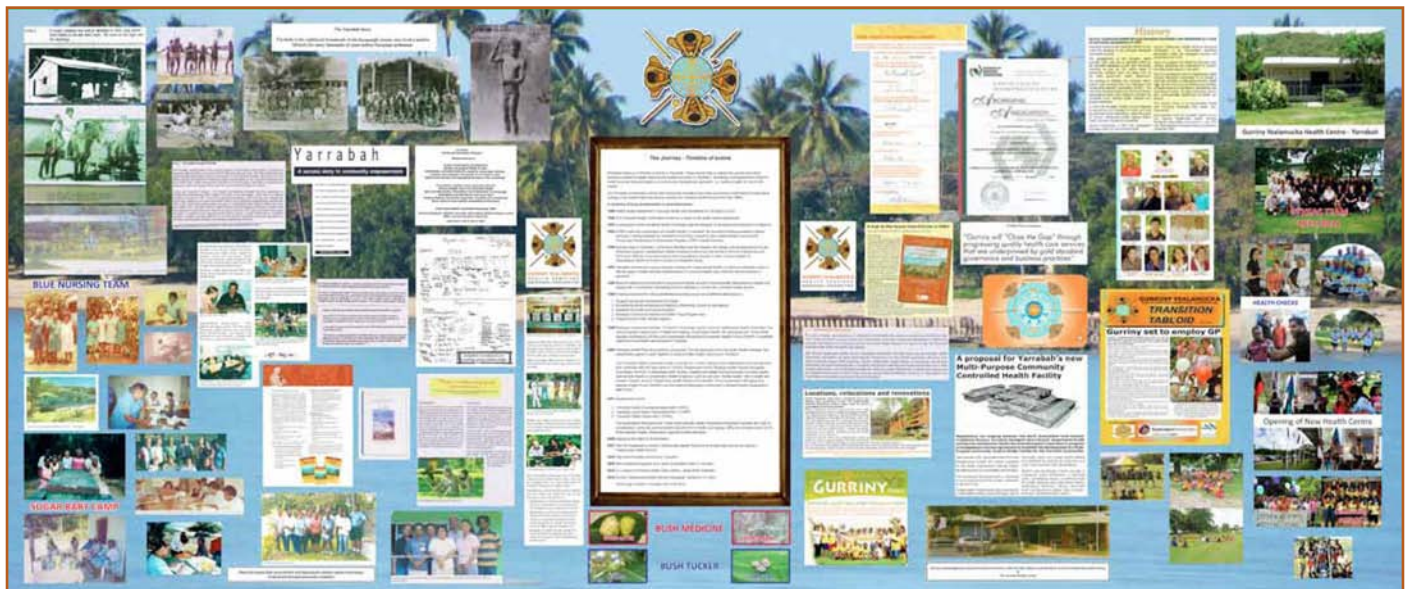
# Mission

Gurriny Yealamucka Health Services will “Close the Gap” through progressing quality health care services that are underpinned by gold standard governance business practices.

# Goals

To increase and maintain the Health standards of people in Yarrabah and surrounding areas by delivering a service through the governance and management of an Aboriginal Community Controlled Health Service.

To develop a capacity building infrastructure that supports Gurriny Yealamucka Health Services to incorporate Primary Health Care as the major foundation to service a multi-purpose community controlled health service in partnership with Cairns Hospital Hinterland & Health Service .



# Objectives

To improve and maintain the health and wellbeing of all people in the community of Yarrabah and surrounding areas, through community; participation and by providing a community-based and community-controlled Aboriginal Health Service, in a culturally sensitive manner;

To increase and maintain the health standards of the people in Yarrabah and surrounding areas by establishing an Aboriginal Community Controlled Health Service;

Incorporate Primary Health Care as the major foundation to serve multi-purpose community controlled Health Services;

Identify the priority requirements for improving the health standards and delivery of health services and programs to the people of Yarrabah;

To develop policies and strategies to promote and improve the health status of Yarrabah people;

To collect, coordinate and manage data and conduct research into matters relating to the health of the people of Yarrabah and surrounding areas;

To raise the awareness of priority health areas affecting the health and well-being of Yarrabah people before the public and to the attention of the appropriate authorities;

To network and coordinate health information with all other community-controlled health services in Queensland, Australia and overseas;

To be able to participate in social research studies in any other Indigenous Health Service in Australia, or other parts of the world;

To lobby local, state and federal governments and international organisations for financial aid;

To develop and implement education and training programs in all health areas on a needs-based service criteria.





# Chair Lee Yeatman

## Governance

The Gurriny Board continues to maintain good governance through making sure each year the Board had governance induction, strategic planning workshops and continue to monitor Gurriny's progress through monthly board meetings.

## Strategic Planning

This year the board put in place a new strategic plan moving forward, there are 6 strategic intents

1. To Achieve sustainable, high quality and safe clinical and wellbeing practices for our community (making sure we continue with core business around service delivery, health models of care, expansion and social emotional wellbeing).
2. To Build and maintain a business platform to support service delivery and to enhance compliance with all relevant legislation and standards (making sure we have good business systems, compliance, infrastructure and environmentally safe practices).
3. Ensure that Gurriny continue to build an appropriate and effective workforce to enable to service enhancement (continue to build on our workforce, local employment and developing staff career pathways as well as making Gurriny a employer of choice).
4. Financial viability of Gurriny (we continue to be smarter and innovative around business development, having a sustainable business and foster growth as well as efficiency and effective service delivery model).
5. Gurriny will grow and promote, locally, regionally and internationally, its reputation and stakeholders relationships for our world class innovated solutions and outcomes (this is about positioning Gurriny as a leader in delivering comprehensive primary health care and SEWB services as well as addressing other social determinates through a health lens).
6. Gurriny is a community led organisation that will engage and communicate in a way that is guided by the principles of the declaration of rights of Indigenous people (this is about culture and diversity, cultural mentoring, understanding community control and Aboriginal holistic health care).



This year the Strategic Plan was reviewed and updated following a two workshop in March with the Board of Directors and the Senior Management Team.

The Senior Management Team have taken all of the Strategic Intents and developed an Annual Operational Business Plan to continue to progress these directions set by the Board.

Another successful audit report, by our finance team, which means another unqualified audit as well as maintain AGPAL accreditation for our clinic and ISO accreditations for our business systems

I want to thank the Gurriny Board of Directors for having the confidence in me as the Chairperson to lead the organisation and acknowledge the good work our Chief Executive Suzanne Andrews and her team have achieved over the past year.





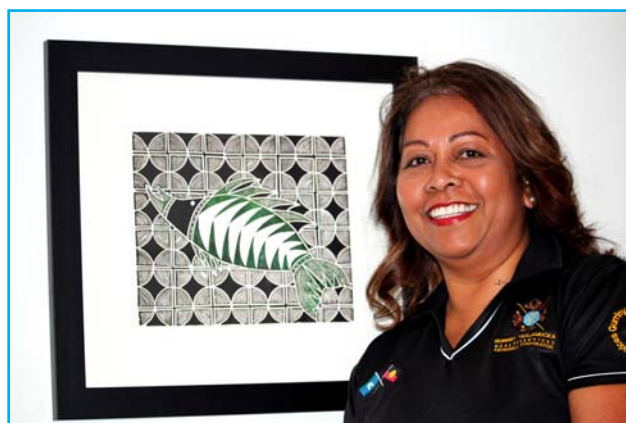
Above: 2018 Gurriny Yealamucka Board members: (Back) Rob Gaison, Lee Yeatman, David Baird & Thomas Cameron; (Front) David Williams, Sandra Houghton, Sharmaine Stafford, Linda Sexton & Brent Pearson; Right and below: staff and board members working on our Strategic Plan in March this year.





# Chief Executive Officer Sue Andrews

Gurriny Yealamucka is a local Gungganghi name which means "Good Healing".



Gurriny Yealamucka Health Service is located on the lands of Traditional Owners, the Gungganghi people of Yarrabah and pays its respect to the elders past and emerging.

It was because of the vision of the Elders, who foresaw a community control health service that was responsive to the desires of the Yarrabah people, that Gurriny is still thriving today.

Achievements, challenges and future plans are the focus for this year's annual report.

Gurriny continues to deliver on its strategic plan and remains focussed on our core business of delivering primary health care services to the people of Yarrabah.

As we have done this we have been able to achieve success in not only meeting, but exceeding state and national health key performance indicators.

As Government priorities shift to economy of scales by addressing Indigenous social determinants as a whole and insisting on outcome driven measures for our community, so too has the Gurriny Board of Directors.

In February this year the Board took a proactive approach to change, which meant they asked the question: how does Gurriny address social determinants through the health lens and how can Gurriny continue to work closely with the Yarrabah Leaders Forum (YLF) to bring about collective change and outcomes for Yarrabah?

## Achievements

- The first successful candidate for our \$15,000 Gurriny Yealamucka Health Scholarship was Destiny Kynuna, who is currently studying Medicine at University of Newcastle.
- \$600k major capital works on the Community Hub at Workshop St.
- Maintained both AGPAL and ISO re-accreditation.
- \$3.6M funding for infrastructure and programs.
- 40 kids were able to get minor ear surgery done through a private health clinic.
- Successfully funded to document the transition process so our community and wider Australia can see how our primary health care services can successfully be delivered by our own community controlled health services.

## Challenges

- Research – what is the data telling us? Are we improving our health? Gurriny continues to partner with Universities to try and enable us to see the full evidence-based picture of our health outcomes for Yarrabah.
- Our people – Building a workforce to deliver good health to our community. How do we support our workforce? How do we make our service an attractive and rewarding place to work for?



- How do we start to address health together with the other social determinants so we can see 'whole of life' models in health and wellness?
- Does the Department of Health's new funding model for 2019 mean less funding for the delivery of health care? How can Gurriny start to be creative and smarter around business sustainability?

### IT Digital Health (Connectivity & Disruptions)

New ways of delivering health mean we have to ask: how do we be innovative and use technology more?

- Ehealth – my health record.
- Digital health - More use of conferencing, better coordination of clinics.
- Connectivity and disruptions.
- Whole of community approach to upgrade connectivity.
- Addressing black spots, community wireless.

### Aged Care & National Disability Insurance Scheme (NDIS) reforms

Supporting Mutkin Aged Care and the NDIS reforms through:

- End of life planning;
- Disability model of care;
- Home care in the homes;
- Collaboration across organisations: to create integrated, patient-centered models that supports the client;
- Technology - "My Aged Care" & NDIS participant portal: barriers – connectivity. Our mob in community understand how technology works and the process to access care.

### Mental Health

There has been an increase in mental health needs, which has become a state and national priority. The Queensland Mental Health Commission have published a number of action reports which sit under a state-wide strategic plan, one in particular is the Queensland Aboriginal & Torres Strait Islander Social & Emotional Wellbeing action plan, 'Proud & Strong'.

The aim of the Queensland plan is to:

- Improve social and emotional wellbeing of Aboriginal and Torres Strait Islander individuals, families and communities.
- Social and emotional wellbeing means being resilient, being and feeling culturally safe, having and realising aspirations and being satisfied with life.
- By improving social and emotional wellbeing, this Action Plan will contribute to reducing the incidence, severity and duration of mental illness, reducing suicide and its impact and preventing and reducing the adverse impact of alcohol and other drugs.

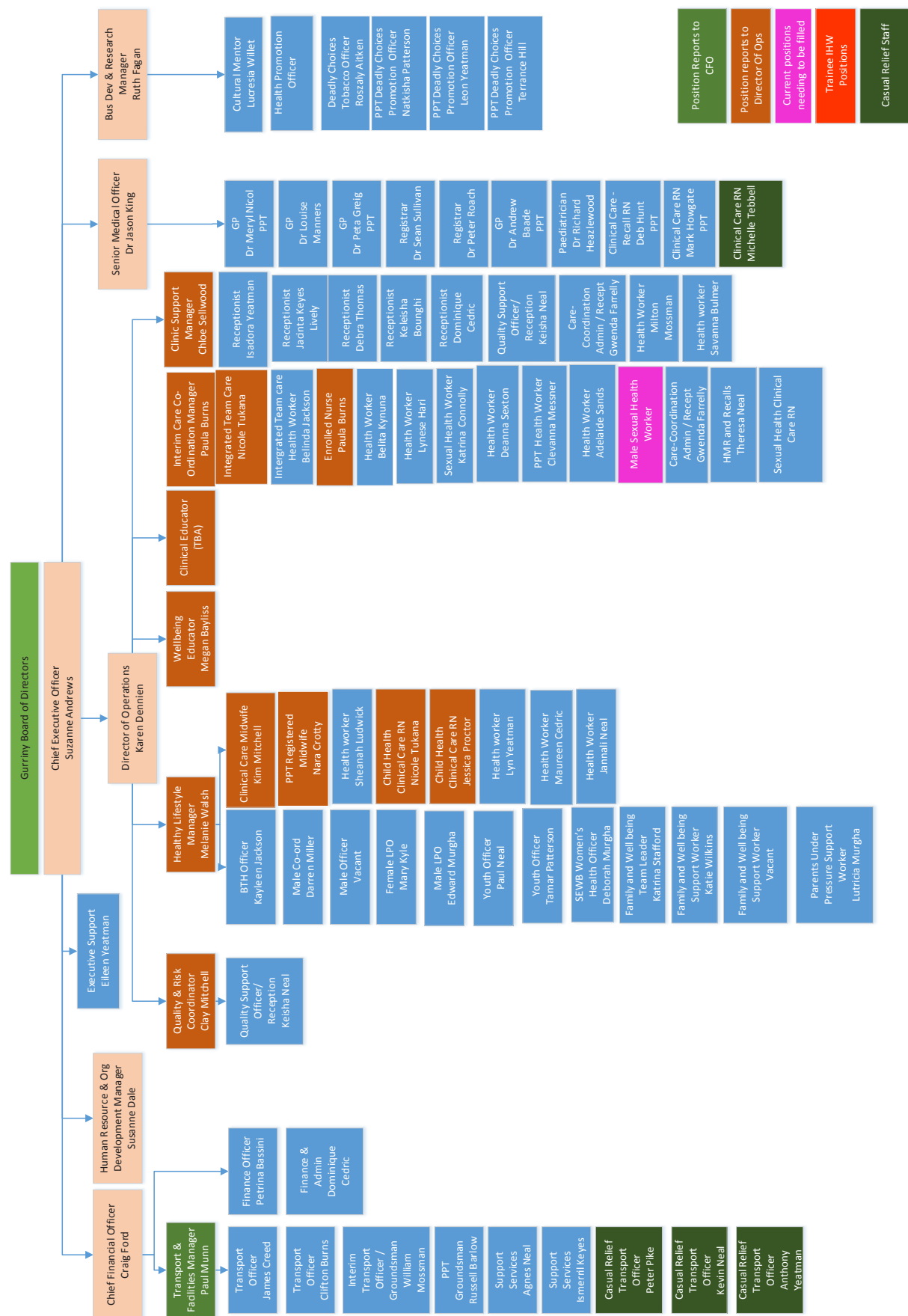
Gurriny is currently work on an integrated 'stepped care' service model and a model to work with other stakeholders by way of delivering a holistic model of care.

### Future Plans

- \$2M infrastructure funding submission currently sitting with Dept. of health for expanded outreach clinic on Workshop St.
- Important step for 2018/19: "gold standard" health service: how do we measure success" as well as address the other social determinates (also a Government priority)?
- Supporting other services to community control including Palm Island (Joyce Palmer/Palm Island Corp.), Mount Isa (Gidgee Healing) and Apunipima Cape York Health Council.
- New Greenfield Health Service Site in Gordonvale.

It is important that I formally recognise and appreciate the people of Yarrabah, who are our consumers, thank you for having the trust and confidence in our health service & our staff. I want to acknowledge my faith, my spiritual Father for his wisdom, knowledge and understanding. And finally, I want to thank the Chair Mr Lee Yeatman and Gurriny Board of Directors for having the confidence in me as the CEO and Gurriny, and our senior management team and their staff for their hard work, dedication and support over the year.







# Human Resources Manager

## Susanne Dale

As Gurriny continues to grow, so does our team as we offer more services to the people of Yarrabah.



This year we were able to boast to having our previous Senior Medical Officer (SMO), Dr Kingsley Pearson, win the North Queensland Primary Health Network (PHN) GP of the the Year award.

With that huge achievement, Dr Kingsley decided it was time to hang up the stethoscope for part of the year, so Dr Andrew Baade became our fulltime SMO for six months, followed by Dr Jason King.

Our nursing team has also grown with the recruitment of Nicole Tukana, Jess Proctor and Lexy Carroll, all of whom work in different areas of Gurriny, from Sexual Health to Child health and Integrated Team Care.

We have also seen changes to the team within the Family Wellbeing Team (FWB) and the reception area.

We have had some internal restructures, due to staff taking leave without pay for several reasons, and others resigning to take on new roles with other organisations.

We have continued to support the Registrar Training Program which has seen us allocated some very good Doctors.

Our current registrars - Dr Sean and Dr Peter - became new dads whilst working here at Gurriny, welcoming their sons in 2018

A vast majority of Gurriny's Indigenous Health Workers are now Certificate IV qualified, with only four to undertake further studies to obtain the same level. Gurriny now has two passionate experienced midwives on the team offering the Mums and bubs of Yarrabah double the expertise.

Our Health Promotions team continues to expand at a rapid pace, with the introduction of the Deadly Choices initiative to Yarrabah resulting in one fulltime employee and three part time employees helping the community to understand the impacts and effects of smoking and making healthy lifestyle choices.

And finally, we have also been kept busy supporting students undertaking various health studies.

# Senior Medical Officer

## Dr Jason King

Gurriny have serviced over 3000 people regularly over the past two years, an impressive figure considering the size of the community.



Extending on from the fantastic work in previous years through the period of transition, Gurriny clinical staff continue to work on assisting the community of Yarrabah in improving their health outcomes.

### Health Checks

Gurriny provides comprehensive holistic community controlled primary health care to the people of Yarrabah and surrounds.

The cornerstone of primary care is a robust system of preventative health measures that covers all age groups from antenatal care to annual health checks and immunisations.

Gurriny continues to work towards the completion of health assessments both opportunistically and at scheduled times throughout the year such as the Young Persons Check (YPC) and 'Movember' Men's health programs. While the number of health checks completed in 2017-18 in the 0-4 year age bracket has reached 38%, those aged 25-and-over have reached 70% in the past two years.

### Child and Maternal Health

Our antenatal and child health teams have grown and changed rapidly over the past nine months, to meet the demands of our young community, evolve our models of care and consolidate on the fantastic work and inroads the community has made since transition. While over 57% of women presented within the first trimester for their antenatal care,

it remains important to continue to encourage our mothers to attend early to ensure adequate care can be effected.

Birth weight is a solid indicator of physical and mental development in children and can be linked to later chronic disease. Over 80% of babies born had their birth weight recorded in our system and of those over 84% were considered normal weight, with 13% considered underweight. Smoking during pregnancy is a strong predictor of low birth weight and unfortunately over 54% of pregnant mums continue to smoke during pregnancy in Yarrabah.

### Immunisations

Essential to effective primary care is the widespread coverage of our community with state supported vaccination programs.

In the under-72 month brackets we have again achieved outstanding results with over 99% of children vaccinated. Ensuring the childhood immunisation schedule is achieved in a timely fashion is of utmost importance.

Adult immunisation rates remains a challenge with 54% of those aged over-50 being immunised against the influenza virus, a figure that remains consistent for those clients with serious underlying lung disease and diabetes.

These present tantalising areas of potential improvement in the near future.



# Business Development & Research Manager Ruth Fagan

Gurriny continues to grow its credibility as a health service across Australia and, as a result, we continue to get very regular requests to partner in universities in research.



There are several benefits to Gurriny and the community for being involved in these projects. We have a system in place internally to try and determine whether we get involved in a research project.

Some of the criteria for that includes:

- What is the value of the project?
- How is the project going to add value to the health and well-being of our clients?
- How is the project going to add value to our staff, and their ability to do their jobs better?

Some projects may be useful, but may not tell us anything that is going to make it better for us to do our job at the time it comes along.

We need to consider we might not see any results for a three to five year period, which means we also have to consider if it's worth waiting for those years to actually get some information back.

Once the above has been considered and we think we'd like to be involved, we then bring staff from the relevant program area into the conversation, because they then have to think about whether they can see how it might benefit them and whether they have the time to actually do what is asked.

The other element to research is it's very rarely financially beneficial to us, so we always have to

think very carefully about any additional costs or drain on our workforce.

Finally there are the ethics behind the research and understanding any impact.

For an example, when we have projects where people are wanting to come in and say, talk to people about social and emotional well-being topics, or mental well-being, mental health, suicide, etcetera, we have to ensure that those projects have systems in place and processes so if, for example, there's some sort of an impact on a client who's maybe expressing something about a traumatic event, what is the support around that person? Does Gurriny have the capacity to provide that support or does the researcher need to make sure that they have that included in their project? There is also protecting the confidentiality of clients, ensuring there is proper consent from the people who are involved in the research project, information about how the information going to be used once it's all been analyzed and how our community is protected.

Overall research is good for us because it potentially puts us in a space where there's people who are thinking outside the box and are trying to improve on different things.



GURRINY YEALAMUCKA  
HEALTH SERVICE ABORIGINAL CORPORATION

# Gurriny News

August 2017

## Thanks for hearing us Corinne!

Australian National University PhD Corinne Walsh has been in Yarrabah for the past six months researching what Yarrabah community members think about ears, hearing, sore/runny ears and hearing loss.

She has been hanging out and talking to a whole range of community members over the age of 14.

Corinne said she collected a lot of useful information and that she hoped the results would benefit Yarrabah residents and service providers.

"I just would like to sincerely thank everybody in Yarrabah for allowing me to be a part of your beautiful community for the past six months, and for being so warm, welcoming, and happy to share your stories, experiences and



suggestions," she said.

"There is quite a lot out there on what health professionals, politicians and bureaucrats think about ear and hearing health – but there's not a lot on how Aboriginal and Torres Strait Islander people understand it and what they

believe works well for them.

"Your voices are very important, and this is what I hope my research has been able to do – allow the voices in Yarrabah to be heard."

Corinne said she would be back out to Yarrabah for a week or two next year ready to report her findings and suggestions back to the community.

"Thank you again for having me Gurriny and Yarrabah," she said.

You can contact Corinne any time at [corinne.walsh@anu.edu.au](mailto:corinne.walsh@anu.edu.au)

ANU PhD student Corinne Walsh (above) made a return visit to the community in August 2018 to share and hear feedback on some of her interim findings.

"The visit went very well," she said. "Yarrabah community members expressed their agreement with the research approach and findings so far, saying it had provided them with much 'food for thought'."



Research allows us to engage and network and connect with people, so it helps to widen our thinking around a whole range of different topics. For our staff there are pathways, as part of professional development, that happen traditionally in the health sector where people who work in health as clinicians can actually get involved in health research, which intertwines with public health.

From a workforce point of view, we can also create opportunities for some of our staff to be involved in different research projects, and we can negotiate on behalf of our staff that they have their name on papers as part of the academic team and as part of the research team.

Most of the research projects we are asked to be involved in relate to chronic disease, particularly diabetes, and also heart disease.

We get quite a lot of requests to look at child maternal health, particularly around smoking and diabetes in pregnancy.

We are also involved in two research projects which have been initiated by ourselves.

One of those is about evaluating Gurriny as an organisation in partnership with Queensland Health. The idea behind transitioning to community control was we said, 'as a community organisation we can do a better job'.

So this project is actually looking at whether that has been the case.

Queensland Health was particularly interested in looking at the processes of how we got to that point of taking over the funding and what was involved in that transfer: structure, workforce elements, agreements and a whole raft of complex procedure which is there to be analyzed and understood.

As well, what were our lessons learnt, because

there's a potential to do what we've done elsewhere.

Palm Island is headed in this direction and their service has connected with Gurriny around this.

The second project we are working on is a workforce project in partnership with Central Queensland University.

This about trying to understand what is the best type of workforce model for our health service, and we also want to know what the needs of our workforce are: How do we actually ensure that the way that we run the service, we're actually meeting the needs of the people who work for us?

It's important because if we can't recruit or retain good staff, then the quality of the service that we deliver back to community is going to be impacted.

We have a couple of other research projects happening now in various partnerships.

One of those is with the Cairns Base Hospital looking at changing the way Accident and Emergency Department staff look at and assess Indigenous people who present with chest pain.

Gurriny has also partnered with the University of Newcastle to support our mums to not smoke during pregnancy.

Gurriny is always looking for opportunities to improve and/or increase services as part of our business development.

This year we were successful in acquiring funds to deliver Mental Health services to people experiencing mild to moderate mental health illnesses, which should start sometime late 2018.

A youth hub application was also successful earlier this year and construction will commence later in 2018.

Earlier this year an application to refurbish the Gurriny Workshop Street clinic was submitted and, if we are successful, this will become a major project in 2019.





# Health Promotion

There's been a lot of things happening in Health Promotion, which has a much expanded team over the past year, particularly under the Deadly Choice program.

We were originally Lucrecia and Dixie, then we had Roszaly come on board as a Deadly Choice Smoking Cessation Officer.

We've just very recently brought on three additional part-time workers, also working with the Deadly Choice lifestyle program.

The Deadly Choice program works closely with the schools, running a six to eight week program covering a range of topics from understanding chronic disease, health checks, relationships and leadership.

To date we have worked with Years Six, Nine and Ten. The students have a graduation at the end of the program and they receive a Deadly Choice shirt and a certificate.

We also have a barbecue at the school, so there's some recognition and some rewards.

Deadly Choice is also designed to be delivered to community members so this year we have worked with the Men's Group as well as the Seagals and Seahawks to deliver a condensed version of the smoking cessation program.

The Health Promotion team have supported a ladies and men's team to attend the Murri Carnival in Townsville later in the year.

## Social Media

Throughout the year the Health Promotion Team have worked hard to ramp up our social media page and we're putting a lot more information out there on our Facebook page.

Because not everyone has Facebook, we are also looking at more ways to promote programs and inform community about health topics with the aim of more engagement.



**Gurriny News**  
MARCH 2018

**Bigger team to take on Deadly Choices initiative**  
Nutrition, exercise and quit smoking support will be just one focus of Gurriny's three new Deadly Choices workers in 2018, thanks to a successful boost in funding from last year's Deadly Choices program, an initiative of the Institute of Urban Indigenous Health (IUIH).

Health Promotion Officer Alicia Hari said they were keen to build on what they started.  
"Deadly Choices is an education program around healthy lifestyles and making the right choices," she said.  
"It focuses on eight different topics, but for us is primarily around leadership and culture, nutrition, exercise, and smoking awareness."  
"It also incorporates topics such as harmful substances, chronic disease, healthy relationships and accessing services for health checks."  
"Last year we had about thirty primary school students come through the program which was run over two terms, and we've also had visits from Deadly Choice Ambassadors James Roberts, Steve Renouf and Lote Tuquti as well as players from the IUIH Deadly Roos squad."  
She said she and her colleague Lucrecia Willett went to Brisbane for a workshop in January.  
"All the other Deadly Choice workers from across the country, from far north Queensland here, down towards New South Wales, out to Alice Springs, and even south to Melbourne, were there," Ms Hari said.  
"It's exciting that our team is growing, it means we'll be out there a lot more promoting healthy lifestyles and hopefully do some events around Deadly Choices as well as getting more Ambassadors out here too."  
Ms Willett said they were looking forward to seeing people making changes.  
"It's as simple as exercising more, watching the types of food they're eating and quitting - or not even starting - smoking," she said.  
Ms Hari said the program would run through the primary and secondary schools as well as different community groups in 2018.

IN NOVEMBER LAST YEAR a funding announcement for the expanded program was announced by then-Health Minister Cameron Dick at Wudjuparra Health Services in Cairns. Pictured above at that event is Paul Neal, Darren Miller, Gurriny's Healthy Lifestyles Manager Melanie Walsh & DC Ambassador Steve Renouf with Merton Bulmer & Steven Stafford at the official announcement of the expanded DC programs for Yarrabah; and below is Cairns MP Michael Healy with CEO Suzanne Andrews.



In the future we will be running information stalls every fortnight in various community locations. These stalls will have lots of health promotion information and resources, and be a way to connect with community as best we can, even helping people with making appointments at the clinic etc. It has taken some time but finally our webpage is also nearly complete and should go live soon.



**GET YOUR  
715 HEALTH CHECK  
AND GET A  
DEADLY CHOICES SHIRT!**

CHILD HEALTH CHECKS | 9-13 JULY | 9AM-3PM | LOT 643 WORKSHOP STREET, YARRABAH



**COMPLETE YOUR 715 HEALTH CHECK  
AT A PARTICIPATING ABORIGINAL  
MEDICAL SERVICE AND YOU CAN  
SCORE A DEADLY CHOICES JERSEY.**

**JOIN US DURING NAIDOC WEEK AS WE  
FOCUS ON HEALTH CHECKS FOR 0-14  
YEAR OLDS. CONTACT OUR CHILD HEALTH  
TEAM ON 4226 4100 ABOUT GETTING YOUR  
KIDS' HEALTH CHECK DONE.**

**BOOK YOUR HEALTH CHECK TODAY!**

**Deadly Choices**  
A DEADLY CHOICE  
IS A HEALTHY CHOICE

**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

**Gurriny News**  
July 2018



### High school students encouraged to make Deadly Choices for longer lives

Deadly Choices continues to maintain a focus on eradicating tobacco smoking from the community as the program launches its second series of workshops at the high school.

Health Promotions Officer Alicia (Dixie) Hari said the purpose of the program was to provide education and some of the history of tobacco-use here in Yarrabah, such as how it was introduced as part of rations for workers.

"We also talk about its impact, not just on individuals, but on families and the whole community," she said.

"Smoking has become the norm, the impact of it in terms of chronic disease, heart disease, high blood pressure and type 2 diabetes is killing us.

"It's one of the biggest contributors to all those things and it's one of the biggest reasons our parents, Uncles, Aunties and even siblings and cousins are dying young.

"Smoking is preventable, it's a preventable factor in all our chronic disease.

"And when you look at the actual tobacco, the chemicals that are in it you can see how it is someone becomes addicted."

She said they also tried to provide options.

"There are several quit options available such as the Quit Line and nicotine replacement, and we're happy to help our clients with any of that," she said.

"Stopping smoking is one of the biggest and most important lifestyle changes people can make to give themselves the best chance in life."

She said when the second program was finished, they would be ready to get down to Townsville in early October for the Murri Carnival.

"We will have a big presence there again, supporting our teams and others, encouraging them to have health checks and to follow up on those checks, which is the most important thing," she said.



## World No Tobacco Day

This year we launched World No Tobacco Day with surveys and pledges.

Pledges are a great step towards giving up the smokes.

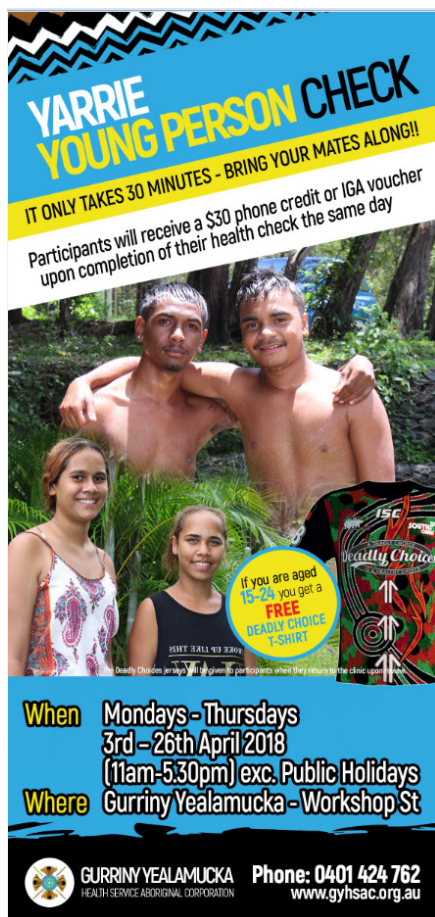
If you are wanting to give them up and trying to ease into it you may pledge to cut back somewhere, such as not smoking in the car or the house.

We have also provided funds to support the costs of buying patches or other quitting aids from our Pharmacy.

It is important to remember to see the local doctor at Gurriny and he or she can help you begin a journey towards giving up the smokes.

The health promotion DC team - Roszaly, Terry, Leon and Natkisha - are all there to also help you.





**YARRIE YOUNG PERSON CHECK**  
IT ONLY TAKES 30 MINUTES - BRING YOUR MATES ALONG!!

Participants will receive a \$30 phone credit or IGA voucher upon completion of their health check the same day

If you are aged 15-24 you get a **FREE DEADLY CHOICE T-SHIRT**

**When** Mondays - Thursdays  
3rd - 26th April 2018  
(11am-5.30pm) exc. Public Holidays

**Where** Gurriny Yealamucka - Workshop St

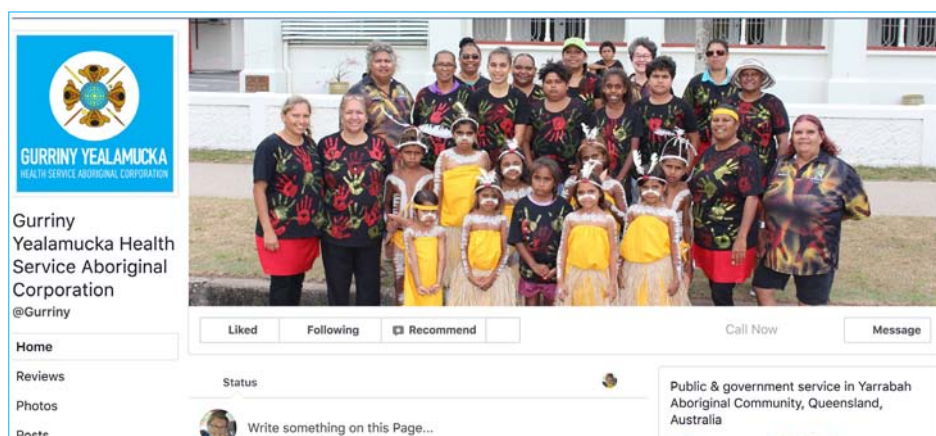
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## Young Person's Health Check

Our team supported the Young Person's Health Check this year as well, we did a lot of promotional work and we also worked to engage with the kids as they came through the clinic.

### Staff Bonding Day

During the last week in June we held a fun team bonding day for our staff, and on the day we had more than 60 people participate.

The bonding day was about keeping our workforce happy and connected, which is important because now we are very big and we're all split into various locations.

The day was originally going to be held at Wungu,

but because of the weather we moved it to the Community Hall so we had access to shade and the beach front when we needed it.

The Bonding Day brought out the competitive spirit of many staff and lots of laughter even though some very serious competition occurred throughout the day. Congratulations to all the staff for getting into the spirit of the day, and especially to the winning team Diliga (turtle).

The Health Promotion Team was happy to have been chosen to run the day this year and is looking forward to seeing what the other Gurriny teams might come up with for next year.



## Staff Bonding Day, June 2018





# Director of Operations

## Karen Dennien

The 2017-2018 year has seen continuing growth in our services and consolidation of our business operations platform.



### Business Operations

A three-year review of the Gurriny's Strategic Plan with the Board of Directors and the Senior Management Team means a new Annual Operational Plan is under development for 2018 and beyond.

To complement the new Strategic and Operational Plans, completion of new Team Planning and Quality Reporting tools have been developed internally by Gurriny and utilised in a successful, all-staff team planning workshop.

Senior Management Team members have participated in the Cairns and Hinterland Hospital and Health Service Strategic Planning Workshops. We have been successful in obtaining our three year accreditation under the 2015 Australian ISO Quality Standards for the management and operations of the organisation and its services.

We have also been successfully accredited under the national Human Services Quality Standards for the operation of our Family Wellbeing Program.

A successful audit of the NACCHO QuMax funding was conducted for Webster Pack dispensation and delivery in the Yarrabah community.

There has been consultation and development of

the revised Gurriny Yealamucka Model of Care and the development of a combined Cairns and Hinterland Hospital and Health Service and Gurriny Yealamucka Disaster and Emergency Plan for the Bukki Road site.

Safety and security systems were improved for Bukki Road in collaboration with Cairns and Hinterland Hospital and Health Service, including the updating of staff duress alarms for onsite and remote servicing

Traffic Management policies and procedures were introduced for the Bukki Road site according improved safety management of the Gurriny vehicle fleet and staff/client safety.

The introduction of the In Vehicle Monitoring System (IVMS) to all of the Gurriny Yealamucka vehicle fleet ensures staff compliance and safety, and travelling client safety.

A Community Isolation Policy and Procedure was implemented to manage business continuity, service access and staff /client safety in the events of natural disasters e.g. flooding, which isolate the community and its services for staff and clients.

People Handling training was provided to all staff involved in the care of patients and clients.

Under the QAIHC award scheme, Gurriny was the winner of the best Aboriginal Controlled Community Health Organisation (ACCHO) in Queensland for 2017. Retiring Senior Medical Officer Dr Kingsley Pearson won GP of the year in Far North Queensland for 2017. Gurriny participated in the national review of the IAHP - Data Quality and Assessment Support Project conducted by KPMG on behalf of the Commonwealth Government.

Our national performance rating was medium to high in the successful management of data quality and outcomes.

Data and quality management improvements were made with staff participating in the updating of their skills in Communicare; Medicare billing, Excel Spreadsheet and LogicQC quality data training. The development of workforce strategy has been with support from QAIHC and Central Queensland University.

### Service Growth and Development

Under expanded Commonwealth Government Primary Health Care funding, Gurriny has been able to secure the employment of a second midwife in the Maternal Health team.

Gurriny was successful in obtaining Commonwealth Government funding to establish a family healing service using the Stepped Care mental health service model.

This initiative is a very significant development as it will be integrated into our existing services and represents a major strategy in addressing the social determinants of health.

Gurriny was also able to assist other North Queensland ACCHOs in their successful Stepped Care funding applications.

We have obtained funding to construct a Community Youth Hub for disaffected and “at risk” youth in the Yarrabah community.

This initiative will seed a growth in youth and

community programs for Gurriny over the next three years.

Two small reviews were undertaken of the renal and oral services provided to Gurriny with issues and improvements identified for ongoing consultations with the Cairns and Hinterland Hospital and Health Service.

Gurriny was successful in receiving funding from the Pharmaceutical Society of Australia for the operation of our contracted pharmacist under a new trail project, ‘Integrating Pharmacists into ACCHs to improve chronic disease management (IPAC)’.

The project will be trialed for 15 months up to December 2019, after which an evaluation will be conducted across the 22 participating ACCHOs. Additional funding through the Far North Queensland Primary Health Network supported 40 Yarrabah children to access Ear Nose & Throat (ENT) surgery to have life changing hearing improvements. In conjunction with the consultations around the Model of Care, staff received training in Trauma Informed Practice which forms the basis of the type of care provided across all of our services and programs.

Gurriny actively supported the implementation of National Disability Insurance Scheme (NDIS) in the Yarrabah community through our participation in community meetings and service collaborations with NDIS providers.

Our medical team will play an important assessment role in the delivery of the new disability services and have received training in relation to the assessment function.

Gurriny also participated in the Regional Planning Network collaborations for service planning associated with the Rural Health Outreach funding allocations which support the funding of our visiting medical and allied health outreach and visiting services in the Yarrabah community.





# Healthy Lifestyles Manager

## Melanie Walsh

My role as Healthy Lifestyles Manager makes me responsible for all operational, professional and clinical aspects of our Healthy Lifestyle programs and staff.

Programs which come under my responsibility include maternal and child health, and social and emotional wellbeing services.

The position works in collaboration with other managers and health workers in providing a range of primary health care programs to the community of Yarrabah and surrounding areas.

It has been a very busy year for being involved in many networking meetings, forums, new initiatives and programs.

A summary of some of these include:

- Establishing our own Yarrabah Local Level Alliance (YLLA) in partnership with Act for Kids. The YLLA will focus on “establishing and strengthening” connections between local services that are involved in working with vulnerable children and families to ensure that children and families receive the right service at the right time. The YLLA does not have direct representation of the care providers of children (mums, dads, aunties, grandma’s etc.). We agree with this since it would be difficult for care providers of children to perhaps tell their story in a group of service providers, just as it can sometimes be difficult for service providers to hear and understand what parents/care providers are stating from their perspective. We will be introducing a tier 3 to the model which will include an open Yarrabah reference group so that the community is actively represented at the grass roots level. This is still a work in progress
- however I am hoping that the YLLA and YRG will be established by the end of October 2018. Our YLLA group has attended local and Cairns LLA meetings.
- CheckUp Regional Planning & Coordination Committee Meetings. CheckUP, in partnership with the Queensland Aboriginal and Islander Health Council (QAIHC), is the funding holder for the Rural Health Outreach Fund (RHOF) in which Gurriny receives funding for our visiting services.
- Coordinating the delivery of the Prime minister and Cabinet (PMC) funded Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) course in Yarrabah in partnership with NESAs, Mental Health First Aid Australia and Gindaja.
- QAIHC SEWB Managers/Leaders Forum
- Family Wellbeing review and audit process
- Working with Clontarf in engaging Clontarf program participants in Health checks
- Networking with Gordonvale State High School (GSHS) regarding the GSHS Youth Health and Wellbeing Expo
- Working with our Child Health team and Senior Medical Officer in organising ENT surgery for our Yarrabah Kids who were on a long waiting list for surgery.
- Coordinating and organising the Troy Cassar-Daley’s visit-Hearing Health Awareness & Promotion in partnership with Australian Hearing.



Melanie & her team: Family Well Being Worker-Katie Wilkie; Life Promotion Officer-Edward Murgha; Parenting Under Pressure Instructor-Lutricia Murgha; Healthy Lifestyles Manager-Melanie Walsh; SEWB Mens Health Officer-Merton Bulmer; Youth Wellbeing Officer-Paul Neal; Life Promotion Officer-Mary Kyle; Youth Wellbeing Coordinator-Tamar Patterson; Family Wellbeing Team Leader-Katrina Stafford; & SEWB Mens Health Coordinator-Darren Miller.

One of the main highlights of 2018 was the delivery of the Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) course in Yarrabah. The course is based on the Mental Health First Aid Guidelines and aims to teach first aid skills to adults to assist Aboriginal & Torres Strait Islander people who may be experiencing a mental health crisis, developing a mental health problem or the early stages of mental illness.

The course content gives an overview of Mental health problems such as depression, anxiety, psychosis, substance use and mental health crises such as suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks, traumatic events, severe psychotic states, severe effects from alcohol or other drug use and aggressive behaviours. Youth Officer Paul Neal and I applied and were selected through a recruitment process by Mental Health First Aid Australia and PMC to participate and complete the AMHFA Instructor training in Melbourne.

After the training we worked in partnership with the National Employment Services Association (NESA) and Gindaja staff members, Lyndel Thomas

and Thelma Yeatman, to co-facilitate delivery of the course in Yarrabah.

More than 200 Yarrabah community residents participated in the training.

Taking into consideration the impacts of social determinants, political determinants and cultural determinants on individuals and our communities' health and wellbeing, I believe this course will be the stepping stone for providing greater awareness of mental health problems and will empower individuals and communities in assisting each other and our health service to better support our mob with mental health issues.

I would like to take this opportunity to acknowledge and say a huge thank you to my awesome team for the outstanding work they have done in community. Your hard work has not gone unnoticed and I want to encourage you all to keep up the fight to empower our people to become strong, resilient men, women, children, youths, families and communities.

I want to finish my report with a quote from English author Neil Gaiman:

*"The one thing that you have that nobody has is you. Your voice, your mind, your story, your vision".*



# Social & Emotional Wellbeing

The Gurriny Yealamucka Health Services Social Emotional Wellbeing Team consists of several programs such as Men's Health, Women's Health, Youth Wellbeing, Life Promotion, Bringing them Home (BTH) and our two new programs Family Wellbeing and Parenting Under Pressure (PuPs). 2017-2018 has been a solid year for our team as we have worked hard to achieve our program goals and key performance indicators which are aligned to

Gurriny's organisation business and strategic plans. Our focus this year was to really engage with our people and community to promote our services and provide them with empowerment programs and activities which focus on holistic health. We wanted to help build self-resilience in our people by encouraging them to take ownership of their health and wellbeing, not only physically, but their socially, emotionally, culturally and spiritually.





# Men's Health Program

Part of the Social Emotional Wellbeing Team, the Men's Health Program is staffed by a Coordinator and Assistant. Primarily the program develops and implements activities and programs, and works with other Gurriny programs and other services to support the physical, social emotional and spiritual wellbeing of men and families in Yarrabah.

## Men's Group

Men's Group is held on Wednesday's at the Men's Space at Noble Drive from 5pm to 6pm. Many of the activities developed and offered by the Men's Health Program are undertaken with reference to the Yarrabah Men's Group, as it has played a significant part in the engagement of men as one of the longest standing and most familiar outreach service we have access to.

Mo'vember 2017

In support and awareness of Mo'vember last year the Men's Health Program worked with the Clinic to offer men in Yarrabah an adult health check supported by several special and engaging initiatives. Those included the development of an information and promotion board installed in the waiting room of the Health Centre.

Boomerangs were made for the men to write health messages on, expressing what the health checks meant to them – the boomerang, which of course returns, represented our encouraging the men to come back every year for their checks.

A significant step taken by the Men's Health Program in 2017 was a successful application by the Yarrabah Men's Group to join the Australian Men's Shed Association.







## Men's Space

The Men's Space is situated at Noble Drive and offers men an opportunity to come in any time between 8am and 4.30pm each weekday.

The Men's Group meeting is every Wednesday from 5pm to 6pm.

The Men's Space enables Men's Health Program Staff to offer programs to men in a culturally appropriate and safe space.

There is also the opportunity to do culturally based activities at the same venue.

Their activities have assisted in beautifying the surrounds of the building via building garden beds and growing trees.

During the year, Men's Health Program, in partnership with the Women's' Health Program, conducted a weekly sewing group with participants making kitchen gloves and cushions.

## Yarrabah Dads and Their Kids (0 to 12 years) Program

Yarrabah Dads and Their Kids Activity has been a part of the Men's Health Program since 2016.

It is a significant initiative of the program, funded by the Australian Government through Mission Australia.

The Yarrabah Dads program aims to create a group that builds interaction, knowledge and skills of fathers, and father figures, while also having an opportunity for dads to get together in a relaxed

and informal environment within which our Dads can interact with their children in comfortable surroundings.

Yarrabah Dads and Their Kids activities offered during the year included:

- 'Vege' Garden Making and Tree Planting
- Family Fun Days at Jilara Oval
- Playgroup
- Stronger Futures Workshop
- Father Son Camp at Wungu
- Support for Under 8's Day
- U5's Day at the Yarrabah Daycare Centre

## Significant Events

Other activities conducted by the Men's' Health Program to support and create awareness of significant dates as expressed by dates on the calendar included:

- White Ribbon Day in November;
- Domestic and Family Violence Prevention Month in May; and,
- Men's Health week in June.

Staff also attended training and development programs during the year and, as part of their program work, reported and evaluated activities implemented as part of their yearly workplan.

The Men's Health Program will continue to develop and deliver its yearly workplan and continue to work with other Gurriny programs to deliver preventative and other health services to the men and families in our community.

# Women's Health Program

Teamwork has played a major role in our Social Emotional Wellbeing (SEWB) Womens' Health Program working with Bringing Them Home (BTH) in a deadly partnership to support each other and deliver some awesome community programs. One of the most significant over the year was the ABC program, which was a diversional therapy and full citizenship rights program designed to offer second, third, fourth and fifth generation peoples of the Stolen Generations an exploration of the myriad of opportunities available to them outside Yarrabah. "By exposing our people to leisure and recreation activities we are able to approach some difficult topics, like depression, budgeting, work ready skills, in a non-threatening way." The idea was to have regular group attendees brainstorm an alphabetic list of places outside of Yarrabah connected to culture, for visitation and emersion (cultural emersion in reverse). This kind of brainstorming, and the linear nature

of the progression through the alphabet, helped to enhance the group's problem solving, group work skills, planning, timeliness and task follow-through. The program was also designed as an engagement tool, offering an introduction to the other services offered by our SEWB team.

Another program our SEWB Women's Coordinator developed and implemented for women in Yarrabah was called 'Walking in Confidence'.

The program ran for six weeks, taking women on a journey of exploring self-confidence and of self-discovery.

Its focus was on building strong resilient women through empowering women to help realise their worth, in their home and community.

It also provided opportunities for our women to talk openly about their concerns and feelings in a place where confidentiality was of utmost importance, and discuss ways in which they could improve their self confidence and self-esteem.







The program was delivered in a small group setting in a yarnning circle and on a one-to-one basis. The SEWB program's work with BTH also ensured the continuation of the other programs which help ladies to de-stress by taking time out from families and participating in activities in a relaxing environment.

Arts and crafts gave them the opportunity to be creative, stay focused and helps keep their minds occupied.

During the reporting period our SEWB Women's Health Coordinator and BTH Worker also worked closely with Gurriny Yealamucka Health Services Men's Health Program team (also under SEWB) to deliver a sewing program to community men who attended the Men's space.

The project has been a success in terms of the men gaining new life skills, engaging men into long forgotten creativity from their earlier years and exploring further entrepreneurial opportunities to sell their creations.

Highlights for the Women's Health and Bringing Them Home Programs included:

- BTH worked with Link-Up on two successful reunions and is happy to report there are further opportunities for connection to country and family reunions in the pipeline.
- our BTH Worker is enrolled and currently studying a Diploma in Counselling with Gallang Education and Training
- our participation in Gurriny's SEWB Engagement, White Ribbon and Sorry Days and Big Breakfast events
- our involvement in Gurriny's Youth Forum, NAIDOC Activities and Young Person's Health Checks.

We would also like to take this time to acknowledge and thank our team, who have been the rocks of support for our programs, our manager Melanie Walsh, who has been inspirational in supporting our team and believing in and encouraging us when we needed it, Gurriny's Wellbeing Educator Megan Bayliss for her time and commitment to improving our practice and, most importantly, to our clients for your support and commitment in attending our programs.

# Youth Wellbeing Team

Youth Wellbeing Officer Paul Neal was successfully funded to become a facilitator in the Mental Health First Aid course in Melbourne and was facilitated his first course in Yarrabah in April this year.

The aim of the training was to build community capacity to withstand suicide and to educate and create awareness which will empower our community's responses to suicide.

Our Youth Wellbeing team, in partnership with the Yarrabah Police and Citizen Youth Club (PCYC), has organised weekly netball games and competition for females aged between 12- and 18-years-old.

Organisation included:

- Transporting participants to the venue and then to their residence after each game;
- Providing drills and umpiring of the games, facilitated by Healthy Lifestyles Manager Melanie Walsh; and,
- Healthier choices and wellbeing yarns conducted on communication, teamwork and peer pressure.

As part of our support and engagement for young people, our team has also participated in the PCYC's strength and conditioning sessions on Monday and Wednesday evenings.

The sessions are about empowering individuals to value, respect and take control and responsibility for family, work and community life and recognise physical, emotional, mental and spiritual needs. Tuesday 6 June was Gurriny's Social and Emotional Wellbeing Engagement Day.



## Peer workers key to YPHC success

Youth WellBeing Officer Tamar Patterson said a major key to this year's YPHC success was the employment of peer workers for the entire five weeks of the program.

"The peer workers idea is a bonus which is very positive for our community because that's what building leadership is about, that's what empowering people is about, and this is what Gurriny is doing, and this is exciting," she said.

"And it's about the teamwork within Gurriny itself between the clinicians, the promotions team, the SEWB team, and all the managers who make this possible for the community, year after year after year. "And I think it's just going to get better because it has gone from a 15-minute check to where they now have actual mental health questionnaires around their well-being, and I think that's fabulous.

"And you know, for someone who's been in health myself for the many years that I have, that is just exciting.

"I think all Gurriny can do now is continue to grow it, which they've done so confidently with the community and with their team, I just think Gurriny has just done an awesome job."

CEO Sue Andrews congratulated everyone involved and said the success of the YPHC was very much due to the level of staff engagement and commitment



to the annual event.

"The way all of our staff engage with community is really important," she said. "And employing young peer support workers from the community helps us to get their age group through the door, so I think that's the success of the program."







The idea behind the Engagement Day was to deliver an event to promote Gurriny's SEWB program support and assistance services in Yarrabah.

Resources, which contained program information such as dates and time, venue and the staff involved as well the program outline were provided.

Engagement also involved talks, awareness raising and promotion of our roles, and information about our availability, support and assistance for transport we can provide across the board by Gurriny Yelamucka Health Services.

#### Young Person Health Check

One of our biggest and most successful projects over the year and in the years before it, has been our Young Person's Health Check month, usually held in April.

The Youth Wellbeing team assisted staff and mentored our local youth recruiters to encourage and support their peers to engage and complete a Young Persons Health Check.

This involved:

- Assisting with community walk, door knocks, media, flyers/posters and one on one contact to promote the Young Persons Health Checks.
- Engaging staff to accompany our recruiters, driving a vehicle in and around the community to transport youths to attend health screening as well as supporting and assisting recruiters with health and screening information to encourage participation.

- Preparing and providing a BBQ lunch for all participants as an incentive for engagement.
- Home visits/contact to recall/follow-up youths for treatment and referral for any abnormal results or intervention for management of any health or social wellbeing issues.

In July this year our team delivered a Morning Tea to celebrate NAIDOC to the theme of "BECAUSE OF HER WE CAN".

Our aim was to share, applaud and recognise our mothers for their tireless efforts and ongoing support and commitment, and to highlight and celebrate their achievements in the community.

Three young people - Wendy and Katrina Stafford and Daequan Connolly - shared their stories as guest speakers, rating highly on our feedback form after the event.

The Youth Wellbeing team would like to acknowledge Indigenous Healthworkers Katrina Connolly and Clevanna Messer, Gurriny's Clinical, Management and Social Wellbeing Teams, Bringing Them Home Co-ordinator Kayleen Jackson, Women's Health Officer Deborah Murgaha, Life Promotion Officers Edward Murgaha and Mary Kyle, Men's Health Team Darren Miller and Merton Bulmer, Wellbeing Educator Megan Bayliss and our Manager, Melanie Walsh, for their commitment and efforts in delivering this very successful event.

# Life Promotion

Our Life Promotion Team provides intervention and promotes prevention to those at risk of self-harm, including responding to individuals in crisis and concerned family members where there are suicide attempts and follow up with support.

We also engage with the community about the range of health promotion activities aimed at improving and increasing individual, family and community awareness as well as an understanding of suicide and how we can provide assistance and support.

Throughout the 2017-2018 year, the Life Promotion team has participated in and supported:

- National Suicide Conference in Brisbane (as presenters);
- World Suicide Prevention workshop – Cairns;
- NAIDOC week;
- Child Expo;
- Survival Day;
- Group Debriefing;
- Provide 'Sorry Business' packs;
- Referrals;
- Visiting Psychologist;
- Grief and Loss ;
- Young Persons Health Check;
- Youth Forum; and,
- SEWB Engagement Day.

The Life Promotion Officers supports all Gurriny programs and we have networked with other service providers for the wellbeing of our clients including client support if they need to engage other service providers.

We do follow up with clients to let them know to keep safe and to care for each other, and we encourage our clients to come in for regular health checks as another form of support and to socialise with others who are affected in the same way.

The Yarrabah Community Crisis Referral Pathway consists of a list of Yarrabah people who have nominated themselves voluntarily and are willing to talk and listen to anyone who needs help.

The list is posted around the community and provided to other support services in the community. It is updated regularly.

We need to stand strong and work together to stamp out suicide in our community, it is not in our culture nor is it our way!

Remember to always ask your mob if they are okay, as we do not know what people are going through and showing this supportive gesture may help someone when they really need it!

## LIVE YOUR LIFE, LOVE YOURSELF, LOVE YOUR LIFE!





# Parenting Under Pressure (PUPs)

Parenting Under Pressure (PuP) is a new program under Gurriny's Social and Emotional Wellbeing team and is funded by Mission Australia.

It is an intensive home-visiting, case-management program designed to work with families and individuals who are referred either by internal or external services or through self-referrals.

Our PuPs Worker, local Gungandji woman, Lutricia Murgha completed the PuPs training in Brisbane this year and is a qualified PuPs Instructor.

Lutricia works with families using cognitive mindfulness techniques, focusing on their strengths and goals and acknowledging the unique needs and resources of each family to improve family functioning and support them to achieve in areas such as health, education, life skills, bonding and secure parent/child attachments, parenting capacity, family and community relationships.

The PuPs program is a 12-module program delivered on a personalised individual basis in clients' homes or wherever the client feels comfortable.

Clients are provided with a parent workbook, which forms the foundation of the program.

The PuPs program is culturally appropriate and tailored to suit the needs of individual families living in Yarrabah.

It targets families with babies and children up to eight-years-old who may have several risk factors.

Lutricia has also been working closely with our Family Wellbeing program, complementing in areas where parenting support was required.

She currently has a small client base and has achieved some successful outcomes working with families since being in the role.

She hopes the program will continue to be a success

as she has seen first hand the benefits for families who have participated in the program.

Staff have also been involved in SEWB team functions and Meetings and networking with various organisations.

Our highlights for the year have been:

- PUPS & FWB Launch Day;
- Engagement Day;
- Gurriny's Team bonding day;
- Healthy Lifestyles weekly meetings;
- Suicide Prevention Week;
- Youth Forum; and,
- Various in-house training workshops.



# Family Wellbeing

The Family Wellbeing (FWB) program started in Gurriny in June last year with Robyn Ah-Wong as Team Leader and Barbara Thomas, Devetta Mundraby and Stanley Yeatman as Family Wellbeing Workers.

There have been several changes within the team since then, including myself, Katrina Stafford, taking up a Team Leader role in March this year.

The FWB program aims to work with any Aboriginal and/or Torres Strait Islander family with a child or children from birth to 18-years-old, at the earliest possible opportunity to enhance family functioning and build the skills of parents.

This early intervention will help support and

improve families' relationships, connections with culture and country and foster their understanding of their family history.

*"Our vision is for our Yarrbah families to be physically, emotionally and spiritually strong while living in a safe, caring and nurturing environment. We support any Aboriginal and/or Torres Strait islander family with a child/children from birth – 18 years old."*

The Family Wellbeing Program can help families improve their home lives and access a range of support services to safely care for and protect children at home.





Our Family Wellbeing Workers can visit homes to discuss any family situation.

We support families to make decisions about the type of support they may need.

We can help:

- Develop a plan that best suits the family's needs;
- Focus on the individual wellbeing of each family member;
- Focus on the family's wellbeing as a whole;
- Help build better relationship between family members;
- Help with violence at home;
- Develop positive practical parenting skills;
- Create positive routines;
- Improve school attendance;
- Improve budgeting and money management;
- Refer to services that can help with alcohol, drug or gambling problems;
- Support with links to housing concerns and applications;
- Healthcare; and,
- We can help support families currently; previously or at risk of involvement with Child Safety.

We can refer to several pathways offered within Gurriny including the clinic, men's and women's programs, youth programs, Bringing Them Home, maternal and child health, and life promotion.

We also refer to other local organisations and services such as Gindaja Treatment & Healing, PHAMs (Worklink), MISSION Australia and the Justice Group as well as external services such as legal support via ATSILS or QIFVL, TRUE, Act for Kids, Child Youth Mental Health, Recognised Entity (RE) and other community or government services on request.

The Family Wellbeing office is on Workshop Street and is open for 'drop-ins' or self-referrals and follow

ups on Monday from 10am-3pm, Tuesday and Wednesday from 9am-3pm and Thursdays and Fridays from 9am-12pm.

Appointments may be made for Mondays from 1-4pm or Wednesdays from 9-11.30am.

Our highlights for 2017-18 include:

- Launch of the Family Wellbeing Service;
- We currently have more than 20 families on our data base system, which is a massive increase since earlier this year;
- We have supported and advocated for a client who was 'couch surfing' on her sister's two-seater lounge and is now living with her daughters in a duplex in Cairns through SHAC housing;
- We have supported the SEWB Team with a NAIDOC Brunch;
- We supported the SEWB Team's Engagement Day;
- We have undergone training in Domestic Violence awareness and management;
- We have assisted and supported Dad's Activity Day;
- We have assisted the SEWB Team with a Suicide Prevention Workshop and their Youth Wellbeing Forum
- We have completed Resilience Based Trauma Training and First aid Training.

I would like to take this opportunity to remind our families this is their service and we are here for them to access when they need support.

We are not Child Safety Officers.

We are here to try to prevent families from becoming known to child safety and to keep our children safe and in community.

I want to encourage everyone to please consider using this service if they really need help or support within their family unit



# Care Coordination Manager

## Paula Burns

### Sexual Health

This year again Gurriny ran a very successful Young Persons Check event and, as always, a huge uptake of our young people between the ages of 15 – 24 attended over the four week event.

Gurriny is committed to supporting our youth and getting them involved in managing their own health.

### Care Co-ordination / ITC (Integrated Team Care)

Now under the guidance of Emergency Nurse Paula Burns, this team manages all the visiting services throughout the year, while working closely with ITC staff for seamless coordination of services.

This year has seen an increase in patient numbers attending all the allied health and specialist services and we here at Gurriny are excited about our people really taking an interest in their health.

We saw the team at most of our community events this year taking peoples basic observations such as blood pressure and sugar testing, and yarning with them about their health, with a particular focus on providing ongoing education and support directly targeting chronic health conditions.

Our patients have access to a range of health care services, community services and health care aids, and because of this we have once again seen an increase in our mob taking ownership of their health needs.

### Child and Maternal Health

Child and Maternal health clinic has expanded due to the commitment of funding from the Department of Health.

This meant an increase in staff numbers to support such a large cohort of patients.

Gurriny continues to meet and exceed both state and national health key performance indicators, particularly around maintaining high immunisation

rates and our pregnant mums attending the clinic during that vital first 13 weeks of pregnancy.

It is important we maintain good health outcomes for our child and maternal health programs so that our cuddy cuddy's get the best start in life and our expecting mums are also kept healthy.

Our very large population of children in Yarrabah means the Child Health Team cover a diverse array of issues such as: failure to thrive, anaemia, skin disease, immunisations, paediatric clinic with Dr Heazlewood, Child Development Unit Clinic, Australian Hearing Services, and paediatric cardiology with Dr Ben Reeves.

We interface with speech pathology locally along with the successful ENT program we have maintained through Coral Coast ENT with the assistance of Checkup Funding this year.

This has seen a number of ENT operations successfully performed on Yarrabah children this year.

Aspects of the Model of Care developed over the past four years are inclusive of women-centred and outcome-focused culturally appropriate care that is midwifery led, aided by the skills of our GP staff and guided by our Aboriginal Health Workers.

Engagement and acceptance of the unit is high though risks remain high as well due to a variety of factors.

Deeper integration of the maternal model into our overall clinical model of care and allowing the cross-pollination of ideas into our other areas of practice will better serve us to provide the kind of comprehensive care our community demands and deserves.

The expansion of our Maternal Health focus into the pre-conception space will hopefully go on to reduce the amount of high risk pregnancies in the future as well as post-natal complications such as low-birth weight, FASD and anaemia.



# Clinic Support Manager

## Chloe Sellwood

The clinic support team consists of the medical reception team and Clinic Health workers. The clinic support team works collaboratively with all clinicians such as our GPs, Nurses and other health professionals that move through our clinic. Our aim is to achieve sustainable, high quality service to support our clinical team and community members accessing our service. Our medical receptionist team will be gearing up to start their cert III in Medical Administration as part

of our workforce development. This will equip our reception team with extra knowledge within the health setting environment & focus on patient centred customer service delivery. We would like to thank our valued community members who have participated in clinic/ service feedback. We will continue to ask our clients to give feedback after their visits to our clinic and extended services as part of our ongoing improvements.



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

## Gurriny News

MAY 2018

### Meet some of our staff...



**Medical Officer Dr Jason King** grew up in Dandaragan, Western Australia – Yued Noongar Country.  
**Best part of job:** getting to know our community through my patients  
**Favourite day of the week:** Monday – you never know what the week will bring you!  
**Favourite team (in whatever):** Hawthorne Football Club (AFL)  
**What do you hope is in your future?** Health and happiness for my family  
**What do you hope for Yarrabah's future?** Positive change and awareness of the strengths the community holds.



**Clinic Support Manager Chloe Sellwood** was born in Cairns but her family is from Badu & Yorke Island in the Torres Strait.  
**Best part of job:** Working with a whole bunch of amazing people that feel like family – from our cleaners and grounds people right through to our specialised medical team!  
**Favourite day of the week:** Thursdays because I can engage more closely with my team and take time for training and upskilling in different areas.  
**Favourite team:** I'm a diehard Cowboys fan!  
**What do you hope is in your future?** Hmmm ... a University degree – either in Midwifery or Management. Still deciding.  
**What do you hope for Yarrabah's future?** I hope to see more positive health outcomes in the community & less people being diagnosed with a chronic disease.



**Nurse Mark Howgate** comes from Sheffield South Yorkshire in England.  
**Best part of job:** Making a difference & making our clients smile/laugh  
**Favourite day of the week:** Friday, of course!  
**Favourite team:** Sheffield Wednesday: Go the Owls!  
**What do you hope is in your future?** To win big on lotto & retire  
**What do you hope for Yarrabah's future?** For Yarrabah to grow and make overcrowding a thing of the past. I would like it to become a tourist destination which in turn would support the people of Yarrabah and provide jobs.

# Transport & Facilities Manager

## Paul Munn



The T & F Team concentrates on the provision of transportation for clients who have medical appointments in Cairns, and also on the continuing cleaning, maintenance and improvements to our interior and exterior areas we occupy as a business. Transport is crucial to helping our people access external health services such as specialist medical services and regular dialysis appointments. It takes a whole of team approach for this to work, inclusive of our staff from our doctors and health workers through to our administration and drivers. One of the positive things that has happened this year is the relocation of the Pharmacy, which means everything is now in the one place, at our Bukki Road clinic. This has made it much easier for our drivers and patients to access our services, and saves time and expense thus improving waiting times and availability of medicines.

If there is a wait for the bus we ask our clients to be patient as the clinic is very busy and sometimes we see a large number of clients in one day.

Bookings are received, approved and processed via the reception team and there may be times in special circumstances where a health worker or administration staff member or RN will assist to provide as needed.

Our facilities staff have been busy maintaining our three (or more) buildings according to required local, state and national standards and they are also happy to assist with our operational duties as they are needed.

Our team is always looking forward to improving our service to the community and appreciates any feedback that would assist us to do that.

There is a form at reception which you can fill in and remember we want to hear both positive and negatives!





## Auditor's independence declaration

**Auditor's independence declaration to the directors of  
Gurriny Yealamucka (Good Healing) Health Services  
Aboriginal Corporation**

Calms Corporate Tower  
15 Lake Street  
Calms QLD 4870  
Correspondence to:  
PO Box 7200  
Calms QLD 4870

T +61 7 4046 8888  
F +61 7 4051 0116  
E info.calms@au.gt.com  
W www.grantthornton.com.au

In accordance with the requirements of section 339-50 of the *Corporations (Aboriginal and Torres Strait Islander) Act 2006*, as lead auditor for the audit of Gurriny Yealamucka (Good Healing) Health Services Aboriginal Corporation for the year ended 30 June 2018, I declare that, to the best of my knowledge and belief, there have been:

- No contraventions of the auditor independence requirements as set out in the *Corporations (Aboriginal and Torres Strait Islander) Act 2006* in relation to the audit; and
- No contraventions of any applicable code of professional conduct in relation to the audit.

*Grant Thornton*

GRANT THORNTON AUDIT PTY LTD  
Chartered Accountants

*Helen Wilkes*

H A Wilkes  
Principal – Audit & Assurance

Cairns, 27<sup>th</sup> Sept 2018

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# Statement of comprehensive income

**For the year ended 30 June 2018**

	2018 \$	2017 \$
<b>Income</b>		
Revenue	8,284,144	7,483,260
	<u>8,284,144</u>	<u>7,482,760</u>
<b>Expenses</b>		
Administration and office expenses	-	-
Advertising	1,828	9,426
Audit fees	27,795	31,421
Cleaning	24,066	15,202
Clinic supplies	69,944	62,911
Computer support and equipment hire	216,858	200,192
Conference fees	9,388	13,182
Consulting and professional fees	320,845	403,041
Donations	18,209	16,827
Electricity and water	96,725	29,350
Employee expenses	6,167,506	5,296,885
FBT expense	7,854	17
Hire of equipment and facilities	22,961	27,152
Insurance	20,916	19,733
Licences and permits	15,799	31,064
Meeting expenses	8,951	3,760
Motor vehicle expenses	202,620	184,337
Motor vehicle leasing and hire	128,843	96,423
Program expenses	277,509	137,455
Printing and stationery	69,515	65,291
Repairs and maintenance	47,960	62,193
Sitting fees	58,550	53,000
Telephone and fax	34,377	32,897
Training	21,041	13,813
Travel and accommodation	143,186	106,282
WorkCover	62,639	65,249
Sundry expenses	70,949	160,048
	<u>8,146,834</u>	<u>7,137,150</u>
<b>Results from operating activities before net financing costs</b>	<u>137,310</u>	<u>346,110</u>



	2018 \$	2017 \$
Finance income	16,026	14,274
Finance costs	(4,803)	(4,844)
<b>Net finance income</b>	<b>11,223</b>	<b>9,430</b>
<b>Results from operating activities</b>	<b>148,533</b>	<b>355,540</b>
Depreciation and amortisation expense	(116,330)	(94,679)
Net gain/ (loss) on disposal of property, plant and equipment	9,494	-
<b>Net surplus/ (deficit) before income tax</b>	<b>41,697</b>	<b>260,861</b>
Income tax expense	-	-
<b>Net surplus/ (deficit) for the year</b>	<b>41,697</b>	<b>260,861</b>
Other comprehensive income	-	-
<b>Total comprehensive income/ (deficit) for the year</b>	<b>41,697</b>	<b>260,861</b>

## Directors' declaration

In the opinion of the directors of Gurriny Yealamucka (Good Healing) Health Services Aboriginal Corporation (the "Corporation"):

- a the financial statements and notes are in accordance with the *Corporations (Aboriginal and Torres Strait Islander) Regulations 2007*, including:
  - i giving a true and fair view of the Corporation's financial position as at 30 June 2018 and of its performance for the financial year ended on that date; and
  - ii complying with Australian Accounting Standards – Reduced Disclosure Requirements and the *Corporations (Aboriginal and Torres Strait Islander) Regulations 2007* and any applicable determinations made by the Registrar of Aboriginal Corporations under Division 336 of the *Corporations (Aboriginal and Torres Strait Islander) Act 2006*; and
- b there are reasonable grounds to believe that the Corporation will be able to pay its debts as and when they become due and payable.

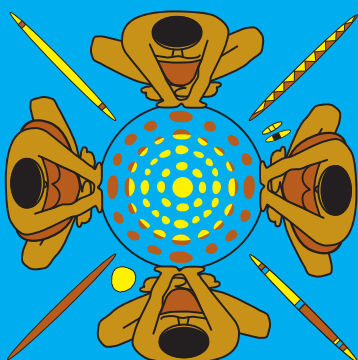
Signed in accordance with a resolution of the directors:

  
Director

Dated the Yarrabah 27<sup>th</sup> day of Sept 2018







**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION