



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Gurriny News

MAY 2018

WORLD
NO
TOBACCO
DAY –
MORE PICS
INSIDE!



Health checks a long term success story

Staff are still celebrating the success of Gurriny's annual Young Person's Health Checks (YPHCs), which were held over the past month, and drew in just over half of the community's 15-24-year-old population.

"The incentives we had this year were a hit," Female Indigenous Health Worker Katrina Connolly said.

"It was a good year this year for the YPHC, especially with the support of the recruiters.

"They did good engagement in the community and among their peers.

"I think the YPHCs are about engaging our young people early, enabling them to take control of their own health and access our services.

"It gives them ownership over their health, so they are able to know when to come to the doctors and who to talk to - they're familiar with the clinic and what it has to offer."

She said more than 350 young people

participated in the screening processes, with most of those able to see a doctor, and each of them picking up a phone credit and Deadly Choices t-shirt for their trouble. *Continues p3...*



“The Young Person’s Health Check has been running for many years now in several different forms,” CEO Sue Andrews writes...

In it’s current format, which includes employing peer workers and offering incentives, it’s been five years and one of things we are looking at now is evaluating the program and showing off some of our outcomes. That’s where government will start to really look at what we’re doing because we are about closing the gap in health and that is exactly what we’re doing. So the time is right for us to start to look at the longitudinal results and our successes.

Right around Australia, people have been looking at Gurriny for all different programs that we run, because they’ve heard the success of all our programs. Our YPHCs in particular are well known in medical centers around Australia because of the success we’ve had in getting these young people through the door. They represent that vital age where we need to start bringing them in, because if we talk about health prevention and primary health care prevention is where you start, and that has to start at a young age. It means by the time they hit adult age, they are not already

showing signs of chronic disease.

I believe the key to our success goes back to community engagement. One of our successes around the National Health Performance Indicator is how often our mob are visiting the clinic. In Yarrabah, our people are coming in at least once a month which exceeds both state and national data.

We’ve got 80 staff at Gurriny and 75% of them are local or home-grown employees.

That means when you come to the clinic you see our mob, the first face you see is our local mob. That tells you, “I’m in a safe place”, to start with.

From there as you go through the health service, you’ll always have someone local there, whether it’s our local health worker or admin staff, they are always there to support you right throughout the service.

One of the things we need to ask our mob to do as we deliver our primary health care services is to understand how busy things can get and to be mindful about that.

Sometimes there is a little bit of a waiting time, even if you do have an appointment.

If you’re starting to get a bit



frustrated with the wait time, come to the front counter and have a talk to our mob and say, ‘Look, I have been waiting for a while,’ and let’s see what we can do with that. We are all there to support our mob in Yarrabah, but we also need that respect for our staff from our mob, as well. When you go to the hospitals and services outside, they have a big signs up there around, “No excuse for abuse.” We ask that you respect our workers in our workplace, as well, because they’re there for you and they’re there to help you. Finally, I’d like to thank our staff for their hard work and commitment as we move very quickly through 2018.

We are succeeding, we are getting better all the time and that is because of you, we couldn’t be here without you and we thank you for that.

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."



Gurriny's new Deadly Choices team is firmly focussed on supporting anyone in the community who wants to quit smoking and can help with strategies for all those who want to have a go.

Deadly Choices Tobacco Officer Roszaly Aitken (*pictured right*) told a crowd of about 100 at World No Tobacco Day their input was an important part of taking the first steps.

"Come down, do the survey, sign a pledge," he said.

"The survey is about finding out who smokes, who doesn't and who has thought about quitting. 'I've been talking at the schools and I'm going to start working with the Men's Group as well. 'Eventually we'll be running tobacco cessation groups in the community.'"

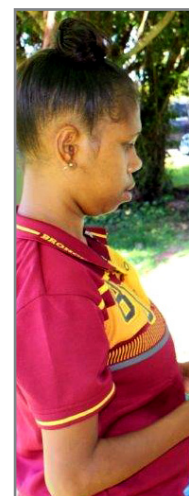
Roszaly said he was at the schools from 9-11am on Mondays and Tuesdays.

This year's World No Tobacco Day featured music, a free healthy lunch, the opportunity to sign a pledge to stop smoking and smoking surveys.

Gurriny's Care Coordination team was also there, doing blood pressure and sugar tests as well as providing information about chronic diseases and the impact of smoking.



WO



And the raffle winners included..



WORLD NO TOBACCO DAY



Pics thanks to Alicia Hari

Palm Island ready for health action



Last month, CEO Sue Andrews represented the North Queensland Primary Health Network (NQPHN) to offer their congratulations to the Palm Island community for developing their own Health Action Plan.

“The NQPHN would like to congratulate Palm Island on their achievement to date with establishing the Health Action Plan,” she said. “It can only happen with all stakeholders commitment, and it was good to see on the day this commitment at all levels from Government, non-government and community.

“These are exciting times for the community of Palm Island and as the CEO of Gurriny, we too would like to continue supporting Palm Island with their vision to own and manage a community control health service.”

The Palm Island Health Action Plan 2018-2028 provided a clear road map for future delivery of health care, Townsville MP Scott Stewart said.

“This is a document that was developed by Palm Islanders for Palm Islanders,” he said. “The community has told us very clearly how they want to be cared for and what they need to live strong, long and healthy lives.” Mayor Alf Lacey said the Plan marked the start of a long journey ahead.

“It means a lot to our community when decision makers respect us and involve us in the planning and delivery of things that affect us deeply,” he said.

“Our community is a unique community and therefore our desire to ‘Close the Gap’ needs a unique solution – this Plan strikes that balance.”

Queensland Aboriginal and Islander Health Council Board Chair Kieran Chilcott said the plan

also had their support.

“A culturally appropriate, Community Controlled Health Service is an important step towards healing the community,” Mr Chilcott said.

The Action Plan lays out the vision for health on Palm Island over the next 10 years.

It gives direction to funding agencies and service providers about the priorities for health and well-being, and also provides a road map about how services should be delivered to improve the health of Palm Island residents.

Commonwealth Minister for Aged Care and Minister for Indigenous Health Ken Wyatt has committed to endorsing the Statement of Intent which was signed by stakeholders at the launch.

CQU partnership helping to tell our stories

Gurriny has been working with Central Queensland University (CQU) on two health service projects.

The first is a review of the transition to community control in 2014, funded by Queensland Health. Dr Sandy Campbell and A/Prof Janya McCalman from CQU are working with Gurriny senior management to document the transition story. The project will make recommendations for

strengthening primary health care in Yarrabah. Yarrabah community members who would like to share their experiences will be welcomed to take part. The second health service project is called "Working Well" funded by the Lowitja Institute. In this project, Sandy and Janya will be talking with staff

at Gurriny to listen to their ideas about primary health service workforce. Again, the aim of the work is think about ways to continually improve the primary health care services provided by Gurriny. *If you would like to know more about the projects, please give Sandy a call at CQU on 4037 5107.*

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.



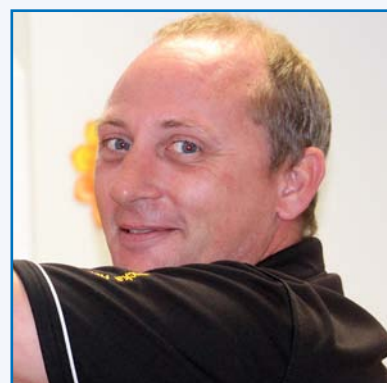
Clinic Support Manager Chloe Sellwood was born in Cairns but her family is from Badu & Yorke Island in the Torres Strait.

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.

What do the teenage years and early 20s mean for your teeth and gums?

Exciting life changes, leaving school, starting work, new relationships, moving out of home, beginning a family...

These changes and experiences can affect your mouth and form habits that can damage your teeth and gums. What can you do? Clean your teeth and gums with a toothbrush and a pea sized amount of

toothpaste, two times a day. Do not share your toothbrush with anyone, as that

encourages tooth damaging bacteria to spread. Give teeth a rest from sugary, acidic foods and drinks. A good rule is to limit eating times to five each day – three meals and two snacks, but hold off between meal snacking on sweetened foods. Call to make a time to come and see us for a regular dental check up on 1300 300 850.



Justice of the Peace Services

If you need any documents certified witnessed JP services are available Monday to Friday by appointment only, with Susanne Dale HR or Melanie Walsh HLSM.

Don't forget to find us on Facebook



or see our website at:
<http://www.gyhsac.org.au>

Doc Andrew's Last Word...

We have influenza vaccines available!

We are expecting another bad year for the Flu so are encouraging everyone, particularly people with long

term illnesses like diabetes or asthma to have their Flu needle. We are starting outreach for this as well, but come and see us!

Mumps outbreak continues.

We are encouraging everyone older than 8-years who was born after 1966 to have an MMR booster. Please come and see us if you think you may have mumps.

In other news, Dr Meryl and the child health team have been working tirelessly to get ear operations for young people



This is Josiah. Nurse Mark is giving him his Flu injection. Josiah is safe from Flu now, and his family and friends are safer too. Be like Josiah. Get your Flu injection today.

in the community who have problems with hearing. This is life changing for the people involved and is a really exciting initiative to be part of.

We welcomed a new Doctor to Gurriny this week, Dr Scott Porter, who has worked all over Australia and will be with us until September.

We also welcomed Registered Nurse Krystle Lingwoodock, who will also bring a wealth of knowledge and expertise to the clinic and into the community.