

GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Gurriny News

July 2018

INSIDE: Men's Health Week



Ten new jobs as Gurriny leads the way

Gurriny Yealamucka Health Services is one of the first health services nationally to start tapping into addressing aspects of social determinants from a health perspective.

"This is one of the things we are most proud of," CEO Sue Andrews said. "In accordance with our strategic planning meeting held at the beginning of 2018, we are one of, if not the, first nationally to start to tap into addressing social determinates from a health perspective.

"Obviously our core business is health, however because of the board's vision and goals for our whole community, they have steered us on a course of meeting other social

determinates.

"It doesn't mean that we're going to do housing or law and order or education.

"When the Commonwealth Government looks at Indigenous health they say there's three things to consider – health status and outcomes, health systems and determinants of health in order to measure health outcomes for our mob.

"As a health service we deliver well on the health status and outcomes as well as having

good health systems in place that is effective and responsive to the needs of our people.

"The third tier, as they call it, starts to look at social things such as environmental, socio-economic and community factors, kids going to school, people being employed, and the general functioning of the community we are in.

"So it's about those necessary things we need to enable us to look after our health, but they don't traditionally sit in the health space." *Continues...*

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"The board has recognised they are all important elements of what we need to try and address if we want to actually make people healthier," Mrs Andrews said.

"So, for example, as part of our education goals for the community we've just signed off on a contract with Prime Minister and Cabinet called a Remote School Attendance Strategy (RSAS).

"The strategy is around addressing truancy, so getting our kids in schools, but it includes intensive family support we are about to employ nine workers to help to make that happen.

"And obviously we work very closely with the school, we partner and support the school but we know we're not educators, we're taking on the role of enablers because we see that as a long-term benefit for us.

"This is about us looking for where the gaps are and seeing what we can do to fill them.

"It's a very real opportunity to have a look at the big picture and actually work a little bit outside of the box.

"Nowhere in Australia has anyone started to tap into addressing aspects of social determinates from a health perspective but Gurriny is doing this now and down the track we may be able to help in another area as well.

"It's important for Gurriny to recognise that social determinants are important, they do impact on our daily lives and they impact on our business of keeping our community healthy."

Our July highlight was Men's Health Week, which is part of a national event CEO Sue Andrews writes...

At a local level here in Yarrabah we took that opportunity to encourage our men to come into the service and have a health check.

We want to support them around getting healthy and living longer because we know our men have a short life expectancy, compared to the wider population of non-Indigenous men.

It's very important for Gurriny to try and address that.

There have been some very alarming health indicators around heart failure, renal failure and diabetes, so it's important that our guys get along, not just to Men's Health Week, but also throughout the year.

Over the past three years we've also worked hard to improve our engagement with Movember, which we've taken as another opportunity to encourage men to come in and get their health checks done, and we have the Deadly Choices program as part of Movember as well.

There is more engagement now with our men than ever before because of that focus, but we still have a way to go, particularly around social and emotional health, not just physical health.

So I would say to our men: 'come and get a health check done, be a regular visitor to the Gurriny clinic, so you have the best possible chance of staying healthy and living longer'.

Our men play an important role in the household structure, as a



protector of culture and family. They can't be warriors without being healthy.

For a full report on Men's Health Week see pages 3, 4 & 5.

In other news, this month we also held our biannual general meeting, which was about letting members in the community know about what's been happening with Gurriny over the past 12 months.

Our board members serve three year terms but we have a bi-annual members' meetings which are an opportunity for members to feed into the meeting and talk about what they would like to see happen with their health service.

We also get to talk about how well we are doing which at this point is about that we are not only meeting, we are exceeding state and national health care Performance Indicators, which is fantastic.

Two of our programs - Child Health and our Health Promotion Team - also presented some of what they have been doing to the meeting.

Finally I also just wanted to warn people the flu is still around.

By all reports it's not too late to get your shot to protect yourself and the people around you and I hope more people will do that.

Men's Health Week going from strength to strength each year

An annual highlight for the past three years or more for the Gurriny Men's Group has been Men's Health Week, which - along with Movember - has grown bigger and better each year.

More than 70 men are involved in one way or another with the Group, which is part of the Social and Emotional Wellbeing team.

They are coordinated by Darren Miller who is assisted by Merton Bulmer.

This year's Men's Health Week offered several activities for all men to take part in, the most important of which was getting their annual Health Checks and follow-ups done.

To kick start the week a Healthy Breakfast was offered at the Men's Space at Noble Drive, supported and enhanced by an inspirational talk from Leon Yeatman. The brekkie was well-attended by 22 men, including Elders, who shared and discussed important health issues affecting men and families in the community and country.

One Health Check goal successfully scored was by Mayor Ross Andrews.

"I had my first ever health check a few weeks ago," he said.



"It was good, we live busy lifestyles, with work and family commitments but taking time out for 20 minutes to do a health check with Dr. Kingsley was time well-spent.

"It's about realising your own, personal responsibility for looking after your own health, my priority is always the community but I can't do that without my own personal health and well-being, so I think it was a good step in the right direction.

"I feel great and I feel

motivated to make the changes I need to make.

"I want to encourage all our men to have a regular health check and go to Gurriny and support our clinicians and our health workers, because they're doing a great job out there.

"We could be making their jobs so much easier if we owned up to our problems as well, our health and well-being problems and took some responsibility for what we do ourselves."

Men's Group helping to get the health message right

This year every man who participated in the Health Check over Men's Health Week, was asked to write a positive message to their peers, Assistant Merton Bulmer says.

"We did it differently," Mr Bulmer said.

"We used tools that mean something to men - boomerangs and spears too - for them to relate to.

"Like with a spear, when you throw it, it's straight down the line, it's a positive thing.

"The boomerang is about coming back, so getting

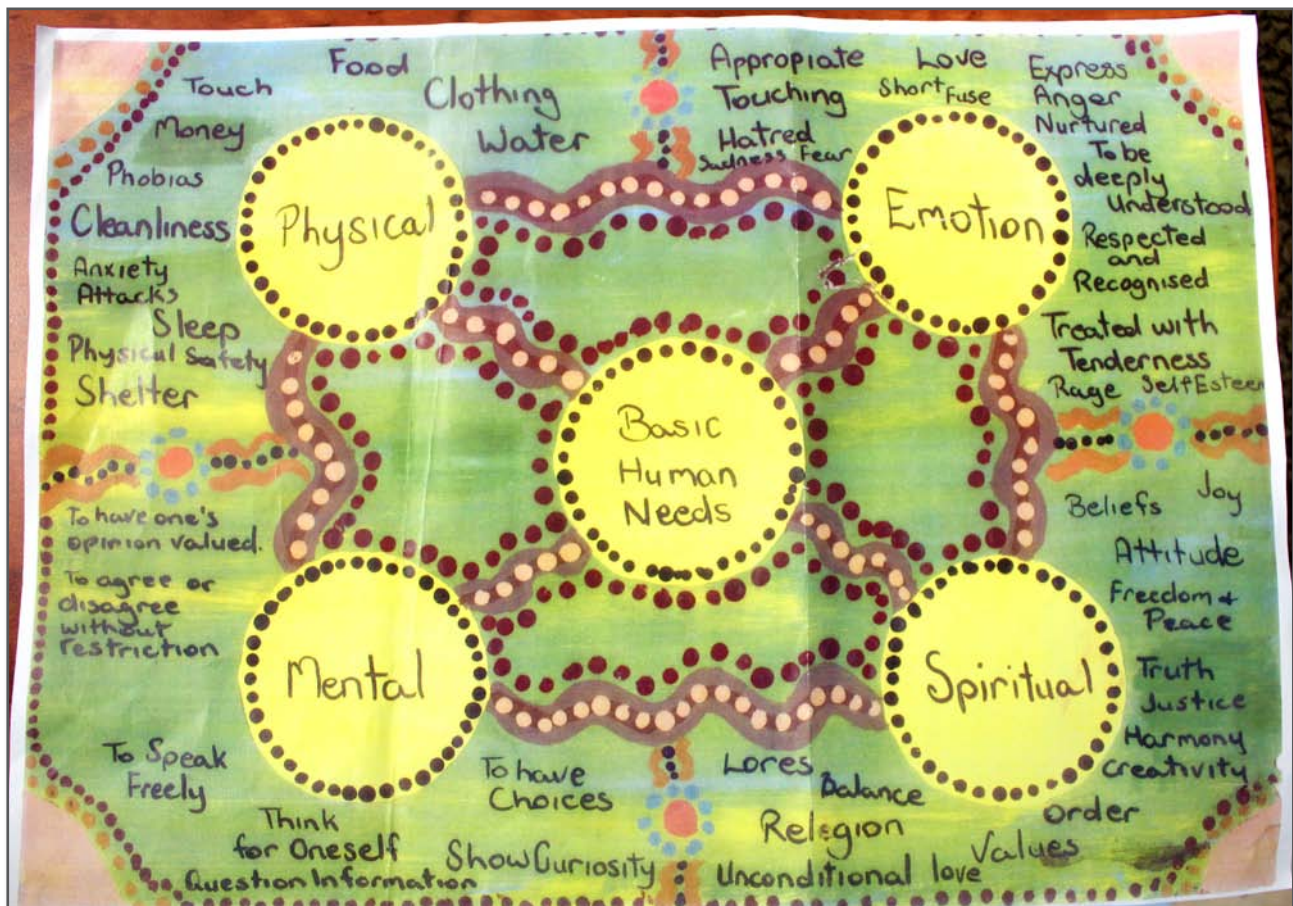
them to keep going with their health, go back and talk to their doctor about the things they want to talk about.

"At times there are barriers but there are men who are regulars and they encourage other men to come along and take control of their health.

"And when they do their Health Check they get an incentive as well, a t-shirt, which is appreciated.

The Men's Space is a busy place most weeks, as plans for a regular walk, a camp, Movember activities, expanding the vegie garden, Under 5s day (at the end of August), father/son days at the

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The following article was published in an internal publication of the Australian Government's Department of Human Services in June-July 2018:

Over the past few months, Hazel Oosen, a Medicare Liaison Officer (MLO) based in Cairns, has been working with the Indigenous Health Workers at the Gurriny Yealamucka Health Service Aboriginal Corporation (GYHSAC) in Yarrabah, to help increase their Medicare claiming knowledge.

On 14th June 2011, Hazel travelled to GYHSAC to provide training to new Indigenous Health Workers, Maureen Cedric and Belita Kynuna (pictured right with Hazel).

Hazel guided them through which MBS items they are eligible to claim and where they can obtain additional information to support them in their role.

Hazel prepared an information folder as an ongoing reference resource.

The Indigenous Health Workers were appreciative of the information provided by Hazel.

Indigenous Health Workers are crucial to improving health outcomes of Aboriginal and Torres Strait Islander people.

They play a vital role in the primary health care workforce, providing clinical and primary care for individuals, families and community groups.

GYHSAC employ 15 Indigenous Health Workers who actively undertake allied health services with GP referred patients



who have had a Health Assessment completed, or have a current GP Management Plan or Team Care Arrangement.

We have previously provided training to Indigenous Health Workers in 2017. Following that training we currently have Adelaide Sands (pictured below left), who is regularly claiming MBS item numbers 81300 and 10950. Adelaide is also confidently contacting Medicare Providers, via 132150, and able to outline her queries to obtain a response. Hazel has encouraged Indigenous Health Workers to complete the existing eLearning Programs that are available on the Health Professionals website and guided them to where the Education Guides are available.

Consequently, the majority of Indigenous Health Workers have or are currently completing the eLearning Programs.





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.

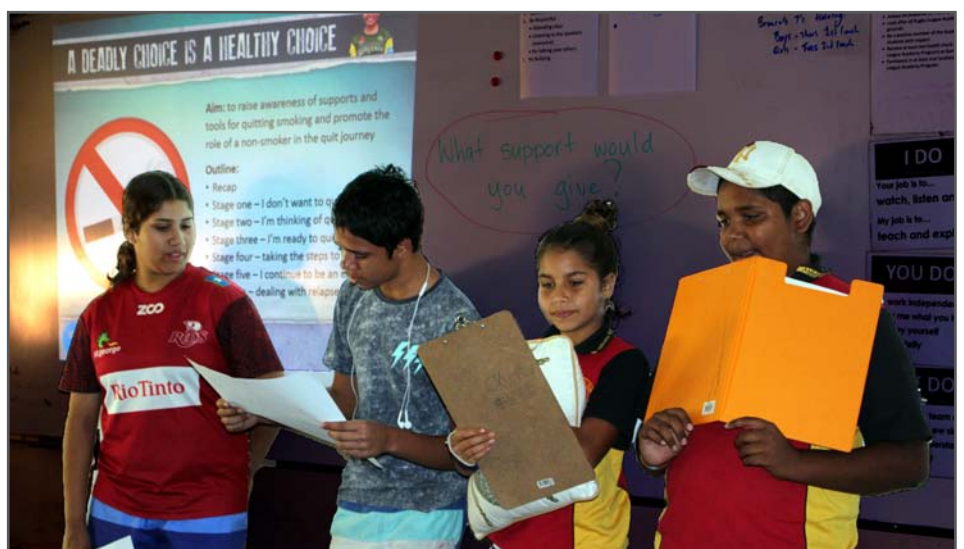
"There are several quit options available such as the Quit Line and nicotine replacement, and we're happy to help our clients with any of that," she said.

"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.





Top right: CEO Sue Andrews is with QAIHC regional coordinator Bevan AhKee & CEO Neil Willmet, NACCHO chair John Singer also dropped in for a visit this month; Middle: Colin Anderson & Ayesha Skeen reading Gurriny News at the ATSICHS (Community Health Service) in Brisbane on NAIDOC Day at Musgrave Park; and Above: our June/July HAPPY BIRTHDAYS!!!

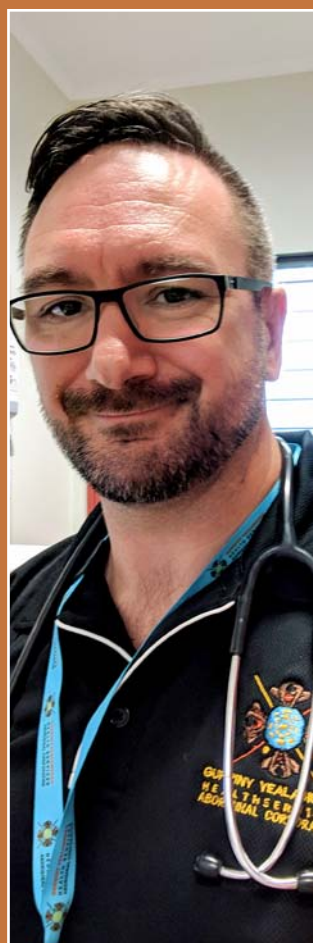
The Gurriny Gallery!



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

Find us on 



Doc Jason's Last Word...

Your annual health check at Gurriny Yealamucka is a great chance to learn more about your health and the choices you make that may have an impact on your future.

Your visit will include a wide range of topics such as family history, housing, culture, emotional health and spirituality to physical areas such as blood pressure, diet and exercise. It's the best time to ask those burning questions you might have about your health and wellbeing with someone you trust.

Your clinic health worker will guide you through some initial questions and then you'll be followed up with one of our regular Gurriny doctors where you'll have a chance to go through anything that pops up during the check itself or things we've wanted to talk with you about.

The whole process helps you and Gurriny get a better picture of where your health is at so we can come together with a plan on how to help make your chances of a healthy future a lot more likely.