



GURRINY YEALAMUCKA  
HEALTH SERVICE ABORIGINAL CORPORATION

# Gurriny News

April 2019



## Young people vote for healthy futures

Full story p 4

## New building for Workshop St set to go

Workshop St buildings will be replaced this year as funding coming in June will be used to expand Gurriny's clinical space.

Discussions by the board and management in February this year confirmed the deal, Business Development and Research Manager Ruth Fagan said.

"The outcome of those discussions was we're going to be able to expand our clinical services in a brand new building," she said. "We are agreed the clinic out at Bukki Road was not big enough for the number of doctors we need for the community, and for all our other clinics. We also have lots of visiting services coming to Yarrabah and Gurriny just doesn't have enough room, which means they don't have enough clinical space.

"We don't actually even have

enough space for our staff anymore. There is the new mental health service based here at Workshop Street, and we're even struggling to find counselling and consulting spaces for them.

"So this funding that's going to be coming in June is really important and we spent quite a bit of time talking about building a new centre here."

She said there would be a transition period that would not be without challenges.

"The challenge for us and the community will be that there is already quite a number of staff operating out of Workshop St now, and when this building is knocked down we've still got to work out where all of our staff go during that

time of construction," she said.

"So we will have to do some planning around that which may include demountables, or similar.

"Whatever happens our services won't be interrupted, perhaps just in a different location, so watch this space and we will keep you posted through *Gurriny News* and our Facebook pages."



ABOVE: the new Youth Hub, already under construction



# New team on board for families

Gurriny's new Family Healing Service (FHS) offers adults and children over seven-years-old counselling and psychological intervention from accredited mental health workers.

The team – Malte Reeder and Psychiatric Nurse Lin Broadfield – is led by Manager Megan Bayliss.

Working closely with Social & Emotional Wellbeing (SEWB), Family Wellbeing (FWB) and Parenting under Pressure (PuP), the new counselling service can be accessed by referral and appointment and is located in Workshop St.

Referrals may come from doctors, nurses, health workers or any of the SEWB mob, or you can self-refer by letting us know to give you a ring for a yarn about assessment and booking appointments.

The service is confidential and free.

"We treat depression, anxiety, grief and loss, suicidal thinking, trauma, relationship issues or anything that makes you feel really down and upset," Megan said. "We also run groups that help people."

She said everyone was also welcome to join the team in front of Gurriny on



Workshop St at 9am any week day morning for a short walk around the block.

"Walking is an important part of physical and mental health," she said.



Dental team L-R Sonja, Joni, Suzanne & Ron

Yarrabah Dental Services team say it's always a good time to think about yours and your family's dental needs.

They offer the following dental services:

- Children and young adults (aged from 0-17) are welcome to make an appointment on Mondays, Tuesdays or Wednesdays from 9.20am – 2.30pm.
- Our service is FREE for children and young adults aged from 0 through to 17 in our school/child dental program.

We will need to see a current Medicare Card, we can offer the Child Dental Benefit (bulk billing), and a parent or guardian must be present at the appointment. For adults we can offer appointments on Tuesdays, Wednesdays and Thursdays, also between 9.20am and 2.30pm.

We offer FREE dental care for patients with a current Health Care Card or Pension Card.

We are sorry to say we are not able to provide treatment or care for non-current card holders.

Please phone our call centre on 1300 300 850 or call in to arrange a dental appointment.



# Strategic directions set for 2019

The Board and Management held their annual planning day back in February, to review Gurriny's strategic direction over the past and present year CEO Sue Andrews says.

"The Gurriny Board is committed to achieving its strategic plan and working closely with the Yarrabah Leaders Forum (YLF) as these opportunities can benefit our community," she said.

"This is Gurriny's Board of Directors direct commitment to addressing the social determinates from a health perspective.

"The next week Gurriny had it all staff strategic planning day, which is very important as it informs us on how management and staff will execute the Board's strategic intentions at an operational and business level."

Mrs Andrews said the days were as important for reflection as they were for future planning, especially in terms of making sure they were achieving what the Board wanted them to achieve.

Business Development and Research Manager Ruth Fagan said the two-day board and management planning day was an opportunity to connect.

"It gives the board a chance to question us about what we've been doing and they can also have input into what they see as being important for Gurriny to be focusing on moving forward," Mrs Fagan said.

"Probably the biggest thing we talked about this year was about some funding we have to rebuild a health facility down here at Workshop Street.

"One of the other areas of discussion was about maintaining and building a skilled workforce, and particularly in terms of supporting our locally-based staff who work here to gain qualifications.

"Part of that includes looking at succession planning: how do we continue to help local people train so they can come and work for Gurriny, as people retire or leave.

"That's a challenge for us."

She said cultural orientation was also on the agenda.

"We also talked a fair bit about keeping a very strong cultural orientation in the workplace, and how we can continue to maintain a culturally respectful organisation," she said.

"Overall the board were really happy with what Gurriny has been achieving, we're on track with what we've got in the strategic plan and where we're supposed to be.

"And finally, it was really good for the managers to have the board acknowledge their work and commitment."

## Support for Yarrabah Leaders' Forum key role to play

The Yarrabah Leaders' Forum (YLF) is made up of the Chairs and CEOs of several locally-run organisations, including Gurriny.

The group's focus is formulating ideas for strategic projects around the community they hope will change lives and build futures.

Business Development and Research Manager Ruth Fagan said this year's Strategic Planning days with the board and management included a presentation from YLF coordinator Cleveland Fagan.

"Cleveland spoke about how the YLF work and how that work links directly to health," she said. "The board recognised how important it was for us to be a part of those processes because a lot of our community's ability to remain healthy is affected by social determinants that sit outside of our actual day-to-day work.

"It means we have a stake in

advocating and getting involved in supporting people and projects to help people get jobs or a home, develop a new business or go to university – even though these things don't fit as business of Gurriny, if we can support or contribute to those things happening, we know they have an impact on a person's health and their well being."



# Another successful year for Young Person's Health Checks

Gurriny's annual Young Person's Health Checks are a wrap for now and, as usual, have been a great success.

"The idea of the whole young person's health check is to get young people in early, get them to think about their health and also to help them to change their lifestyles," CEO Sue Andrews said.

"We hope it gets them thinking about where they are heading and what they want to do by making sure they are healthy.

"In terms of primary health care, the ages 15-25 are a vital time in peoples' lives and we need to try to catch them young so they can make those lifestyle changes leading into their adulthood."

Youth Wellbeing Officer Tamar Patterson said every

year was different.

"I think this year some things have been awesome for the youth of this community and we have reached the 300 plus mark in terms of numbers," she said.

"Gurriny once again offered the opportunity for five youth this year to be a part of our recruitment of their peers to come and have their Young Person's Health Checks.

"For the youth of this community I think that means we are supporting employment, fixing some of the boredom and just bringing a positive result out of some of the peer pressure that happens.

"The recruiters we've had this year have been just awesome.

"It's been a fantastic opportunity for young people to apply for those recruiter positions and go through the interview panels, which gave other Gurriny staff the opportunity to hear one-on-one some of the great things our youth are doing, what they are capable of doing, and how they want to be, and can be, part of change for our community."

This year's recruiting team are agreed: better health outcomes, opportunities and change is at the top of their list of priorities for their own age group and the community overall.



*Left to right:  
Jarvis Connolly;  
Tamar Patterson  
& Gillian Fourmile*

## Jarvis Connolly (18):

"I've been encouraging the youth in the community to come in and get the health check and then come back and get their results.

"It's been mostly my friends, family, former classmates and my team mates from my football team, the Seahawks.

"This is my first job coming out of school.

"Something that I've loved doing is doing something for my family and for my people, helping them is something I've always wanted to do.

"I'm hoping for a good outcome after this job, I'd like to get a good job, a better job, I'm trying to be a health worker."

## Gillian Fourmile (19):

"I am one of the recruiters for the Young Person's Health Check at Gurriny in 2019.

"I have enjoyed the past three weeks, helping and encouraging the youths here in Yarrabah to understand the benefits of looking after their health.

"When I saw the advertisement for the young person's recruitment, I knew it would be a good opportunity to go out and talk to others in my community about how health checks work.

"Hopefully I will find another job opportunity that involves engaging with the people in Yarrabah."





GURRINY YEALAMUCKA  
HEALTH SERVICES AND YOUNG PEOPLE'S SERVICES

# YARRIE YOUNG PERSON CHECK

Monday - Thursday

Public Holidays  
a - Workshop St  
YOUR MATES ALONG!

# YOUNG PERSON CHECK

If you are 15-24 years you  
get a **FREE** \$20 phone credit  
EVERYONE goes into the draw  
to win an **iPad Mini**



**WHEN:** 23rd February to 12th March  
Monday - Thursday  
10am - 6pm

**WHERE:** Gurriny Yealamucka Workshop Street





# The Gurriny Gallery!



## No complaints here! But if there is...

There's not much to complain about, at least there hasn't been over the years, but Gurriny's Human Resource manager Susanne Dale is keen to make sure everyone knows how to go about making their voice heard if things don't go their way.

"Gurriny has been proactive in ensuring opportunities for complaints have been minimal and a low number of shows that the people are happy with the services," Ms Dale said.

"But just in case, we wanted to remind everyone that our complaints process can be accessed via any staff member, it can be posted out or accessed on our website.

"Anybody can put in a complaint. "It can be in regards to a staff member, the organisation or treatment."

She said complaints must be made in writing and include a date, time, and the staff member or issue of concern.

"The process from there depends on what the complaint is about," she said. "If it's about the service it will go straight to the CEO,

if it's about a staff member the complaint is investigated.

"The person who sent the complaint will be acknowledged and kept up to date of the outcome of that complaint."

She said the few complaints they had dealt with had been sorted quickly and confidentially.

"They're all investigated independently as such, without viable prejudice," she said.



# Men's Group



Pictured up top is the Men's Health Team - Darryl Sexton and Darren Miller - with Roy Bulmer and his deadly completed coffee table; and left is the Men's Group working to raise money for their quarterly dinner.

Congratulations Jessie Neal, Ethan Jackson, Polly Harris and Shaneikqua Dabah PRIZE WINNERS who attended their Young Person Health Checks and completed the Deadly Choice Tobacco Smoking Survey





# New chair brings wealth of experience

More than 25 years of experience, from AOD Counsellor to CEO and back again, has brought David Baird back to Gurriny Yealamucka as the organisation's new chair.

Mr Baird is currently working between Gindaja and YETI, in Cairns, providing individual support for 10-17-year-olds on bail.

And he's very happy with both roles.

"I have skill sets which can contribute to addressing social issues still in Yarrabah," he said.

"I have very good, strong connections in the workplace and across the community.

"And it's an area that I love working in.

"I love the challenge of it and I love seeing results that come from it.

"I love talking to people about whatever they want to talk about and I love giving advice or suggestions, and if it works for them, that's fine.

"There are still a lot of people here

who need support.

"And, I might contribute only so much, but that's all you need to build on a bigger contribution that everyone's apart of.

"And that's why I'm back here."

He said he wanted to thank those who had been before him.

"Lee Yeatman and Sandra Houghton have done a great job," he said.

"Gurriny's continued development has been amazing to watch, when I left in 2012 there was only 37 staff, now there is 95.

"We have emerging challenges, and for us in governance, I think we have to continually refresh our knowledge around our responsibilities, we need to not just be satisfactory, we have to be above and beyond.

"To that end it's been really good



that for a number of years we have had external directors on our board, some special expertise which has included a solicitor, someone in the marketing and business fields, and we've got someone in accounting.

"They don't replace what staff do in those areas, but they enhance our knowledge and our ability to make decisions at a board level."



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

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



## Flu season is here

Flu has hit Queensland early this year and we've already seen record numbers of patients diagnosed and hospitalised since March.

This is great time to remind everyone that you can protect yourself and your community by getting your flu shot as soon as possible.

Even for the healthiest in the community flu (influenza virus) can be a horrible sickness that can lead to hospitalisation or worse.

For our very young and elders or those with medical problems like asthma, emphysema, diabetes, heart

disease or bronchiectasis, the flu can be deadly... but not in good way la!

Gurriny has a full supply of flu vaccinations available so make sure you come in quick and get your shot and do your bit to protect your community.

## Doc Jason's Last Word...