



I'll huff & I'll puff

Full story
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The #PinkBox Dignity Vending Machine dispenses

FREE
PERIOD PRODUCTS
to women and girls in need.



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Gurriny Yarns is published monthly by Gurriny Yealamucka Health Services. The next edition is scheduled for Thursday July 28. Editorial submissions contact comms@GYHSAC.org.au For more information contact Gurriny Yealamucka Comms & Marketing 07 4226 4000



S00 fever grips Gurriny

WE all love our footy in Yarrabah, and each year State of Origin ignites the passion of the community. This year the staff at Gurriny have displayed their passions fully, decorating their centres as well as promoting their allegiances on social media.

From the CEO to the reception staff, there was no shortage for support for both teams.

Obviously, the Queensland supporters were thrilled after the result of the first game in Sydney.

Game Two saw NSW hand a sizeable defeat to the Maroons, levelling the series and making Origin 3 in Brisbane a match to be watch for sure.

Aunty Jan, who is a very loyal and passionate Blues supporter went out of her way to come and visit me on Monday after the game, just making sure I knew the score.

Look after the health of you and your family
Book your 715 Health Check today



WHAT is RHEUMATIC FEVER?

RHEUMATIC FEVER CAN DAMAGE YOUR HEART FOR THE REST OF YOUR LIFE!

RH is a sickness caused by a common germ (Strep). This germ enters your body and causes sore throats and skin sores. It will cause a 'Fever' and feels like you have the flu.

Its important to see your doctor or speak to your Health Care Worker if you or your children have a sore throat or persistent skin sores.

RHD Queensland **GURRINY YEALAMUCKA** HEALTH SERVICE ABORIGINAL CORPORATION
'culturally safe CARE'



Let's all get rid of RHD

ACROSS Australia, more than 5,000 Aboriginal and Torres Strait Islander people are currently living with rheumatic heart disease (RHD) or its precursor, acute rheumatic fever (ARF).

Most at risk of developing the disease are young Aboriginal and Torres Strait Islander children aged 5-15, who are 55 times more likely to die of the disease than their non-Indigenous peers.

The tragic fact is that Yarrabah has one of the highest numbers of RHD and ARF in Australia with almost 200 cases recorded.

Of the 200 cases there are 15 RHD sufferers in Yarrabah who have undergone surgery to repair damaged heart valves, some have had to endure multiple surgeries in their life.

RHD and ARF starts with a sore throat or a skin sore caused by a Strep A infection. If left untreated the infection can develop into ARF, where permanent heart damage occurs and RHD is the result.

Gurriny Yealamucka Health Corporation GP, Dr Peter Roach has been treating RHD and ARF sufferers in Yarrabah for the past six years.

"RHD is not hereditary, Aboriginal and Torres Strait Islander people are more at risk, due to many of the common issues they confront on a daily basis. This is a disease of poverty and disadvantage.

"Sub-standard housing combined with poor facilities like functioning showers, adequate hot water and a lack of functioning clothes washing facilities, put our community members at risk from ARF and RHD.

"RHD is commonly seen in developing countries, to have so many cases in Yarrabah as well as the rest of Australia is a national shame. We urgently need assistance to tackle the cause of this disease so we can prevent new cases, as well as funding to improve the quality of life for those already living with the disease.

"Until we start to address the overcrowding and poor standard of

housing in our community, we will always have RHD in Yarrabah," he said.

There is not cure for rheumatic heart disease, and the damage caused to the heart valves are permanent. Patients with severe rheumatic heart disease will often need surgery to replace or repair the damaged valves. Less severe cases can be managed with an antibiotic injection every 3 to 4 weeks over a 10-year period, or for the younger sufferers until they reach the age of 21 years, whichever is longer.

This treatment can reduce the need for surgery as well as significantly reducing the mortality rate attached to the disease.

"Once you have RHD, there's no cure, but it is totally preventable, all we need is the willingness from government to address the cause and we can end RHD and ARF."

Australian skincare company MooGoo have partnered with Gurriny Yealamucka to supply all members of the community with a year's supply of their all-natural Milk Body Wash.

Already we have distributed more than 800 bottles of the body wash into community and established refill stations at our clinics as well as the Yarrie Bakery in the mission. Additional refill site will be announced soon.

Residents are advised to grab their free refillable bottle of MooGoo, use it daily to keep their skin nourished and reduce the risk of scabies and skin sores. When their bottle is empty, take it to a refill station and refill it for free.

If we continue to wash and bath daily, using MooGoo, as a community we can reduce the risk of ARF and RHD in our community.

Obviously, there will need to be additional steps taken by the government to create more and better housing solutions for Yarrabah, but the MooGoo free body wash offer will make a significant difference to our community.



ALL our team attended the IROCK Spirometry Course in early June here at Bukki Road.

Thank you to Leanne Rodwell the IROC IHW Spirometry Training coordinator and her team from the IROC Indigenous Spirometry Immersion Program.

Spirometry is a test that tells us how much air someone can move in and out of their lungs.

It helps to diagnose lung problems such as asthma and obstructive pulmonary disease COPD, which incorporates emphysema and other

smoking related diseases.

- They will have developed an understanding of how spirometry is useful in diagnosing common respiratory diseases.
- Be able to identify the indications for spirometry, and the instances where spirometry should not be performed.
- Be able to perform high quality spirometry testing to specific standards and identify and correct poor patient technique.

We all now need to complete five spirometry's to get signed off so we can complete adult health checks and screening.

GET YOUR

**FLU
SHOT**



PUBLIC HOLIDAYS

Wed Jan 26	Cairns Region	Australia Day
Fri Apr 15	Cairns Region	Good Friday
Mon Apr 18	Cairns Region	Easter Monday
Mon Apr 25	Cairns region	ANZAC Day
Mon May 2	Cairns Region	Labour Day
Fri Jun 17	Shire of Yarrabah	Yarrabah Foundation Day
Fri Jul 8	Shire of Yarrabah	NAIDOC Day
Fri Jul 15	Cairns Region	Cairns Annual Show
Mon Oct 3	Cairns Region	Queen's Birthday
Wed Oct 26	Shire of Yarrabah	DOGIT Day
Mon Dec 26	Cairns Region	In lieu of Christmas Day
Tue Dec 27	Cairns Region	In lieu of Boxing Day



Fantastic First 1000 Days Presentation

MATERNAL health has had another busy month with a rush of births, welcoming ten new Yarrabah babies earth side. In addition to this our team has been planning out Welcome Baby to Yarrabah event being held in late June. We hope to make this an annual event to give families the opportunity to engage in cultural practices and connect with country and elders.

Last week, Tayla Smith, our maternal health team leader was invited to present our maternal health model of care at the First 1000 days Far North Queensland Forums. Attendees found Gurriny's presentation valuable in developing the new

framework and other ACCHO's were interested in modelling what maternal health are doing and plan to at Gurriny, encompassing the holistic care of First Nations women and family's health.

We are excited to see what the next six months brings after engagement with the Gunggandji PBC and Reef and Rainforest Research Centre to support women in community to become job ready and self-determined. Additionally, we are looking forward to engaging with other services such as the men's group to see how we can support our dad's in community.



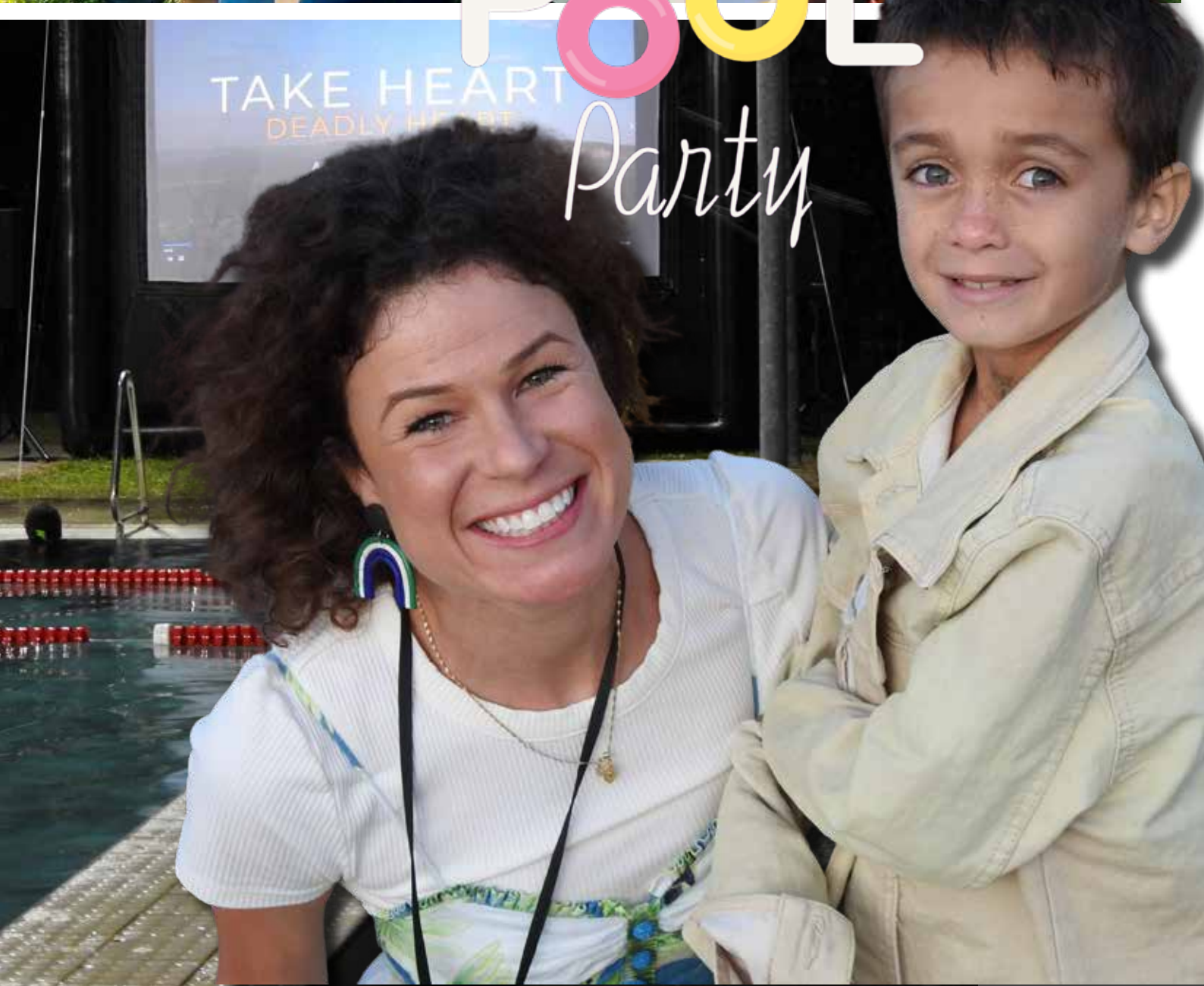
New health worker with Gurriny

GURRINY Yealamucka Health Services welcomes their latest health worker David Nicholls. David brings with him a wealth of knowledge and experience as an AHPRA registered Aboriginal Health Practitioner previously working with the Central Australian Aboriginal Congress in Alice Springs, Aboriginal Torres Strait Islander Health Service Mackay and more recently with Apunipima Cape York Health Council.

David is an Aboriginal and Torres Strait Islander man descended from Gunggandji Yarrabah and Southern Kaanju (Coen, Cape York). I am so excited to be working with the Public Health team at Gurriny and continually learning from colleagues and sharing my knowledge and skills with other Health Workers and the community.



POOL Party





Never too cool for the pool

RUNNING a massive RHD Pool Party on perhaps the coolest night in Yarrrie this winter could have been a problem. But for the 300 plus community members who all splashed, swam, danced and partied it was a tremendous success.

Described as an awesome evening, of promoting the new MooGoo Milk Wash body wash created to help prevent skin sores and RHD.

The night was always destined to be a tremendous hit, with amazing food, a live DJ and give away for the kids.

Hosted by the Children's Health team at Gurriny with assistance from many other Gurriny Health staff members, the night proved to be a success for community.

Participating on the night were the Tropical Public Health team from Cairns along with Dr Ben Reeves and Nurse Erin from the Kid's Cardiology Team.

Many thanks to MooGoo as well as Yarrabah Aboriginal Shire Council as well as the Producers of the incredible movie Take Heart Deadly Heart.

Catering on the night was courtesy of the Yarrabah Bakery and the deadly team from Yarrabah Junior Rugby League lead by Gillian Bann.



The #PinkBox Dignity Vending Machine dispenses

FREE

PERIOD PRODUCTS

to women and girls in need.



Each *Period*PACK contains
6 regular tampons & 2 ultra-thin pads (reg)



IF YOU NEED HELP, REACH OUT,
SPEAK OUT, ASK FOR HELP.

LIFELINE AUSTRALIA 13 11 14

1800RESPECT 1800 737 732

BEYOND BLUE 1300 224 636

KIDS HELPLINE 1800 551 800

ASK IZZY askizzy.org.au



Coming Soon - Gurriny Yealamucka Health Services Workshop Rd Clinic

Find more information and follow the *movement* at sharethedignity.org.au



Empowering community



FAMILY WELLBEING EMPOWERMENT PROGRAM.

The purpose of the program is to give every Community Organisation as well as secondary students, job seekers, individual family groups the opportunity to be educated in the Family Wellbeing program.

The training can be delivered over a 3-day period or having a 2 hour workshop sessions over 10 weeks. The exciting benefit are completing the program is that participants receive a Certificate as well.

What is Family Wellbeing Program?

The Family Wellbeing is an empowerment program developed primarily in response to the special needs of Indigenous Australians. It aims to improve social and emotional wellbeing of participants, so they engage to employment and other social issues such as Family & Domestic Violence, Suicide Prevention and Alcohol and Drug.

The contents draw heavily on a wide range of cultural traditions. It is therefore intended to be highly adaptable to the needs of all cultures and social groups both aboriginal and non-aboriginal.

The program takes a holistic approach, encompassing the material, emotional, mental and spiritual needs which lead to self-empowerment and ultimately give people skills in communication, how to resolve conflict and other qualities and skills necessary to take greater control and responsibility for themselves, their families, work and community life.

Specific topics include: group agreements, leadership, Basic Human Needs, Relationships, Life journey, Conflict Resolution, Understanding Emotions, Crisis, Belief & Attitudes, Loss & Grief. Therefore, this program will enhance individual awareness, building resilience and how to problem solve effectively – thereby empowering them to improve their sense of wellbeing and belonging to those who they are connected to. This program also has an emphasis on positive parenting and building positive relationship skills.

Who are the Facilitators:

This program will be facilitated by Fr. Les Baird, Lyndell Thomas (me) and co-facilitator – Ross Maloney.

A brief overview of the facilitators;

- ◆ Fr Les Baird has been working in the Family Wellbeing development and research team at JCU for the past 20 years. He has worked closely with Professor Komla Tsey and other Family Wellbeing Researchers at James Cook University. Fr. Les Baird is also the Head Parish of St. Albans Anglican Ministry. Les has always expressed his passion and commitment to the people of Yarrabah through the family wellbeing program deliverables.

- ◆ Lyndell Thomas is a qualified Family Wellbeing facilitator as well as a Family Wellbeing counsellor. She has been delivering the program for 15 years to residential clients at Gindaja Treatment and Healing Indigenous Corporation. She is passionate about her community, always ready and able to help those who seek after her assistance. "Since doing the family wellbeing, I have been blessed in so many ways. I have gain confident in myself on a professional and personal level, Thanks to family wellbeing program and I would recommend the program to anyone and everyone".

- ◆ Ross Maloney has recently been appointed to the position as co-facilitator. Ross is currently employed by Gurriny Yealamucka Health Service working 2 days per week. Ross has proven his own personal development, making positive changes and has been inspired to inspire others.

Where to from Now

Now that I've given you a brief overview of the purpose and what the Family Wellbeing program is about. I would like to ask if your organisation is interested in participating in the program and which training offer you prefer;

- ◆ 2 days training or 2 sessions over a 10-week period? The training will be open for any interest groups / organisations over the next 6 months.

If you do decide and would love your staff trained in the Family Wellbeing program, I am more than happy to assist with organising dates and times which will be more suitable to you and your staff.

If you need to discuss further around suitable options, please feel free to contact either myself or Les Baird. I can be contacted on 40560 500 and Fr. Les Baird is contactable on his mobile 0478 648 279.

Yarrie's winning design



A HEALTH and wellbeing centre, an eco-tourism welcome facility and a Traditional Owners administration building – all designed for and with First Nations communities – are among the winners of the Australian Institute of Architects' Far North Queensland Regional Architecture Awards 2022.

Judges praised award-winning architects for their culturally inclusive and environmentally sensitive designs.

The Far North Queensland Awards come at the close of Reconciliation Week 2022, a national event where Indigenous and non-Indigenous Australians come together to reflect on their shared histories and futures.

Gurriny Yealamucka Health & Wellbeing Centre by POD (People Oriented Design) with Coburn Architecture was awarded a commendation in the Commercial Architecture category, the Far North Queensland Regional Project of the Year Award and the People's Choice Award. The centre provides primary health and community outreach services to the First Nations coastal community of Yarrabah, a town an hour's drive east of Cairns.

The building fits into the unique environment, with sturdy materials responding to nearby beaches, wetlands, and tropical ranges. Landscaping incorporates locally significant plant life. These features are visible through expansive windows, while a central courtyard is an inviting respite area.

"The building takes social and cultural considerations into account. This creates a sense of community pride and ownership," the Jury said.

Waiting spaces for independent families and cultural groups are available.

"Just walking into the building gives you a welcoming feeling," Centre Chairperson Leslie Baird said. "I like that [the centre] has a clinical side and a family wellbeing side. It has a community friendly atmosphere."





Jan's a true Green Fan

WHILST support within community might be high for NRL teams like Cowboys and Broncos, there are a couple of passionate very dedicated Canberra Raiders fans.

Gurriny Yealamucka's Policy Officer, Nigel Hacker recently went out of his way to bring some real Raiders'-Cheer to Aunty Jan Harris.

"Being an ex-Canberra boy, Jan and I have had several conversations on the NRL season and in particular the Canberra Raiders who we both follow in the NRL.

"Being involved with the ACT Brumbies in Canberra I was aware of the inner workings of these organisations and that they had a certain amount of funding and merchandise that is earmarked for community gifting.

"Whilst pondering the fact that I hadn't seen Jan in a Raiders Polo or Jersey, I thought that it might be something I could rectify with a well worded letter to the Raiders as they may well have some merchandise that they could send to her," Nigel said

As a result, Nigel drafted and sent a letter describing Jan as a remote FNQ outpost of Raiders allegiance in the Yarrabah Community who proudly made known to all her love for the Green Machine and asked if the club would be able to provide any merchandise that they might have available.

Nigel's request was forwarded by the club to the board. The prospect of helping Aunty Jan out with club merchandise was well received, but not just for merchandise, they also provided a signed Raiders Indigenous Round jersey!

A public presentation of the framed jersey was planned for a very unsuspecting Jan. "We snuck up on her and ambushed her in the tea room, having the CEO and GM along probably made her think she was in hot water but thankfully this was short-lived.

"Jan was unaware of the process that got the jersey there so I quickly brought her up to speed and then presented her with the Jumper.

"To say she was surprised would be an understatement but in typical Aunty Jan style, she took a moment, absorbed the situation and then once she worked out it was hers to keep was very grateful".

"Jan let us know that she would be putting the jersey up so that anyone who walked in the front door would be looking straight at it and know they are in Raiders territory!

The Raiders have since sent correspondence back to us saying that her picture and our correspondence has been shown to the team to show them the impact they have on the wider community and what the Raiders stand for.

Aunty Jan should take great pride in her support for her club, and the fact that she has now been used as a source of club pride to help the team understand what they are about.

"Here at the club, we are always talking about being bigger than the game and this goes to show the Raiders impact the wider community and what we stand for. It is our pleasure to provide the Jersey and I will be sure to pass on the below email and photos to the football manager and onto the team."

Jan has also been asked to catch up with the Raiders crew if she is ever in Canberra.



Blue Card Services

YARRABAH COMMUNITY

Need help with anything blue card?

The blue card mob will be at
Rural Training Centre
1 Noble Street, Yarrabah

9:30am – 4pm Tuesday, 12 July 2022
 9:30am – 4pm Wednesday, 13 July 2022

Come have a yarn with the blue card mob, learn about:

- blue card requirements
- applying for a blue card, **don't forget to bring your driver's licence or proof of age card**
- linking to an organisation
- getting help with the submission process, or
- anything else blue card related.

Phone: 1800 113 611 or 07 3211 6999
 Email: yarn@bluecard.qld.gov.au
 Web: www.qld.gov.au/bluecard



QRL moves to improve behaviour at community games

IN a move designed to improve behaviour at community rugby league matches across the state, the Queensland Rugby League launched their Positive Environment program.

After a review by the QRL of the Judiciary and Disciplinary information since the season commenced this year, it was time to adopt the demerit points system that accompanies the recommended minimum penalties that are already in place. These sequential practices apply to all involved in community rugby league competitions; players, coaching staff, officials, and spectators.

The demerit points will be calculated based on judiciary, disciplinary and competition rule breaches. Only offences where a charge has been proven will attract demerit points. Each proven offence will accumulate demerit points. The demerit points then have associated actions for teams and clubs ranging from warning letters up to removal from the competition.

The Positive Environment Program (PEP) is a fully aligned state-wide program that empowers volunteers to proactively tackle behaviour issues and create a positive environment at Community Rugby League games.

Some other key points on the PEP:

- A zero-tolerance, evidence-based program to support volunteers and help prevent issues.
- Supplying key resources and utilising the National Code of Conduct to address repeated poor behaviour via a demerit system.
- A program that rewards teams and clubs for creating a positive environment at Community Rugby League (under development).
- In a similar program with awareness campaigns the total number of offences charged by the judiciary dropped 41.7 per cent; and among those, the number of charges for offensive language towards a match official, dropped by 42.4 per cent.

The team/club demerit penalties will be referenced on the Northern Leagues Match and Disciplinary Review results sheet disseminated out to all Leagues and Clubs each week.

The accumulation of demerit points commences June 10, 2022.

Follow the link for the PEP booklet.

<https://tinyurl.com/54swnkmy>

HOW DOES THE PROGRAM WORK?



Enforcement of the existing National Code of Conduct
All initiatives are currently available under the National Code of Conduct.



Tougher penalties for anti-social behaviours
Standard penalty schedule to ensure consistency across the state.



Demerit Points for repeat offences
Additional points allocated to repeat offenders to hold them accountable for their actions.



Merit Points to recognise good behaviour modelling
Additional points allocated to repeat offenders to hold them accountable for their actions.



Awareness campaigns
Typical campaigns to provide awareness and keep the subject front of mind.



Field signage with QR-code links
Visual reminder for participants, spectators, clubs and teams, with links to relevant topics or campaigns.



Participant, Parent, volunteer engagement
Ability for individuals to buy-in and show their intention to support the campaigns.



Cognito form reporting
Reporting functionality ensures anti-social behavior can be easily reported.



Play Well Triple P
A program that promotes positive parental involvement and decrease negative parent behavior in junior rugby league.



Ambassador messaging
High profile players and administrators to reinforce our messaging.

HAPPY BIRTHDAY ANNIVERSARY

**Congratulations to all staff celebrating their birthday in July.
Hope you have a sensational day.**

- 1** Andrew Garrett
- 3** Lexy Carroll
- 4** Kayleen Jackson
- 6** Katie Wilkins
- 15** Ngema Andrews
- 27** Valerina Ludwick

During July, a number of our staff are celebrating work anniversaries.

- 8yrs** Paula Burns
- 4yrs** Jess Proctor
- 3yrs** Dr Sarah Fairhall
- 2yrs** Maddy Dodd
- 2yrs** Jaylene Miller
- 2yrs** Kristy Schuler
- 1yr** Tammy Ludwick



Need a Licence?

We got you covered!

2022 Dates

9-10 February

6-7 April

6-7 July

14-15 September

23-24 November

Sign up to our Learner Licence Program for:

- Understanding of Queensland's road rules (Day 1)
- Written road rules test (Day 2)

Cost:

- Transport and Main Roads written road rules test

\$23.75

- Queensland learner licence issued for 3 years

\$178.95

You need to bring with you an original birth certificate, debit card, healthcare card and Medicare card.

If you don't these, don't worry! Let us know and we can help you.

Teaching an old dog new tricks

THERE'S no place like home for Anthony Sexton, Gurriny Yealamucka's new Quality and Risk Support Officer and Yarrabah is Anthony's ideal perfect place in this world.

Anthony's ties to community are well known and respected. Having spent the past 7 years working with Mutkin Residential & Community Aged Care, when the opportunity arose to further his career and broaden his experience, he had no hesitancy in applying for his new role at Gurriny.

Anthony is an ex-player and coach with the Yarrabah Seahawks and is proud to have worked on the proposal in 1999 for the YSRLFC to join the CDRL competition in 2000.

Whilst he may live and bleed maroon (Yarrabah and QLD State of Origin), Anthony is a keen supporter of the Parramatta Eels (supporter since 1981, member since 2017), claiming Brett Kenny as his all-time favourite player.



Although his love of and passion for rugby league is very strong, Anthony loves family and adores his grandchildren and especially loves travelling and visiting other families and friends throughout Queensland, in Rockhampton, Woorabinda and Palm Island.

Gurriny is pleased to have appointed Anthony into his new role. With a preference to employ locals as well as a strong commitment to upskilling their staff, Anthony's passion for study and learning made him the ideal fit.

"You're never too old to learn" is a strong mantra for Anthony. He has a goal of studying to obtain a degree. We wish him well and congratulate Anthony on his new role.

How do I keep my family's skin healthy?

- ✓ Wash your hands, face and body with MooGoo Body Wash
- ✓ Wash children every day
- ✓ Eat good tucker every day

Grab your FREE bottle of MooGoo Body Wash from Gurriny. You can refill it every week for FREE. So don't throw your bottle away, bring it in and refill it for FREE as many times as you want.



Scholarships Aboriginal and Torres Strait Islander Scholarship applications are now open!

As part of our commitment to closing the gap in indigenous health outcomes, the QNMU is pleased to offer this scholarship (valued at \$3,000) to enable an Aboriginal and/or Torres Strait Islander working in nursing or midwifery to enhance their professional skills through appropriate study. Applications close Friday July 15.

Apply now! <https://bit.ly/3y9T1Mi>

F

Day 2022



EACH year the Yarrabah community gather to celebrate Foundation Day. The 2022 celebrations were significant and also very energetic.

130 years ago, the gospel came to Yarrabah to mark the modern history of this remarkable community.

Friday June 17, the community celebrated, commencing with a procession from St Albans Church to the Foundation Cross located on the waterside of the Yarrabah Primary School.

A small but very passionate group of locals gathered to share stories, pray and rejoice in the history and community of Yarrabah.

Later that morning the community came out in full force for the annual Foundation Day Carnival at Jilara Oval.

Gurriny Yealamucka Health Services supplied drinks and fresh fruits for the crowd along with goodie bags including bottles of their MooGoo Body Wash giveaway.

It certainly was an energetic day with sports races from the very young to the more mature but equally enthusiastic members of the community.

Gurriny Yealamucka has posted a comprehensive album of Foundation Day pictures on our Facebook page, and are happy to provide digital copies to community members if requested.

Please contact us with your request on comms@GYHSAC.org.au







Who is keeping up with their fishing?

THE FISH! Philosophy is a fresh, powerful tool that create a culture where people choose to bring their best to work. FISH! teaches four simple practices that will help anyone be more successful. When a team lives the philosophy, they improve their culture and create better results. Using four simple principles:

- Be There
- Play
- Make their Day
- Choose your attitude

Be there - Be emotionally present for people. - It's a powerful message of respect that improves communication and strengthens relationships.

Play - Tap into your natural way of being creative, enthusiastic and having fun. - Play is the spirit that drives the curious mind, as in "Let's play with that idea!" You can bring this mindset to everything you do.

Make their Day - Find simple ways to delight people in a meaningful, memorable way - It's about contributing to someone else's life—not because you

helps want something, but because that's the person you want to be.

Choose your attitude - Take responsibility for how you respond to what life throws at you. Your choice affects others. - Ask yourself: "Is my attitude helping my workmate or my family? Is it helping me to be the person I want to be?"

Family Healing Service - following the Fish Philosophy

Be there - some of the local staff have been attacked by dogs on the way into work, so we listened, workshopped options and provided solutions to support their safe journey's to and from work

Make their Day - During the SWEB teams intake meeting we all chose to go around the room and tell a story we each had about the topic "dogs". We all had a good laugh and this made everyone's day.

Choose your attitude - At times we all have a rough night with kids and home stuff, however we all come to work and choose to be present and giving and supportive of the people we work with regardless of our own concerns.

Play - Dance break music chosen by Grace, piggy in the middle with Fishy air swimming between me and Grace and Lin trying to rescue our fishy friend and a couple.

JULY CLINICS

				Fri 1	Sat 2	Sun 3
				Physio @ Workshop Rd		
Mon 4	Tue 5	Wed 6	Thurs 7	Fri 8	Sat 9	Sun 10
		Paediatric @ Bukki Rd	Gurriny Open Day NAIDOC Week	Public Holiday NAIDOC		
Mon 11	Tue 12	Wed 13	Thurs 14	Fri 15	Sat 16	Sun 17
Australian Hearing @ Workshop St	Liver Clinic @ Bukki Rd Cardiology @ Bukki Rd	High Risk Foot @ Workshop Rd				
Mon 18	Tue 19	Wed 20	Thurs 21	Fri 22	Sat 23	Sun 24
	Dietitian & Diabetes @ Workshop Rd HAPEE Audiology @ Workshop Rd	Paediatric @ Bukki Rd		Podiatrist (Foot) @ Bukki Rd Physio @ Bukki Rd		
Mon 25	Tue 26	Wed 27	Thurs 28	Fri 30		
Eye Clinic @ Workshop Rd	Dr Peter Boyd					



Keeping community safer

AS a health service, we are trying to implement a number of public health measures which will result in better health outcomes for our community.

One of these measures is to increase condom access for the Yarrabah community. Increased condom access is a proven method of reducing the risks associated with unprotected sexual activity, such as sexually transmitted infections (STIs), human immunodeficiency virus (HIV) and unintended pregnancies.

Gurriny is very pleased to announce that condoms can now be accessed freely at their Bukki Rd and Workshop Rd facilities, Youth Hub, Men's Shed and Leisure Centre.

Yarrabah Council has also been very willing to support this initiative and has approved the installation of two condom dispensers that will ensure condoms are accessible to the community 24/7.

Increased levels of good quality, targeted community engagement and education and readily available condom access within our community, means a greater number of people having the ability to make safer choices when it comes to sexual activity. This is something Gurriny are invested in supporting.



Red Lentil Tikka Masala

Preparation:	15 mins
Difficulty:	Easy
Serves:	4
Cooking Time:	45 minutes

Ingredients:

1 onion, chopped
 1 garlic clove crushed or finely chopped,
 1 tbsp finely chopped/grated ginger (or 1 tsp ginger powder)
 1 tablespoon olive or peanut oil
 1 tsp garam masala, 1 tsp paprika, 1/2-1 tsp ground cumin, 1/2-1 tsp ground coriander, 1 tsp turmeric
 Tin of crushed/ diced tomatoes
 1 cup dried red lentils
 Chopped carrots or broccoli or cabbage or zucchini or spinach or kale or bok choy

Method:

Step 1: 1 onion, chopped & 1 garlic clove crushed or finely chopped, 1 tbsp finely chopped/grated ginger (or 1 tsp ginger powder) & 1 tablespoon olive or peanut oil, - Cook till softened, add spices:

Step 2: 1 tsp garam masala, 1 tsp paprika, 1/2-1 tsp ground cumin, 1/2-1 tsp ground coriander, 1 tsp turmeric - Cook for about a minute

Step 3: Add a tin of crushed/ diced tomatoes. Add 250 ml water & 1/2-1 tsp salt, or a stock cube, stir till boiling. Add 1 cup dried red lentils. Simmer 20 mins, stir every few minutes, add more water if needed.

Step 4: Add some vegies: chopped carrots or broccoli or cabbage or zucchini or spinach or kale or bok choy - anything

Step 5: Serve as it is, or with some rice (long grain brown/ basmati) or flat bread. If you like, can top with some plain yoghurt, chopped fresh coriander, chopped nuts.



FREE story books

THE Indigenous Literacy Foundation have sent us thousands of fantastic books to give to community members.

Over 20 different stories, aimed at all ages from toddlers to adults.

Community members are invited to call into our clinics and collect their free copy.

Books are great, they help children learn, books are a great way to spend quality time with kids, reading to them, helping them discover the magical world that awaits them as they learn to read.

Be sure to ask for your free book when you come into our clinics at Bukki Rd and Workshop Rd.

There's so many great titles to grab, you will find just the story you want.

Gurriny would like to thank the Indigenous Literacy Foundation for their support.



St Alban's Yarrabah July Calendar

- 1st Coming of the Light Festival (Torres Strait Festival)
- 2nd Healing Rooms ARK Ministeries 10am - 2pm
- 3rd Holy Communion Service 8am
- 4th - 7th NAIDOC Week celebrations
- 10th Holy Communion Service 8am
- 17th Holy Communion Service 8am
- 24th Holy Communion Service -
Guest Speaker Pastor Massey & Healing Service 8am
- 31st Holy Communion Service 8am

GOOD HAND HYGIENE IS IMPORTANT TO STOP THE SPREAD OF GERMS AND VIRUSES

Hand washing like a PRO

Bust up some germs with these six moves and in 20 seconds you'll have some super clean hands.

Wrestler!



Tarzan Grip
Back of fingers to opposing palms with fingers interlaced



Beg for Mercy
Focus on the thumbs. Both hands.



Smell the Cheese
Fingernails and fingertips rubbed into your palms



Greedy Promoter
The classic: rub palm to palm.



Coming up Behind
Between the fingers on the back on your hands



Answered Prayers
Between the fingers palm to palm



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

'culturally safe CARE'



Seahawks' Draw July 2022 Rounds 12 - 16



Round 12 Sun July 5
Seahawks v Atherton

Round 13 Sun July 10
Seahawks v Cairns Brothers

Round 14 Sun July 17
Seahawks v Tully Tigers

Round 15 Sat July 23
Edmonton v Seahawks

Round 16 Sun July 31
Seahawks v Innisfail Brothers



Yarrabah Seahawks
proudly supports the
Uluru Statement from
the Heart

A healthy smile is a Deadly Smile



Recipe for a Healthy mouth

What you Need:

- Toothbrush- soft bristles
- Toothpaste- pea size
- Water to rinse

What are you cleaning:

- Tongue
- Gums
- 3 sides of every tooth

Method:

- Circles on the outside of teeth

- Scrubs on the chewing surface- tops

- Flicks around the inside

- Scrub your tongue

How Long to brush

- 2-3 minute or the length of your favourite song

How often:

- Morning and night every night.



BUSINESS • NETWORK • BBQ

BUSINESSES, START-UPS AND
ORGANISATIONS WELCOME

7TH JULY

11AM - 12.30PM
OUTSIDE WUGU OFFICE,
1 NOBLE DRIVE,
YARRABAH



BUSINESS STATION

RSVP 5th July,

fourmileg@missionaustralia.com.au

**MISSION
AUSTRALIA**

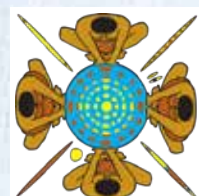
together
we stand



A beautiful
smile is a
deadly smile

**Have you booked
your annual dental
checkup?**

The Dental Clinic is open
Tues, Wed & Thurs 9am - 2.45pm
Ph 1300 300 850



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

culturally safe

CARE

Signs of a potentially infected wound



◀ Pain and Heat

Wounds that are red, swollen, hot and painful.

Odour

Wounds with a strange or unpleasant smell



◀ Excess Fluid

Wounds that have a thick, yellowish fluid

Slow Healing

Wounds taking longer than a week to heal



Keeping our skin healthy and our heart strong

At some stage we all end up with a small cut or abrasion on our legs or arms. This is a normal part of life, and here in Yarrabah it's very commonplace.

Gone are the days when we used to treat a scrape or small wound with a bit of 'Granny Ointment' and a kiss, (a bit of spit on a hanky to clean the wound).

We need to take any abrasion or wound seriously, as the wound is an opening in our protective layer (the skin) where infection can enter, and in some cases with disastrous results.

Here in Yarrabah Acute Rheumatic Fever (ARF) and Rheumatic Heart Disease (RHD) are issues that cannot be ignored.

A germ, Group A Strep enters the body through a sore throat infection. Scabies infection and school sores are also implicated as causing Group A Strep infection. If left untreated this infection can cause acute rheumatic fever which leads to damage to the heart.

Both acute rheumatic fever and rheumatic heart disease are preventable conditions.

There are a few simple steps that can be taken to reduce the risk of this germ entering our bodies.

These steps include:

- ♦ Showering or bathing 1 - 2 times a day
- ♦ Washing using a great soap or body wash - MooGoo is available free for community members.
- ♦ Treating all sore throats, school sores and scabies infections as potential risks, taking steps to reduce infection and seeking medical assistance.

If you or your family experience any of the above, you should speak to your health care worker or seek medical advice from your GP at Gurriny

Telltale signs that your cut or abrasion is potentially infected.

1. Pain or heat in and around the cut or abrasion. The wound will be red, swollen, hot and painful
2. A strange or unpleasant odour is associated with the wound.
3. There is a thick, yellowish fluid associated with the wound (pus).
4. Slow healing where the wound is showing little or no sign of improving a week later.

If you need to find out more about keeping your skin healthy and your heart strong, speak to your health care worker or your Gurriny GP.



Come see the

Indigenous Drivers Licensing Unit In Yarrabah

TUESDAY

12th

JULY 2022

Yarrabah Training Rooms
8:30am - 4:00pm

Licence Testing
(Written & Practical),
Licensing Services

WEDNESDAY

13th

JULY 2022

Yarrabah Training Rooms
8:30am - 4:00pm

Licence Testing
(Written & Practical),
Licensing Services

Practical Driving Tests

It is now a requirement that the Hazard Perception Test is completed before doing a driving test.

For more information, visit
<https://www.qld.gov.au/hazardperceptiontest>

Applicants must provide a vehicle for testing.
IDLU do not provide a vehicle.

No Cash - EFTPOS only
Bring all I.D - Originals only

For more information call 1800 130 886

Reconciliation Week



'BE Brave. Make Change', was the challenge for Reconciliation Week 2022. A challenge to all Australians to tackle the unfinished business of reconciliation.

The staff at Gurriny Yealamucka Workshop Road and their clients gathered for a Morning tea on the Thursday of Reconciliation Week.





An appy outcome is assured

THE Australian National University (ANU) recently visited Yarrabah to consult with and also present their working draft of a new electronic patient record system.

This project is a collaboration between the ANU's College of Engineering & Computer Science and Gurriny to design and build a new patient database and online storage of personal data.

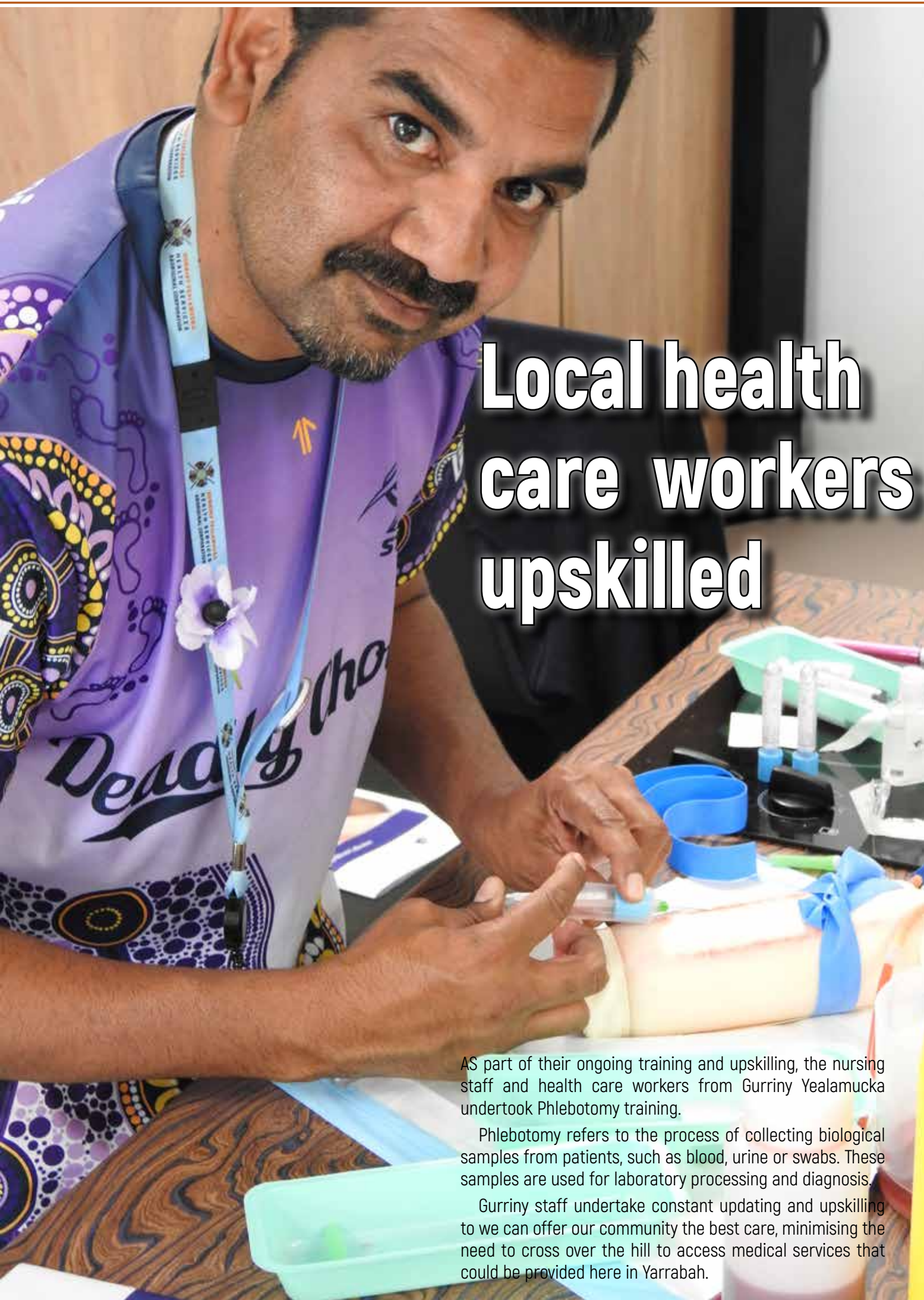
The initial draft program presented to Gurriny had a focus on diabetes. The ANU have developed an application (app) for the Care Coordination Team to take with them on client home visits. The app is based on the paper-based forms the team currently use in the community and the team have to upload when they come back into the clinic on Communicare.

The strength of the new program will be the control a patient will have over their sensitive patient records. The patient will have control and access to their records, allowing access to their records should they travel or change doctors and need to transfer their records.

For the care clinicians, having access to the full record when treating patients will improve clinical decisions and lift the quality of patient care.

The Gurriny health care team had the opportunity to work with the initial app prototype, providing valuable feedback to the development team as well as discovering the possibilities this app will unlock.





Local health care workers upskilled

AS part of their ongoing training and upskilling, the nursing staff and health care workers from Gurriny Yealamucka undertook Phlebotomy training.

Phlebotomy refers to the process of collecting biological samples from patients, such as blood, urine or swabs. These samples are used for laboratory processing and diagnosis.

Gurriny staff undertake constant updating and upskilling to we can offer our community the best care, minimising the need to cross over the hill to access medical services that could be provided here in Yarrabah.

#MenziesT2D

Let's start talking about type 2 diabetes

With Menzies School of Health Research



We are looking for young people with type 2 diabetes and their families to help design ways to better support young people

How can you be involved?

If you are an Aboriginal or Torres Strait Islander person aged 10 - 25 with type 2 diabetes, or a family member who supports them

- Come have a yarn with our friendly researchers over a cuppa.
- If you feel comfortable, share your story.

If you are interested in being involved, or would like to know more, please contact:

damian.kukulies@menzies.edu.au



serena.thompson@menzies.edu.au



Text or call 0472 639 845 OR visit us www.diabeteslifecourse.org.au/youth-diabetes



GET UP!
STAND UP!
SHOW UP!

You're invited to our Annual Open Day

Thursday July 7
Workshop Road Clinic
10am - 2pm

NAIDOC Week OPEN DAY

- ◆ Health Displays
- ◆ Great Giveaways
- ◆ Food Stalls
- ◆ Popcorn for the kids
- ◆ Colouring Competition
- ◆ Baby Pics Photo Stall
- ◆ Face Painting
- ◆ Yarning Circle
- ◆ Pass the Ball comp
- ◆ Crazy Mask Comp



GURRINY YEALAMUCKA
HEALTH SERVICES ABORIGINAL CORPORATION

Your school can win a visit from rugby league legend Johnathan Thurston

LEARNING about severe weather and disasters doesn't have to be frightening. The Get Ready Schools competition helps children learn about common disasters in Queensland and how to prepare for them in a creative and fun way. Choose from a range of activities to suit every class level and interest including worksheets, an online game, design challenge and a disaster-themed snakes and ladders board game. Best of all, our activities align to the Australian Curriculum.

Why do Queensland students need to Get Ready?

Extreme weather is a part of life in Queensland. In fact, Queensland has more natural disasters than any other state in Australia (we've been through more than 80 severe events in the past decade including cyclones, bushfires, floods, storms and storm tides) and children are

among the most vulnerable.

We can't change the weather but we can be prepared. Research shows people who are prepared for extreme weather events can better care for themselves, their families and properties during a disaster which means they are able to recover faster. It's vital children are part of the conversation about preparing for disasters and play a role in helping their household get ready.

The Get Ready Queensland Schools Competition activities are a great way to start the conversation with your kids about what weather they might face this disaster season and how they can help.

How to enter

Follow the prompts online to find out more and complete your activity to enter. www.getready.qld.gov.au

WANT JT TO VISIT YOUR SCHOOL?

**Complete a classroom
activity to enter by
7 October 2022.**

Visit getready.qld.gov.au/schools
for full competition guidelines.



GINDAJA NAIDOC CELEBRATION



6th July , 10 am to 2 pm
Back Beach Road



**GET UP!
STAND UP!
SHOW UP!**

Bands

Jumping Castle

Dancers

KupMurri

Dizzy Doolan

Photo booth

Animal Farm

Make-up

Snow Cones

Haircuts

Lucky door prizes

Everyone welcome





Inspiring fashion designer

YARRABAH fashion designer Raelea Connolly-Neal is looking forward to showcasing her latest collect at next month's Fashique Runway in Cairns.

Ms Connolly-Neal has been designing since she was a small child, creating the Yindilli Design brand here in Yarrabah.

Her new collection titled 'Binyu' translates as shooting star or diseased spirit, contains 12 pieces with 10 pieces for the runway.

The collection includes swimwear, casual wear as well as formal gowns. Ms Connolly-Neal is driven by the ethos of 'slow-fashion'. The printing company she uses recycles plastic bottles in the process of printing, 10 bottles per square metre of garment, as well as Raelea's recycling of garments in the design process of her collection.

Coming from a very large family, her mum was the youngest of 10 children, Raelea credits her mother for her interest in fashion. "She was nifty and very creative, we always had hand me downs and we painted them and sew frills to make them for us."

Yarrabah designs hit the runway in Cairns

INTERNATIONALLY renowned fashion designer Cheryl Creed of Murrii Quu Couture brings her Fashique Runway back to Cairns in late August.

Ms Creed, whose collections have been exhibited on runways all over the world including Milan Fashion Week in 2020, has curated an incredible runway of local Cairns designers and organisations, celebrating the emergence of "slow fashion", a trend that rejects the principles of fast fashion and highlights a more sustainable approach to creating clothes.

"Slow fashion is all about sustainability in design. I want to help the planet, and help people understand that there are options out there for high-end fashion right here in Cairns, if you know where to look," says Ms Creed.

The runway will feature 14 exciting collections from Queensland "slow fashion" designers. Delivering high-end, eco-friendly collections, that's repurposed, recycled, organic, hand-sewn and limited editions designs.

"Cairns is in for a real treat, and people will be very surprised to see what our region has to offer when it comes to fashion" says Ms Creed.

Yarrabah fashion designer, Raelea Connolly-Neal from Yindilli Design will be presenting her latest creations.

Fashique Runway will be hosted at the Cairns Shangri-La Hotel, Saturday August 27, tickets are available from www.trybooking.com/BYBWZ

NEW STYLISH

FASHIQUE

FASHION MAGAZINE FOR WOMAN

**RAELEA WANGULLAY
CONNOLLY-NEAL**

FASHIQUE RUNWAY
IS THRILLED FOR
THE RETURN
OF YINDILLI DESIGNS

RAELEA PROMISES TO
WOW GUESTS AND
FASHION LOVERS
WITH AN EXCITING
NEW COLLECTION

WE CAN'T WAIT
TO SEE HER
NEW 2022 COLLECTION WHEN IT HITS THE RUNWAY
RAELEA IS FROM YARRABAH ABORIGINAL COMMUNITY

BUY ♦ SWAP ♦ SELL

YARRABAH MARKETPLACE



GIVEAWAY: 5 Photo Frames

5 Anko Photo frames,
ideal from photos 8 x 10 inch
prints.

Brand new, still in original
packaging

PHONE: 4226 4148



GIVEAWAY: Ratan Lamp

Beautiful ratan lamp, will
need a lamp shade, but is
still in good working order
and will suit most decors.

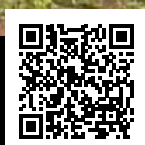
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- Land Development & Acreage Management
- Brush Cutter Slasher
- Stick Rake, Dozer Blade



Contact:
0484 514 529
wilkinsfamilyservices@outlook.com



FOR SALE: Size 11 Oliver Safety Shoes

Hardly used, as new,
size 11 men's steel
capped safety shoes.

\$25.00

PHONE: 0478 413 627

FOR SALE: 6X4 Solid Trailer

Used to be a camper trailer. This very solid and great condition trailer
comes with water tank under, as well as sink and side tap.

Can be easily converted back into a camping trailer or used as an
every-day trailer.

Can be sold with rego and road worthy. The trailer has great rubber and
a spare tyre with excellent rubber.

Be the first to inspect this trailer.

Look for offers over \$1400, as this
trailer is very solid with no rust in
the floor, and is very dependable.



Electrics are fully operationable. Comes with slide-in car towball.

PHONE: 0458 627 595

Do you have something to sell, swap of
giveaway?

Or want to buy something in particular,
you can advertise here for FREE

email your ad to

comms@gyhsac.org.au

YARRABAH MARKETPLACE



Back on ya bike for Isabel

THE Yarrabah community is joining forces with the Far North's premier charity to raise funds for neonatal babies at Cairns Hospital.

The Ride for Isabel fundraising bike ride will come under the umbrella of the Far North Queensland Hospital Foundation at the instigation of Speaker of the Queensland Parliament and Mulgrave MP Curtis Pitt. The ride will now become a Gran Fondo format which will attract riders from far and wide.

Mr Pitt and his wife Kerry organised the inaugural ride in 2010 after their daughter Isabel was stillborn at 41 weeks in 2008.

Yarrabah Shire Council mayor Cr Ross Andrews was pleased to work with all stakeholders, with the ride to start in Yarrabah.

"We do have a fabulous hill here that we know the cyclists will really enjoy and we're pleased that the funds raised will support neonatal babies. This is a topic very important to our community so we're glad to be supportive of the event," Mr Andrews said.

Mr Pitt said he was pleased to have raised funds and increased awareness of stillbirth and pregnancy loss to the extent they had over the Ride For Isabel's first 10 years, but the time was right to take it to the next level.

"When my wife and I started this ride more than a decade ago it was a way of healing our family and keeping the memory of Isabel alive," Mr Pitt said.

"I've worked with the Foundation for many years and I'm really pleased to know that funds raised will support local families, at the same time emphasising cycling safety in the Far North.



"The Foundation does a fantastic job with the QSuper Cardiac Challenge and other events, so I know they will look after the Ride For Isabel with the same integrity and efficacy."

The fundraising event also will form part of the Tour of the Tropics cycling festival with a Gran Fondo 120km segment planned, to start in Yarrabah and finish in Gordonvale. The race will entail four segments; 120km; 90km; 60km and 30km. Riders can choose the distance that best suits them and avoid the hill if desired. They can race or just take on the challenge of this magnificent course.

Tour of the Tropics chairman Nick Loukas said he was excited to bring all the stakeholders together and work with the Foundation to create a stunning race in an incredible location. "Our vision, at Tour of the Tropics, is for the Gran Fondo to become an accredited event with the UCI. The Tour of the Tropics has experience with the logistics of cycling races so we think it's a match made in heaven."



Scan the QR code to sign the open letter:



Were you, or a family member, a customer of ACBF/Youpla? Fill out the survey:





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Fuel tax

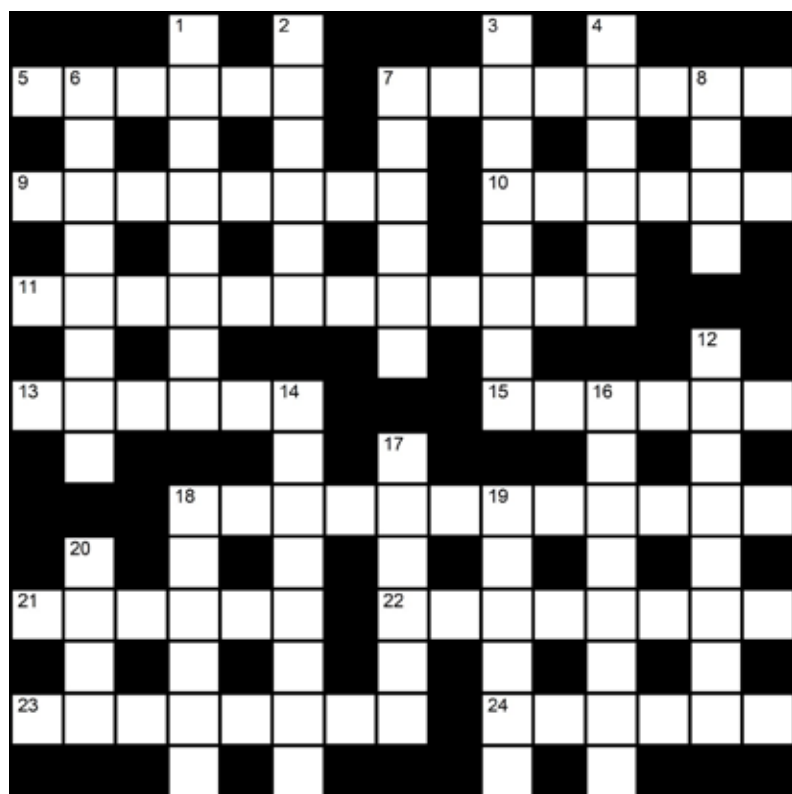
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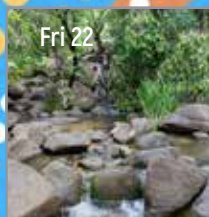



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What's On in July

					<div>Fri 1</div> <div>1 - 31</div> <div>Dry July</div>	<div>Sat 2</div> 	<div>Sun 3</div> <div>3 - 10</div> <div>NAIDOC Week</div>
<div>Mon 4</div> 	<div>Tue 5</div> 	<div>Wed 6</div> <div>NAIDOC Day Celebrations</div> <div>Gindaja</div>	<div>Thurs 7</div> <div>NAIDOC Open Day</div> <div>Workshop Rd Clinic</div>	<div>Fri 8</div> <div>NAIDOC Day Public Holiday</div>	<div>Sat 9</div> 	<div>Sun 10</div> <div>National Diabetes Week 10 - 16</div>	
<div>Mon 11</div> 	<div>Tue 12</div> 	<div>Wed 13</div> <div>State of Origin 3</div>	<div>Thurs 14</div> 	<div>Fri 15</div> <div>Cairns Show Public Holiday</div>	<div>Sat 16</div> 	<div>Sun 17</div> 	
<div>Mon 18</div> 	<div>Tue 19</div> 	<div>Wed 20</div> 	<div>Thurs 21</div> 	<div>Fri 22</div> 	<div>Sat 23</div> 	<div>Sun 24</div> <div>Donate Life Week 24 - 31</div>	
<div>Mon 25</div> <div>National Pain Week 25 - 31</div>	<div>Tue 26</div> 	<div>Wed 27</div> 	<div>Thurs 28</div> <div>World Hepatitis Day</div>	<div>Fri 29</div> 	<div>Sat 30</div> 	<div>Sun 31</div> 	

Are you hosting a community event and wish to have it included on our What's on Page?

Email details through to comms@GYHSAC.org.au

TAKE HEART
 The quest to rid the world of
 Rheumatic Heart Disease

A sore throat could be a sign of
COVID-19 or a **Strep A** infection,
 which if left untreated could lead
 to Acute Rheumatic Fever (ARF) or
 Rheumatic Heart Disease (RHD)

SORE THROAT?