

# GURRINY news

HEALTHY  
PEOPLE  
HEALTHY  
COMMUNITY

ISSUE 2 : March 2013



*Lyndel Connolly, Lindsey Murgha, Seroya Harris, Paul Neal & Milton Mossman taking their hopes for a healthy future to the streets of Yarrabah*

## Yarrabah youths and mentors have taken to local streets looking for 15–24-year-olds to take part in the Young Person's Health Check (YPHC), which is due to finish up at the end of this week.

While it might be perceived as a draining experience waiting, filling out paperwork, getting measured up...and that's even before urine and blood sampling...Gurriny knows it's the best way possible to ensure the community's long term health stats, published in last month's Gurriny News, start improving.

And there are other rewards too – not only do participants collect \$20 in phone credit for being in it, they are put into the draw for an iPad as well as greatly improving their chances of living a long and healthy life!

Bernice Yeatman, 20, agreed.

"I think it's a great opportunity for young people like myself to get a health check-up," she said.

"It's all good, staff were really friendly."

She said she didn't need to say much to encourage her friends to come along.

"I would bring them here

myself and just explain what it's all about," she said.

It's that simple Jonathan Mundraby, 22, said.

"I just thought this should be supported for young people," he said. "It gave me a bit of knowledge and understanding and kept me on my two feet.

"Diabetes is one of the biggest problems in our community, and one of the four main things with asthma, high blood pressure and high cholesterol. But diabetes runs through my family.

"I would encourage young people to keep away from alcohol, cigarette smoke, eat a lot of healthy stuff and always think positive."

Jonathan works on a cattle station in the Northern Territory but comes home regularly to continue working on learning and passing on his knowledge of culture.

For the first time Gurriny is running the Health Check from Yarrabah, in partnership with

Queensland Health's Public Health Unit.

"We know what we have to do," Gurriny's Female Indigenous Sexual Health Worker Tamar Patterson said.

Tamar is working with Male Indigenous Sexual Health Worker Milton Mossman to coordinate the event.

Gurriny Transition Manager Ruth Fagan said the 2013 Young Person Health Check was a great example of Gurriny's growth through this transition period.

"Previously, Gurriny was unable to run this program without special funding however this year the entire screening clinic is being paid for by the Medical Service," she said.

"Thanks to Tamar and Milton who have planned and co-ordinated the event and a special mention to those extra 'hands' who helped out."

*MORE PICS ON PAGES 3-4*

# YPHC 2013



JUST waiting can be fun at the YPHC!!!



Card game L-R: Dale & Ambrose Bulmer, Anthony Fourmile & Joshua Barlow; With footy: Clinton & Madigan Smith with Leroy Noble; On the verandah: Harold & Courtney Stafford, Shanelle Sexton & Yolanda Stafford.



Even 22-y-o Gurriny receptionist Dominaue Cedric is lining up for her Health Check!



## Good Quick Tukka!

We all know eating healthy is the best thing for us. Yet spending time throughout the day to quickly make a good healthy feed for our families can be hard and sometimes eating our pay.

We'd like to introduce to you one possible solution: Good Quick Tukka!

Good Quick Tukka is a cooking education program inspired by the Jamie Oliver Ministry of Food who believe everyone can learn how to cook something.

It provides simple, quick and nutritious recipes and is suitable for people on a budget.

It also has social, fun and relationship benefits because it gets the whole family and community involved in cooking.

Weekly cooking sessions will be run for a total of six weeks, starting Tuesday 26 February 2013 10am-12pm at the Health Care Centre at Mourigan.

We welcome community people who would like to develop more confidence in cooking, or to improve their cooking skills to come along to these sessions.

Young people, mothers and fathers, and carers, we strongly recommend you come along.

These cooking sessions will not only benefit yourself they will help your children as well, as you find ways of introducing healthy eating to your whole family.

And the best thing...it doesn't take long!



To find out when and where the next Good Quick Tukka session will be held, contact Gurriny Nutritionist Katrina Connolly on 4226 4156.



Chulkul Neal & Lynn Yeatman

### 1. Paperwork!



Joshlyn Barlow, Katrina & Lyndel Connolly & Fiona Cannon

Your role is important for child's development



Playgroup  
Wed 3rd April 2013  
10am-12pm  
Workshop St

Fathers and Popeyes bring cuddi cuddi along

Contact Darren and Lynn on 4226 4



## 2. Testing blood pressure



Reading up above: Anthony Fourmile Jnr, Joshua Barlow & Daniel Yeatman; Blood pressure patient with Tamar Patterson is Jonathan Mundraby; then Marlene Willett, Tamar, Milton Mossman with Raekirah Willet; Milton is with Anthony Fourmile.

## 3. Measuring up!



Measuring Bernice Yeatman's height is Lorna Bosen while Milton takes Sterling Fourmile's waist measurement. And in the blood taking hot seats are Ambrose Lmer and Bernice Yeatman.

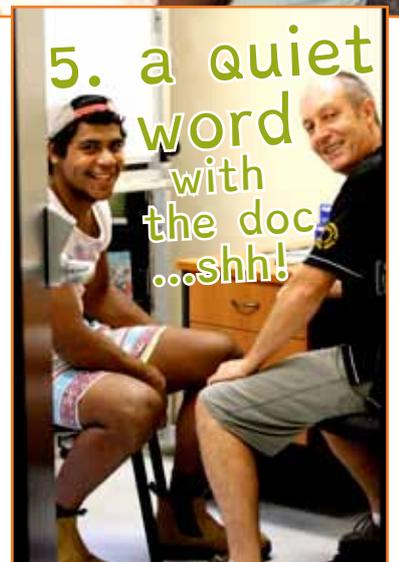
## 4. The ...er... pointy end!



Below is Annette Morrison held by Selvina Kennedy while her Aunt Roseanne Graham is tested; Bottom right: having quick work with Dr Kingsley is Lenny Stanley



## 5. a quiet word with the doc ...shh!



your

your

# Profiles

## Board Member LEE YEATMAN

I started working in Yarrabah at the end of my schooling at Gordonvale High in 1985. My first job was alongside my mother at the (Old) Yarrabah Hospital working as a wardsman. At the time my father and older brother also ran a Fast Food Takeaway and I helped out there in between working for my older cousin at the Store as the Storeman/Freight driver. Later I managed the freight service for a short time after which I became the Council Freight Driver for nearly eight years. In 1993 I was offered an opportunity to work at an Aged Care Facility in Cairns and within 12 months became

Facility Administrator/Manager, a position I held for 12 years. During this time as part of a strategy to educate myself, I trained with the Aged Care Standards and Accreditation Agency Qld (ACSAAQ) and the Quality Society of Australia. I was employed for a time as an External Contract Auditor with ACSAAQ. I have also had the opportunity to assist in the management of 120-client Home and Community Care (HACC) program which was run by the Aged Care Facility. In this position I played a role in the de-institutionalisation of Indigenous disabled people from mainstream institutions and



developed a community-based re-integration program. Working within the Aged Care and Health industries has given me an insight to the systematic approach to services delivery that at times may or may not agree with our preferred way and lifestyle. At the same time it has given me the ability to maintain and reflect on personal growth as well as supporting others in our community.

## Transition Manager Ruth Fagan

Hello everyone, my name is Ruth Fagan and although born in Orbost, Victoria I moved with my parents back to Dad's home in Yarrabah as a 4-year-old. I was schooled at Yarrabah Primary and, as were my other classmates, sent to boarding school for years 8-12.

At the age of 17 I worked as the Yarrabah Council Rheumatic Heart Health Worker and fondly remember "learning the ropes" from Aunty Violet and Aunty Maisie with Sister Sally Johnson.

Following this I worked for WuChopperen Aboriginal Medical Service then Queensland Health and now Gurriny.

Over the years I have been very fortunate to work in the

areas of medical reception, dental health, communicable diseases and health planning. I have a Masters of Applied Epidemiology (Indigenous Health) and have worked for James Cook University and Queensland University as a researcher and lecturer.

My dad has passed on a strong connection to Yarrabah. I believe in my community and hope I can contribute in some way towards improving our health. I believe in self-determination and the need to strive personally every day to increase my sense of belonging, ownership and rights.

My dream is to see our younger generations embracing education and confidently going about the business of leading



our community into a future that does not include poverty, unemployment, high rates of imprisonment and poor health.

I believe we all want this to happen – the reality is it will take hard work and no one can do this for us – we have to do it ourselves.

As an Aboriginal lady from Billard in WA once said:

*"We are the people we've been waiting for" – Mary Victor O'Reeri*

### COMING UP IN OUR APRIL ISSUE:

- Interviews with Queensland Health staff
- More board and staff profiles and pics
- What's next for YPHC
- Transition update

*This issue of Gurriny News was written, photographed, edited and produced by Christine Howes with assistance from Gurriny Health Promotion Officer Alicia (Dixie) Hari. For more information about the font 'Dyslexie' see [www.studiostudio.nl](http://www.studiostudio.nl)*