

Youth holding heads up high

The good news is Gurriny's Yarrabah Youth Culture Rebound Project has been extended, the best news is youth workers Paul Neal and Tamar Patterson say the end result of a department and grooming course has been a resounding success.



“Paul and I, with assistance and support from Ross Andrews and other Gurriny team members such as the Social Emotional Wellbeing Team, delivered a youth forum for ‘Look After Your Mates’ in 2014,” Ms Patterson said. “And from that there was a lot of information that was brought forward by the youths themselves and all that was collated and we tried to find a way to action a lot of that.

“Then Paul and myself actually created a program from it.”

Mr Neal said they found Donna Corrie’s course to be the best option for their needs.

“We had to come up with a 10-week project our plan to take youths out of lifestyle, peer pressure and weekend activities, so alternative activities to what they do and take them out of the boredom,

parties and all the rest of it,” he said.

“Donna’s grooming and department was what we were really looking for and we actually engaged the youths.”

Dee’s Department and Grooming program was flexible about the delivery of what ended up being so much more than hair and makeup – especially for the boys involved!

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Junior footy & more!**



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“It’s more of an educational sort of aspect of training as well with deportment and grooming, teaching them about the importance of skin care, hair care, nails, all these things, which is very important,” Ms Corrie said.

“Holistically, I’m looking at it as health – a holistic health approach with deportment, the way you carry, with your posture, your mannerisms, all these things, and then with the grooming and all those other components with the health care.

“And then we go into health and fitness, which is teaching them about nutrition and better

eating options as well.

“There has been overwhelming feedback not only from the youth themselves, but there’s also been overwhelming response and feedback from the community too, asking how is it that the program coordinators in Yarrabah are keeping the youths engaged for so long.”

Participants Bernice Yeatman and Florence Griven said they were excited about what they had achieved.

“During the program I walked in with this footy shirt and shorts and thongs and the program was so beneficial; it changed me and made me more confident for myself

and my community,” Bernice said.

“We are holding our heads up high, not just for ourselves but for our families and friends as well and they are surprised, actually, very surprised.”

Florence said she had learned a lot. “I just expected that make-up and hair, not like exercise kind of side of things, but it was really good,” she said.

“I loved the health side of it because I needed motivation to exercise more and eat healthier. Donna is a really, really inspirational person to me.

“She’s a really hard worker, and I thank her for that, for giving us that motivation.”



Paul Neal (Yarrabah Youth Cultural Re-bound officer) and Tamar Patterson (Yarrabah Youth Cultural Re-bound coordinator) with Katrina Connolly (Female Sexual Health officer) and Merton Bulmer (Men’s Health officer) celebrating with the Yarrabah youths who graduated from Gurriny’s “And La! Mufla too Deadly” Program.

Health workers achieve national recognition



Pic: Dixie-Hani

Gurriny's five new nationally registered health workers have done a great job to get where they are Clinical Services Director Amanda Hand says.

“They were Health Workers but to get to National Registration they required medicines training and three other modules to get them up to standards, which they've now completed,” she said.

“They've all passed, they've all done a great job.

“For our organisation it means that we have a higher-skilled workforce. It means that it's community people providing the majority of care and then the doctors just finish off the end of it.

“It mean that, for example, with chronic disease, the three-

monthly review is they only need to have a quick check of their bloods and the Health Worker can do it without them needing to see a doctor.”

Pictured above is Tamar Patterson, Devetta Mundraby & Adelaide Sands. The other two not in the pic were Savanna Bulmer & Deanna Sexton.

Right: Djarragun students doing their Certificate II in Aboriginal and Torres Strait Primary Health Care visited the Gurriny Yealamucka Health Service last month.



Above: Celebrating their 5th year raising awareness, L'il Aussie Prems Foundation held their annual 'Wearing Green for Premies' day in April, which was well supported by Gurriny workers



WORLD NO TOBACCO DAY Yarrabah 2015



The Far North Queensland regional health team has joined forces to hold World No Tobacco Days in five communities across their region.

Yarrabah was first cab off the rank, to be followed by Cardwell, Tully, Innisfail and Mareeba.

Health services including Yarrabah's Gindaja Treatment and Healing Indigenous Corporation and Gurriny

Yealamucka Health Service, Cairns' Wuchopperen Health Service, Mamu Health Service in Innisfail and Mareeba's Mulungu Medical Centre have all contributed to the days, which in Yarrabah was well-attended.

Gurriny Yealamucka Health Service Health Promotion Officer Alicia Hari said ridding the community of smoking was a priority for the community-

controlled health service.

"This day is about creating awareness of the effects of smoking and we recognise yes, there are a lot of smokers in Yarrabah and we want to try and get the message out there to quit or not take up smoking in the first place," she said.

"It shows that we're coming together as a community and approaching it that way a



kind of stomp it out of the community.

“We are a community-controlled health service, and we know there are concerns from community members that see the impact smoking has on individuals, families and the whole community.”

Mamu Health Service Community Outreach Worker Brett Ambrum said they worked well together

collectively, with each organisation having their own display.

“Our display is about comparison in prices between a packet of cigarettes and actually a week’s worth of groceries,” he said.

“We’ve counted about 10 to 12 items there, which includes milk and things you can use for meals in breakfast, lunch and dinner.

“A packet of cigarettes could do two or three people, whereas groceries could feed a family of four comfortably over a two-to-three-day period.”

A highlight of the day for local school children was a visit by D-Warrior, an anti-smoking superhero.

“Don’t smoke,” D-Warrior said.

Story & Pics by Christine Howes with thanks to Koori Mail



Players' clinic boost for junior footy



A highlight for the Yarrabah Seahawks Junior Rugby League club over their Easter holiday break was undoubtedly a training day in basic skills delivered by star North Queensland Pride players and former Rabbitoh Rhys Wesser.

Community Investment Program Coordinator Ross Andrews said the day was good for everyone concerned.

“I think it’s good because kids interact with the local boys here at the Northern Pride and we have the NRL community and former South Sydney player Rhys Wesser here as well, so it’s been good for the kids and their personal self-esteem,” Mr Andrews said.

“I think engaging the kids in healthier lifestyle choices as well as promoting sports and the health messages around sports is important.

“You have to have strict diet; you

got to be careful what you eat and drink, and providing a pathway for them is an added bonus.”

Mr Wesser said engaging communities was very important.

“Today we’re at Yarrabah, and that’s just about engaging our Indigenous communities, using the game as a place for them to aspire to achieve their dreams,” he said.

“It’s very important.

“We see Indigenous communities and the fact that part of their culture is around Rugby League.

“If we can use that Rugby League as a vehicle to help support them or help promote education, health and training we’re hopefully able

to close that gap within Indigenous communities.”

Cairns’ NRL Game Development Officer Alby Anderson said he’d seen as many as 50 future Rhys Wessers on the day.

“Always great coming down and watching the kids play here – absolutely natural talent; it’s unbelievable,” he said.

Northern Pride player Semi Tadulala said the kids enjoyed the workshop.

“It just shows that we’re trying to grow the game of Rugby League into our communities, and it’s important that we do these sort of things,” he said.



Young people take on leadership challenges

Another outcome of the work of Yarrabah Youth Cultural Rebound was young Paul Bounghi's trip to Brisbane for the Queensland Indigenous Youth Leadership program, which this year included the Eric Deeral Indigenous Youth Parliament.

Just 40 participants from all over the state were selected to participate in the program.

Yarrabah Youth Cultural Re-bound Coordinator Tamar Patterson said encouraging Paul's participation and mentoring him through the application process was part of what they do.

She said also they assisted several others who were unsuccessful.

Youth Cultural Re-bound officer Paul Neal said it was another idea that had come out of last year's youth forum.

"It was about looking after your mates and trying to get out of boredom what's in the

community and being a voice for the youths," he said.

Tamar also said it was about helping youth to fit into a wider sense of community.

Mr Bounghi said everything was "too good".

"I was really inspired by how many young youth were involved in that program," he said.

"Having a debate in the chamber, writing our speeches out, learning about public speaking and talking about our issues in our community and how we



could change it and just having a voice for our community were the best things."

Meet Gurriny's new Senior Medical Officer Dr Phil Patchett...



Dr Phil is originally from Auckland, New Zealand.

"I grew up in New Zealand and graduated and worked general practice in Auckland until 2000 – from 1988 to 2005 I was a GP in west Auckland," he said. "In 2005 I came over to Australia with the family, and I've worked in Aboriginal

Medical Services in New South Wales and Queensland. I've come up to work for Gurriny for the sunshine, I've got a son and a daughter up this way, and I really like what they're doing out here.

"I'm hoping that Gurriny will continue to develop as a quality primary health care service for the Yarrabah people."

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<http://www.gyhsac.org.au>

This issue of Gurriny News was written, photographed (except where otherwise stated), edited and produced by Christine Howes (www.chowes.com.au) For more information about the font 'Dyslexie' see www.studiostudio.nl