

## Young persons health checks scoring well

Gurriny's Young Persons Health Check (YPC) 2016 was again a huge success with close to 400 youths participating. Coordinators Katrina Connolly and Jaidyn Yeatman say.

"A check consists of body measurements, blood pressure check, smoking and alcohol status, urine and blood sample, and program promotion, so letting them know about our youth and Social and Emotional Wellbeing activities," Ms Connolly said.

"This year Gurriny partnered with a James Cook University (JCU) research team, Sullivan Nicholaides and the Cairns Indigenous Sexual Health team which allowed our sexual health team to conduct a recruiters induction workshop for the first time.

"The aim was to assist our recruiters - Teonia Cannon, Shaneen Dabah, Jarrod Noble and Zac Cedric - in developing confidence and self-esteem to assist with engaging and supporting our youths.

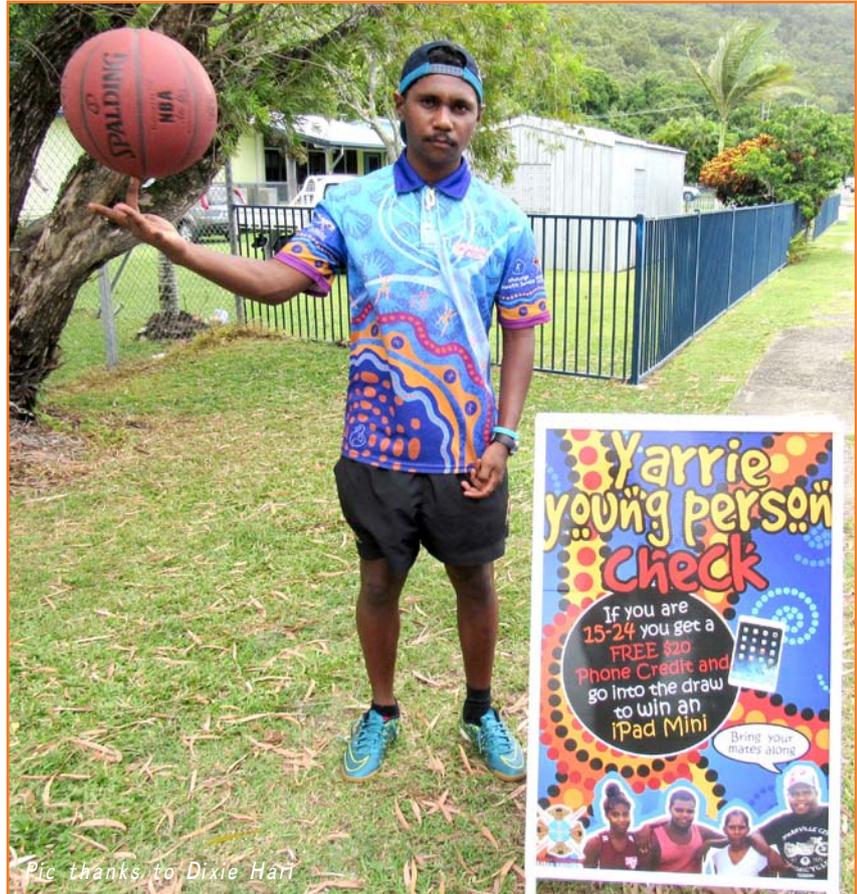
"They played a major role in promoting and engaging over the three weeks of the YPC with the help of our engagement team (Tamar Patterson, Paul Neal, Darren Miller and Merton Bulmer) and admin staff (Keisha Neal, Dominique Cedric, Lynese Hari and Mianna Jackson).

She said JCU had worked with GYHSAC on a number of projects in the lead up to YPC.

"They also took blood tests and hair samples to see if there are any changes happening inside the body that will increase a person's chance of getting a Chronic Disease in the future," she said.

"The hair sample was to measure a level of a chemical we produce when we are feeling stress which is also linked to Chronic Disease."

She said participants would be made aware of their results with a Doctor's consultation



*Pic thanks to Dixie Hari*

to provide a better understanding of any changes that may currently be happening to the body.

"Also Gurriny can develop better programs to support youth to reduce these risks and hopefully improve their overall wellbeing," she said.

They said highlights of the YPC this year were:

- Youth were engaged to participate in this important health screening initiative at a community level;
- Provision of employment, supervision and mentoring by experienced and qualified staff to youths in Gurriny for the duration of the YPC;
- All partners worked together to empower young people to take responsibility for their health and wellbeing;
- Mobile phone vouchers were offered as incentives to participate;
- Offering an experience that provides broader knowledge to the young people of health services available to them, internally and externally.



## The world's coolest Dads dig in for their kids!

What would we do without them?! Dad's Playgroup members getting their hands dirty for the beauty of the environment their kids play in – well done Dads!!





Gurriny would like the community to know Queensland Health has installed a system of motorised gates around the grounds of Gurriny Yealamucka Health Service.

The department has decided the gates will be locked nightly from 5pm to 7.30am.

An intercom system on the right hand side allows patients and others to speak to one of the nurses or their security team, who will come to assist as required.



Queensland Government

## AFTER HOURS ACCESS TO EMERGENCY

These gates are closed at night from 5pm to 7.30am

If you have an **after-hours emergency**, use the intercom to speak to a nurse

If there is no response, please call 000  
Security guards are present at all times

# Respect!!! Ten Years of Service



## Alicia Hari (Dixie) Health Promotion Officer

1. What was your first position with Gurriny?

Administration officer/receptionist.

2. Why did you want to work for us?

I was young and passionate about helping to improve the health and wellbeing of the people of Yarrabah. I saw this as an opportunity to increase community awareness around health issues impacting Yarrabah so people in our community can start making the right choices so they can live longer and healthier lives. Gurriny had also started working on the idea of providing a primary health care centre for Yarrabah and I wanted to be a part of that.

3. What is the biggest change you feel you've seen over the past ten years?

The biggest changes would have been the development Gurriny's clinical service (2009) and the transition of all primary health care services from Queensland Health to Gurriny (July 2014). This meant the dream of the old people had finally happened. We now have a community controlled Aboriginal Medical Service run by the people of Yarrabah for the people of Yarrabah.

4. Where would you like Gurriny to be in another ten years' time – do you think you'll still be here?

I would like to see Gurriny operate the Emergency Department in Yarrabah and set up Clinics within Gordonvale and Edmonton for our mob. We need as many educated and qualified individuals from Yarrabah to make this happen. I would very much like to be with Gurriny when this happens.

## Eileen Yeatman: Executive Support & Quality Control Officer

1. What was your first position with Gurriny?

Pharmacy Assistant.

2. Why did you want to work for us?

I had heard there was a position being advertised and I wanted to re-enter the workforce after an absence of a few years from the health industry. I had previously worked in Aged Care.

3. What is the biggest change you feel you've seen over the past ten years?

The evolution of Gurriny going from a small building on Noble Drive, with limited space, staff and programs, to a much larger facility. We have a workforce which has grown from 8 -10 staff to present day staff levels of 65 or more, and we offer a far more complex and comprehensive service to our community.

4. Where would you like Gurriny to be in another ten years' time – do you think you'll still be here?

Building its capacity even further so Gurriny will be the only health service doing all health service delivery for the community of Yarrabah. I hope I will still be working here for many more years to come.

Have you seen our website?

<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*