

# GURRINY news

HEALTHY  
PEOPLE  
HEALTHY  
COMMUNITY

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## Our outstanding young people

‘Be the Future, Be the Success’, was the theme to a youth forum held last month, hosted by young people for young people and supported by Gurriny.

Moirin Smith, Bernice Yeatman and Paul Bounghi along with youth program coordinators Tamar Patterson and Paul Neal have worked on the idea for the past six months or more.

“Every Monday we’ve been attending this meeting for the Youth Forum; and we’ve planned trips to movies and to Fitzroy Island,” Moirin, 17, said.

“We’ve been going around encouraging the youth to come along and to come to our programs and all that.”

Bernice, 23, said she was hopeful her peers would come out “with a positive attitude towards themselves and their future”.

“Our youth committee has been running now for about a year,” she said. “It’s important to get youths and kids involved in the community, it keeps them out of trouble so they can have a future. Hopefully they’ve come out of tonight with a bit of knowledge and understanding for

them to be happy and succeed.”

MC for the event, Trevor Tim, said he was excited to be there.

“I gave a motivational talk to inspire the youth about their future and about the future of our mob and the future of the community of Yarrabah,” he said. “So I was very excited to be here delivering positivity and motivation, and very excited about the opportunity.”

The forum was an informative and fun-filled evening.

Gurriny CEO Sue Andrews urged youth to spend time building a vision of their desired future and then working towards making it a reality.

Discussion from young people themselves recognised that this would happen through forging interdependent relationships between themselves, nature (land and sea), and culture.

Darren Miller encouraged young people to recognise their immediate past and present elders and encouraged young people to build

relationships with adults in the present who could mentor and help them.

Young people put forward ideas of what they wanted for the youth of Yarrabah which included: a youth (5–11pm) drop-in centre with someone employed there on Friday evenings; 18-year-olds being appointed to Boards; a youth forum convened where all organisations serving the youth of Yarrabah were present; and having careers counselling with clear career pathways outlined.

The serious business was followed by a paper plane making and flying competition and a skit by Katrina Connolly and Milton Mossman, which demonstrated how young people could encourage each other to have health checks.

Youth Wellbeing Officer Paul Neal, 32, said they wanted youth to tell them what they wanted.

“We don’t want to tell the youths what the youths want, we want them to tell us what they want,” he said.

*MORE PICS INSIDE...*



# 2016 YOUTH FORUM



*Over the April school holidays Gurriny Yealamucka Health Service was proud to co-host a Choices Holiday Clinic featuring NRL stars Justin Hodges and Jharal Yow Yeh. Dozens of kids and families turned up for a BBQ lunch and a run around the oval.*



## MORE ABOUT Moirin and Bernice...

Moirin works at the Yarrabah Shire Council as an administration assistant and Bernice works at the school as an education assistant.

Both agreed it made a difference to have something to do each day.

“It made a lot of difference, actually,” Bernice said.

“Getting up every morning and thinking about the day, how it’s going to start, how it’s going to end, knowing you could change someone’s life or just make their day better.

“I’m hoping people will come out of this thinking

of their future and career, not just for themselves but for their family and the community.”

Moirin said he didn’t want to be on the streets after graduating from school.

“I wanted to do something with my life,” he said.

“I wanted to show a lot of people that there’s jobs out there and there’s dreams that you can chase.

“You can really get your goal if you put your mind to it and you could be a role model for other people in the community and not just yourself, but your family and the community.

“After the youth forum tonight, I hope everyone really takes our word and really look up to us as a role models because we really try our best. I just hope everyone really achieves their goals, it’s not hard as long as you put your mind to it. It would really brighten them up, and it will also make them feel proud of themselves.

“With encouragement, we could show them that they could do it; as long as they get support and someone to lean out nothing could hold them back, they can just go straight for it.”



Deadly

# Profile: Dr Andrew Baade

I was born in Gladstone but moved to Mossman when I was two and soon after lived with my mum on a small farm in Julatten until I was 17, Dr Andrew Baade writes...

We were pretty poor then – we had no running hot water until I was about 12, much less an indoor shower.

Life was good though, and it was a great place to grow up.

Now I am a GP.

I also have a black belt in Choi Kwang Do, I run for fun and play guitar terribly.

And I listen when my wife is speaking.

I was posted here at Gurriny Yealamucka Health Services as a registrar last year.

Before then I knew little about Yarrabah and nothing about Gurriny.

I found I liked the people, found the work interesting and finished my tenure there feeling like I had contributed to the community in some small way.

When Gurriny offered me a return after I finished my



training I jumped at the opportunity.

I love seeing the way that Gurriny works to encourage and empower the people of Yarrabah, and I am continually amazed by the difference people make when they take ownership of their health.

## What's Involved in a Hearing Screening

Otitis Media- which refers to inflammation and infection of the middle ear space. Otitis Media is spread often from body contact. Transmission of the infection is the same as colds, coughs and other respiratory infections. It is usually spread from having the germs on your hands or through spit or mucus (snot).

### THE SCREENING INCLUDES THE FOLLOWING 3 PROCEDURES:

- ⇒ **Otoscopy**- which looks at the condition of the ear canal and ear drum; Otoscopy is a visual examination of the outer/external and middle ear and especially the ear drum, using an Otoscope.
- ⇒ **Tympanometry**- which measures middle ear infection. It is used to examine the function of the middle ear by testing the eardrum using sound instead of air.
- ⇒ **Audiometry**- which measures hearing levels. Audiometry also helps measure a person's ability to hear sounds.

Please feel free to ring the Gurriny Yealamucka Health Service on 422 64 103 or ask for Savanna or Devetta for more information.

## Child health checks on now

Child Health Checks are ongoing at the Outreach Clinic, coordinator Savanna Bulmer says.

“It’s a holistic check to see if your child is emotionally, socially and physically well, and for the moment that includes a hearing test, which is carried out in the big caravan next to the Park there,” she said..

“So the health worker will take measurements, such as height and weight, do some tests for iron and sugar and talk about lifestyle, diet and exercise.

“And then the doctor will check heart and lungs, talk about any concerns and encourage parents and children to ask questions.

“We’re trying to make it as easy access as we can to as many community members as we can.

“The team I’m working with this year is Terry Galvin, Devetta Mundraby and Jannali and Theresa Neal.”

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*