

GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Gurriny News

February 2020

Gurriny's Operations

BOARD STRATEGIC PLANNING

FEBRUARY 2020

Welcome aboard

Strategic planning workshop confirms pace & direction

'The future of Gurriny Health Service' was the theme our Board of Directors' annual two-day strategic planning workshop this month.

Our Directors, some of them new, were joined by our Senior Management Team (SMT) to review our current strategic plan.

"With our theme in mind, it was then about reviewing the progress of the plan and discussing what has changed in our strategic landscape," CEO Sue Andrews said.

"It was also an opportunity to reaffirm our core strategies and to ensure we are on track with

what we set out to do."

She said there had been considerable growth over the past two years.

"Our workforce and service delivery has considerably expanded since our 2018/21 Strategic Plan was developed," she said.

"The Board has been supportive of our SMT's work and our engagement with the discussion

during the workshop was valuable and insightful for everyone involved.

"The board will oversee Gurriny's continued application of the existing Strategic Plan over the next 15 months."

Pictured above are: board members Sandra Houghton; Justin Sheldrake, Linda Sexton, David Baird, Sharmaine Stafford & Chair Les Baird, with Company Secretary Tamilyn Brenner and Independent board member Rob Gaison. Absent: Julianna Cuda and Brian Maloney.

Profile: New Chair Les Baird

I was born in Broome in Western Australia and grew up there until my high school years in Perth...but I failed high school, things didn't work out and I got kicked out, newly elected Gurriny Chair Les Baird writes...



ABOVE: Les at the recent Board & SMT strategic planning workshop

I came to Queensland in 1984 with some ideas in my head but within a week of coming to Yarrabah I had a major spiritual experience and I gave my heart to the Lord.

I became a Christian Minister and worked again in Western Australia, at a place called Oombulgurri, until an unfortunate health issue happened with a family member.

So I had to leave that ministry and we came back to Yarrabah.

Eventually I started working at the Aboriginal Coordinating Council where we got some government funds to do a health feasibility study.

Suicide was a major issue in Yarrabah in the mid-1990s, and people were saying we needed to have their own access to their own doctor and their own health service.

So I came on board with Fiona Percy, Leanne Ramsamy and Barbara Schmidt to do this feasibility study.

The study found the whole community agreed they wanted community controlled health services, we got some money from

a philanthropist who happened to be around at that time and we had a three year project to implement the recommendations out of that study.

Three years.

One of the simple starting points for us was to set up a Men's Group and then things started to grow from there, such as with the setting up women's and youth groups.

During that time I met JCU's Komla Tsey who introduced the Men's Group to Family Wellbeing which eventually became the core Social and Emotional Wellbeing program for Gurriny in its earliest stages.

So although the idea was to set up a clinical and social and emotional wellbeing program for the community and eventual integrate both of these models together.

It has taken 20 years for that to happen.

I've been with Gurriny since then, although for the past 15 years I've been working at a training institution teaching community development.

I was on the board right at the beginning and I wanted to be

chair at this time because Gurriny is very successful but there is still more work to be done and my interest is in completing that work – I still want to see the social and emotional wellbeing work we do integrated with our clinical services.

Obviously I don't think that can be done in 12 months, it may take several more years for things to 'click' into place but what also interests me now is another level of development going on in our community and that's the Yarrabah Leaders' Forum.

The YLF is about making sure government funds intended for Yarrabah come to Yarrabah and are used for Yarrabah's purposes.

The only way to make that happen is for all our organisations to work together and that is what's happening – our situation is unique.

We still have a long way to go but at least we are setting up some key foundational platforms to work from, and I believe myself and Gurriny has much to offer our community in making our way forward from here.

Promoting 'Deadly Choices' key to health promotion day

Promoting healthy lifestyles, fitness and smoke-free awareness were all on the agenda at our first Health Promotion Day of the new decade Health Promotions Manager Lucrecia Willett says.

Held at Bishop Malcolm Park last month, she said the day was a success.

"We extended an invite to all of Gurriny's internal program areas to give them an opportunity to promote their programs and services," she said.

"So we also had Family Healing, SEWB, RSAS, reception and Chronic Disease with us as well.

"Those teams said it was a fruitful and beneficial day for them and they were hopeful the community engagement they enjoyed on the day will translate into more people accessing what they have to offer."

She said to 'watch this space' and other community noticeboards and newsletters for other events over the year.



At the Health Promotion Day people were asked to fill in a tobacco survey and sign a no-smoking pledge to be eligible to go in the draw for some deadly prizes.

Our winners were:

Audrey Ambrym: Blender

Tiana Yeatman: Kids Bike

Jermaine Harris: Slow cooker

Suella Stafford: Sandwich maker

Shikita Mow: Fitbit



Youth hub open for business

Our new Youth Hub on Workshop Street was opened in October last year by Minister for Indigenous Australians the Hon Ken Wyatt AM MP, CEO Sue Andrews says.

"The funds towards the building came from Minister Wyatt's department when he was Minister for Aboriginal Health and Aged Care," she said.

"Since the opening there has been a great number of youth traffic into the youth hub and this is exciting to see."

She said meals, a washing machine, showers, tv and, most of all, just being safe were all proving to be the biggest drawcards for young people 'dropping in' to the

Yarrabah Youth Hub.

Coordinators Tamar Patterson and Paul Neal said engagement was good.

"We're taking every opportunity we can to assist those who come by offering other help with whatever it was they need in their lives," Tamar said.

"Paul and I have also talked to them about ownership of the place which is just having a little conversations along the lines with them around, 'you're safe, respect

what comes out of it, it's your space."

She said SEWB team members had been in to cook with them.

"They've also worked with the Healthy Lifestyle Program, which is out of Deadly Choices," she said.

"A lot of them have been happy with the meals and we've been happy to support and encourage them."

Paul said they were getting good numbers despite having no transport.

"We've still seen a flourish of youths come through, we don't have a transport for this hub but its good to see that the youths are coming in at their own will," he said.

"The most important thing

to see is the peer to peer exchanges, which are slowly but surely helping to increase our client-base and build confidence about what we are doing with the young people themselves."

He said talented young artist, Dylan Neal, 19, was a good example.

Dylan said the best thing about the Hub was it kept him away from his house.

"And the conversation with some of the boys when they come here," he said.

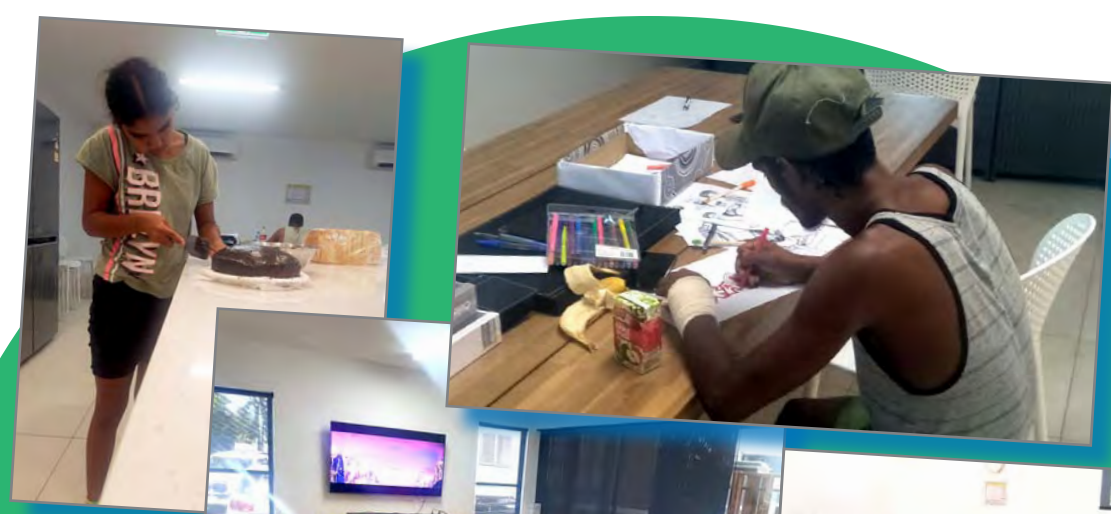
"We just sit and talk and draw."

Paul said they had plenty of space to allow the youth to do as they wish and they were starting to pick up on that very well.

"Just having that one extra meal a day seems to uplift them and the rapport between themselves and us, lots of laughing as well as the more

serious stuff," he said.

"We're keen to support them and keep them safe as much as we can."



These pics were taken by our youth at the hub



Dentists welcome new team member Rita

Our dental team is pleased to welcome Dr Rita Louise to Yarrabah.

Rita comes to us from Edmonton Dental Clinic and will be working Tuesday and Thursdays in Adult Clinic for 2020, backfilling for Ron who is on leave.

I'm originally from the Seychelles Islands and have been in Cairns for the past 10 years, new dentist Dr Rita Louise writes...

The Seychelles are a group of islands in the Atlantic Ocean and as quite a small place which is very community-based, I feel it has some resemblance to Yarrabah.

I have mostly been working at Edmonton Community Health Centre and I did a number of trips to the northern communities when I first started with the Flying Doctors.



Our clinic hours are 9am-3pm and school dental days are still Monday, Tuesday and Wednesday from 9am-3pm.

We work on an appointment basis so please phone 1300 300 850 or call in to see us to make an appointment.

Adult patients **MUST** hold a current Health Care Card (not expired) or Pension Card to be eligible and need to bring to their appointment.

Under 18's require a Medicare Card.

We recommend brushing your teeth and gums twice daily and limiting sweetened and acidic food and drinks to help reduce dental problems.

Local Org Netball Challenge



GYHSAC v YASC

Are there any local organisations wanting to take up our challenge and represent???

Venue: Jilara Oval netball court

Uniform: Just wear your organisation's colours

Time: Mondays 5pm

For more information contact Lucesia Willett 4056 0013



The Board & SMT

Pictured left to right at the Strategic Planning meeting was: Chief Financial Officer Craig Ford; board members Sandra Houghton & Justin Sheldrake; CEO Sue Andrews; board members David Baird, & Linda Sexton; Company Secretary Tamilyn Brenner; Board Chair Les Baird; Sharmaine Stafford (in front); Business Development Research Manager Ruth Fagan; independent board member Rob Gaison; Senior Medical Officer Dr Jason King & Director - Operations Karen Dennien. SMT staff not in the picture, but in attendance was Human Resources Manager Susanne Dale.

A word from the CEO...

Many of you may have seen on our Facebook page that Cairns Hospital was forced to close the Emergency Department (ED) over the weekend of 9 February because of antisocial behaviour putting staff and other people's lives at risk, CEO Sue Andrews writes...

Fortunately we were able to step in call and emergency meeting with all stakeholders and put a community response in place which led to the ED being up and running again by 7am on the Sunday morning.

There was a lot of community engagement about what we could all do to support the staff –

including standing at the bridge ourselves where all this activity was happening.

Overall it was a good engagement from the community, Gurriny and the Cairns Hospital, with the police and even the unions involved.

It's so important to stop this from happening to make sure we continue to have an ED.

Our ED has saved many lives from just about everything from stinger bites to accidents, heart attacks to drug overdoses.

Since February we have been running smoothly enough but we need the community to continue to be vigilant.

We need to keep talking to our kids, neighbours and families.

If your kids are doing this antisocial behaviour, let them know it's important that they don't.

Last week the Council CEO Leon Yeatman, a former Broncos player from here, addressed the whole school on their parade day.

He let the kids know how important it was to have an ED in the community because it might be their grandparents or their baby sister or even themselves who might need to visit that service one day.

And make no mistake - if antisocial behaviour continues in our community the ED service will be pulled, and none of us wants that.



LEFT: community and staff doorknocking neighbourhoods to speak to to parents about supporting each other and working together in the community

Profile: Board Member Justin Sheldrake

New Gurriny Board member Justin Sheldrake was born in Cambridge England and spent his early years living in Scotland before relocating with his family to South Australia in 1975.

He moved to Melbourne in 1979 and completed his HSC and Bachelor of Business at RMIT University. Following a chartered accounting career in Melbourne and having previously working for some of the leading accounting and insolvency firms over the past 25 years, he relocated to FNQ in 2001 with his wife Sharon.

Favourite day of the week: This is a hard one, I like both Mondays and Fridays, Monday being the start of the new week giving you opportunities for the week ahead, whereas Friday marks the last working day of what you have achieved for the week.

Favourite team: I have passion for Carlton in the AFL, Cowboys and Storm in the NRL, and Tottenham in the EPL.

Current position: I operate my own consultancy and business advisory practice.



ABOVE: Justin sitting with Gurriny's Chief Finance Officer Craig Ford at the Board's strategic planning workshop

Why did you want to be a part of Gurriny:

I have always admired the work and improvements undertaken by the people of Yarrabah and to be invited onto the Gurriny board, I am able to pass on my accountancy and finance experiences to the organisation.

Together with my background and life experiences, I hope to make a positive impact on the Board and Gurriny and be part of a growing and important health and wellbeing service for the people of Yarrabah.



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

SEE WHAT'S GOING ON WITH GURRINY YEALAMUCKA LATELY, FOR UPDATES ON ONGOING/UPCOMING EVENTS AND PROGRAMS, LIKE AND SHARE US ON FACEBOOK!!!

Find us on



Doc Jason's Word... COVID-19 (Corona Virus)

Corona Virus is not here in Yarrabah yet, but here is how you can best protect - this is what YOU can do and what you need to know to PROTECT OUR MOB.

WE NEED TO PROTECT

People who are 50-years-old or older and people with heart problems; high blood pressure; lung problems; cancer; diabetes or kidney problems. If you have any of the above: stay away from sick people and only go over the hill for a very very important reason.

If you are a healthy person: stay away from other people if you get sick; help those at risk to stay home by bringing their shopping and mail to them; look after yourself – if you have a runny nose or headache stay at home and take Panadol/Panamax for your headache or body pains; rest and keep drinking clean water.

WASH YOUR HANDS, AS OFTEN AS YOU CAN

COVID-19 hates clean water and soap! No water or soap?

Use hand sanitiser or Wet Wipes.

COUGH OR SNEEZE INTO YOUR ELBOW OR A TISSUE

then throw the tissue in the bin!

DON'T TOUCH YOUR MOUTH, FACE OR EYES!

FLUSH YOUR TOILET WITH THE LID DOWN!



If you come to Gurriny with any of these: a sore throat; dry cough; fever, body pain; short winded or can't breathe properly, you MUST:

- Put on a mask
- Clean your hands
- Tell reception that you are sick

COVID-19 can live on surfaces for up to 5 days. To be ready, clean up any junk around the house and take it to the tip. Cleaning the floor, walls and surfaces with diluted bleach or disinfectant will kill it.

**A CLEAN AND JUNK FREE HOME
IS A HEALTHY HOME!**