

GURRINY news

HEALTHY
PEOPLE
HEALTHY
COMMUNITY

ISSUE 9: March 2014

Planning for a strong healthy future



In the wake of a weekend away of planning for Board and Senior Management, Transition Manager Ruth Fagan says the completion of the Patient's Journey part of Gurriny's Model of Care means we are another step closer to our goals.

"Ultimately, what we have to do is deliver the services in a way that we empower our patients to self manage," she said.

"That's where we want to be at the end of the day so they are self-managing.

"We do everything they need us to do, but they're controlling it - they're managing their illness, they're managing their treatments when they can and they're managing their own well-being."

But she said the journey was not without its hiccups along the way.

"We currently don't have a large enough workforce to complete this journey," she said.

"So we're at the stage of transition now where we're sitting down with Queensland Health and with the Commonwealth to talk about the money which needs to come across to Gurriny.

"And some of that money has to be to employ people.

"What we've done over our planning weekend has helped to give us an idea of the type of people we need, the number and the skill mix.

"There are still details to be

sorted out with existing staff and there are already lots of pressures there, such as changing job descriptions and security, etcetera.

"There are lots of decisions and agreements to come to and the most important thing to everyone is that we cannot have any disruption to services throughout this.

"So that's why the Patient Journey has been so important for us - it 'operationalises' the Model of Care and helps us to very clearly see where we're going, how we're going and what we still need to do to get there."



26 January 2014 Yarrabah-way!



Several hundred locals and visitors celebrated the 20-year anniversary of the community's first Survival Day at Jilji last month. Activities included a 5km marathon run, beach cricket, swimming, horse riding, bbqs, kids' painting, dancing, live music, a sand castle building competition and much more, with Gurriny staff on hand to provide kids' activities, fresh fruit, bba and cold water on what was a great day for Yarrabah.



Breaking new ground for youth in Yarrabah

Stepping upwards and onwards from Gurriny's regular and highly successful Young Persons' Health Checks program is the aim of engaging youth in a new strategy to support their ongoing wellbeing.

Youth Awareness Officers Tamar Patterson and Paul Neal have been working with other local stakeholders to lay the groundwork for a set of lifestyle programs which will ultimately be shaped and developed by youth themselves.

"This is something they're going to take more control of, rather than me going in as a clinician," Tamar said.

"So for me it's exciting because it's a newer area for me and I get to work a lot more closely with that sort of energetic side by involving youth in activities, building a rapport with them on their own level rather than just at a clinical level.

"I think it's important to say today that the energy is already there with Gurriny.

"We started engaging with that 15- to 24-year-old age group on the clinical side



with the Young Person Health Checks, now it's about trying to give them a chance and an opportunity to help with building a program according to the way that they feel is appropriate.

"And that will be from that social and wellbeing perspective, not just a clinical perspective.

"I think it's important also for Paul and I to understand that we're not going to be the only two to tackle it, we also have the support of Ross Andrews, who already works with youth, the church group and different organisations within the community.

"We are looking forward to working very closely with them."

Paul said while they were doing the groundwork, youth themselves would be shaping whatever came out of a Youth Forum being planned for early April.

"The way we see it, it's about the youth and engaging in a set of lifestyle programs which are about looking after themselves as well as their peers and including things like suicide prevention strategies," he said.

"We haven't yet shaped the program as much, we want to be building that part into a Youth Forum we're going to have which we hope will give us enough feedback to set some programs in place.

"It's a broad area, but we're breaking new ground tackling youth issues in this way, it hasn't been done in this way coming from the community before."



Profiles

Board Member Shennaë Neal

I was born and raised in Yarrabah and finished my schooling at Gordonvale State High School.

Growing up in Yarrabah was one of the blessed things that have happened to me because we are surrounded by our people and family who are supportive and look out for one another.

I have worked for the Department of Human Services – Centrelink – as an Indigenous Specialist Officer in Education for five years and I am also a full-time student at Tranby College in Sydney studying Legal Advocacy. One of my interests is working with Indigenous youths who want to make a difference, not only for our community but worldwide, and who want to see and achieve great things. I would like to see Yarrabah really

get behind them so they are ready to take over what our elders and parents have left us and lead the way into our future.

I started in health as a part-time casual receptionist for Gurriny while I was still at school, and I also worked as an admin officer for Queensland Health. I learned many things from this experience and believe our People need the best quality health service they can have. Our People also need to be treated equally.

I signed up to be a board member because we have a great Board who have some great and inspiring knowledge which I believe needs to be



passed down to us as young people. I have had to have courage to push myself and believe I can work with our elders on boards, learn from them, and help to point Gurriny in the right direction for our People. I have a long way to go and understand my journey has only just begun. Being a member is one of the great experience in my life, I encourage all young people to become members of Gurriny so we are all ready to take on whatever comes next.

Meet our staff...Savanna Bulmer & Lynn Yeatman

Savanna Bulmer

Indigenous Child Health Worker

Born in Cairns

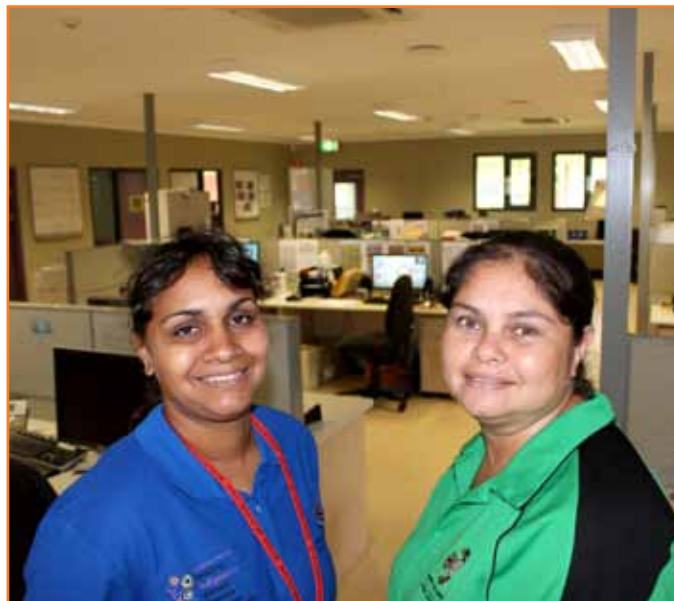
Why health? Something I like doing and I like to help my people. I enjoy working around children as well.

Weekends? Fishing, walking, going out.

Fave Music: R & B, pop, reggae – mix of everything.

Fave Bush Tucker: lots of it!

Fave Team: Seahawks.



Lynn Yeatman

Childcare Links Coordinator

Born in Cairns

Why health? To help my community and family have better health conditions.

Weekends? Family, the beach, restaurants in the evening.

Fave Music: Country Gospel and faith and worship songs.

Fave Bush Tucker: turtle meat and fish.

Fave Team: Go the Cowboys!

COMING UP IN OUR NEXT ISSUE:

- What's next!
- Transition update
- More staff profiles and pics