

GURRINY Yealamucka

HEALTHY
PEOPLE
HEALTHY
COMMUNITY

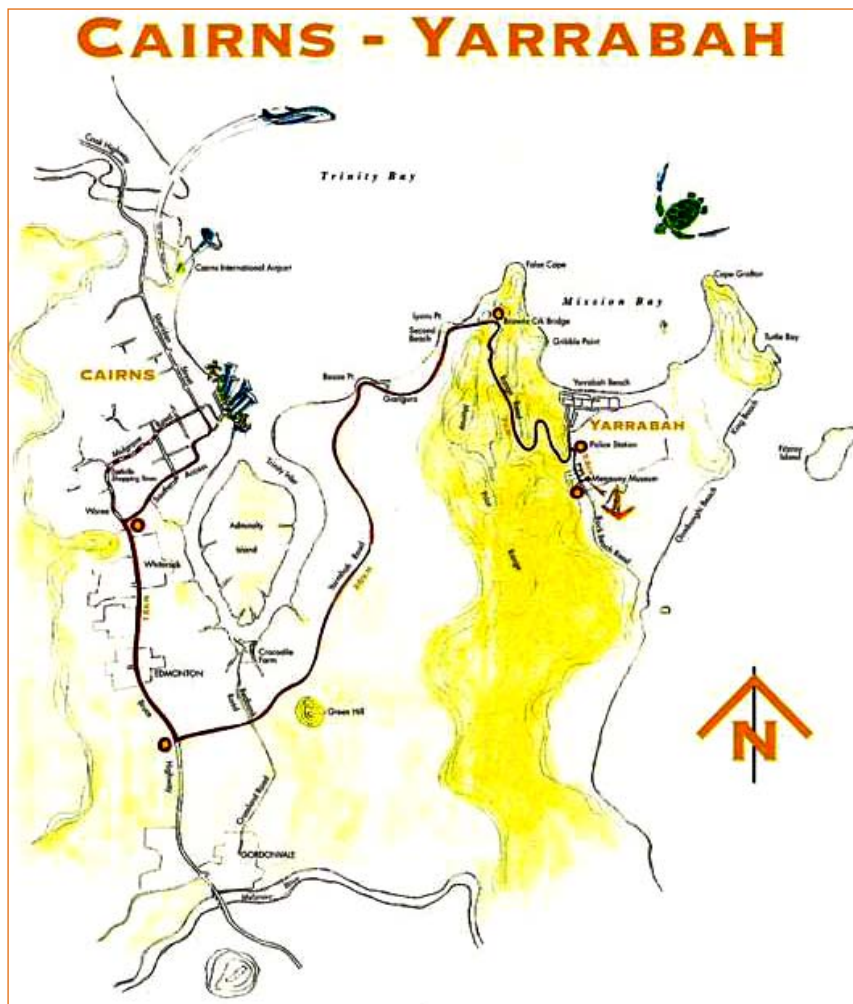
Health Service
Aboriginal
Corporation

Annual Report 2014-15



Yarrabah Community Profile

The Yarrabah Shire is situated along about 60km of coastline to the south east of Cairns between False Cape in the north, around Cape Grafton and down to Palmer Point in the south.



The Community lies about 12km to the south east of Cairns in and around Mission Bay. By road it is a 53km drive from Cairns CBD which takes about 45 minutes to travel. Geographically, our land area could generally be described as a long slender shape bounded in the west by the Murray Prior Range and the coast on the east.

It has an overall length of about 30km and is about 2.5km wide in the south, but broadens out to almost 8km across the northern part.

It has an area of about 154 square km.

Initially European influence began in earnest with the establishment of an Anglican Mission on this same location on the 17th of June 1892.

Over the years, subsequent state government administrations forcibly relocated Aboriginal and some South Sea Islander peoples from far and wide to Yarrabah. As a consequence most local residents can claim both traditional and historical ties to the area.

The first Aboriginal Council in Yarrabah was established in the mid-1960's, principally as an advisory body.

Community Council status was first granted in 1986

through the Community Service (Aborigines) Act in 1984.

Under the Community Services Act tenure known as DOGIT - Deeds of Grant in Trust - were established where the land was held in trust by the Council of the day.

In 2004 the Queensland Government passed new legislation - the Local Government (Community Government Areas) Act 2004, which transitioned Community Councils to Aboriginal Shire Councils by the year 2008.

Yarrabah is now governed by an elected Aboriginal Shire Council under the Local Government Act of Queensland and remains under the DOGIT system of land tenure.

The community has an official population of 2722 people according to the 2010 census and unofficially - due to a known deficit in accuracy in census reporting - of more than 3,000 people.

A health profile of the community indicates chronic disease is the main reason people get sick in Yarrabah.

Hypertension (high blood pressure), hyperlipidaemia (cholesterol), diabetes and asthma are the most prevalent..

Gurriny Yealamucka Health Service Aboriginal Corporation 2014-15 Annual Report

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2014-15 Annual Report edited by David Baird.
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From Health Council to Primary Health Care Services: a short history of 'Gurriny'

The Yarrabah Health Council was established in 1993, out of the Yarrabah Health Council of 1989, by the Yarrabah Aboriginal Council because community members felt the health needs of residents were not being met by state government-run health services.

Objectives

1. To improve and maintain the health and wellbeing of all people in the community of Yarrabah and surrounding areas, through community participation and by providing a community-based and community-controlled Aboriginal Health Service, in a culturally sensitive manner;
2. To increase and maintain the health standards of the people in Yarrabah and surrounding areas by establishing an Aboriginal Community Controlled Health Service;
3. Incorporate Primary Health Care as the major foundation to serve multi-purpose community controlled Health Services;
4. Identify the priority requirements for improving the health standards and delivery of health services and programs to the people of Yarrabah;
5. To develop policies and strategies to promote and improve the health status of Yarrabah people;
6. To collect, co-ordinate and manage data and conduct research into matters relating to the health of the people of Yarrabah and surrounding areas;
7. To raise the awareness of priority health areas affecting the health and well-being of Yarrabah people before the public and to the attention of the appropriate authorities;
8. To network and co-ordinate health information with all other community-controlled health services in Queensland, Australia and overseas;
9. To be able to participate in social research studies in any other Indigenous Health Service in Australia, or other parts of the world;
10. To lobby local, state and federal governments and international organisations for financial aid;
11. To develop and implement education and training programs in all health areas on a needs-based service criteria.

Funding to establish the Yarrabah Health Council was received from the Aboriginal and Torres Strait Islander Commission (ATSIC).

The role of the Yarrabah Health Council was to conduct preventative health care programs primarily for rheumatic fever, hearing health, diabetes and suicide prevention.

A community decision to make the transition from the Yarrabah Health Council into Gurriny Yealamucka Health Services Aboriginal Corporation was made in 1997 and commenced in July 2002, with final stages of that transition being completed in December 2003.

In 2000 the Yarrabah Health Council formally reviewed its operations, changed its name and was incorporated as an Association, under the name of: Gurriny Yealamucka Health Services Aboriginal Corporation (GYHSAC).

The words 'Gurriny Yealamucka' are from the Kunghanghi language and mean 'Good Healing Water'.

GYHSAC is an Incorporated Aboriginal Association under the Aboriginal Councils and Associations Act 1976 (hereinafter called "the Act").

Since its inception the Board of Directors have actively developed the organisation to become the lead health agency in Yarrabah.

The core business of GYHSAC is to provide a culturally sensitive, multipurpose Primary Health Care Service, and to ensure effective coordination of health services in Yarrabah in partnership with Queensland Health, Yarrabah Community Council and Commonwealth Department of Health and Ageing.

The primary focus is on preventative health care including strategies that target early intervention.

Vision

Gurriny, as the Community Controlled Health Services will lead the advancement of equitable health outcomes for the people of Yarrabah

Mission

Gurriny Yealamucka Health Services will "Close the Gap" through progressing quality health care services that are underpinned by gold standard governance business practices

Goals

To increase and maintain the Health standards of people in Yarrabah and surrounding areas by delivering a service through the governance and management of an Aboriginal Community Controlled Health Service. In partnership with Cairns Hospital Hinterland & Health Service develop a capacity building infrastructure that supports Gurriny Yealamucka Health Services to incorporate Primary Health Care as the major foundation to service a multi-purpose community controlled health service.

Chair's Report

Sandra Houghton

What another remarkable year 2015 has been and certainly an improvement on last year when we achieved transition and what a relief as Gurriny Yealamucka Health Services Aboriginal Corporation continues to grow and get stronger.

It is a testament to everyone involved from our members, to our Board, the CEO and Senior Executive Management Team and our staff as we write about the highlights and our achievements for 2015.

We continue to recruit non-member independent Directors and this year we welcome Thomas Cameron – a Barrister and Solicitor from the Supreme Court of Tasmania, Robin Giason – a CEO in Management in marketing from Australian Marketing Institute and David Williams – Chartered Accountant and CFO of Primary Resources Investment Group.

The growth of Gurriny means we as the Board of Directors have to grow as well in our knowledge and skills to increase our ability to govern a growing organisation and manage the Board room agenda as they become more complicated.

Ongoing training continue to support the growth of our Board and the addition of our independent Directors bring a wealth of knowledge in legal matters, in accounting and in marketing.

This will strengthen governance, provide better support for management and its operations and increase our knowledge and understanding around business modelling.

I congratulate the CEO Suzanne Andrews, the Senior Management and all



support staff for Gurriny has performed really well against the key performance indicators and bettered state and national data in the delivery of primary health care services.

Gurriny has proved community control works and is best placed to meet the health needs of our community.

To support the delivery of quality health services from the Board room we will continue to work hard on making sure we govern well and strive to be leaders in the area of governance.

Good governance will provide a strong foundation and support for management and staff as we go through organisational changes, government reforms and to be always ready to address long-term, new and emerging health issues.

Gurriny has always had strong spiritual support through its membership and Board makeup which includes many who are Christians and that continues today.

I strongly believe the spiritual support



is the backbone of Gurriny's success and it has forged together many people over the years who have brought Gurriny to where it is today.

We urge all Yarrabah people to continue to support Gurriny and, as we begin to enter into the next half of this decade, we want Gurriny to show it continues to lead the way in community control through the health improvements of our people.

Above: Board and Management Staff strategic planning meeting in February 2015

2014-15 Board Members

Sandra Houghton (Chair)

Mahalia Mathieson

Sharmaine Stafford

Linda Sexton

Lucy Rogers

Elverina Johnson

Independent Board member Sonja Johnson

Independent Board member Robin Giason

Independent Board member Tom Cameron

Last year's Board was focused on actually achieving the transition, Gurriny CEO Sue Andrews says. "At a planning meeting in February this year the new board set the agenda for the next 12 months.

"Now we've achieved the transition it's more now about settling in and strengthening the systems and the processes, the frameworks, the infrastructure.

"We have two new Board members who are actually independent members, so they're not elected from the community but they've been invited because of their expertise.

"Robin's expertise is around marketing and Tom's is around corporate law.

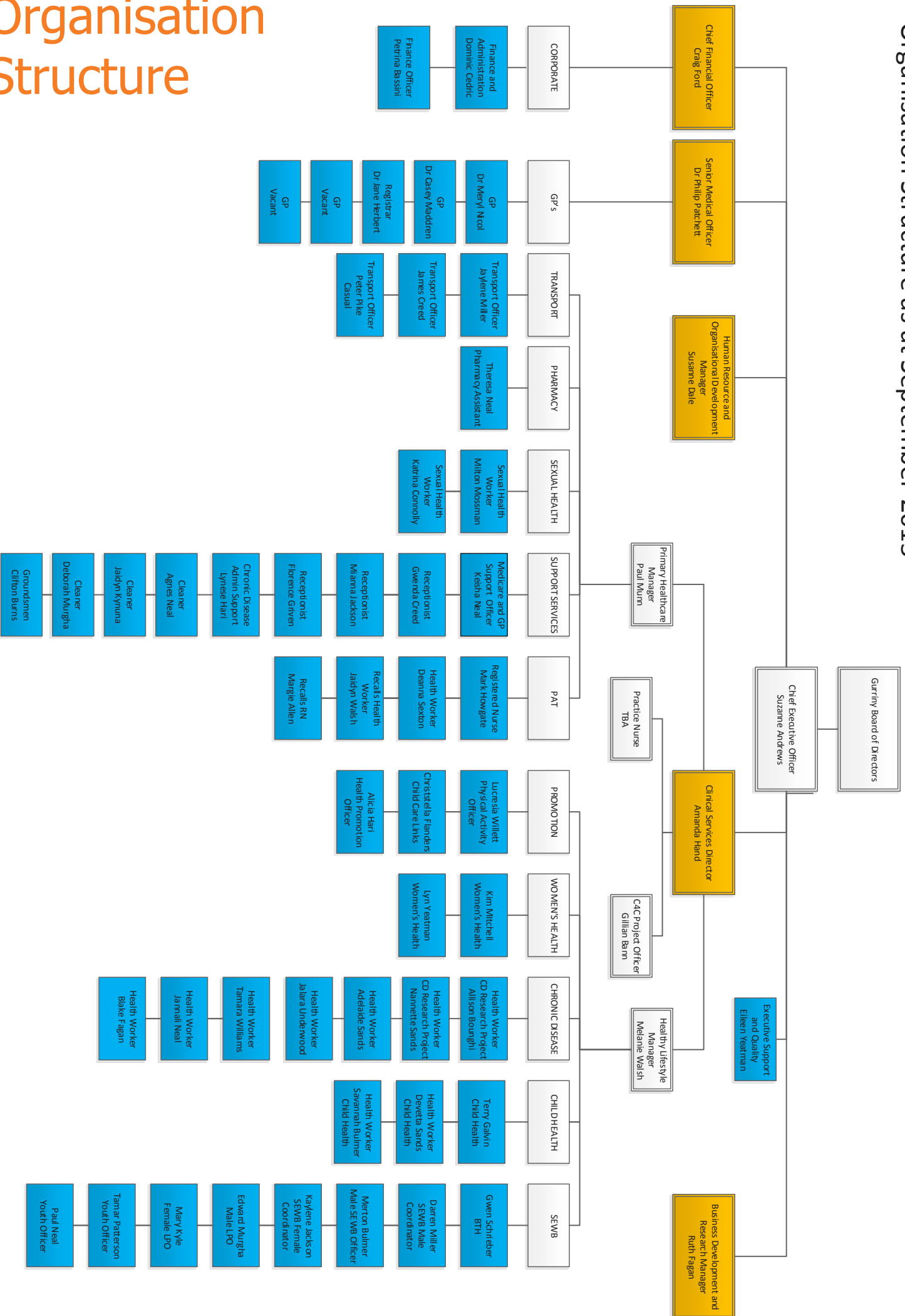
"And we also welcomed back to the board Elverina Johnson." *Gurriny News March 2015*



Above: Board and Management Staff strategic planning meeting in February 2015

Organisation Structure as at September 2015

Organisation Structure



CEO's Report

Sue Andrews

Welcome to another year of exciting developments for our organisation and our community. The achievements 12 months on from post transition has lived up to our expectations and more. Let us share with you these developments and how we continue to build Gurriny and how Gurriny is helping to improve the health and lives of our people.



There is so much to report on from settling into delivering a full suite of primary health care services, getting our systems and processes firmly established and incorporating a sustainable business model.

This has only been made possible with the support of the Board of Directors, my Executive team and all the dedicated staff.

Post Transition

It has now been 12 months since we achieved transition and as exciting as the celebrations were this time last year we are all reminded about the challenges that are set before us to deliver a health service that will meet the needs of the people.

Gurriny made an exceptional start in its first year in delivering primary health care services.

This year we increased our workforce and welcomed 16 new staff members to

administration, clinic, and management, some as full time, part time project work and casual. In addition we created a pool of casual workers including bus drivers and cleaners and that shows Gurriny is providing work opportunities for people in Yarrabah.

We have expanded our Board by including non-member skills based directors plus a company secretary.

We now have a Board make-up which include skills mix of company law, marketing, health and financial.

We continue to make sponsorship contributions towards YASC events, various sporting events like the Yarrabah Netball, football, AFL and many other community events as we know sports & events participation is a vehicle to continued good health.

The statistics provided by our Clinical Service Director and her team shows how

Gurriny has noticeably improved the delivery of primary health care service.

Organisation and Systems

To support management and staff to deliver the quality health service that meets community needs we must have quality systems, trained staff and effective management. These developments are good but we must determine how effective these developments are on our operations and functions and by making sure these areas work well together we can achieve that. I am pleased to say we have improved our internal systems and processes and that is shown by Gurriny continue to meet AGPAL accreditation standards in clinical governance and ISO accreditation standards in overall governance and management.



Business Model

We are all well aware of Gurriny's growth since it has been engaged in transition and the growth has really accelerated in the last 2 years.

Our growth and the constant changes in governments and departments meant that we in the Executive team and along with the Board have to now look at how we can embed into Gurriny a business model to create more opportunities including commercial consideration and have more scope to community development.

Activities and Events

Once again Gurriny has engaged in many activities and events both solely and in collaboration with other organisations and services from Yarrabah and around the district. We are pleased to see Gurriny lead and co-lead in a number of community events including the ICE Rally with Gindaja, World No Tobacco Day, the Under 8s Day Child Expo which provided fun activities for our children, the Bowel Cancer week and the annual events just to name a few. Gurriny continues to have the mobile van clinic out and about at community events as it is an important part of

Gurriny's plan towards delivering optional services and having the opportunity to take the services to you in a more friendly and social environment which also allows us to engage more with the people.

The Next 12 Months

In the next 12 months we will focus heavily on developing our business model, underpinned by continuous quality improvements. As well as delivering a comprehensive primary health care that improves access, gives ownership, and continue to adapt and reform the health service to meet community needs all the while supported by a robust business model.

Transition, Research & Development Manager Ruth Fagan

The beginning of this year marked 6 months after the handing over of Primary Health Care delivery to Gurriny from Queensland Health.

The years leading to this point were extremely stressful and difficult however as we began 2015 Gurriny was ready to move forward with a fresh outlook for the future.

Over these past years Gurriny has continued to partner with Universities on social health and clinical research projects including:

- Safe Sleeping Babies (Baby Bot)
- Getting Better at Chronic Disease
- Young Persons Health Check
- Anaemia in Children
- Social Health and the risk of Diabetes

Although Gurriny sees the benefits of Research our priority is to ensure that the type of research will add value to health care in Yarrabah. One of the strategies that I am currently working on is the development of a framework that supports us to only work on projects that are relevant to the needs of our community. Research can also create opportunities for Gurriny staff and community members to gain other skills including project planning, developing questionnaires, managing data and running focus groups.

In addition to working with Universities, Gurriny is required to complete a 12 month plan around what types of programs will be delivered during that time. An important part of this process is to understand the needs of the Community and also gathering feedback about what worked well and what we can improve on. I would like to encourage members of the community to tell us what they like and dislike as well as coming along to any community events or completing surveys as this information is very helpful.

In 2015, Gurriny staff have presented at a number of conferences throughout Australia including the Creating Futures 2015 conference (Mental and Social



Health) and Sexual Health Conference. Conferences are a great way to promote the health service and community and the feedback from organisers and participants is always very positive.

Finally, as this year has progressed the community has continued to experience many challenges however despite this we seem to continue to keep moving forward. I would like to extend my best wishes to the Board, Members of Gurriny and Community for your ongoing support during 2015. I encourage the community to make healthy choices, seek support from our teams and help each other during difficult times.

I hope that in 2016 we see a stronger united Yarrabah with service providers working together in better ways to support each other and those who need our care and attention. God's Blessing to All.

Human Resources Department **Susanne Dale**

It is with a little apprehension I pen this report due to the fact I have only been in the role of Human Resources Manager with Gurriny Yealamucka Health Services since the 6th July, 2015 on a full time basis and to date have been busy ensuring that GYHSAC's HR Department is compliant.

GYHSAC's HR department was left unmanned for several months due to the departure of my predecessor which made it very hard for the current Managers to manage their own areas plus the Human Resources Department. This created additional challenges with compliance and policy implementation in the HR department and such a mammoth task one we can now competently say is completed.

However, I am excited to say we were advised that we were the only community and health

based organisation that had 100% compliance with the Child safety requirement.

We have made several changes with policies at Gurriny, the biggest being that the staff Rostered Day off system has changed from staff having fortnightly RDO's to monthly RDO's this has been a success as far as Management of GYHSAC are concerned as it has allowed the organisation to be more efficient with the delivery of service on a Friday.

I am mentoring the managers around Governance of all Staff

to ensure that they have the tools to manage and supervise the frontline staff and as required to remain compliant at all times.

Possibly one of the biggest changes to be made is how the Managers have previously implemented the new annual leave policy. Gurriny wants to eliminate the possibility of too many staff being away from the organisation at any given time to ensure availability of staff and services are consistent with the vision and mission of Gurriny.

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Recruitment

GYHSAC has seen several new staff in the 2014/2015 financial year with:

- Dr Phil Patchett – being appointed in the role of Senior Medical Officer – SMO – Phil worked with Gurriny as a Locum for several weeks prior to being appointed.
- Dr Meryl Nicol – a Permanent Part Time Doctor – PPT
- Susanne Dale – being appointed in the role of Human Resources Manager– HR Manager – Susanne worked with Gurriny for several weeks as a temp before accepting a full time role.
- Dominique Cedric has returned to Gurriny after finishing her Leave without pay break – Dominique is currently based at Workshop st, with Craig and Petrina.
- David Baird has returned on a fixed short term contract in the role of Project Officer – David is busily helping the CEO ensure that Gurriny is meeting all its Audit recommendations.
- We have had some internal restructures, where some staff have been moved into a different role or are conducting a dual role, this has been mainly due to the fact the additional role does not warrant a part time or full time role.

Gurriny currently continues to utilise the services of Locum Doctors, though come February 2016 we envisage that we will only require the services of Locums to cover annual leave and study leave, or special projects.

Gurriny continues to support the registrar training program, this program has seen the allocation of some very good Doctors, one of these being Dr Andrew Baade who we look like being successful in having return next year on a full time basis as a fully qualified General Practitioner.

Indigenous Health Workers

We have seen several of our Health workers obtain their provider numbers, which is a huge achievement on their part as well as Gurriny's.

Services

Over the last six months we have seen the services that Gurriny can offer to the women of Yarrabah including the service of pregnancy ultrasounds and several other women health services.

Training

We have had several staff attend different training over the last twelve months, the biggest being our mid wife who completed her accreditation in being able to perform Early Pregnancy Assessment and Cervical screening and Implanon NXT accreditation.

Up Skilling

The HR Department has adapted an up skilling of current staff policy and all staff are being up skilled in other areas so the organisation is not reliant on any one given person for a role. Some staff have had the opportunity to put their new skills to the test, by undertaking higher duties in the absence of some staff due to leave or RDOs or training.

A Skills Expression Of Interest has been produced and is in distribution throughout the community to enable us relevant information so I can compile a “Needs Analysis” with what skills and trades are available within the community. I am seeking to achieve the ultimate goal of Yarrabah as a self-sufficient community, eliminating the need to depend on contractors, who in turn take the money away from the community and thereby not allow our local residents the opportunity or resources to obtain and learn new skills. If we can move forward, this will create jobs and future training for all our younger generations, as they will hopefully be employed by established skilled community members.

I am looking forward to the next year being more productive, as I see Gurriny and its staff has so much potential. With further training in the chosen career paths of Gurriny's employees as well as future plans and development of the community, we will all witness the growth and production of what a lot of hard work and careful planning can achieve for all involved.

Clinical Services Director Amanda Hand

The clinical services area encompasses both the Healthy Lifestyles Unit – Health Promotion, Women’s Health, Chronic Disease, Child Health, Social and Emotional Wellbeing and the Primary Health Unit – Recalls, Transport, Sexual Health, Admin, and Triage.

These units operate within the Gurriny Patient Journey Model which is designed to promote overall health awareness, diagnoses and self-management. The model describes access and flow of patient care for all Yarrabah residents who engage in the service.

Our first 12 months of Community Controlled Comprehensive Primary Health Care have been incredibly successful and we aim to continue this success into the future. Data below shows our service provision in comparison

to both the rest of Queensland as well as the rest of Australia, and demonstrate that in a short period of time our service provision far exceeds that of other services.

The high level of service provision is thanks largely to a dedicated team of health professionals that ensure our clients have the highest level of best practice care. We have aimed to provide an integrated model of care that encourages all of our teams to work together to meet shared key performance targets as well as expanding

service options for clients.

Our service continues to maintain RACGP accreditation and has also achieved ISO 9001 re-accreditation during 2014/15. We continue to provide a training environment for GP Registrars and now have accreditation as an advanced skills post.

Gurriny has welcomed our new Senior Medical Officer Dr Phil Patchett, who comes to us with vast experience and knowledge. We have also welcomed Dr Meryl Nicol as a permanent Doctor.

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Service	Gurriny	National	Qld
Child Health checks	53%	32%	37%
Adult Health Checks	46%	44%	52%
Child immunisation after 3 years	69%	57%	48%
Immunised flu>50	46%	42%	31%
GP Mgt Plans	76%	50%	51%
HbA1C(diabetes) test < 6 months)	59%	51%	51%
Kidney Function test (diabetes)	78%	66%	67%
Blood Pressure recorded	74%	68%	69%



Some of our most exciting achievements over the past 12 months include :

- Over 1100 fluvax's provided to Community members in 2015 compared to under 200 in 2014;
- Improved access to allied health and specialist care including dermatology, podiatry, physiotherapy, exercise physiology, dietetics, diabetic education, psychology, cardiac rehab and social work;
- Improved coordinated care for chronic disease clients.

Improving health outcomes in our community is a partnership and you can help us to continue to close the gap by:

- Improving your own wellness by having a health check;
- Encouraging women to come in and talk to our maternal health staff before and as soon as they are pregnant;
- Considering a quit smoking experience;
- Participating in exercise – play a sport, take a walk, join our exercise group;
- Asking if friends and family are OK?? Our spiritual health is key to our overall wellbeing;
- Telling us what you think – we welcome your feedback about our service, it helps us grow stronger and ensures our service is 'Yarrie Style'.



Primary Health Care Manager Paul Munn

Since transition to community control in July 2014 Gurriny has assumed complete control of the clinic operations at Bukki Rd. During this time we experienced difficulties however clinical staff continued to run their areas of responsibility with utmost heart and effort resulting in quality health care for the community.

In the latter half of the year we successfully recruited to a new SMO Dr Phil Patchett who has had extensive experience in Aboriginal Medical Services for the last eleven years.

Dr Phil is responsible for the oversight of all of our Gurriny doctors and also provides clinical guidance and mentoring for all of our clinicians.

Current registered Gurriny patient numbers as at June 30 2015 is 4461

Patient and Assessment

Our Patient and Assessment Team is currently staffed by our Indigenous Health Workers who are our first point of call. After clients present to reception they are then seated in the waiting area and assessed by our health workers and are

then prepped for their doctor visit. We believe by having our local health workers as the first point of call promotes community control as they know community and are extremely respectful of community way.

Pharmacy: Home Medicines Review Service

Our visiting pharmacist Pippa Travers-Mason (Mph, Med, BPharm, AACPA), together with health worker Teresa Neal have been busy improving the health of the community of Yarrabah through the Home Medicines review program since 2013.

This past year they have seen over 115 Yarrabah clients to discuss how medicines can contribute to their health. The team spends about 20 – 40 minutes with each client (and any carers who

they would like present) yarning about their tablets, and health in general.

Through this ‘check-up for your medicines’ we increase their knowledge of medicines safety and increase the health literacy of the community, one client at a time, whilst empowering people to improve their own health.

We use images to help explain clearly the effect of medicines on their body, and the benefits as well as asking questions to make sure that each client is on the right combination for their own best health, and preventing any problems.

We also spend time making sure each client is holistically cared for, with relevant advice about diet, exercise, regular GP check-ups, and other referrals often part of the process.

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Sometimes people just want to have the opportunity to talk and feel heard.

We check how clients use their puffers and injections, and provide tips to help them use these safely and effectively.

Sometimes we come across urgent cases where medicines misadventure has or was about to occur, and we prevent harm.

Feedback is about 99% positive with clients now starting to ask for a “medicines check-up”, and referring their family and friends to our service.

Comments include...

“We are glad you came – I was worried about what to do with these (tablets)”

“I didn’t know this was the same as that one!”

“ Oh... so that’s why I actually should take them”

“Something is making me sick so I stopped all the tablets” – this is a common problem that is usually easily solved!

Clients often appear overwhelmed with large packs – and some rationalisation (reducing tablets) of their medicines can lead to regular use, and better health.

Most people just say *“thanks... I feel much better now I know what all my medicines do and how they work”*

Sexual Health

Our Sexual Health Team consists of two IHW’s Milton Mossman and Katrina Connolly. They have had an incredible year in prevention and treatment of STI’s in the community and have both led another very successful Young Persons Check screening program in March 2015. The team is responsible for providing an advanced level of sexual health service delivery and program management that focuses on prevention, early detection and management of sexual health problems within the community. The health workers are responsible to deliver the services

in a culturally appropriate manner with both males and females in the Yarrabah community by providing effective and efficient comprehensive Sexual Health care. Screening, care, management, education, contact tracing and health promotion activities are delivered according to the needs of the community and this is done in a confidential and non-judgemental manner using culturally acceptable strategies.

Client Data

Contacts/Home visits/Engagement/Recalls:

- 800 clients (Contacts/home visits assists and support engagement from client with health services.)
- 90 Urgent recalls (assisted by RN)
- 10 Immunisation (assisted by RN)

Sexual Health Screening/Management:

- 80 clients
- Clients transported to see Medical Officer for treatment/management of STI or 3 months urine PCR’s recall. All clients referred to Sexual Health for follow-up education, awareness and contact tracing
- Contact tracing

Adult Health Checks:

- 70 clients
- Referred, self-referred or opportunistic
- Working in Triage (Rostered Fridays)
- 24 Clients (Footy Team) Queensland Murrie Carnival



Young Person's Health Check

The Young Persons Check is a complementary prevention strategy directed at identifying chronic disease risk, and detecting and treating common bacterial sexually transmitted infections in the population most susceptible – young Aboriginal and Torres Strait Islander adults under 25 years.

Our role with the Gurriny Yealamucka clinical team is to recruit and promote youths to participate in a 40 minute health check and screening for youths aged between 15–24 years, Young Person Check Program also draws 14 & 25 year old. This Program is run on yearly basis for a period of 3 weeks before during School Holidays.

Young Person's Check Screening

- 297 clients
- Transport was coordinated and provided by Gurriny
- Education and Awareness conducted to each client
- A result of 30 STI's identified for follow up
- Blood collection conducted
- Urine PCR's conducted
- Blood Pressure conducted
- Blood glucose level conducted
- Waist conducted
- Weight conducted
- Height conducted
- Urinalysis conducted



Young Person Health Check (Recall)

- A total of 156 client results successfully followed up
- Outreach Clinic held specifically for YPC recalls at Workshop Street clinic
- Transport was coordinated and provided by Gurriny
- Education, Awareness conducted to each client

World Hepatitis Day Event

- Hosted World Hepatitis Day event at Gurriny Yealamucka Health Service Clinic
- Education, Awareness, Promotion, Resources distributed
- Special Guest Speakers (James Ward & Rhondda Lewis)
- Community members and Gurriny/QH staff involved
- An estimated 150 people attended
- Condom Distribution:
 - 1000 individual condoms distributed
 - Condoms distributed through the condom dispenser;
 - Pre-packed condoms distributed in consults with Health Professionals when necessary
 - Pre-packed condoms distributed opportunistically in the community

Transport

The demands on Gurriny's complimentary transport service continues to increase. We are continuing to transport dialysis clients three days a week to Cairns and the remainder of the days to the dialysis unit here at the clinic. The courtesy service has been provided to the community in order to provide easy access to primary health care services.

Data

Patients Transported to Cairns 1st July 2014 – 31st May 2015

- 431 Female
- 178 Male

Patients Transported locally in Yarrabah to clinic 1st July 2014 – 31st May 2015

- 2085 Female
- 669 Male
- 125 Infants

Total transport provided to and from clinics, client medical appointments etc = 6976

Chronic Disease Team Report

The past 12 months have been very successful for the Chronic Disease Team. For starters we have had the benefit of an increase of staff (3 new IHW's) which increased our total number to 7.

Also with the increased number of MOs' our client visitation and consultation had gone up on the previous 12 months. Although our number of CD clients has increased to 1109 out of 4436 registered clients (24.86%) it show that screening though Home Visits, and Clinic has become more successful.

All goals that was set at the start of the year were successfully achieved this included Adult Health Checks, CD clients on both Team Care Arrangements and GP Management Plans, an overall decrease of the average HbA1c reading of registered diabetics, and also administration responsibilities such as surveys, client information etc.

A reduction in outstanding Chronic Disease 3 Month Reviews was also achieved being reduced from 200+ late last year to 34 as of last month. This was only possible with the tireless effort displayed by the CD Health workers, Nurses and Doctors. This enabled better pathways and improved management for some clients. In some cases it meant actual re-engagement with community members that

had over a period of time disengaged from Gurriny.

Throughout the year CD Team had partaken in various events held by Gurriny some of these include World Hepatitis Day, Young Persons Check, and Child Expo. Other smaller outreach services we partook in were the weekly Adult Health Checks at Workshop Rd in conjunction with the SEWB Team. This was very beneficial for the CD Team as it enabled us to see some of our clients that otherwise could not access the Bukki Rd centre.

One of our main goals was to once again become a more community based team. This became a reality with the inclusion of 2 GBACC IHW's working alongside with Chronic Disease. And allowed us to once again become a more visible face within the community.

We also this year were able to introduce more Allied Health clinics to Yarrabah all of which was well

received, the new clinics included Physio, Exercise Physiologist, and Digital Retinal Photography. Overall the attendance of our allied health clinics improved vastly and is now ranging anywhere between 80-100%. We kept our other regular Visiting and Allied Health service (Renal, Cardiology, Diabetes Outreach, Diabetes Educator, Dietician, Podiatrist, Eye Clinic, Australian Hearing) and also seen and improvement with attendance in these clinics.

Overall the last year for the Chronic Disease Team has really set the platform for the future showing what can be achieved in just 12 months give us a positive outlook for beyond. There is still a lot more to be done, but with the combined commitment from all involved this is more than achievable.



Social & Emotional Wellbeing

Life Promotion

Life Promotion Officers conduct a number of activities as per program plan and also offer support to all of the programs within Gurriny Yealamucka Health Services and to members of the Yarrabah community.

As well as network with other community based service providers and service providers outside of Yarrabah.

Gurriny Yealamucka Health Services Life Promotion program provides support to those at risk of suicide and self-harm. We do follow up and let them know to be aware of things going on around them. That they can call on someone who they respect and feel comfortable to talk with. In all cases the families of the client who is suicidal gets support and feedback as well. Another important part of our work is to support and work with the families and friends affected by the loss of someone to suicide.

The Life Promotion Program also work to involve the community in its work and an important initiative to this and which has been in place for many years is the Community Crisis Referral Pathway, Yarrabah. We network with other agencies such as Queensland Health Mental Health, Child and Youth Mental Health, Ian Ritchie, Psychologist and we work closely with a Grief and Loss Counsellor.

We work in with other Staff of Gurriny Yealamucka Health Services throughout the year on planning and implementation of activities to mark significant events, including Survival Day, NAIDOC week and Child Expo. We also encourage and support those who attend the Men's and Women's group to take part in all activities

We also encourage our clients to come in for a health check that can also be a form of support and to socialise with others who are affected in the same way.



Culture Rebound – Connected Yarrabah Youths Project

The Culture Rebound – Connected Yarrabah Youth project targets youth of Yarrabah aged 12–25 years and aims to increase the communities capacity by introducing a range of appropriate suicide prevention strategies to support the youth to cope with peer related risk factors.

The Project intends to use the model and guiding principles of the evaluated Family Wellbeing Program to develop a Youth focused response and collectively promote and develop appropriate strategies to identify and prevent risky behaviours affecting their physical and social and emotional health and wellbeing.

It also focuses on developing a strong sense of personal identity and purpose through cultural empowerment and deliver activities outside normal working hours to establish alternatives to parties, drugs and risk taking behaviours including a focus on culture and tradition in everyday life.

Cultural Connection Camp

This weekend camp was designed to assist and support youths to connect with land, learn basic life skills, build relationships and have fun. This camp was delivered over 3 days and 2 nights and identified as a strategy for alternative peer related risk

behaviours such as drugs and parties. Our audience were the 12–15 years age group and our support team consisted of 4 Supervisors – Youth Wellbeing workers x2, a SEWB worker and the female Healthy Lifestyle Officer, in attendance for the weekend camp and a Traditional Owner, an Elder of the Gunggandji Tribe.

Elders lead a step by step session on preparation and method of ash damper. Throughout the Damper activity our Elder also shared her story on how damper preparation was a skill that was important to her lifestyle, family and survival.

Walkabout Activity, gave participants and supervisors an opportunity to visit, sightsee and identify traditional food and resources. Our visit to a sacred site, our Elder explained the history of the location and how traditional clan groups survived, hunted, gathered and how it was used for significant events.

Our Elder identified various traditional food, water holes, native plant, and trees and animal which was vital for survival.

‘‘Deadly’’ was the agreed positive word to focus on by all participants was used and allowed the group to complement, accept and believe in each other and transform negative situations/ language positively.

Lighting the Dark Workshop

The Lighting the Dark workshop was to showcase ‘‘lighting the Dark’’ DVD to the community which was introduced by retired NRL player Preston Campbell, Titans of tomorrow in partnership with QAIHC and this session was facilitated by SEWB Officer Merton Bulmer. The purpose was to target the community’s Natural Helpers, provide upskilling, an opportunity to debrief and discuss issues encountered with self-harm victims and/ or suicidal thoughts. The Grief and Loss councillor, the Social Emotional Wellbeing Team and the Youth Wellbeing Team were all present to provide counselling, support and assistance if required.

Grooming and Department Program

39 youths invited to attend and participate in the Dee's Grooming and Department course – "And La Ufla to Deadly" which included: Showcasing grooming techniques, dress standards, and introducing nutrition, healthier options and exercise to build confidence, self-esteem and healthier mind and spirit.

The Gurriny Youth Wellbeing Team and Promotion Officer created the "Mufla Too Deadly" slogan which relates to Yarrabah jargon, adds creativity and was utilised on the poster to promote the program. These posters were also displayed throughout the community, A5 flyers were created and handed out individually to youths and also promoted at the Yarrabah Secondary School National Women's Day event.

Individuals were approached at home visits and participants attending current youth programs – Family Wellbeing, Smoking Cessation program, and Living Waters Youth Ministry, were informed of the details in regards to program delivery days, dates, times, venue, facilitator and target groups invited to attend.

Other strategies and conversations to promote programs were emails, phone calls and mouth to mouth targeting the local Nighthawks Netball Team, work colleges, relatives, peer to peer and local organisations.

Laura Dance Festival

Encouraging our Youths to engage in alternative activities other than Alcohol, Drugs and parties and to develop the capacity to withstand and cope with peer related and self-harm risk factors.

Laura Aboriginal Dance Festival Host an Alcohol and Drug free event.

Connecting to land through camping, harmonising with other languages, traditional cultures and respecting kinship beliefs.

The Laura Aboriginal Dance Festival is a biennial gathering in Cape York Peninsula, highlighting the many diverse Communities and culture.

The Laura Aboriginal Dance Festival was a great cultural experience for the youth with a large number of Yarrabah's historical people being removed from the Cape York region it made the youth come into connect with their ancestral traditions and reform kinships through celebration rather than sorry business. It is a time where they can appreciate and reflect on their own personal cultural identity and belongings.



Bringing Them Home

The Gurriny Bringing them Home program is funded to assess clients needs, ensure confidentiality, counsel and support clients in regards to issues of grief, loss and trauma resulting from their removal from family, counsel and support throughout the search, reunion and post-reunion, any other issues impacting on their well-being, referral, and public awareness of Bringing Them Home and Link Up (Qld).

The Elders Group travelled by bus to Cairns to purchase materials for sewing, Art & Craft and various utensils for cooking demonstrations. Other days collecting Pandanus leaves for basket weaving. Elders Group met at the local Museum to learn of the Gunggandgi language, made various children clothing to sell to the public as well the Arts & Craft.

Queensland Mental Health and Drug Advisory Council acknowledges 13 February as the anniversary of the National Apology to Australia's Indigenous Peoples. This day recognises and acknowledge the injustices that Aboriginal and Torres Strait Islander people were subjected to

since colonisation and the emotional and physical suffering experienced by the Stolen Generations that still has an impact on families and communities today.

Elders Group participated with the Yarrabah Primary School with the federally funded project "Positive Partnership". This project is aimed at families with Autism in their lives, viewed a video of an Indigenous women experiences her child with Autism. The purpose of this was to develop ties within the community, to strengthen partnerships between the school and community to improve outcomes for all students.

In March 2015, Bacon Factory Films sought permission to film in Yarrabah

for the NITV Documentary on Aunty Flo Watson nee (Choikee) were following Aunty Flo's story, as a member of the Prescribed Body Corporate, Elder and Traditional Owner of Yarrabah, her boarding school days, her teaching studies, work life and her OAM award and her continuing community involvement.

Stolen Generations Programs Healing Foundation Gurriny Yealamucka Health Services, Qld. A healing journey for Stolen Generation Elders – taking people back on country and connecting with lost family from Cape York, Hope Vale and Wujal Wujal communities.

Staff attended the Marumali Program on Risk Management for Aboriginal and Torres Strait Islander Service providers. This two day workshop is accredited training and provides an in depth look at the Marumali Journey of Healing Model with an eye to identifying the risks and protective factors and how to manage these to ensure the safest possible journey for the survivor.



Men's Health Program

The Social and Emotional Wellbeing, Men's Health Program is currently staffed by a Men's Health Coordinator and an Assistant. The Men's Health Program Plan is a part of Social Emotional Wellbeing Program Annual Work Plan which aligns with Gurriny Yealamucka Health Services Organisation Plan and Model of Care.

The Men's Health area has realised a number of challenges and notable achievements during implementation of the program plan and is pleased to present the following report for the period - 01 July 2014 to 30 June 2015.

The Men's Health program offers activities throughout the year, to the men of Yarrabah to enhance and support their physical, social and emotional health and wellbeing. This also include working with other program areas within Gurriny Yealamucka Health Services, and where appropriate and relevant with other internal and external service providers, both government and non-government.

Men's Group

Men's Group is held every Wednesday at the Social and Emotional Wellbeing Building in Workshop Street from 5pm to 7pm. Each session involves, Yarn Up and Share and topics out of the Family Wellbeing Program.

Other Activities offered throughout the reporting period to support the social and emotional wellbeing of men in the community are:-

- Physical Activity and Nutrition
- Participation in the running of a 16 week, three days per week, 'Team Solid' fitness challenge by Gindaja, which also included Yarrabah PCYC Sport and Recreation program. The fitness challenge included participation by a Men's Health Group from Ipswich.
- Participation in consultation around Community Healing Centre Scoping Study
- Healthy Lifestyle Program



- Smoking Cessation Program facilitated by Health Promotion Program
- Men's Health Breakfast in support of International Men's Health Week

Continued next page...

Adult Health Checks

During the year the Social and Emotional Wellbeing program, Men's Health Program worked with the Clinic Staff to organise and offer Adult Health Checks at its Workshop Street premises. It also enabled the Social and emotional Wellbeing team to talk with attending community members about the Social and Emotional Wellbeing Program over refreshments, as well as offer take-home health resources.

Community Engagement & Networking

The Social Emotional Wellbeing program communicates with other service providers for the purpose of supporting the work the program area offers and to acquire knowledge of other activities being offered outside of Yarrabah that is able to make a positive contribution to individual, family and community social and emotional health and wellbeing. This included a presentation to Work for the Dole participants at Jilara Oval.

On the 3rd of December 2014, the Social and Emotional and Emotional Wellbeing Program team facilitated a Depression and Suicide Prevention

Yarning Workshop at its SEWB building in Workshop Street. This was organised with assistance of Queensland Aboriginal and Islander Health Council, Social and Emotional Wellbeing Workforce Support Unit in Cairns. The workshop was well attended.

The SEWB Team also presents SEWB Program information to visitors hosted by Gurriny Yealamucka Health Services.

From the beginning of the reporting period, the Social and Emotional Wellbeing Team, held a Community Engagement Day, every Monday at the SEWB Building in Workshop Street from 10 am to 12pm. A time for community members to come in and have a yarn over a cup of tea with the SEWB Program Staff.

The Social Emotional Wellbeing Program provided assistance with the delivery of Community Events to mark significant occasions, such as Survival Day, NAIDOC, World No Tobacco Day and Child Expo.

The Men's Health Staff conducts home visits as part of its program to ensure consistent social and emotional health and wellbeing support for the men.

Men's Shed

Men's Shed is regarded a much needed facility for the men in Yarrabah. A building has been offered by Yarrabah Aboriginal Shire Council and during the reporting period included addressing specific items.

Dads Activity

Gurriny Yealamucka Health Services was successful in applying for funds from Mission Australia to conduct a number of activities aimed at engaging and supporting Yarrabah Dads and Their Kids. The following activities were held during the reporting period:-

- Yarrabah Dads and Their Kids at Playgroup Day
- Talking and Demonstrating Health by Dads, which involved a presentation on nutrition and a cooking demonstration by Yarrabah Dads.

Staff Training & Professional Development

Training and Development opportunities are provided by Gurriny Yealamucka Health Services to support and progress the work of the Social Emotional Wellbeing Program. During the year Staff attended a 3 Day Workshop – We Al-Li Program conducted by Emeritus Professor Judy Atkinson. SEWB meetings and a self-care session were held throughout the reporting period for the benefit of SEWB Program Staff.

Health Promotion & Child Care Links

The Health Promotion and Child Care Links team were active this year promoting positive healthy lifestyle messages throughout various events and activities in the Community.

Our focus were on the following:

- Brekkie program at Yarrabah State School
- Vegie Garden Box project with Yarrabah State School
- Smoking cessation program
- Footprints in the Sand camp
- U8's Day Child Expo
- Brave Hearts
- Yarrabah Diabetes Awareness Day
- Dental program
- National Close the Gap Day
- Wear Green for Premmie Day
- National Aboriginal and Torres Strait Islander Children's Day
- World No Tobacco Day
- Playgroup
- Dad's and their kids at Playgroup
- Books for Babies program
- Antenatal support
- 12 week healthy lifestyle challenge (GYHSAC Staff)
- Mini Gym – Exercise circuit
- Walking Group
- Mixed Netball/Ladies Netball comp
- Mixed Touch/soccer comp
- FITA program – Families in the Art



Our team was successful in reaching our target groups and delivering health prevention messages around nutrition, physical activity, smoking, and child health and development. A challenge that we encountered was sustaining participation in programs run over long periods. However, we were able to recognise the seasonal lifestyle of Yarrabah people and have improved the development of our programs to suit their needs. In some programs that we deliver such as the Physical activities we try to encourage and engage community members who are chronic disease clients or are at risks of chronic disease. As a result, we have seen participant engagement improve. We are always welcomed by Yarrabah State School to deliver healthy educational sessions with their students.

Some participant feedback from our programs/events: *"It was good learning about smoking and what it does to our health"*

"More people should come to this program and understand what smoking does to our mob"

"Just like to congratulate the Gurriny Yealamucka team for a wonderful and fun day for the under 8's. A job well done which was very much organised and professionally set up to cater for our young cuddi cuddi's!"

"After not exercising for a long period of time and exercising in the past 2 weeks, I have had better sleeps at night".

"By blood pressure and sugar is down from exercising".

Finance Reports

Statement of financial position

As at 30 June 2015

	Note	2015 \$	2014 \$
Assets			
Cash and cash equivalents	8	1,503,435	1,077,581
Trade and other receivables	9	<u>170,302</u>	<u>121,547</u>
Total current assets		<u>1,673,737</u>	<u>1,199,128</u>
Property, plant and equipment	10	853,116	750,866
Work in progress	11	<u>110,289</u>	<u>-</u>
Total non-current assets		<u>963,405</u>	<u>750,866</u>
Total assets		<u>2,637,142</u>	<u>1,949,994</u>
Liabilities			
Trade and other payables	12	955,569	1,126,378
Loans and borrowings	13	38,953	1,701
Employee benefits	15	<u>45,718</u>	<u>40,940</u>
Total current liabilities		<u>1,040,240</u>	<u>1,169,019</u>
Loans and borrowings	13	89,813	-
Employee benefits	15	<u>65,566</u>	<u>40,988</u>
Total non-current liabilities		<u>155,379</u>	<u>40,988</u>
Total liabilities		<u>1,195,619</u>	<u>1,210,007</u>
Net assets		<u>1,441,523</u>	<u>739,987</u>
Equity			
Retained surplus		<u>1,441,523</u>	<u>739,987</u>
Total equity		<u>1,441,523</u>	<u>739,987</u>

This statement should be read in conjunction with the notes to the financial statements.

Statement of comprehensive income

For year ended 30 June 2015

	Note	2015 \$	2014 \$
Income			
Revenue	5	<u>7,445,320</u>	<u>4,977,690</u>
		<u>7,445,320</u>	<u>4,977,690</u>
Expenses			
Accounting fees		1,600	1,600
Administration and office expenses		4,503	18,150
Advertising		1,416	12,254
Audit fees		23,000	25,250
Cleaning		5,584	3,874
Clinic supplies		72,243	80,576
Computer support and equipment hire		169,185	197,328
Conference fees		3,087	16,896
Consulting and professional fees		561,100	429,864
Donations		10,985	11,652
Electricity and water		11,074	11,771
Employee amenities		7,899	6,880
Employee expenses	6	4,900,511	3,563,302
FBT expense		-	187
Hire of equipment and facilities		4,549	9,550
Insurance		21,157	29,121
Licences and permits		27,360	33,319
Meeting expenses		7,811	5,390
Motor vehicle expenses		161,929	111,184
Motor vehicle leasing and hire		86,046	91,022
Program expenses		137,912	107,716
Printing and stationery		42,956	33,372
Repairs and maintenance		81,178	22,241
Telephone and fax		29,254	32,197
Training		24,535	20,403
Travel and accommodation		150,112	93,516
WorkCover		62,576	55,464
Sundry expenses		<u>55,184</u>	<u>47,572</u>
		<u>6,664,746</u>	<u>5,071,651</u>
Results from operating activities before net financing costs		<u>780,574</u>	<u>(93,961)</u>

	Note	2015 \$	2014 \$
Finance income		22,460	18,989
Finance costs		(8,051)	(54)
Net finance income	7	<u>14,409</u>	<u>18,935</u>
Results from operating activities		794,983	(75,026)
Depreciation and amortisation expense		(93,447)	(69,554)
Net gain/ (loss) on disposal of property, plant and equipment		-	(3,580)
Net surplus/ (deficit) before income tax		701,536	(148,160)
Income tax expense	4(e)	-	-
Net surplus/ (deficit) for the year		701,536	(148,160)
Other comprehensive income		-	-
Total comprehensive income/ (deficit) for the year		<u>701,536</u>	<u>(148,160)</u>

Directors' declaration

In the opinion of the directors of Gurriny Yealamucka (Good Healing) Health Services Aboriginal Corporation (the "Corporation"):

- a the financial statements and notes are in accordance with the *Corporations (Aboriginal and Torres Strait Islander) Regulations 2007*, including:
 - i giving a true and fair view of the Corporation's financial position as at 30 June 2015 and of its performance for the financial year ended on that date; and
 - ii complying with Australian Accounting Standards – Reduced Disclosure Requirements and the *Corporations (Aboriginal and Torres Strait Islander) Regulations 2007* and any applicable determinations made by the Registrar of Aboriginal Corporations under Division 336 of the *Corporations (Aboriginal and Torres Strait Islander) Act 2006*; and
- b there are reasonable grounds to believe that the Corporation will be able to pay its debts as and when they become due and payable.

Signed in accordance with a resolution of the directors:



 Director

Dated the 8th day of October 2015

