



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Gurriny News

March 2017



Kidney Week outreach success

Gurriny staff and the community worked hard to raise chronic disease awareness during Kidney Health Week last month, including working out in the community on World Kidney day on 9 March.

The idea was to raise awareness about our “amazing kidneys” and highlight that diabetes and high blood pressure were key risk factors for Chronic Kidney Disease (CKD). Screening patients with diabetes and hypertension and encouraging preventative behaviours were just two of important messages of the day.



No complaints here! But if there is...

There's not much to complain about, at least there hasn't been over the years, but Gurriny's Human Resource manager Susanne Dale is keen to make sure everyone knows how to go about making their voice heard if things don't go their way.

"Gurriny has been proactive in ensuring opportunities for complaints have been minimal and a low number of shows that the people are happy with the services," Ms Dale said.

"But just in case, we wanted to remind everyone that our complaints process can be accessed via any staff member, it can be posted out or accessed on our website.

"Anybody can put in a complaint.

"It can be in regards to a staff member, the organisation or treatment."



She said complaints must be made in writing and include a date, time, and the staff member or issue of concern.

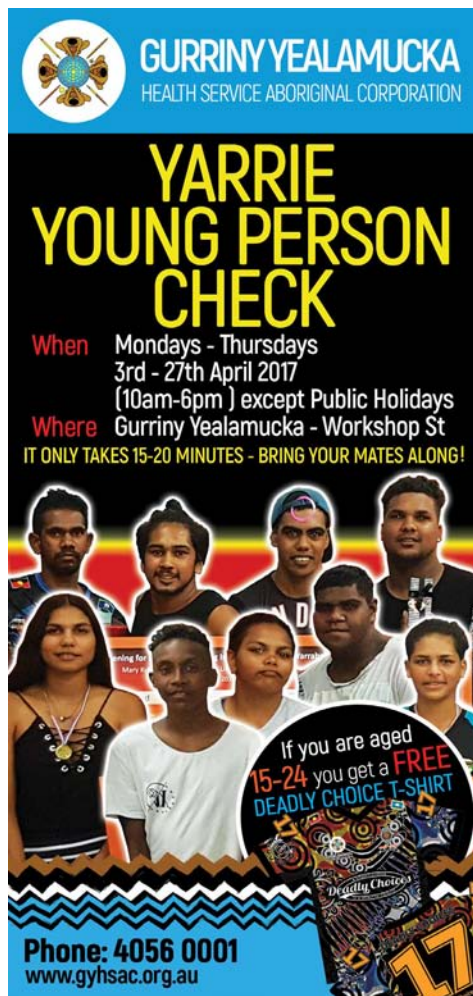
"The process from there depends on what the complaint is about," she said.

"If it's about the service it will go straight to the CEO, if it's about a staff member the complaint is investigated.

"The person who sent the complaint will be acknowledged and kept up to date of the outcome of that complaint."

She said the few complaints they had dealt with had been sorted quickly and confidentially.

"They're all investigated independently as such, without viable prejudice," she said.



Young person's health check - it's on now!

Don't miss out! Pictured above are Lynese & Dixie Hari 'working the crowd' at the Deadly Choices launch. Lynley Costello was only too happy to be the subject of a pic for *Gurriny News* because she understands just how important these checks are. And not only that, there's a free Deadly choices shirt in it for everyone who participates. Don't forget to drop into Workshop St soon!

Deadly Choices launch draws deadly players

Gurriny's annual Young Person's Health Check kicked off this month with the launch of 'Deadly Choices' by Bronco James Roberts, and former players Steve Renouf and Lote Tuquiri.

Deadly Choices is an initiative from the Institute for Urban indigenous Health (IUIH) supported by Queensland Health.

CEO Sue Andrews said it was important for everyone to make the right choices.

"We're very pleased to welcome Steve, Lote and James to our community," she said.

"Anything we can do to improve ourselves by improving our health matters.

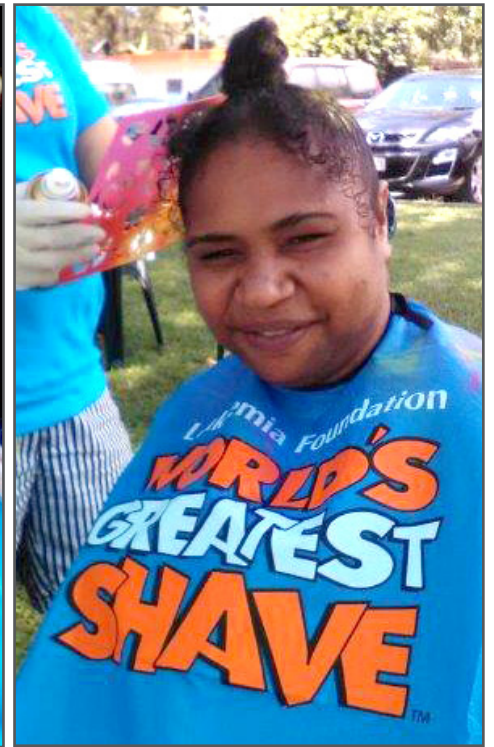
"It's a privilege to have these three here with us today to help us drive this message home.

"Don't smoke, eat the right food and exercise daily.

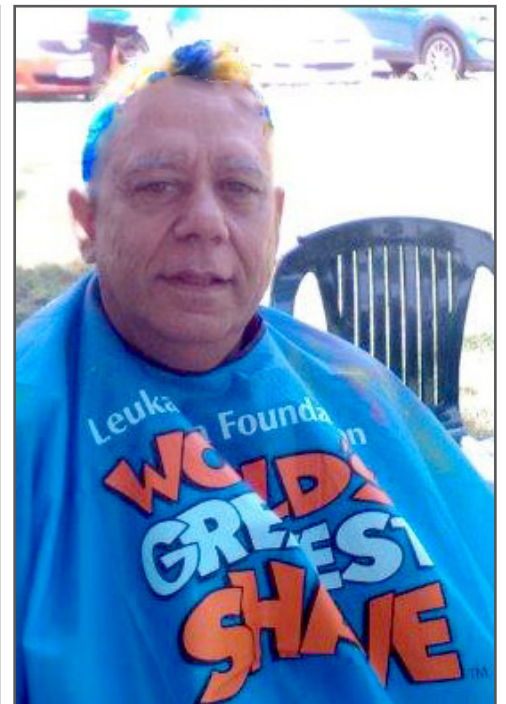
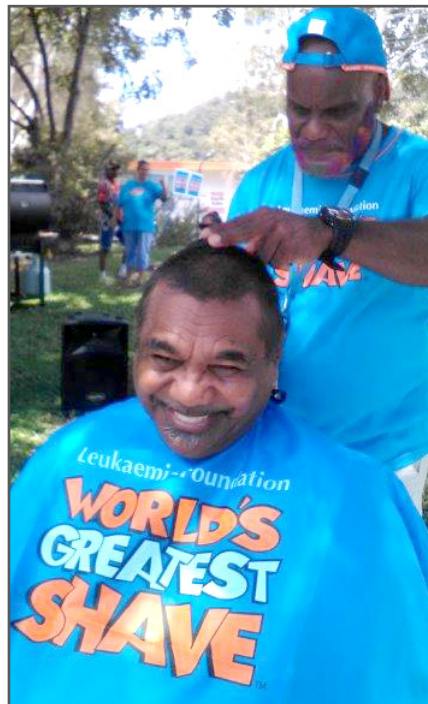
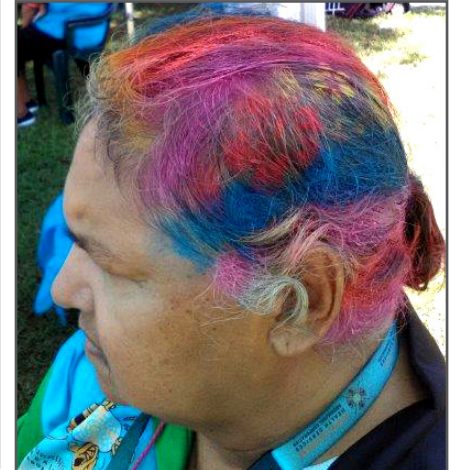
"Have annual health checks to make sure you are ok.

"The numbers are there, we are prone to chronic diseases such as diabetes, heart, lung and kidney diseases, which makes it even more important for us to make the right choices."





Gurriny would like to offer HUGE thanks to Jayden Kynuna for volunteering his time to cut hair. Jayden is a well-known hair stylist in Yarrabah. Thanks also to Hindquarter Meats for donating sausages for the sausage sizzle. And, most of all, to all the generous donations from members of the community. Although our target was to raise \$1,000, we managed to raise \$627.50 for the Leukaemia Foundation.



Gear for bubs available now

Cairns-based Hire for Baby & Baby Restraint Fitters has several pre-loved items, all within their expiry dates, they were happy to donate to Gurriny for our own Mums and bubs.

Business owner Claudette Good has also liaised with other local hire companies to put their pre-loved seats to good use.

The Women's Shelter has been given three car seats while one each of a baby capsule, pram, porta cot and bag of toys are at the Gurriny Clinic.

They are all there to be given away as they're needed. Gungahandji-Mandingalbay



Above: Women's Shelter coordinator Lucy Rogers takes delivery of a baby capsule from Gurriny's Lynese Hari

Yidinji Peoples Prescribed Body Corporate Aboriginal Corporation Executive Officer Helen Tait assisted in

the delivery of the goods and said anyone needing any of the above should contact the Women's Shelter or Gurriny.



Gurriny's Chief Financial Officer Craig Ford is celebrating a milestone birthday on 8 April. Craig has worked in Yarrabah for many years and is well-known around the community. Happy birthday Craig!!!



A message from Dr Jason:

Rural Medical Imaging is now doing an ultrasound clinic at Gurriny every Monday morning. This means that for a number of tests where we used to send patients to Cairns, we can now do them here in Yarrabah. This includes ultrasounds of kidneys, livers and gall-bladders. This will help us diagnose problems quicker and also help many clients with their chronic disease care.

The Yarrabah Men's Group is a core and integral part of Gurriny Yealamucka Health Services Men's Health program.

It is regarded as the fulcrum for a number of activities conducted through the Social & Emotional Wellbeing Unit and supports other programs and initiatives offered by other organisations and its networks.

Our activities include:

- Men's Group
- Cultural Activities
- Movie Nights
- Sports Nights
- BBQs
- Family Wellbeing program

This year we have also incorporated the following Yarrabah Dads and Their Kids Activities:

- Playgroup
- Healthy Cooking and Nutrition Education
- Tree Planting and Gardening
- Fun Days
- Camps & Trips

We also offer the following throughout the year:

- Men's Health Check
- BBQ's during activities
- Participation in events such as NAIDOC Week, Foundation Day, Survival Day, Men's Health Week and take part in health promotion activities, which involves supporting other programs within Gurriny Yealamucka Health Services.

Date /Time	Activity	Venue
Mondays 10am to 3pm *Lunch 12.00pm to 12.30 pm	Men's Social & Emotional Wellbeing Engagement <ul style="list-style-type: none"> • Yarn Up & Share / Cup of tea / coffee • Art (Painting) & Craft • Physical Activity (Walking Group / Treadmill) • Men's Health Program Information & Resources 	Men's Space, Noble Drive, Yarrabah
Tuesdays	Men's Social & Emotional Wellbeing Engagement <ul style="list-style-type: none"> • Yarn Up & Share / Cup of tea / coffee • Art (Painting) & Craft • Physical Activity (Walking Group / Treadmill) • Men's Health Program Information & Resources 	Men's Space, Noble Drive, Yarrabah
Wednesdays 10 am – 3pm 4.30pm	Men's Space Open <ul style="list-style-type: none"> • Men's Group Family Wellbeing Program Topics: Qualities of a Basic Human Needs, Relationships, Conflict Resolution 	Men's Space, Noble Drive, Yarrabah
Thursdays 10 am -2pm	<ul style="list-style-type: none"> • Yarn Up & Share • Art (Painting) & Craft • Physical Activity (Walking Group / Treadmill) • SEWB Health activity (e.g. Cooking Demonstration, Day Out) 	

If you want to come along or would like more information, contact Darren Miller and Merton Bulmer at Gurriny Yealamucka Health Services on 4226 4100.

*Food & Refreshments provided

*Transport Support offered upon request

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EXPRESSION OF INTEREST

Gurriny Yealamucka Health Services, Men's Health Program

SEEKS EXPRESSIONS OF INTEREST FROM DADS WITH CHILDREN BETWEEN THE AGES OF 6 TO 12 YEARS TO PARTICIPATE IN THE FOLLOWING ACTIVITIES IN THE NEXT FEW WEEKS

Please let us know by these dates-
5th April- SUGARWORLD WATERPARK
&
17th May-FITZROY ISLAND

If you want to express an interest or would like more information, contact Darren Miller and Merton Bulmer at Gurriny Yealamucka Health Services on Ph. 4226 4100
*Food & Refreshments provided
*Limited Spaces available

MISSION AUSTRALIA together we stand

Communities FOR CHILDREN

This program is funded by the Australian Government



#LetsTalk

#WorldHealthDay

The theme of 2017's World Health Day, held on 7 April, is depression. The Gayaa Dhuwi (Proud Spirit) Declaration, developed and launched by the National Aboriginal and Torres Strait Islander Leadership in Mental Health in 2015, provides a platform for governments to work collaboratively to embed culturally competent and safe services within the mental health system that are adaptable and accountable to Aboriginal and Torres Strait people. Nearly one-third of Aboriginal and Torres Strait Islander people aged over 15 years reported having high to very high levels of psychological distress. This was more than twice the levels reported for other Australians. Aboriginal and Torres Strait Islander women reported these levels of stress more than men. It is often hard to know how common depression is in the Aboriginal and Torres Strait Islander population, however, because of the way people understand depression and their cultural understanding of mental illness." Depression needs to be seen within the wider scope of the social and emotional

wellbeing of Aboriginal and Torres Strait Islander people; this means looking more holistically at health.

The warning signs for depression in Aboriginal and Torres Strait Islander people may vary between communities, so it is vital that the people working in the area of social and emotional wellbeing are aware of the different languages and understandings used by individual communities when talking about depression.

World Health Day is celebrated every year to mark the anniversary of the founding of the World Health Organization (WHO) and provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world.

Depression affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living.

At worst, depression can lead to suicide, now the second leading cause of death

among 15–29-year olds.

Yet, depression can be prevented and treated.

A better understanding of what depression is, and how it can be prevented and treated, will help reduce the stigma associated with the condition, and lead to more people seeking help.

The release of this much awaited Draft Fifth National Mental Health Plan is an important opportunity to support reform, and it's now up to the mental health sector including consumers and carers, to help develop a plan that will benefit all.

A successful plan should help overcome the lack of coordination and the fragmentation between layers of government that have held back our efforts to date.

NACCHO and Mental Health Australia CEO Frank Quinlan have welcomed the release of the Draft Fifth National Mental Health Plan and is encouraging all ACCHO stakeholders to engage with the plan during the upcoming consultation period.

Words and pic with thanks to NACCHO:
[http://nacchocommunique.com/
category/suicide-prevention/](http://nacchocommunique.com/category/suicide-prevention/)

Board Member Profile: David Baird



New board member David Baird was born in Broome but came to Yarrabah with his elder sister to join his brothers here when he was just 16.

He said jobs he has held over the years include alcohol and drug counselling at Gindaja for ten years and, in 2005, Manager, then CEO of Gurriny.

“My interests in health is everything to do with Aboriginal people and knowing that restoring good values and standards from our culture is important to restoring good health for our people and our community,” he said.

“We see the gap, we see people dying too young, especially men.

“I want to see good health services up and running, I want to see good health outcomes, I want to see the capacity of Aboriginal people in terms of staffing to be able to deliver services and programs, and also be managers and CEOs themselves.

“I wanted to be on the Board because I still wanted to be involved with Gurriny in terms of its future direction.

“It’s a really stable organisation and it’s still growing.

“Since I left in 2012, in terms of

staff members and budget, it’s more than doubled in size.

“I feel have a still a lot to give in terms of my skills sets or qualifications and I still want to give back to Gurriny.

“One thing I’ve learned over the years is to be humble and Gurriny provided me a place to work where I could go and develop around my skill sets, abilities, with experiences and training. So it’s just giving back as well and knowing that I’ve still got something to offer.”



The Gurriny Gallery

Above: Apunipima CY Health Council CEO Cleveland Fagan, Gurriny CEO Sue Andrews and Deputy Premier Jackie Trad at the Mayor’s meeting in Cairns earlier this month; Above Right: At the International Women’s Day lunch were Gurriny staff Dominique Cedric, Savanna Bulmer, & Katrina Connolly; Right: Taking time to smell the roses were Lucrezia Willet and Eileen Yeatman.