



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

# Gurriny News

MARCH 2018



## Bigger team to take on Deadly Choices initiative

Nutrition, exercise and quit smoking support will be just one focus of Gurriny's three new Deadly Choices workers in 2018, thanks to a successful boost in funding from last year's Deadly Choices program, an initiative of the Institute of Urban Indigenous Health (IUIH).

Health Promotion Officer Alicia Hari said they were keen to build on what they started.

"Deadly Choices is an education program around healthy lifestyles and making the right choices," she said.

"It focuses on eight different topics, but for us is primarily around leadership and culture, nutrition, exercise, and smoking awareness.

"It also incorporates topics such as harmful substances, chronic disease, healthy relationships and accessing services for health checks.

"Last year we had about thirty primary school students come through the program which was run over two terms, and we've also had visits from Deadly Choice Ambassadors James Roberts, Steve Renouf and Lote Tuquiri as well as players from the IUIH Deadly Roos squad."

She said she and her colleague Lucesia Willett went to Brisbane for a

workshop in January.

"All the other Deadly Choice workers from across the country, from far north Queensland here, down towards New South Wales, out to Alice Springs, and even south to Melbourne, were there," Ms Hari said.

"It's exciting that our team is growing, it means we'll be out there a lot more promoting healthy lifestyles and hopefully do some events around Deadly Choices as well as getting more Ambassadors out here too."

Ms Willett said they were looking forward to seeing people making changes.

"It's as simple as exercising more, watching the types of food they're eating and quitting - or not even starting - smoking," she said.

Ms Hari said the program would run through the primary and secondary schools as well as different community groups in 2018.

IN NOVEMBER LAST YEAR a funding announcement for the expanded program was announced by then-Health Minister Cameron Dick at Wuchopperen Health Services in Cairns. Pictured above at that event is Paul Neal, Darren Miller, Gurriny's Healthy Lifestyles Manager Melanie Walsh & DC Ambassador Steve Renouf with Merton Bulmer & Steven Stafford at the official announcement of the expanded DC programs for Yarrabah; and below is Cairns MP Michael Healy with CEO Suzanne Andrews.





# If it's flooded...we have fewer staff

It happens every year when it rains: “Gurriny Yealamucka’s Clinic Services will be closed today due to local flooding..”



*Pic: Christine Howes*



*Pic thanks to Melissa Sparrow*



*Pic thanks to Lerissa Kynuna*



*Pic thanks to Joanne Houghton*



*Pic thanks to Joanne Houghton*

It can and does happen, because our clinic services are staffed by doctors, nurses, healthworkers and admin staff who travel into Yarrabah from Gordonvale or Cairns.

The Pharmacy may also close during these periods.

The Emergency Department remains open, with doctors to assist in emergencies as required, and Gurriny's other programs and services are generally able to operate as usual.

However CEO Suzanne Andrews said they regretted it every time it happened.

“We'd like to apologise to the community and our clients for any inconvenience but we have to think about staff safety first,” she said.

“There are one or two creeks on the Cairns side of the range which regularly go over, sometimes only for a short time, but with the weather we've had recently there have been several days where access hasn't been possible.

“We ask for your patience and regard when these days occur, they are obviously beyond our control and we will always endeavor to let the community



Earlier this year Gurriny Yealamucka auspiced a meeting between the prestigious Australian Rural Leadership Program (ARLP) and the Yarrabah Leaders' Forum (YLF) in what was dubbed by Mayor Ross Andrews as an historic occasion.

The meeting and workshops, held one year after CEO Sue Andrews' graduation from the program, hosted 33 participants from this year's intake.

Presentations to the theme of 'Leadership Journeys' included Mrs Andrews speaking on transforming what she had learned from the program into 'real life' and presentations from other local leaders such as Elverina Johnson, who has herself been accepted into the next ARLP intake, Cr Andrews and Leon Yeatman, followed by a tour of the community led by Gurriny Healthy Lifestyle and Activities Officer Lucrecia Willett. Small workshop groups, facilitated by Cleveland Fagan, also worked on ideas around leadership and the YLF.

Gurriny Research and Business Development Manage Ruth Fagan said the event was a clear indication of Gurriny's commitment to the leadership process as well as supporting and building individuals within the organisation.

"The ARLP was excited about coming to Yarrabah," she said. "And Gurriny was excited to be able to engage the YLF to speak to these young leaders and brainstorm some very interesting ideas and concepts with them.

"By all reports they got a lot out of it, as did Gurriny and the YLF across the board."

# Australian Rural Leadership Program meets Yarrabah Leaders' Forum at 'historic' gathering



# Board challenge: take o

Gurriny Yealamucka Health Services Directors and management staff have been challenged to take on board a renewed focus on social determinants and their impacts on health outcomes over the next three years by chair Lee Yeatman at the annual strategic planning workshop last month.

The weekend of planning was attended by all nine of our Directors and 11 managers to review 2017 and plan strategically for up to 2021.

Mr Yeatman's opening speech challenged the meeting to consider what role Gurriny might have in improving housing, creating employment and strengthening the family unit in our community.

He said it was important to become active in these spaces because they had such a huge impact on health outcomes.

He also thanked CEO Suzanne Andrews, managers and all the staff of Gurriny.

"I'd like to acknowledge the very hard work over the past 12-months that now see Gurriny exceeding both National and State Key Performance Measures in the area of health," he said.

Mrs Andrews thanked the Directors for their ongoing trust and support provided to her as she continued to lead the organisation.

She also acknowledged the hard work of staff.

"The next three years is a time to step up and lead broader community reforms by actively supporting a whole of community approach through the Yarrabah Leadership Forum," she said.

"Our thinking needs to extend beyond health to explore Tier 2 of the National Health Performance Framework.

"We need to identify ways to improve the social circumstances in the community and by doing this we can get better health outcomes for all our clients."



The National Health Performance Framework consists of three tiers: health status, determinants of health and health system performance.

Tier 2 accounts for community factors, such as:

- Social capital, support services, and socio-economic factors which include: housing; education; and, employment and income.
- Environmental factors, which include physical, chemical and biological factors such as: air, water, food and soil quality; and,
- Health behaviours such as attitudes, beliefs, knowledge and behaviours, which include patterns of eating; physical activity; smoking; and, alcohol consumption.

The planning weekend was facilitated by Janet Guthrie who said the information recorded would be developed into key documents for approval by the Board of Directors.

Once approved, the documents will be available on the Gurriny website at <http://www.gyhsac.org.au>



# on social determinants



2018 Gurriny Yealamucka Board members: (Back) Rob Gaison, Lee Yeatman, David Baird & Thomas Cameron; (Front) David Williams, Sandra Houghton, Sharmaine Stafford, Linda Sexton & Brent Pearson



Page 5: Sue Andrews & Chloe Sellwood.

Left: Megan Bayliss; Above: Sharmaine Stafford, Dr Andrew Baade, Rob Gaison & David Williams; Top Right: Thomas Cameron; Right: Eileen Yeatman (standing) & Sandra Houghton.





# The importance of...

## Keeping teeth and gums healthy during pregnancy



The best way for a baby to be born with, and maintain healthy teeth and gums is for Mum to keep well and eat a healthy diet during the pregnancy and while breast feeding.

If you have poor dental health, your baby is more likely to have dental problems.

Your baby's teeth start to develop around the sixth week of pregnancy.

Calcium is very important in your diet while you are pregnant and breastfeeding.

It helps to build strong teeth and bones of the developing child.

Younger women who are pregnant or breastfeeding need more calcium as their own bodies are still growing

Good food choices for pregnant women include vegetables, fruit, breads and cereals.

Milk, yoghurt, cheese, salmon, almonds, broccoli and baked beans are all good sources of calcium.

Gum disease can become worse during pregnancy so we also recommend keeping teeth and gums clean by using a soft toothbrush and toothpaste twice a day.

The use of dental floss will help to remove plaque and make gums healthier.

### REMEMBER!

- Calcium is essential during pregnancy for proper development of baby's teeth and bones.
- Visit the dentist either before or soon after you become pregnant so any problems can be treated.
- Avoid snacking on sugary foods as they can often cause tooth decay.
- Brush with a soft toothbrush and toothpaste daily and remember to floss.

**YARRIE YOUNG PERSON CHECK**  
**IT ONLY TAKES 30 MINUTES - BRING YOUR MATES ALONG!**

Participants will receive a \$30 phone credit or IGA voucher upon completion of their health check the same day

If you are aged 15-24 you get a **FREE DEADLY CHOICE T-SHIRT**

**When** Mondays - Thursdays  
 3rd - 26th April 2018  
 (11am-5.30pm) exc. Public Holidays

**Where** Gurriny Yealamucka - Workshop St

**GURRINY YEALAMUCKA**  
 HEALTH SERVICE ABORIGINAL CORPORATION  
**Phone: 0401 424 762**  
[www.gyhsac.org.au](http://www.gyhsac.org.au)

## Put yourself in the picture!



No matter how old you are or how healthy you feel, everyone should have a health check every single year – and it's that time of the year again for all our young adults.

This year health checks for young persons aged from 15 to 24 will start on Thursday 3 April and run to Thursday 26 April.

That's plenty of time to get yourself and your friends down to the Gurriny Clinics at Workshop Street between 11am and 5.30pm for nearly the whole month.

Once done you will receive a \$30 phone credit on the day. If you come back for your results there is a free Deadly Choices t-shirt in it for you!

If you want to speak to anyone about the health checks please contact the clinic and ask to speak to Katrina Connolly or any of our doctors.

See the notice boards for more and watch out for our teams who will be out and about promoting this very important event over the coming weeks.

## Patients have their own reward for patience



Sometimes our Patient Drivers, such as Jansen Yeatman here, may need to toot their car horns when they visit.

In all cases the underlying issue is around safety – for many reasons it may not be safe for staff to access the property.

For example, the householder might have a dog sitting at the front door or inside the gate.

If there is no response after calling out for someone, especially if that person's car is there or the front door is closed, the horn can sometimes be used to gain attention.

Don't forget! If you hear the horn tooting it's not necessarily that you are being blasted - it's just us trying to get your attention!



# Our best women leading the way

The Queensland Aboriginal and Torres Strait Islander Community Controlled Health Sector is a top Australian performer in the representation of women in leadership, QAIHC CEO Neil Willmott says.

QAIHC research showed of the 28 Queensland Aboriginal and Torres Strait Islander Community Controlled Health Services, 55% have a female CEO and 57% have a female Chairperson.

These figures exceed the percentage of positions in the top 200 Australian companies where female leadership and Board representation was still below 5%.

And the Yarrabah community as a whole exceeds those averages, as



At the 2017 IWD lunch was Council CEO Janelle Menzies, Gindaja CEO Ailsa Lively, PHaMs Team Leader Marcia Hedanek, Cr Nadine Cannon, Leisa Garling (back), GMYPPBC CEO Helen Tait, business owner Ngema Andrews & Gurriny CEO Sue Andrews

the photograph above, from last year's International Women's Day, indicates.

"Having diverse and inclusive workforces isn't just a moral imperative, it is just good business," Mr Willmott said.

"Our Sector leads by example when it comes to gender equality.

He said it was clear that Queensland Aboriginal and Torres Strait Islander Health Services provide more than just health services.

"They deliver female role models, executives and leaders that are a national resource who have an impact on Australia."

## Justice of the Peace Services

If you need any documents certified witnessed JP services are available Monday to Friday by appointment only, with Susanne Dale HR or Melanie Walsh HLSM.

Don't forget to find us on Facebook



or see our website at:  
<http://www.gyhsac.org.au>

## Doc Andrew's Last Word...



We are continuing to see a lot of **mumps** in the community, and it is happening in people who are fully vaccinated.

Whilst mumps is usually a mild illness it can occasionally be serious with very bad headache, belly pain for women, or pain in the testicles for men.

If you get sick and have a swollen face, or any of these symptoms come up to Gurriny and see us.

There is also a bit of **gastro** and even some **influenza** getting about at the moment as well, even though we are technically out of season.

The new Flu vaccine should be out soon and we will be starting the flu drive with gusto, so keep an ear out.

We have been reminded by Cairns Hospital to be on the lookout for people getting sick after walking or playing in **floodwaters** - if you have diabetes or any chronic disease, you have been in floods and you get sick, make sure you come and see us.

And finally, **Young Person Check** is coming in April, which means all those aged between 15-24 and due for a health check should come on down to see us on Workshop Street!