



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Gurriny News

October 2018



Leaders support 2018 Youth Forum

Full story p 6

Talking about sexual health on the agenda

Awareness and prevention around Sexually Transmitted Infections (STIs) will be key themes to Gurriny's first ever community Sexual Health Forum at the end of November.

Sexual Health Worker Clevanna Messer said several Cairns-based organisations had been invited along – as well as a surprise guest – to support the event.

“We have several local and guest speakers ready to go on the day so we are hoping to make sure people have more knowledge and information about STIs and that they understand how important those regular health checks are,” she said.

“We're also trying to remove the stigma around sexual health, which means we need to keep talking about it.

“The more we talk about it, the more ‘normal’ it is to talk about it, so our community members can be confident and comfortable about coming in for regular checks and then treatment, if needed.”

She said Cairns North Sexual Health, Cairns Tropical Public Health,

Cairns Indigenous Sexual Health Workers Network and True Relationships were invited to provide as much information as possible to the community during the event.

She said everyone was welcome to come along to the Community Hall from 9am-4.30pm on Tuesday 27 November.

“As our theme for the day says, ‘it's ufla choice, have a voice,’” she said.



ABOVE: Clinic Support team members Jacinta and Keisha made the front page of the Yarrabah News for their efforts in representing Gurriny in the third community clean-up for 2018. Clinic Support Manager Chloe Sellwood said it was a deadly effort.



Deadly graduates celebrate

Deadly Choices has been running programs one day a week for eight weeks each at the school, covering a range of topics from understanding chronic disease and health checks through to relationships and leadership.

To date the DC team has worked with Years 6, 9 and 10, all of whom celebrated with a graduation at the end of the program.

Graduating means getting a Deadly Choice shirt and a

certificate, as well as a free lunch at the school, so there's some recognition and some rewards.

We're looking forward to being bigger and better next year.



This year's Annual Report and AGM are both complete, with Gurriny's successes over the past 12 months well-documented and appropriately recorded.

More than 30 people attended the AGM, held on 23 October at the Training Centre.

CEO Sue Andrews welcomed new board members Dale Thomas and Brian Maloney, both local to the community.

"We also have a new independent board member, Julianna Cuda, join us," she said (*see p 8 for more*). She said Sandra Houghton would remain as interim-Chair, filling in for Lee Yeatman, who resigned earlier this year.



Win-win for guy(ala)s and gals

This year Gurriny was a major sponsor of the Seahawks and SeaGals rugby league teams competing in the Arthur Beetsen Murri Carnival in Townsville.

A requirement of the sponsorship was players attending health education sessions and getting an Adult Health Check.



As part of that support our own team of Deadly Choice workers travelled to Townsville to support the teams and supplied water and

fruit for the weekend.

Congratulations to both teams, who made it through to the quarter finals.

Youth space construction set to start

Gurriny has been granted some Commonwealth funding to build a small youth space.

Business and Research Development Manager Ruth Fagan said the new building will be a drop-in type of space with a community kitchen, and other facilities.

“Some staff who work with youth and some counselling services will also be based there,” she said.

“We’re really keen to find out is what their needs are, and how we can help them.

“It’s going to be located at Workshop Street next door to the Gindaja building.”

She said construction was expected to start by December and should take about four months.

“We’re also asking community to be aware that Workshop Street is going to be a construction site and to remember it’s a building that’s going to be built to support young people in this community, so we’re hoping people will be really mindful of keeping an eye on the site.”



ABOVE: Always an important day on Gurriny’s annual calendar is World Hepatitis Day, one of only a handful of ‘World Health Days’ officially recognised by the World Health Organisation. This year was a success in terms of awareness-raising and participation - well done to all staff involved.

Team bonding

Keeping staff happy and connected was the idea behind Gurriny's first Team Bonding Day earlier this year, Health Promotions Manager Ruth Fagan says.

"Our organisation is so big and we are split into so many locations now, and I don't know why, but health promotion team was chosen to organise the day," she said.

"There was 60 staff on the day, split into six teams who were assigned the language name of an animal native to Yarrabah.

"We were originally going to work down at Wungu, but it was a really hot showery day, so we ended up in the Community Hall.

"Each team was given a list of tasks to get done within a given time limit, and those tasks ranged from spear throwing, where they had to hit a target nine times between them, or similar, through to telling yarns and knowledge sharing."

She said she felt the day had been a huge success.

"It did a huge amount of team-building, and it brought out some great competitiveness," she said.

"But the really important thing was we all really enjoyed it, we all had half the day off and we had lots of fun!

"The winning team actually got prizes, such as movie passes, and even a trophy.

"We're looking forward to next year's event and to see who will take that on."

The winning team was Diliga (turtle), in yellow.



g day massive success



Youth forum hosts local leaders

The 2018 Gurriny Youth forum themes were borrowed from this year's NAIDOC theme, 'Because of her, we can' and the Queensland Youth Week theme, 'Jump in, make a splash'.



Put them together and you end up with, "actions of our past, creates the ripples of our future", MC for the evening Paul Neal said.

"This is about how those before us and ourselves, create opportunities and pave the way for others to pursue their goals and create ripples for generations to come," he told an audience of more than 100.

"It is remembering our past, remembering those who stood before the forces that deprived us of our freedom and rights."

He said it was about remembering the men and women who had stood up for the community, only to be knocked down again and again.

"It is remembering those who stood to be the first in everything that was deemed

impossible because of the colour of our skin, Yarrabah is home of many," he said.

"It is remembering those who worked for reconciliation, found friendship and common ground with our fellow Australians, and try to eliminate racism and continue the fight for humanity.

"Our ripples extend from what they have created and we reap the benefits, as well as the trauma."

He said the world was watching.

"So I ask you, what ripples will you create for the next generation?"

"Whom will you inspire to become a rock to continue the waves that were made by those who dared?"

"Because of her fighting for equality, we can.

"Because of him taking a

stand, we can.

"Because of them, we must." He said the forum was about moving forward.

"Tonight I encourage you to keep moving," he said.

"Fight for those goals and hold on to those family stories given to you from those who came before you to inspire you to continue on your journey," he said.

"Tonight we are here to do the same, tonight you will have the opportunity to mix with a few of our locals leaders, take part in government practices and be encouraged by the Social and Emotional Wellbeing team to engage and indulge in activities and prizes.

"Adults in the room, look around at our youths, they will one day replace us and do wonders that we could not possibly imagine."

Link Up Board drops in

Link-Up Queensland's Board of Directors visited several organisations, including Gurriny, in Yarrabah recently, as an add-on to a meeting at their Cairns office.

They said they were impressed and thanked CEO Sue Andrews and Healthy Lifestyle Manager Melanie Walsh for their time. "It was pleasing to know that all of the



services were aware of the Link-Up Qld program and the good collaboration between those services and our local Link-Up Qld office in Cairns," they reported in their September/October (Vol 34) Link-Up Qld newsletter.

The Board Members are: Ken Murphy, Catherine Watson, Sam Watson, Minnie Mace and Faye Carr. CEO Pat Thompson was also with them.

They said it was a beautiful day spent in paradise.



Hearing researcher Corinne, returns for feedback

ANU PhD student Corinne Walsh was in Yarrabah at the end of August to report back on her research project into community members' views and experiences of ear and hearing health.

Ms Walsh said she felt the visit went well.

"The people I spoke with agreed with the research approach and findings so far," she said.

She said while there was diversity in the views and experiences, the main messages seemed to be:

- the Yarrabah community want more information on ear infections and hearing loss;
- ear and hearing troubles need to be looked at in their socio-cultural,

political and historical context'

- barriers (e.g. to keeping healthy) need to be understood and addressed; and,
- people want more control over the way ear and hearing health is framed and treated.

"The research findings are still interim while I am still analysing them and writing up my PhD," she said.

"I will hand over a final report to the Yarrabah community, along with copies of the PhD

thesis when it is complete, most likely in the first half of 2019.

"I would just like to once more express my gratitude to Gurriny for supporting this research, and for allowing me to freely come in and out of the clinic in order to meet and talk to clients, staff and community members.

"I'm very fortunate to have been so well accommodated by Yarrabah, you made the research journey much easier. "Thank you!"



Board Member Profile: Julianna Cuda



New Gurriny Board member Julianna Cuda was born in Atherton and grew up on Tablelands.

“My best childhood memories are of running around the farm with my brothers,” she says. Here is a little more about her.

Favourite day of the week: Monday: the start of a new week and the chance to improve on the last.

Favourite team: Tough question. I think I’m going to have to go local though, and say the team at CrossFit North 16145. I have the pleasure of training with these guys and got to cheer some of them on at the last CrossFit comp!

Current position and hopes for the future: I’m currently an Associate at Preston Law. For

the immediate future I want to focus on building upon skills that I have and continuing to learn new ones.

Why did you want to be a part of Gurriny Yealamucka?

I wanted to be a part of Gurriny to use my skills to make a positive impact on the community. Gurriny is doing some amazing work, so it’s exciting to be a part of that. I like that I’m learning loads of new things as well, particularly from the rest of the Board.



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

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Doc Jason's Last Word...

As the colder month’s pass us by it’s a good time to remember to keep hydrated if you’re working outdoors in the community as it heats up.

Drink plenty of water and keep your hat on and covered up.



Warmer months mean its Movember health check time for all you deadly men in the community so make your way down to the Bukki Road clinic and put your name down for a health check.

I spoke last time about the importance of health checks for everyone and Movember is a great time to come and learn more about your wellbeing and what you can do to stay healthy in mind, body and spirit.

The Movember crew are all on deck to take you through the process.

Bring your Dad, cousin, brothers and kids down! Some of you will have noticed some changes to the way the clinic flow has been working lately.

To improve the way people flow through the clinic we’ve been working on a system of booking patients in when they arrive to the clinic.

With the new system you’ll be given an appointment at the front desk straight away and know exactly when you’ll be seen by the doctor.

If you’re urgently unwell you’ll be fast-tracked through the nurses and health workers checks so those who need to see a doctor straight away will

be guaranteed to see them. On top of this you’re able to call our awesome front reception staff ahead of time and book in with the doctor of your choosing.

All doctors have appointments throughout the day available up until our closing times so if you’re really keen to see one in particular this is your best bet! Please rest assured that we are not cancelling walk-in patients, merely the way in which we handle their wait times.

We’ll continuing to monitor the progress of this new system to ensure it’s doing the job we want it to do – improve your experience and journey through the clinic.