



YULU-BURRI-BA

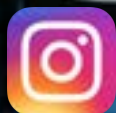
Aboriginal Corporation for
Community Health

September, October & November 2023

**ARE YOU DUE FOR
YOUR 715 HEALTH
CHECK?**



**HEAD DOWN TO
YOUR NEAREST
YBB TO BOOK AN
APPOINTMENT!**



yuluburriba



Yulu-Burri-Ba

Message from the CEO

David Collins



Are you due for your 715 Aboriginal and Torres Strait Islander Health Check?

Did you know that regular health check-ups are important for everyone, regardless of your age, fitness level, or gender. A 715 Health Check may help you live a longer, happier life by preventing a number of health problems from occurring.

At Yulu-Burri-Ba it is our priority to ensure that our community receives the best health care possible. We want to encourage you to not just see the doctor when you are sick, but to see the doctor when you are well to prevent illness or better manage your health.

A 715 Health Check is the first step. It covers all aspects of health – from measuring blood pressure and sugar levels to mental and emotional wellbeing.

Is it time for your 715 Health Check?

We have Saturday clinics that may suit those who can't get an appointment during the week. Call our clinics and make an appointment.

Dunwich – 3409 9596

Capalaba – 3900 7899

Wynnum – 3164 5800

Every eligible YBB client who has a 715 Health Check will receive a Deadly Choices Shirt. These shirts regularly change so get in quick.

Our Acknowledgement to Country

Yulu-Burri-Ba acknowledges the Traditional Custodians of the Quandamooka land on which we work and for many of us, live.

We pay our respects to the Elders of this land who have provided leadership and guidance for Yulu-Burri-Ba to meet the health needs of our community.

It is with pride that we recognise the strength of our community and the voice of our youth who are our leaders of tomorrow.

CAN'T GET AN APPOINTMENT?

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In **July**, **345** people
COULDN'T be seen
because
345 people DIDN'T
show up.

Forgetting to cancel your appointment if you no longer need it prevents someone else from being seen and means you'll be waiting longer to see your doctor again.

Ask us about the best ways to cancel an appointment and make sure we have your up-to-date contact details.

CAP - 3900 7800

WYN - 3164 5800

NSI - 3409 9596

SATURDAY CLINICS

Dunwich

Dunwich Saturday's clinic is the 3rd Saturday of every month.

Saturday 16th Sep Saturday 21st Oct Saturday 18th Nov

Capalaba

Capalaba Saturday's clinic is the 1st and 3rd Saturday of every month.

Saturday 2nd Sep Saturday 16th Sep Saturday 2nd Oct
Saturday 21st Oct Saturday 4th Nov Saturday 18th Nov

Wynnum

Wynnum Saturday's clinic is the 2nd Saturday of every month.

Saturday 9th Sep Saturday 14th Oct Saturday 11th Nov

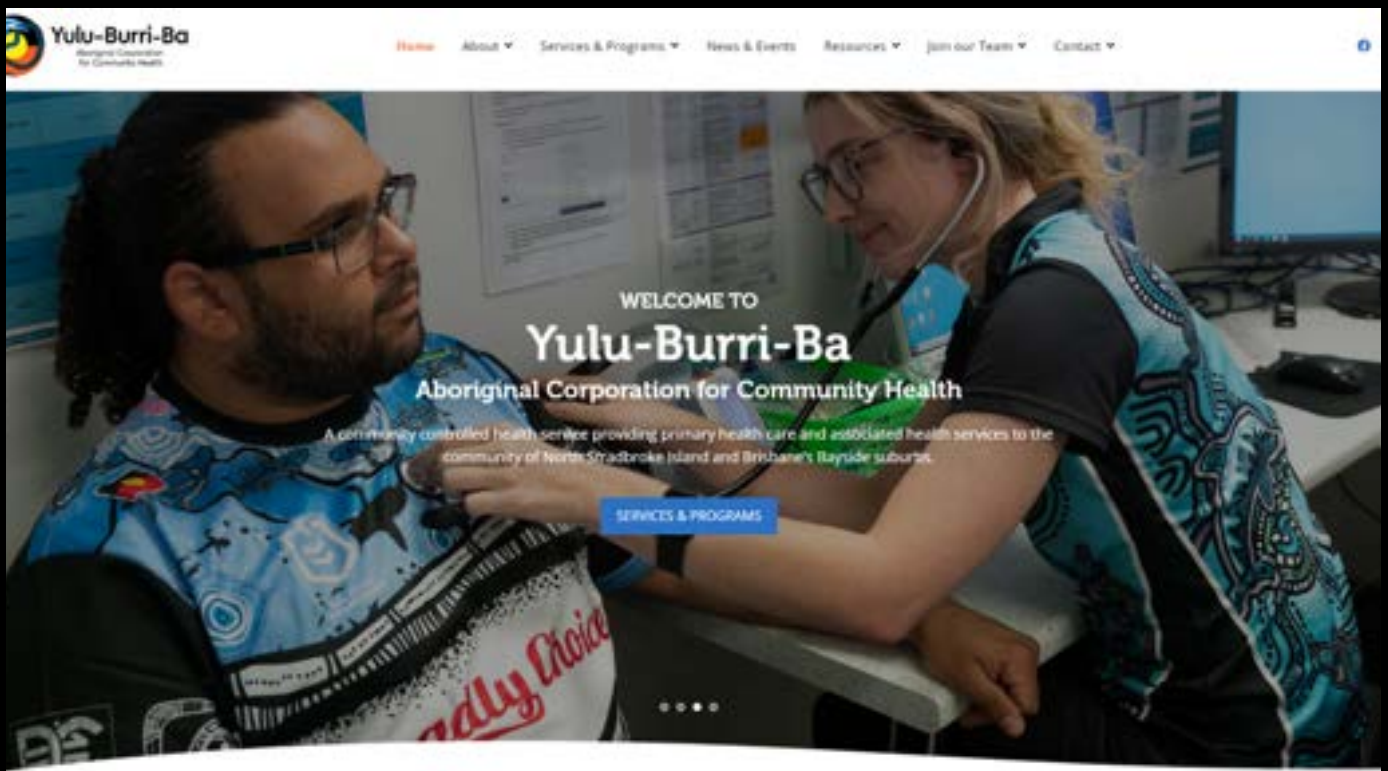
Our Saturday clinics are the perfect time to book you and your Jajums in for a health check!

WE ARE UPDATING OUR WEBSITE!!

To ensure we are meeting the needs of the community, we made the decision to change the website to a more user-friendly site.

We have nearly completed the process and are looking forward to showing our new deadly page!

Watch this space!



JANDAI LANGUAGE 6

Strengthening Indigenous identity and culture is clearly interconnected with languages. Languages are embedded with knowledge and information about culture, place, history, spiritual beliefs, kin systems and they frame people's ways of seeing and understanding the world.

The Jandai language is recognised as the dialectal of the Quandamooka people. Below are some common words and stories from the Minjerribah Moorgumpin Elders-in-Council Jandi Language Dictionary

Yura (yoo-ra) - Welcome/hello

Yuwayi (yoo-wayi) - Goodbye/Yes

Minjerribah (Min-JE- rri-ba) - Stradbroke Island

Moorgumpin (moo-gump- in) - Morton Island

Goompi -(gwambi) - Dunwich

Mulumba (moo-loom-ba) - Point lookout

Pullan Pullan (bull-an bull-an) - Amity Point

Bamira (ba-mirra) - Brown lake

Gabura (ka-boo-rra) - Blue lake

Gabemba (ga-bem-ba) - Creek at Myora springs

Mirigimba (me-rri-gim-ba) - Sea eagle

Gabul (ka:-bool)) - Carpet snake

Dabobila (da-be-bi-la) -Dolphin



Mirrigimpa The Sea Eagle

Many years ago two sea eagles nested in a large gum tree on a hill at Myora.

With the approach of the mullet season, the eagles would soar high in the sky and stay there, apparently motionless. The eagles watched the fish. Aboriginal people watched the eagles.

As soon as the eagles flew seawards a roar would go up-
Mirrigimpa!

This was the sign mullet season had commenced. in a day or two the channel near North Stradbroke Island would be blacked by thousands of fish.



JOIN OUR WORK IT OUT PROGRAM!

Our Work-it out
program is free for
Aboriginal and
Torres Strait
Islanders.

To join, ask your
GP for a referral to
the program!



WHAT CAN THIS PROGRAM DO FOR YOU?



Feel Calm and Strong in your mind
(social and emotional wellbeing)



Get Strong and Fitter in your body
(exercise and fitness)



Breathe Easier
(Pulmonary Rehabilitation)



Manage your heart troubles and
blood pressure
(Cardiac rehabilitation)



Manage your weight through
learning about healthy food choices
(diet and nutrition)



Improve your blood sugars
(Diabetes Management)



Feel safer and more confident to
move and get around
(everyday activities)



Improve any aches and pains
(Musculoskeletal conditions)




Build Stronger bones and improve
your balance
(Falls prevention)




GOOMPI NAIDOC 2023

On 21 July 2023, the Dunwich State School and Yulu-Burri-Ba came together to create a deadly NAIDOC celebration. There were many stalls, food vendors and guests. Matt Burns was there giving his cultural talks, the kids were on the oval playing Indigenous games, Yulu-Burri-Ba's men's and women's groups were made sure everyone was well fed and the Beyond Broncos team and Griffith University were there to help students in their quest for better education. Special thanks to Minjerribah Moorgumpin Elders, Qld Ambulance, Relationships Australia, NDIS/Carers Qld; Headspace, Straddie Market Co and all who attended and helped to make this day such a great success. A great day was had by all.






Did you know **Yulu-Burri-Ba** has dental services?



To access these services you must

- Identify as an Aboriginal or Torres Strait Islander person.
 - Be a family member of an Aboriginal or Torres Strait Islander person.
 - Hold a current Health Care Card.
 - Be up to date with your 715 Health Check
- 



Give your Clinic a
call to book an
appointment!



DID YOU KNOW YULU-BURRI-BA HAS ITS OWN DEADLY CHOICES PROGRAM NOW!

In June 2023 Deadly Choices integrated into Yulu-Burri-Ba to ensure we delivered the best care to the community.

The program aims to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families – to stop smoking, to eat good food and exercise daily.

Deadly Choices also encourages our people to get an annual 'Health Check'. If something is 'deadly' it is great.

As such a Deadly Choice is a good choice!



How is our Jajum Bajara program going?

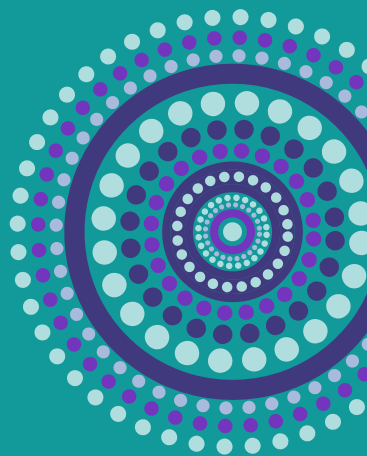
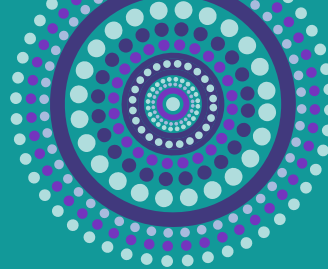
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Did you know our Jajum Bajara Program has a total of 162 mums and bubs!

To access this program all you have to do is visit your Yulu-Burri-Ba GP to receive a referral for the program.

This program offers 24/7 access to a Midwife, Family Support Worker for social and emotional assistance. Doorway to support with Deadly Fit Mums and Jajum Playgroup.

Jajum Bajara



Kinship & Foster Care Program

Foster Carers are everyday people who want to make a difference in a child's life

This could be a life-changing decision for you and a young Jarjum in need of a loving home, connection to culture and community.

We are looking for you to help us support our most vulnerable children and together we can make a brighter future for our Jarjums.

If you are interested in becoming a Kinship or Foster Carer, contact one of our friendly staff from the Kinship and Foster Care Program, who will walk alongside you to get all the information you need.

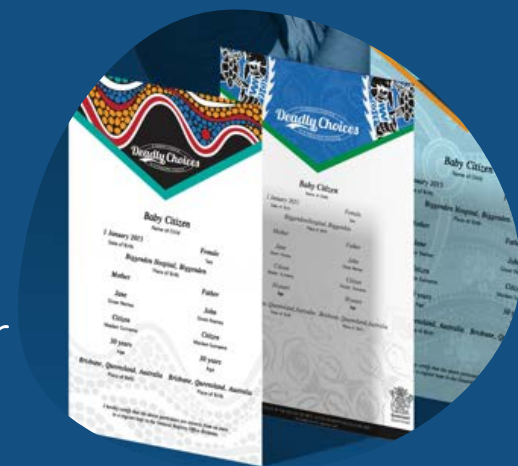
Hey you mob! **13**
Are you interested
in becoming a
Carer?



Any questions
please contact
#3900 7870 or on
KFC@ybb.com.au

GET YOUR *Deadly Choices* BIRTH CERTIFICATE FOR YOUR BUB!

Head to your nearest YBB clinic and sign up for a deadly choices birth certificate for your bub!



Who is eligible?

- The child must be Aboriginal and/or Torres Strait Islander
- Aged 0-5 and born in Queensland
- Must be up to date with their 715-Health Check and Vaccinations





MEN'S YARNING DAY!

Yulu-Burri-Ba had over 25 men attend our men's yarning day!

We created this event to yarn about some of the health issues that affect men. Some of these yarns included Diabetes, Bowel Screening Awareness, Mental Health and more!

Thank you to everyone who attended the event and the staff who helped make this day possible.



BMD WYNNUM MANLY SEAGULLS

15

HOST PLUS CUP ON STRADDIE!

BMD Wynnum Manly Seagulls Host Plus Cup on Straddie.

In August, the BMD Wynnum Manly Seagulls again came to Straddie for their Indigenous recognition match against the South Logan Magpies.

This match is proudly supported by Deadly Choices, Yulu-Burri-Ba, Redland City Council and the Straddie Sharks.

The day was a huge success and as Tom Cosgrove from the Wynnum Manly Seagulls said, "it was a great day for the community, everything went well – except for the result of the game". Better luck next year.

Yulu-Burri-Ba CEO David Collins thanked the Wynnum Manly Seagulls for continuing to hold the game on the island.

He said, "We have a wonderful partnership with the Wynnum Manly Seagulls and this game provides an amazing opportunity for Yulu-Burri-Ba to encourage positive health practices by incentivising health checks and promoting healthy, active living".

The Indigenous jersey proudly worn this year by the Wynnum Manly Seagulls team, was designed by contemporary artist Taryn Iselin-Arthur, a proud Quandamooka woman.

If you want a 'limited edition' Wynnum Manly Seagulls replica jersey, make an appointment at your local YBB clinic, and get your health check. If you get in quick, you may get a replica jersey before they run out.

See some of the
deadly photos from
the day, on the next
page!





BOWEL SCREENING AWARENESS

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Bowel cancer is common among Aboriginal and Torres Strait islander people. It can develop without any signs.

Yulu-Burri-Ba offers free Bowel screening kits to clients aged between 50-74. Collect your kit from your nearest YBB clinic. Complete your test and when you return it to the clinic, YBB will give you a \$50 gift card to either Bunnings or Kmart

**EACH KIT BACK RECEIVES A \$50
BUNNINGS OR KMART GIFT
CARD!**



How's our Youth Program going?

Our youth program has over 20 youth who attend the program.

We encourage our youth to join our activity's. Such as Quampi collection, Basket ball, Cooking, Art, Gym, Football and so much more! If your aged 12-25 you can join our Youth Program!

For more details please contact
Canay #3409 9596



September

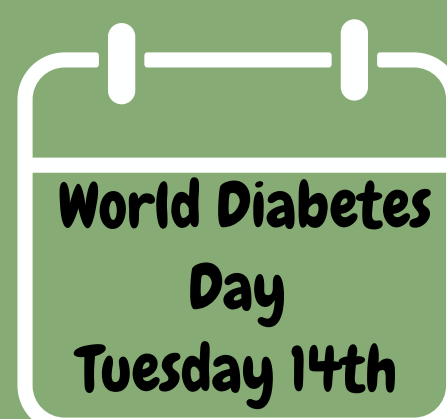
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October



November



What is Mob Link?

20

Mob Link is a service that was created during the pandemic by UIH to support mob in SEQ by linking you to the services you need.

Mob Link can help by linking you to:



Centerlink

Don't forget, your local Centrelink office is:

Yulu-Burri-Ba Aboriginal Corporation for Community Health
16 Dickson Way, Dunwich 4183
Mon-Fri 9:00am - 3:30pm

**Have you recently changed your name, number, address
Medicare card or health care card?**

If you have, it's so important you update this information with your clinic!

We need your information to be correct and current to ensure we can give you the best care possible!

Call your clinic and let them know about any changes straight away!

Yulu-Burri-Ba strives to provide the best service to the community. Incorporating your feedback is an important aspect that provides us the information we need to better our services. We take all of our feedback, whether negative or positive very seriously.

HOW TO MAKE A COMPLAINT OR GIVE A COMPLIMENT

If you have received great customer service or you wish to pay Yulu-Burri-Ba a compliment, please let our Managers know. They will make sure the right person receives your feedback. Thank you - we all like to feel valued and appreciated.

If you have a Complaint:

- First speak to the Manager. This will ensure problems are handled effectively and in a timely manner, as well as identifying ways that we can improve in the future.
- You may also ask staff to give you a 'Complaints and Grievance' form which can be filled in and handed back in.

If after speaking with a Manager you wish to escalate the matter further, please contact:

Yulu-Burri-Ba Health Services Manager

Email: info@ybb.com.au
Phone: 07 34099596, or
Write: PO 154 Dunwich QLD 4183

Health clients: If you need to discuss the matter outside Yulu-Burri-Ba, please contact,
The Office of the Health Ombudsman
Email: info@oho.qld.gov.au
Phone: 133 646
Write: 400 George Street,
Brisbane Qld 4000

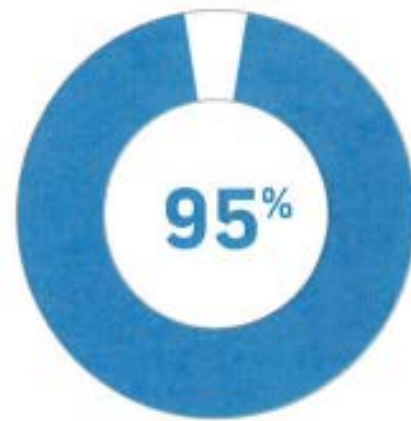
Social & Family Wellbeing

clients: If you need to discuss the matter outside Yulu-Burri-Ba, please contact,
The Complaints Unit at The Department of Child Safety, Youth and Women
Email: feedback@csyw.qld.gov.au,
Phone: 1800 080 464
Write: Locked Bag 3405,
Brisbane Qld 4001

Yulu-Burri-Ba Aboriginal Corporation for Community Health - Wynnum

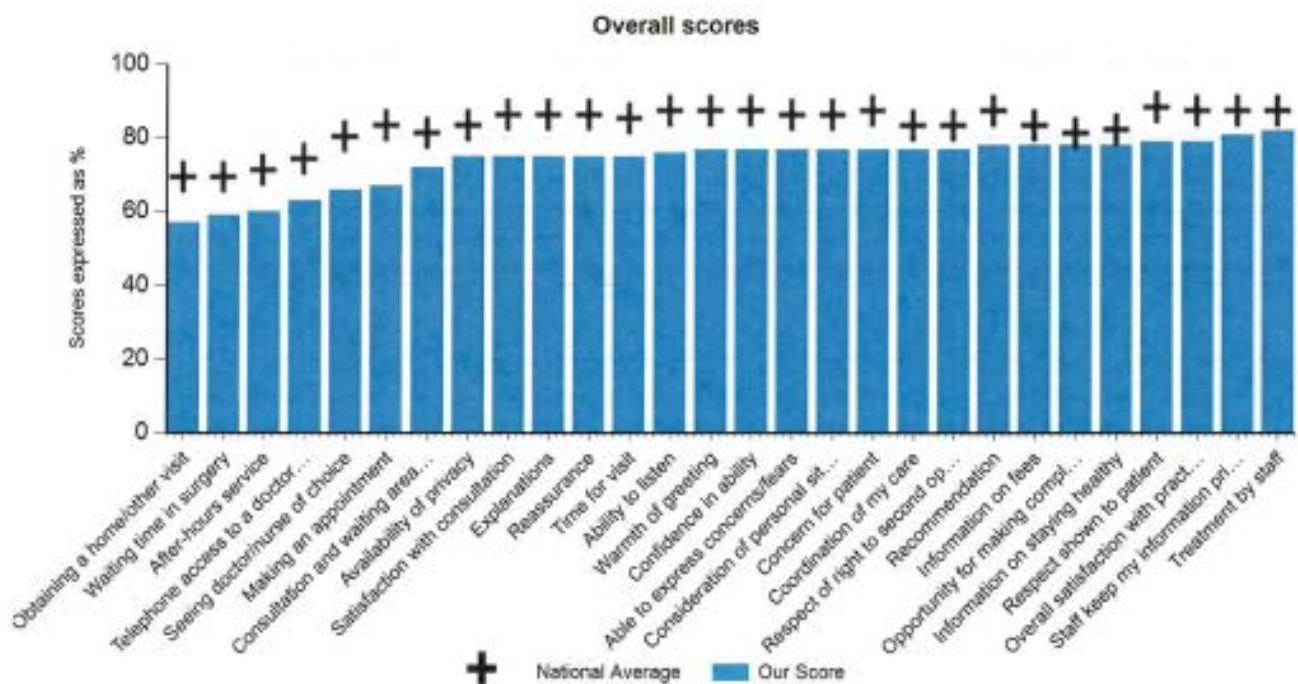
Here are the results of our recent

PATIENT FEEDBACK SURVEY



*Striving towards
excellence!*

of all patient ratings
about this practice were
good, very good or excellent



The results of this survey will help us to provide the **best possible service to you**



This Survey was completed by 121 patients in July 2023

We listened to your feedback!

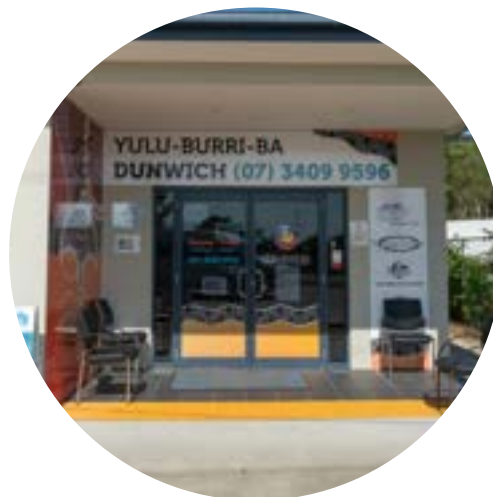
At Yulu-Burri-Ba Wynnum we carried out a patient survey and asked for your honest opinions and feedback to help us identify what our team is doing well, if we've missed anything or whether there's an opportunity for us to do things better. Based on our report proved by CFEP Surveys, we've listened to your feedback and have taken the following steps to improve the care and service we provide.

WHAT YOU TOLD US	CHANGES WE'RE MAKING AT OUR WYNNUM CLINIC
1. More after hours services	We are open on the second Saturday of every month and are looking to expand our after hours services. We also have a after hours and weekend services available from 13SICK. MOBLINK also provides our clients with access to telehealth consults between 7am-7pm 7 days per week.
2. Better waiting times	Reception staff will advise clients if GP's are running late on the day.
3. Seeing Doctor/ Nurse of choice	Reception will always ask clients who their preferred GP is to ensure continuity of care. we also have additional doctor returning to Yulu-Burri-Ba in September 2023
4. Telephone access to a doctor/nurse	Nurses are available for telephone triages and will book in with a doctor if required. Yulu-Burri-Ba also has to adhere to Medicare requirements for telephone appointments.



Yulu-Burri-Ba

Aboriginal Corporation
for Community Health



CAPALABA

SHOP 2/1 FINUCANE
ROAD, CAPALABA
QLD 4157
PH: (07) 3900 7800

DUNWICH

16 Dickson way
Dunwich, QLD
4183
PH: 3409 9596



FAMILY SERVICES

7A/39 Old Cleveland
Road, Capalaba QLD
4157
PH: (07) 3900 7870



WYNNUM

85 EDITH STREET,
WYNNUM QLD
4178
PH: (07) 3164 5800