



# YULU-BURRI-BA

Aboriginal Corporation for  
Community Health



In this Edition

Meet our new  
GP Registrars

Learn more about  
our extended hours!

January|February|March 2024



Yulu-Burri-Ba



yuluburriba



## CEO MESSAGE

Our Yulu-Burri-Ba client's interests are paramount, and I continually look for ways to improve the health services Yulu-Burri-Ba staff provide. A priority for Yulu-Burri-Ba this year was to reduce the wait time and give more flexibility for clients to see a GP.

Our longest wait time to see a GP is at our Capalaba clinic, so we have extended the opening hours and made some changes.

**The Capalaba clinic is now open:**

**Monday to Friday from 8:00am to 6:30pm**

**Saturday from 8:30am to 4:30pm**

We have also created space within the day which is reserved for urgent appointments.

Remember, our Wynnum clinic is open on Saturdays – twice per month and our Dunwich clinic, once per month, and as demand increases, so will the opening hours.

Please call our friendly receptionists to book these appointments.

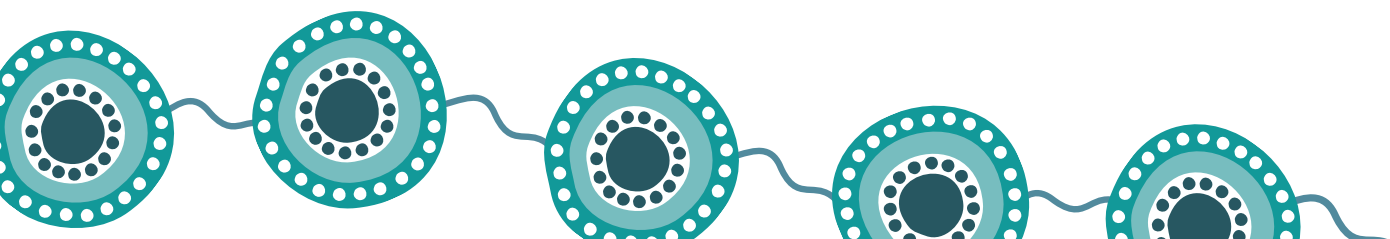
Yulu-Burri-Ba staff work hard to provide the health care our clients need.

Our vision is to have a strong and connected community.

I will continue to listen and continue to make whatever changes are necessary to access services and strengthen our client's health journey.

**David Collins**

CEO





## 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.





# In Memory

Aunty Lynette Shipway was Yulu-Burri-Ba's chairperson for 11 years and a member of Board of Directors from July 2008 to November 2021.

Throughout her life she advocated for increased health services, lobbied for increased government support, and promoted better health in the community.

She was a founding member and Hall of Fame recipient for QAIHC, and a founding member of IUIH and their Chairperson.

She was an active member of many organisations over the years including Minjerribah Moorgumpin Elders in Council, North Stradbroke Island Aboriginal and Islanders Housing Co-Op, where she held many roles to ensure the preservation, recording, Communicating, and teaching of all people, particularly the young, about the language and culture of Minjerribah and Moorgumpin.

Every Wednesday, staff remember Aunty Lyn by wearing a specially designed shirt. We do this because to our community, Aunty Lyn has been a shining light, the embodiment of what can be achieved on the sporting field and in healthcare in the community with passion, hard work, and dedication.

As an organisation, we are indebted to Aunty Lynette Shipway. Her impact on the health and wellbeing of our community will never be forgotten.



# NSI Youth Program Weekly Planner



Everyday is drop-in yarns outside of the planned activity times.

**Canay** Mon-Fri (9:30am - 5:30pm)

**Kookie** Mon, Wed, Fri (9:30am - 5:30pm)

MON

Women's Gym  
Salt Class  
4:15-5:15pm

TUE

Drop-in  
Yarns

WED

Boy's Gym Sesh  
4:15-5:15pm

THU

Women's Salt  
Class 4:15pm  
Boy's Gym  
sesh 5:15pm

FRI

Drop-in  
Yarns



\*Basketball will resume  
with Simon once it  
cools down a bit

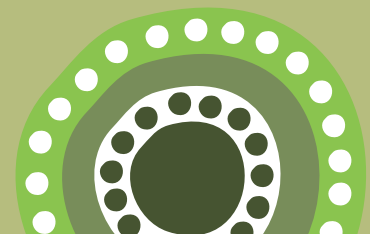
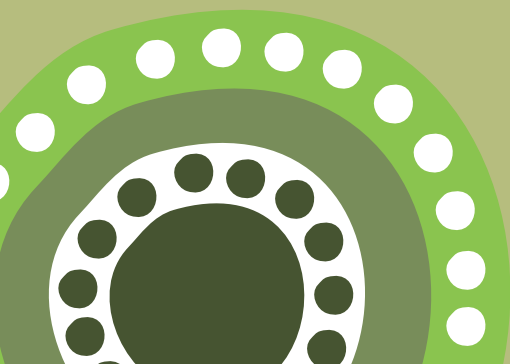
# Can't get an Appointment?

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.

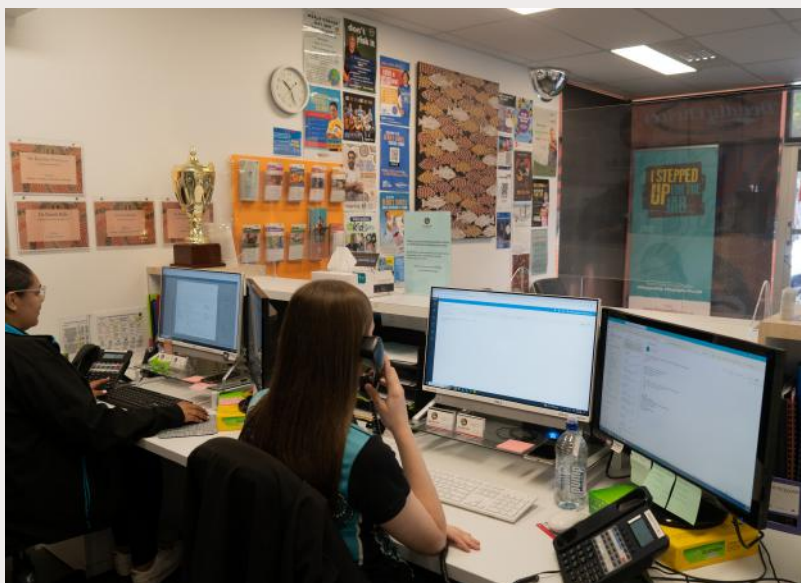
In February  
794 People  
couldn't be seen

due to 794 DNA's (did not attend)

Remember to cancel your appointment!







# EXTENDED CLINIC HOURS

OUR CAPALABA CLINIC NOW HAS EXTENDED CLINIC HOURS  
FROM 8:00AM TO 6:30PM MONDAY TO FRIDAY!

SATURDAYS ARE 8:30AM TO 4:30PM!

TO BOOK AN APPOINTMENT PLEASE CALL OUR DEADLY  
RECEPTIONIST'S ON  #3900 7800



# Urgent Appointments Available!

**Hey mob!**

**To help with the wait-times for GP appointments, we are introducing urgent appointments at our Wynnum and Capalaba clinics!**

**We will have these appointments from 12:30pm to 3:30pm everyday!**

*Please call our  
deadly receptionist to  
book these  
appointments!* ☎️

**CAPALABA CLINIC**  
SHOP 2&3/1 FINUCANE  
ROAD  
CAPALABA QLD 4157  
P: 3900 7800

**WYNNUM CLINIC**  
85 EDITH ST  
WYNNUM QLD 4178  
P: 3164 5800





# Good News Story!

N S I M E N S S H E D

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## Thank you to Yulu-Burri-Ba Men's Shed!

"Could you pass on our appreciation to the 4 volunteers from Mens Shed who on 27 February worked hard to support others in our community.

The day was hot and humid when they arrived at Point Lookout. With good cheer and hard yakka the job was done.

Thank you Ann for organising it and the Mens Shed crew....Andrew, Ray, Keiron and Yogi."

Kind regards  
Mel





# WHAT'S OUR MENS GROUP UP TO?



**From fishing at Tallebudgera to  
BBQs at Wellington Point, our men's  
group get out and about!**

**If your interested in joining the  
group please contact the CLO at  
Capalaba for more details!**

**☎ #3900 7800**







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

# Twilight

## MOVIE NIGHT

HOSTED BY YULU-BURRI-BA'S  
KINSHIP AND FOSTER CARE PROGRAM

Keep mob KINnected!



COME AND YARN ABOUT OUR KINSHIP AND  
FOSTER CARE PROGRAM AND LEARN HOW  
YOU CAN CARE FOR OUR JARJUMS!

27 | 5  
MAR | PM

DUNWICH STATE SCHOOL | 37 BINGLE ROAD, DUNWICH

## NOW SHOWING WONKA!

Popcorn, BBQ, Drinks, Prizes & more!



ALL CHILDREN ARE TO BE UNDER  
PARENT SUPERVISION AT ALL TIMES

THIS EVENT IS A DRUG AND ALCOHOL FREE EVENT  
11.

# GP Registrar Program



For many years, Yulu-Burri-Ba has provided specialised General Practitioner (GP) training to Doctors in our GP Registrar Program. Our GP Registrars receive an excellent opportunity to work in a busy, yet supportive environment which focuses on improving the lives of Aboriginal and Torres Strait Islander people.

## **What is a GP Registrar?**

- A GP Registrar is a fully qualified medical Doctor, who has studied at university and obtained a medical degree.
- They have completed a 1-year internship at a recognised hospital where they have rotated through different departments.
- Following general registration with the Medical Board of Australia, they have completed 1-2 more years of training as a Resident before entering a specialist GP training program.
- In the Specialist GP Registrar training program, they undertake at least 2 years of advanced training to specialise in General Practice.
- Once GP Registrars complete their final exams, they are fully-fledged General Practitioners.

Yulu-Burri-Ba is very proud to have welcomed and farewelled many brilliant, caring Doctors in the GP Registrar Program.

Yulu-Burri-Ba has an impressive history of supporting GP Registrars to work at Yulu-Burri-Ba when they become General Practitioners (Dr Anil, Dr Sofia, Dr Frank, Dr Mika and Dr Amy all started their careers with Yulu-Burri-Ba as GP Registrars). We hope to continue this practice into the future.



*Orientation day at  
Stradbroke with the  
new GP Registrar's!*



# Meet our GP Registrar's for 2024

## Capalaba clinic



Dr Joanna Noakes  
BSc, MD.

**Interests:** I love working kids and have several years of experience in Paediatrics. I am also interested in Women's health and Mental Health.

**Why are you interested in working with YBB?:** I'm interest in working with YBB because they are doing some awesome things to ensure mob have a healthier future and I want to learn and be a part of that.

**Outside medicine:** I like being artist, especially painting and drawing. I like to spend my spare time being outside in the sunshine with my family.

**Interests:** Women's health, paediatrics, chronic disease.

**Why are you interested in working with YBB?:** I'm looking forward to working within the YBB team to support health and wellbeing of Aboriginal and Torres Strait Islander people and provide holistic and preventative healthcare.

**Outside medicine:** I enjoy keeping active, camping, painting.

## Capalaba clinic



Dr Laura Welsh  
BSc, MD

**Interests:** My interests include paediatrics, dermatology and diabetes.

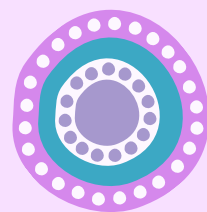
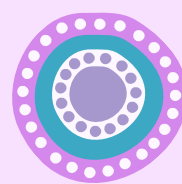
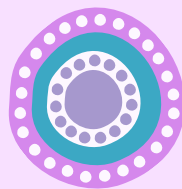
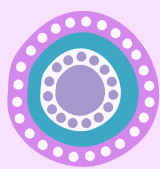
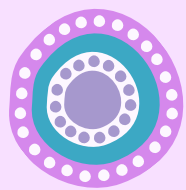
**Why are you interested in working with YBB?:** I am looking forward to learning about Aboriginal and Torres Strait Islander health, culture and wellbeing. I want to contribute to improving the quality of healthcare experiences and outcomes for Aboriginal and Torres Strait Islander people.

**Outside medicine:** Most of my time is spent with my family. I have 3 young children, who are always keen to play. Otherwise, I like to play futsal, watch soccer, listen to music, play the guitar and occasional video games.

## Wynnum clinic



Dr Joshua Copas  
BSc., M.D.



# PLAYTIME

## COMMUNITY DAY

### ACTIVITIES, FOOD AND MORE!



## EVERY FRIDAY



9:30am–11:30am



Redlands Integrated Early Years  
Place, Corner School, and Mt  
Cotton Road Capalaba



For kids aged 0–5 years

**ALL JAJUM BAJARA AND YULU**

**BURRI BA CLIENTS WELCOME.**

**YARN WITH THE JAJUM BAJARA  
TEAM OR YOUR LOCAL CLINIC  
FOR MORE INFORMATION.**



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

Jajum Bajara



14.



# HOW'S OUR JAJUM

## BAJARA PROGRAM GOING?

Jajum Bajara



Yulu-Burri-Ba's Jajum Bajara (birthing in our community) program – introduced in 2020, aims to improve outcomes for Aboriginal and Torres Strait Islander mothers and babies by developing programs which strengthen connection to culture and country.

We currently provide:

- Playgroup - a great space for mums to connect with other mums.
- Deadly Fit Mums – to ensure mum stays fit and healthy.
- Links to Deadly Dads through UIIH Birthing in our Community – to ensure the family gets all the support needed.
- Antenatal classes – to ensure our mums have a safe pregnancy and we have healthy bubs.
- Midwifery group practice (MGP) with 24/7 access to pregnancy, birthing and postnatal care provided by the same midwife.
- Support from Aboriginal and Torres Strait Islander Family Support Workers which includes:
  - Assistance to attend your appointments
  - Supports for emotional and social needs
  - Assistance to access financial supports
  - Providing advocacy with other services

51

*mums in the program within the last 6 months*

43

*Full term births within the last 6 months*

6

*Pre-term births within the last 6 months*

51

*bubs born in the last 6 months*

15.

# International Womens Day!

Happy International Women's Day to all the Deadly women! Today, we celebrate the social, economic, cultural, and political achievements of women all around the world. It's a day to honour the contributions women have made and continue to make every day.

Let us reaffirm our commitment to gender equality, women's empowerment, and the respect and recognition that every woman deserves.

Together, let's strive to create a more inclusive and equal world where every woman can thrive and reach her full potential.

Thank you to all the amazing strong women who inspire and empower us every day.





# 2024 HEALTH CHECK SHIRTS!



Have you seen our new Deadly Choices shirts for 2024?

To get one of these deadly shirts, call your local clinic to book in your 715 Health Check!

Remember at your next appointment to check out these deadly designs!



# FAIRPLAY VOUCHERS!



Do you have a child aged 5-18?



Would you like your child to be more active?

**YOU MAY BE ELIGIBLE TO APPLY  
FOR UP TO \$150 FOR YOUR  
JAJUMS SPORTS OR ACTIVE  
RECREATION PARTICIPATION!**



*Our CLO Cara Joseph is  
a referral agent!*

*Please contact her for  
more information!*



**#3164 5800**



Queensland  
Government

SCAN  
ME



FOR MORE DETAILS ABOUT THE  
VOUCHER PLEASE SCAN THE QR  
CODE FOR THE QLD GOV WEBSITE!

18.



# swimstart Vouchers!



SwimStart is a new voucher program to support learn to swim activities for 0 to 4 year olds!

Some details regarding the vouchers:



Your voucher can only be used for membership, registration or participation fees.



Parents, carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards swimming lessons with a registered SwimStart activity provider.



To access swim vouchers for your jarjums please contact CLO Cara Joseph for more information!



#3164 5800



Queensland  
Government

SCAN ME



# WOMEN'S NETBALL CARNIVAL

SATURDAY, 13 APRIL | 8:00AM-4:30PM | DOWNEY PARK — NORTHEY ST & GREEN TCE, WINDSOR QLD



Join us for the annual Deadly Choices Women's Netball Carnival. Divisions include U12s (Skills and Drills Workshop), U15s, and Open Women's.

**Registrations close Friday 1, March.**

All participants must have an up to date 715 Health Check. For more information, and to submit health checks, contact **Kirra Muggeridge** at [kirra.muggeridge@iuih.org.au](mailto:kirra.muggeridge@iuih.org.au) or on **0434 135 027**.

*This is a smoke, sugar and alcohol free event.*







Don't forget, your local Straddie Centrelink office  
is:

Yulu-Burri-Ba Aboriginal Corporation for Community Health  
16 Dickson Way, Dunwich 4183  
Mon-Fri 9:00am - 3:30pm  
☎ #3409 9596

**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!

# What's coming up!

## April

- 7th World Health Day
- 24th–30th World Immunization Week
- 25th Anzac Day

## May

- 26th National Sorry Day
- 27th–3rd Reconciliation Week
- 27th 1967 Referendum

## June

- Bowel Cancer Awareness Month
- 3rd Mabo Day
- 12th–18th Men's Health Week



# WE LOVE FEEDBACK!

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.
- You may also ask staff to give you a 'Complaints and Grievance' form.

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](mailto:info@ybb.com.au)  
Phone: 07 34099596, or  
Write: PO 154 Dunwich, 4183

To discuss matters outside of Yulu-Burri-Ba, contact.

### Health clients:

The Office of the Health Ombudsman  
Email: [info@oho.qld.gov.au](mailto:info@oho.qld.gov.au)  
Phone: 133 646  
Write: 400 George Street, Brisbane Qld 4000

### Social & Family Wellbeing clients:

The Complaints Unit at The Department of Child Safety, Youth and Women  
Email: [feedback@csyw.qld.gov.au](mailto:feedback@csyw.qld.gov.au),  
Phone: 1800 080 464  
Write: Locked Bag 3405, Brisbane Qld 4001

# WHERE TO FIND US!



## DUNWICH

16 DICKSON WAY  
DUNWICH, QLD  
4183  
PH: 3409 9596



## CAPALABA

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



## WYNNUM

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



## FAMILY SERVICES

7A/39 OLD CLEVELAND  
ROAD, CAPALABA QLD  
4157  
PH: (07) 3900 7870