



Yulu-Burri-Ba
Aboriginal Corporation
for Community Health

YULU-BURRI-BA

Aboriginal Corporation for Community
Health

SIGN UP TO RECEIVE OUR NEWSLETTER ONLINE
www.ybb.com.au

JANUARY - MAY

2021 FLU SEASON IS UPON US

Last flu season saw a massive drop in people diagnosed with influenza. In 2019, the flu affected over 132,000 in Australia, but in 2020, this number dropped to 21,000.

This is considered a direct result of the social distancing and personal hygiene efforts we practiced to eliminate COVID-19. Since the flu is spread in the same way that COVID-19 is, these practices that we honed over the past year can help us stay safe again this flu season.

While there are some things we may not be able to continue, such as working from home or staying 1.5 metres away from others at all times, there are some that we can still practice. This includes keeping up with regular and appropriate hand hygiene, covering your nose and mouth when sneezing/coughing, staying away from others while sick and getting vaccinated!



1.5 metres



@YuluBurriBa

@YuluBurriBa

@YuluBurriBa

**GET VACCINATED AT
YOUR YULU-BURRI-BA
CLINIC NOW!**



OUR ACKNOWLEDGMENT TO COUNTRY

We here at Yulu-Burri-Ba would like to acknowledge the custodians of the Quandamooka land in which we have the pleasure to work on.

We pay our respects to the elders of this land, past, present and emerging. We recognise what a privilege it is to be able to build our business on country, and practice the traditions and beliefs established by the Quandamooka people.

Yulu-Burri-Ba is also grateful for the Quandamooka employees we are fortunate enough to have with us, who continue to teach us and help us in protecting the culture and land of this beautiful place.

MESSAGE FROM THE CEO

Reconciliation Week

I would like to acknowledge National Reconciliation Week, which occurs annually from the 27th May to 3rd June.

This year, the theme is 'More than a word. Reconciliation Takes Action'. This theme draws from the efforts that the nation has put into the cause over the past year and recognises that Australia finally understands that real change requires action.

While a lot has been achieved in moving towards reconciliation, Aboriginal and Torres Strait Islander communities still experience significant challenges to their mental health.

Reconciliation and culture are key elements in the understanding of health and well-being and recognising our cultural strengths is fundamental to our identity.

National Reconciliation Week is a time to acknowledge who we are. Our shared histories, cultures, and achievements and how we can contribute to reconciliation, healing, and greater wellbeing.

To continue the reconciliation journey, Yulu-Burri-Ba will ensure our cultural strengths are incorporated into our programs and focus on increasing services to meet the mental health challenges and overall wellbeing of our community.

This year, Yulu-Burri-Ba Takes Action!

David Collins
CEO

National Reconciliation Week 2021

Yulu-Burri-Ba wants to acknowledge National Reconciliation Week (NRW), which occurs annually from the 27th May to 3rd June. The theme this year is 'More than a word. Reconciliation Takes Action'.

This theme draws from the efforts that the nation has put in to the cause over the past year, through the Black Lives Matter protests and Invasion Day rallies. It recognises that Australia finally understands that real change requires action.

NRW is held between two dates of significance for the Aboriginal and Torres Strait Islander community. The Anniversary of the 1967 Referendum, on the 27th May, in which Indigenous Australians were finally included in the census and the Australian Government were given the power to make laws for Aboriginal and Torres Strait Islander people that could fight inequality.

The final day of NRW is on Mabo Day, the 3rd June. This date to the anniversary of the Mabo Decision, where in 1992 the Supreme Court made the decision that terra nullius should not have been applied to Australia and therefore Indigenous and Torres Strait Islander peoples were given rights to their traditional lands.

HAVE YOU HAD YOUR HEALTH CHECK?

A health check is an examination of your current state of health, carried out by one of our deadly Nurses or Aboriginal Health Workers and a Doctor. The aim of the health check is to help find, prevent or lessen the effect of health issues. It's like getting a car serviced before it breaks down. It's better to avoid disease than to treat it.

What can a health check involve?

- Updating your medical history and examining your health issues
- Performing tests like checking your blood pressure, blood sugar levels and an eye check
- A follow up if required and referrals to any other health specialists like Dietician, Dentist, and Podiatrist to name a few
- Advice and information on how to improve your health

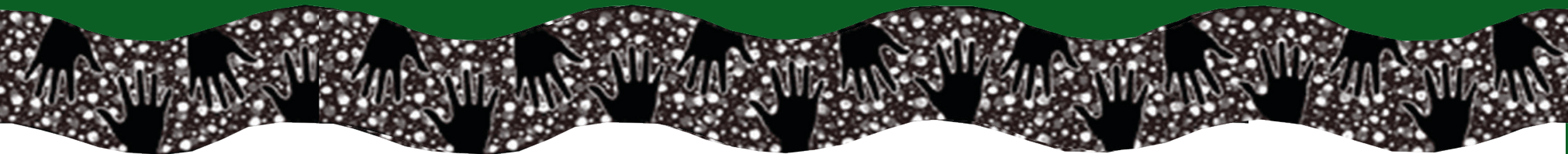


All eligible clients who complete their health check also receive a Deadly Choices shirt!

Give us a call at one of our clinics to book in for your health check

TELEHEALTH

Yulu-Burri-Ba is encouraging our clients to use our new telehealth services whenever possible.



What is Telehealth?

Telehealth is a great way to access healthcare by using a phone or video call to yarn with your doctor or any of your health care providers.

What services are available through telehealth?

Almost all clinic services are available through Telehealth, including the following routine appointments:

- Discuss test results and post-op care
- Yarn with the social health team
- Discuss management of chronic diseases
- Allied Health appointments
- And much more!

If you are not sure if Telehealth is the right thing for you, just ask when you call your clinic to book your next appointment.

What do I need?

To get started, you will need a device that is connected to the internet e.g. a mobile phone, laptop, or tablet. If you have booked a video consult, you will need a device with a camera. If you're not sure whether you have the right device, ask your clinic for assistance.

Attending your appointment using Telehealth

Four easy steps to start your Telehealth appointment:

1. Find a quiet room with good lighting and make sure you've connected to the internet
2. Click the link in the email or SMS you received from the clinic
3. Enter your name and phone number when prompted
4. Wait for the doctor to arrive and start your appointment

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. Are you a Social & Family Wellbeing service client? Take our survey (<https://www.surveymonkey.com/r/SZML7KT>)

HOW TO MAKE A COMPLAINT

- Firstly speak to the Manager or Supervisor, which can often
- resolve most problems effectively and in a timely manner, as well as helping to identify ways that we can improve in the future.
- You may also ask for a 'Complaints and Grievance' form which can be filled in and handed back in.
- After speaking with a Manager or Supervisor, you can also contact our Clinical Services Manager by email hr.@ybb.com.au or call us on 07 3409 9596 or write to us at PO 154 Dunwich QLD 4183.

If you wish to take the matter further and feel you need to discuss the matter outside of the surgery there are several options available including the:

- The Complaints Unit at The

Department of Child Safety, Youth and Women by email feedback@csyw.qld.gov.au, or by phone 1800 080 464, or by post at Locked Bag 3405, Brisbane Qld 4001

- Medical Registration Board of Australia (Australian Health Practitioner Regulation Agency), The State or Territory Manager, AHPRA, G.P.O. Box 9958, In your capital city 1300 419 495
- Australian Medical Association, PO Box 123, Red Hill, QLD 405, (07) 3872 2222, amaq@amaq.com.au
- Office of the Health Ombudsman
- OR
- Contact us Yulu-Burri-Ba Aboriginal Corporation for Community Health PO Box 154 Dunwich QLD 4183 P (07) 3409 9596 E hr@ybb.com.au. Please address all emails & post to the relevant program you are contacting us

READ OUR PRIVACY POLICY AND DISCLAIMER

www.ybb.com.au/privacy-policy-disclaimer/

**DON'T
FORGET,
YOUR
LOCAL
CENTRELINK
AGENT IS:**

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

**16 Dickson Way
Dunwich 4183**

**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!

Our Work it Out Program is Back Up and Running!

Work it out will look a little different in the interest of
safety for all Work It Out participants.

The new program will offer more specialised support
from the Exercise Physiology team, access to one 12
week cycle, with a max of 15 people each cycle and
exciting extra services once you've graduated!

GET TO KNOW OUR ABORIGINAL HEALTH WORKERS!

Our Aboriginal Health Worker's provides...

- Culturally safe and appropriate care
- Follow up care
- Smoking cessation and support
- Hearing screening
- Client advocacy
- Home support
- AOD (Alcohol and other drugs) support and linking into suitable support services
- Education on services available
- Assistance with linking into services

Our Aboriginal Health Workers are...

North Stradbroke Island
Terry Coghill
Ph: 3409 9596

Wynnum
Chris Gorringer
Ph: 3164 5800



Capalaba
Colleen Hartwig
Ph: 3900 7800



CLOSE THE GAP DAY

Each year Yulu-Burri-Ba acknowledges National Close the Gap Day on the...

Closing the Gap aims to improve the lives of Aboriginal peoples and Torres Strait Islander peoples by achieving equitable outcomes across housing, education, employment, justice, and health.

For Yulu-Burri-Ba, our attention is focused on delivering better health outcomes for our community members.

Yulu-Burri-Ba:

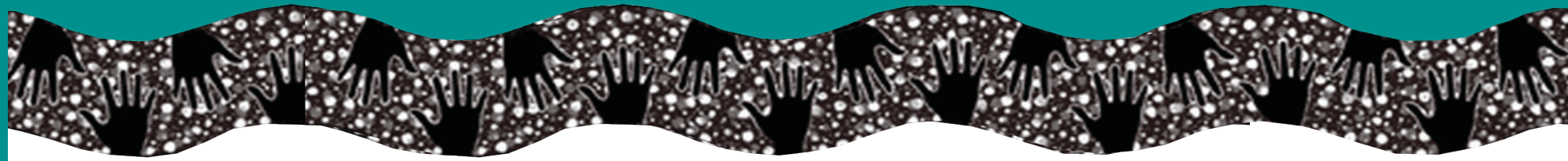
- will continue to deliver culturally appropriate health care
- will always provide a holistic approach to health care of our clients
- is motivated by a preventative approach to health care with health checks for all and management of Chronic Disease Cycle of Care our priority

I'm pleased to report that the number of Aboriginal and Torres Strait Islander clients attending Yulu-Burri-Ba continues to grow.

Over the next twelve months, Yulu-Burri-Ba will focus our collective efforts to improve health and life outcomes for our community.

With sustained support from all levels of Government and continued partnerships with our Indigenous health partners (IUIH, NACCHO & QAIHC), we are confident we can continue to Close the Gap on Indigenous health outcomes and deliver better health outcomes for all our community.

NAIDOC 2021



This years theme for NAIDOC week is 'Heal Country', in which country is more than just a place, but a way of sustaining our lives in many ways - spiritually, emotionally, socially, physically and culturally.

This year, our Dunwich Clinic will be teaming up with Dunwich State School and some other local business's on the island to put on the 2021 Goompi NAIDOC Event!

Make sure you come along on Friday the 16th of July from 10:30 - 2:00 at Dunwich State School to celebrate our culture, history and the deadly achievements of Aboriginal and Torres Strait Islander peoples!



**HEAL
COUNTRY!**
4-11 JULY 2021

What's coming up...

MAY

Domestic Violence Prevention Month

MAYDAYS for Eating Disorders

Lung Health Awareness Month

International Nurses Day - 12 May

National Sorry Day - 26 May

Reconciliation Week 27 May - 3 June

Australia's Biggest Morning Tea - 27 May

Anniversary of the 1967 Referendum - 27 May

World No Tobacco day - 31 May

JUNE

Bowel Cancer Awareness Month

Mabo day - 3 June

World Environment Day - 5 June

Mens Health Week - 14-20 June

JULY

Dry July

JulEYE

Coming of the Light Festival - 1 July

NAIDOC Week - 4-11 July

National Pyjama day - 23 July

Intrust Super Cup

SAVE THE DATE!

3rd JULY 2021

Pinklands Sports Complex, Redlands
Watch the Wynnum Seagulls
take on Northern Pride!



Intrust Super Cup 2019

INTERNATIONAL WOMENS DAY

Each year, International Women's Day is held on the 8th March, with a new theme as the focus of the campaign. This year the theme was #choosetochallenge.

The world was encouraged to remain accountable for our thoughts and actions, and choose to actively challenge gender bias and inequality.

Here at Yulu-Burri-Ba we recognise how important it is to be vigilant in our efforts to see the women in our community and our workplace succeed without discrimination holding them back. This year we chose to recognise the deadly women in our lives with each staff member displaying a picture of a woman they look up to proudly on their door, with a few sentences on why it's so important to celebrate all the women in our lives. This sparked conversations within the workplace about how much women have done for our business and our community over the years. These are the kind of conversations that need to happen to challenge gender discrimination and inequality within our society.

71% of our staff are women, so we'd like to take this moment to thank you all for everything you do to better our community, our people and our business!



MAROOMA MILBOOL WOMEN'S GROUP

WHEN: Every Monday and Wednesday
10am - 1pm

WHERE: Womens Group room (Dunwich)

WHAT: Food provided, activities include
weaving, knitting, arts and crafts

HOW: Transport can be arranged
All are welcome!

For more info call the
Duwnich Clinic on 3409 9596

MALLARA UMPIE MENS SHED

WHEN: Every Tuesday and Thursday
9am - 2pm

WHERE: Mens Shed (next to YBB Dunwich
Clinic)

WHAT: Come for a yarn or start a project

All are welcome!

For more info call the
Duwnich Clinic on 3409 9596

Upcoming Events

Goompi NAIDOC
Dunwich State
School
16 July
10AM - 2PM

Positions Vacant

There are currently no vacancies in our organisation. Visit our website to stay up to date with any future vacancies.

Goodbye Hayden!

This month we say goodbye to our deadly Wynnum Community Liaison Officer, Hayden Crowley. Thank you for everything you've done for our community and YBB over the past 4 years and we wish you all the best in the future!



Apple Pudding with Cinnamon Custard

Method

Pudding

1. Preheat oven to 180°C (160°C fan forced).
2. Sparingly remove crusts from 6 slices of raisin bread and flatten bread with a rolling pin.
3. Spray 6 holes of a regular sized ($\frac{1}{2}$ cup capacity) muffin tin with oil; press bread firmly into holes.
4. Combine apple, sultanas and lemon zest in a medium-sized bowl. Mix well.
5. Fill bread cavities to the rim of the tin with apple mixture, pressing firmly with the back of a spoon. Fold in any overhanging bread.
6. To form a lid with remaining bread slices, cut six 8cm diameter circles using a biscuit cutter or upside down glass. Press on bread lid to cover apple mixture.
7. Bake in the oven for 20 minutes until golden brown.

Custard

1. Combine custard powder, sugar, cinnamon, vanilla and 3 tablespoons milk in a medium-sized saucepan. Mix well to form a paste and smooth lumps then stir in remaining milk.
2. Place over medium heat and slowly bring to the boil, stirring often. Reduce heat and simmer for 2 minutes until mixture thickens.
3. Remove from heat; cover with plastic wrap until time to serve.

Serving

Remove puddings by running a knife around the edge of each hole and inverting onto individual plates. Pour over custard, sprinkle with cinnamon if desired and serve immediately.



Ingredients

- 12 slices raisin or fruit bread
- olive or canola oil spray
- 400g can unsweetened apples
- 4 tablespoons sultanas
- 1 teaspoon lemon zest or grated rind
- 3 tablespoons custard powder
- $1\frac{1}{2}$ tablespoons caster sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 cups low-fat milk

(healthier.qld.gov.au)



GONE WALKABOUT

YULU-BURRIBA WALKING GROUPS

CAPALABA NORTH STRADBROKE ISLAND WYNNUM

**MEET AT
CAPALABA
REGIONAL
PARK**

**EVERY
FRIDAY AT
8:00AM**

**MEET AT
DUNWICH
TENNIS
COURTS**

**EVERY
WEDNESDAY
AT 7:30AM**

**MEET AT
WHALE PARK**

**EVERY
FRIDAY AT
8:00AM &
WEDNESDAY
AT 4:00PM**

**JOIN US FOR A WALK AND A YARN
EVERY WEEK TO KEEP YOUR BODY
AND MIND HEALTHY!
CHECK WITH YOUR DOCTOR PRIOR
TO STARTING IF YOU HAVE
ANY CONCERNS.**

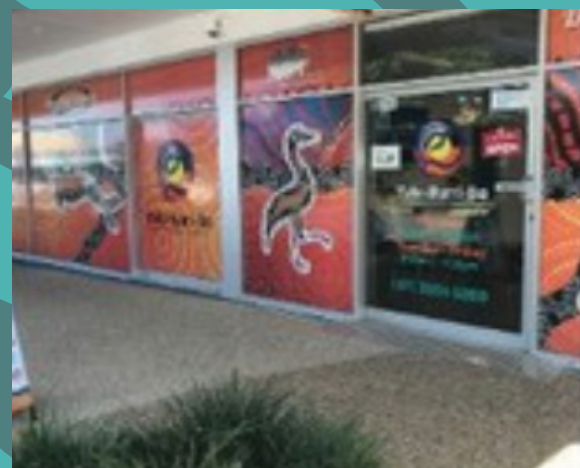
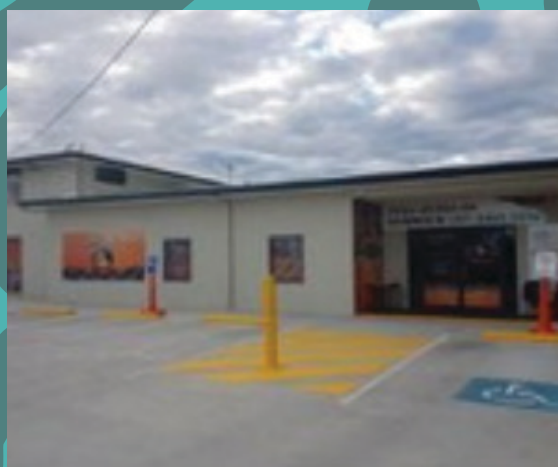
Contact your CLO for more info

WYNNUM - Hayden Crowley - 3164 5800

NORTH STRADBROKE ISLAND - Keiron Costelloe - 3409 9596

CAPALABA - Jordan Williams - 3900 7800

WHERE CAN I FIND YULU-BURRI-BA



DUNWICH

16 DICKSON WAY,
DUNWICH QLD 4183
(07) 3409 9596

CAPALABA

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

WYNNUM

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

DUNWICH

M: 7:30 TO 4:30
T: 7:30 TO 4:30
W: 7:30 TO 4:30
T: 7:30 TO 4:30
F: 7:30 TO 4:30

CAPALABA

M: 8:00 TO 5:00
T: 8:00 TO 5:00
W: 8:00 TO 5:00
T: 8:00 TO 5:00
F: 8:00 TO 5:00

WYNNUM

M: 8:30 TO 4:30
T: 8:30 TO 4:30
W: 8:30 TO 4:30
T: 8:30 TO 4:30
F: 8:30 TO 4:30