



YULU-BURRI-BA

Aboriginal Corporation for Community Health

NEWSLETTER



Message from David Collins, CEO

As this year draws to a close, let me take this opportunity to wish the Yulu-Burri-Ba community a **safe and** Merry Christmas. Staff at all Yulu-Burri-Ba clinics have worked hard this year to provide culturally appropriate care to as many families as we can.

Excellent service is something all YBB staff strive to achieve and I'm pleased to say that we are committed to lifting the bar further in 2019.

We have had many highlights throughout the year. In particular, we reached consistent month on month growth in the number of people accessing our services and our client attendance rates this past year have shown major improvements. To us, this is an indicator that our clients and their families have faith in Yulu-Burri-Ba services.

Thank you for your trust and belief in Yulu-Burri-Ba's vision.

I hope you have a safe, healthy and happy 2019.

Merry Christmas!



Yulu-Burri-Ba
Aboriginal Corporation
for Community Health

www.ybb.com.au



MERRY CHRISTMAS & HAPPY NEW YEAR!

YULU-BURRI-BA WILL BE CLOSED ON THE FOLLOWING DATES:

Christmas Day - Tuesday 25th December 2018

Boxing Day - Wednesday 26th December 2018

New Year's Day - Monday 1 January 2019

After Hours Care

For Dunwich clients:

Marie Rose Centre
(07)3409 9059 or
13 HEALTH (13 43 25 84)

For Capalaba & Wynnum clients:

13-SICK (13 7425)
or Redland Hospital on (07) 3488 3111



In case of an emergency dial 000

HO! HO! HO!

IT'S CHRISTMAS

WITH YBB



Yulu-Burri-Ba

Aboriginal Corporation
for Community Health

**SO COME ON DOWN AND JOIN US IN CHRISTMAS
CHEER WITH A FUN DAY FOR ALL TO ENJOY.**

**10AM TO 1PM | FRIDAY, 21 DECEMBER 2018
| RON STARK OVAL, DUNWICH**

NEED MORE INFO? 3409 9596

MUSIC | FOOD | SANTA | WATER SLIDES | AND MORE!



Mum's & Bubs clinic relocation

Our Mum's and Bubs clinic is no longer operating from Capalaba and our Paediatric team has relocated to the YBB Wynnum clinic at 85 Edith Street. For Mum's and Bubs clients who accessed services from this location please know that you can access the same services from your nearest YBB clinic - Wynnum, Dunwich or Capalaba.



Are you interested in creating a Will?

The Aboriginal and Torres Strait Islander Legal Service will be visiting Yulu-Burri-Ba (Dunwich) on Friday 1st February to assist or provide information to Aboriginal and / or Torres Strait Islander community members in completing their will and Power of Attorney documents.

WHEN: Friday 1st February 2019
TIME: From 10:00am
LOCATION: Dunwich Yulu-Burri-Ba clinic
COST: Free

If you are interested in attending:

- ♦ you are welcome to come along from 10am or
- ♦ make an appointment with reception by calling 34099596

Transport available



Photo courtesy Deadly

Deadly Choices Senior Games

Deadly Choices held their annual Elders Games in early December. Elders from across the region came together to compete in games such as darts, quoits, ten pin bowling, hole-in-pole and numbers mat. The games event provides an extra social platform for our Elders to network and catch up with each other while getting active.

They even made it to the ABC News, how cool is that! If you would like to see this footage, check out our Facebook page.



Maroomba Milbool Women's Group Update

Our Maroomba Milbool Women's group will resume meeting again in the New Year, although they were kept very busy creating these beautiful handmade cards they even made the paper by recycling old shredded paper.



Yulu-Burri-Ba wishes
everyone a very

**MERRY
CHRISTMAS**



**OUR WOMEN'S GROUPS
AND MEN'S SHED WILL
RE-COMMENCE IN
THE NEW YEAR!**



Is your New Year's resolution to quit smoking?

Yulu-Burri-Ba can help!

Give us a call and one of our Health Workers can meet with you 1 on 1 to go through ways in which Yulu-Burri-Ba can help you give up the smokes.

Join the Smoke Free Team and be rewarded!

- Tell Yulu-Burri-Ba you are interested in joining the Smoke-Free Team and giving up the smokes
- Attend four (4) Quit appointments
- Take home your limited edition Deadly Choices Smoke-Free Team jersey

"I'LL REMEMBER TODAY FOREVER. IT'S THE DAY I QUIT FOR GOOD."

20 MINS

Congratulate yourself on giving up for less time than you would normally go between cigs

48 HOURS

Your sense of taste starts to come back. You can now officially lecture your friends about the dangers of smoking

6 MONTHS

Your lungs capacity is greatly improved. Resist the temptation to have a celebration cigarette just so "you can remember how bad they taste"

8 HOURS

You resisted the temptation to drive to the nearest gas station in tears in search of cigs. As a reward your complexion has improved dramatically.

6 WEEKS

Your energy levels are through the roof. You might even become one of those "sporty people" you've looked down on all the time you've been busy smoking

1 YEAR

Well done. You've now left the most abusive relationship you will ever be in. Just don't go back...even if you're still crushing on your ex.



SOLID & DEADLY FAMILIES



Helping our mob, working with our families to support you and your kids

We can connect you up with others that can help, provide in-home support and counselling

GET IN TOUCH

To find out more about how our team can help call 07 3200 4762 for a yarn
or go to our website www.ybb.com.au

Like us on Facebook



Follow us on Twitter



HEALTHY BODIES HEALTHY MINDS HEALTHY SPIRITS

HEALTHY US



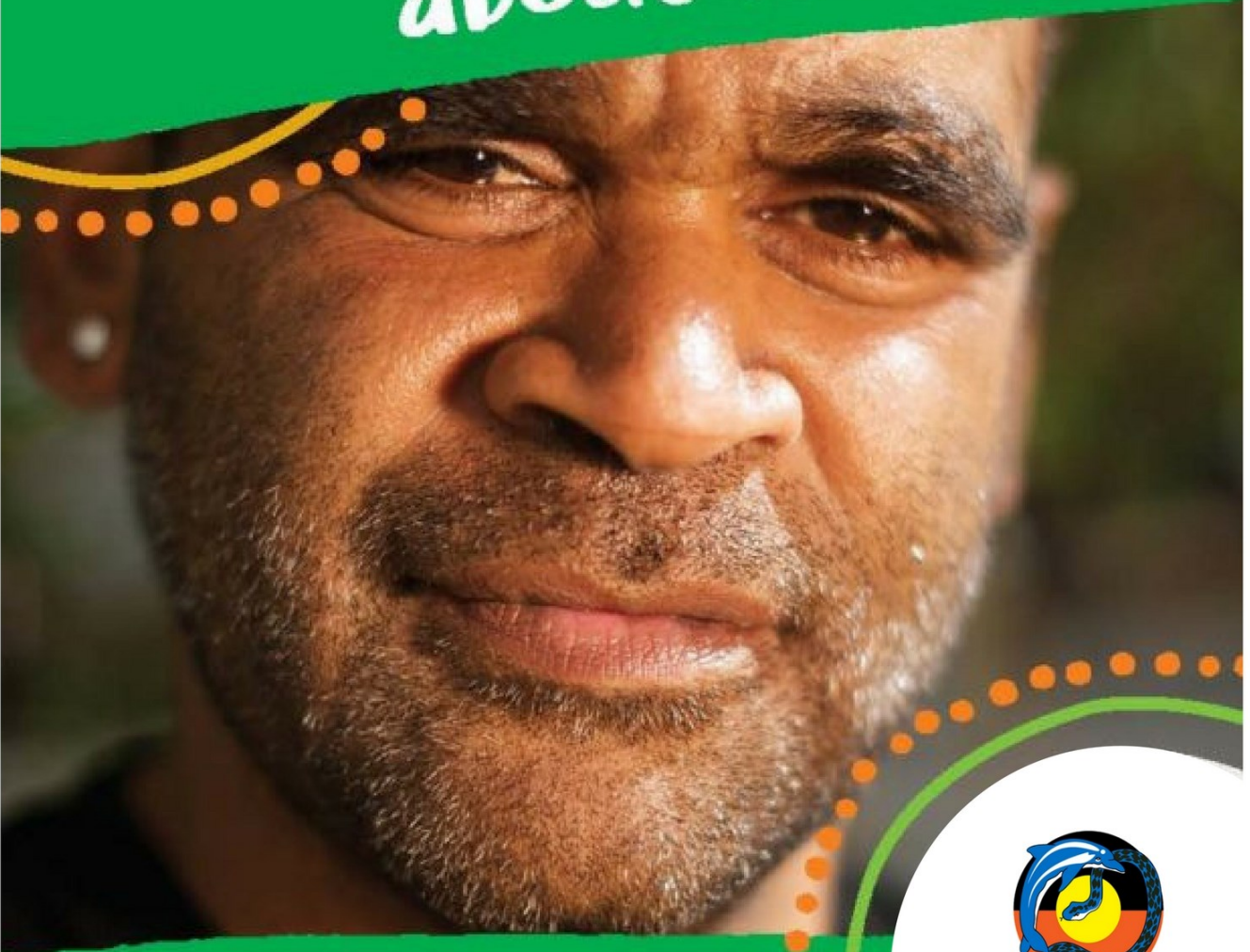
Yulu-Burri-Ba

Aboriginal Corporation
for Community Health

Available for download at:
www.ybb.com.au/resources/

**Annual Report
2017 - 2018**

No shame in talkin about it!



Sometimes we all get a bit down.
Don't keep it to yourself.

Grog or drugs got a hold? We can help.

Give us a call or make an appointment
to have a yarn.



Yulu-Burri-Ba

Aboriginal Corporation
for Community Health

Get in touch...

To find out more about how our team can help call 07 3900 7800 for a yarn
or go to our website www.ybb.com.au

Like us on Facebook



Follow us on Twitter



Healthy bodies • Healthy minds • Healthy spirits • Healthy us

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 Doctor.

From the moment we are born, and even before, we undergo a variety of tests to ensure we are on track to good health. As we get older, many of us become more vulnerable to illness. In order to reduce this risk, a yearly health check and screening tests are recommended.

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 Choice shirt!**
- **New Deadly Choice shirt designs will be available in 2019**
- **For a limited time children aged 5 - 12 years old are eligible for a \$30 Mr. Toys voucher**

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

Be Deadly like the Ninja Warrior and come in get your Health Check!



Jai Burns Memorial Touch Football Tournament



The annual Jai Burns Memorial Touch Football Tournament was held on Saturday 20th October at the Ron Stark oval in Dunwich. This event is an opportunity for the community to come together and have a fun day of touch football. Yulu-Burri-Ba and the North Stradbroke Island community developed the event to assist our community to heal, raise awareness about mental

health & suicide prevention services available and to reduce the stigma of mental health issues.

Sincere gratitude and many thanks go out to David and Lisa Burns who allow us to hold the event in memory of their son Jai Burns.

Along with the staff of Yulu-Burri-Ba who organise the event, many thanks goes out to the supporters such as South QLD Touch Association who ensure the games are run fairly, professionally and safe, the organisations who come and have an informational stall and to Redland City Council's Councilors grant for granting the much needed funds to hold the event.



Jai Burns Memorial Touch Football Tournament 2018

Saturday 20th October

9AM - 4:30PM

Ron Stark Oval - Dunwich
North Stradbroke Island

- Open Mixed Social & Competitive Divisions
- Drug & alcohol free event
- Activities

ALL SPECTATORS WELCOME

Invitational competition

Yulu-Burri-Ba
The Community Centre

For more info call Kerrie or Tina on (07) 3409 890





Christmas School Holiday Program



January 2019

Date	Time	Location	Activity
Tuesday 08th January	10:00 am — 1:00pm	Dunwich School Pool	Pool Party
Wednesday 09th January	10:00 am — 1:00 pm	Cylinder Beach	Surfing Program
Thursday 10th January	10:00 am — 1:00 pm	Terra Bulla	Cultural Activities

All activities are for children aged from 6 years + , under 6's must be accompanied by an adult

Yulu-Burri-Ba encourages all families with children attending to be up to date with their Health Checks

ACTIVITY WILL BE CANCELLED IF THE WEATHER IS BAD

Any further information, please contact: Yulu-Burri-Ba on 3409 9596

Staff to select children for Wet and Wild based on attendance and behaviour.

All Welcome

Merry Christmas



Merry Christmas





Christmas School Holiday Program



January 2019

Date	Time	Location	Activity
Tuesday 15th January	10:00 am — 1:00 pm	Dunwich School Pool	Pool Party / Traditional games (Deadly Choices)
Wednesday 16th January	10:00 am — 1:00 pm	Cylinder Beach	Surfing Program
Thursday 17th January	10:00 am—1:00 pm	Main Beach	Beach Worms/ swimming
Tuesday 22nd January	10:00 am — 1:00 pm	Dunwich School Pool	Pool Party
Wednesday 23rd January	10:00 am — 1:00 pm	Cylinder Beach	Surfing Program
Thursday 24th January	10:00 am — 1:00 pm	Dunwich Oval	Swimming/ Games and BBQ

YULU-BURRI-BA VACATION PROGRAM PERMISSION FORM

I,, (parent/guardian) give permission for my child/children to participate in the Vacation Program, and agree to delegate my authority to the supervisors involved. The supervisors may take disciplinary action as necessary to ensure safety, wellbeing and successful conduct of my child/children during the Vacation Program.

I also authorize the supervisors to obtain medical assistance, which they deem as necessary should an accident occur and I agree to pay all medical expenses incurred on behalf of my child/children.

In case of emergency, the contact details are:

First contact person	Phone Number	Relationship to child
Second contact person	Phone Number	Relationship to child
Third contact person	Phone Number	Relationship to child

Photo Consent:

I give my consent for Yulu-Burri-Ba to use and retain my child/children's image for promotional purposes e.g. Yulu-Burri-Ba newsletter, Facebook, etc.

<input type="checkbox"/> YES		<input type="checkbox"/> NO	
Name of child	D.O.B	Medical history / allergies	Last tetanus

Name of child	D.O.B	Medical history / allergies	Last tetanus	Medicare number
Please provide information below if your child has sustained any recent injuries:				
Name of child	Injury (sprain, shoulder, hand etc.)	How (sports, trampoline, etc.)		Date Injury occurred approx. (days, weeks etc.)
Please tick which day/s your child/ren will be attending:				
WEEK 1		WEEK 2		WEEK 3
<input type="checkbox"/> Tuesday		<input type="checkbox"/> Tuesday		<input type="checkbox"/> Tuesday
<input type="checkbox"/> Wednesday		<input type="checkbox"/> Wednesday		<input type="checkbox"/> Wednesday
<input type="checkbox"/> Thursday		<input type="checkbox"/> Thursday		<input type="checkbox"/> Thursday
I hereby give permission for my child/children listed above to attend the vacation program and activities organised by Yulu-Burri-Ba.				
Name				
Signature				
Date				

Aboriginal Corporation
for Community Health

Sweet Potato and Cauliflower Salad

INGREDIENTS

- 1 1/2 lb. small sweet potatoes, cut length-wise into 1/2" wedges
- 1 small head cauliflower, cut into florets
- 7 tbsp. extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. sherry vinegar
- 8 c. torn mixed lettuces
- 2/3 c. pomegranate seeds

DIRECTIONS

1. Toss together sweet potatoes, cauliflower, 3 tablespoons olive oil, salt and pepper on a rimmed baking sheet. Roast at 200 degrees Celsius, tossing once, until golden, 25 to 30 minutes; cool.
2. Whisk together remaining olive oil, sherry vinegar, salt and pepper in a bowl. Add lettuces, pomegranate seeds, and roasted vegetables; toss to coat. Serve immediately.



Holiday Veggie & Dip Platter

INGREDIENTS:

- 1 container Ranch Dip or dip of your choice
- 1 Head Broccoli, chopped
- Bell Peppers in Red, Yellow, Orange
- Grape Tomatoes
- Cheese of Choice

DIRECTIONS:

1. Cut the cheese into stars.
2. Slice the peppers into strips like ribbon.
3. On a large platter, stand up pieces of broccoli and then decorate with remaining items.
4. Place the dip in the center and either cover and refrigerate until serving or serve immediately.





CHRISTMAS WORD SEARCH



O	P	R	I	N	L	I	G	G	Q	Q	R	G	L	U	N	H	Z	E	F
C	H	Z	Q	E	J	A	O	R	E	I	N	D	E	E	R	I	R	L	Q
M	B	M	O	L	S	Z	T	V	W	U	P	O	B	N	D	T	T	V	V
N	H	N	J	O	L	L	Y	N	U	Y	E	N	M	I	H	C	C	E	U
X	P	M	N	P	P	S	F	I	A	G	K	A	C	L	Y	V	H	S	Z
D	L	A	E	H	X	C	E	L	B	S	F	P	G	C	E	T	Q	E	G
Z	O	M	N	T	H	E	D	A	Y	S	G	N	I	T	E	E	R	G	M
S	D	Z	I	R	V	T	Q	P	S	G	S	B	W	C	C	P	W	V	Q
P	U	I	Z	O	V	A	J	A	E	O	R	U	A	C	F	S	O	G	S
G	R	E	H	N	X	R	L	B	P	Y	N	N	N	H	R	S	O	I	L
B	N	Z	C	S	T	B	H	J	O	M	D	P	I	M	O	A	B	V	M
Y	M	I	S	T	L	E	T	O	E	Y	R	D	E	E	S	M	C	I	U
G	O	C	N	O	R	L	D	K	C	O	Q	O	N	R	T	T	W	N	B
W	K	Y	Q	C	Z	E	J	A	G	O	V	T	D	R	Y	S	D	G	Q
L	O	R	T	K	L	C	N	I	C	G	P	N	R	Y	L	I	N	X	S
J	N	X	J	I	R	E	F	B	A	V	A	P	J	E	H	R	D	C	Z
X	L	W	O	N	H	T	A	E	R	W	V	I	I	L	E	H	A	Y	E
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I	X	P	D	B	T	V	H	S	K	M	W	S	E	L	D	N	A	C	U

BELLS
CANDLES
CANDYCANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

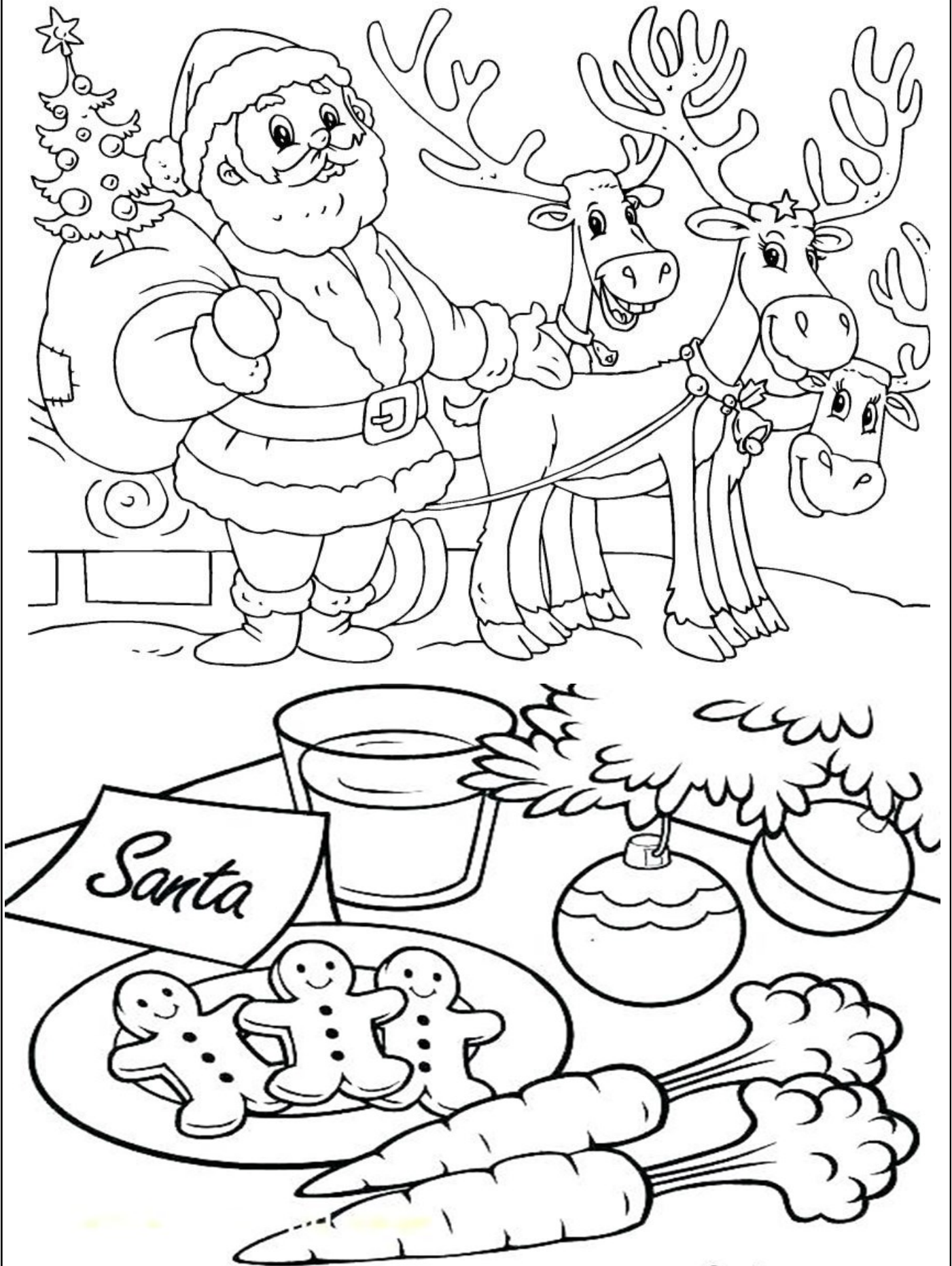
ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTHPOLE
REINDEER

HAPPINESS IS HOMEMADE.COM

WORD SEARCH
CREATED AT
ATOZTEACHERSTUFF.COM

Christmas colour in!



Complaints & Feedback



We value all kinds of feedback!

Yulu-Burri-Ba strives to provide the best service to the community and 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 and will endeavour to respond to your query or situation promptly, professionally and in a courteous manner.

There are several options when making a complaint or providing feedback, such as:

- Talk to one of our staff members who will assist you with our complaints and feedback process
- You can put your feedback in writing and address it to:

Chief Executive Officer

Yulu-Burri-Ba Aboriginal Corporation for Community Health

PO Box 154

Dunwich QLD 4183

- Place your written complaint in the “feedback” box located at Reception
- If you wish to take the matter further and feel you need to discuss the matter outside of the surgery you may contact the:

Office of the Health Ombudsman

Post: PO Box 13281, George Street, Brisbane QLD 4003

Phone: [13 36 46](tel:133646)

Email: complaints@oho.qld.gov.au



FEEDBACK

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) 3245 2666

OPENING HOURS

DUNWICH

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

CAPALABA

M: 8:30AM TO 4:30PM
T: 7:30AM TO 4:30PM
W: 8:30AM TO 4:30PM
T: 8:30AM TO 4:30PM
F: 8:30AM TO 4:30PM

WYNNUM

M: 8:30AM TO 4:30PM
T: 7:30AM TO 4:30PM
W: 8:30AM TO 4:30PM
T: 8:30AM TO 4:30PM
F: 8:30AM TO 4:30PM

PROGRAMS AVAILABLE



WALKING & COOKING GROUP

EVERY WEDNESDAY
2PM - MEET AT
DUNWICH CLINIC



KIDS HOLIDAY PROGRAM

LOOK OUT FOR THE
PROGRAM CLOSER TO
SCHOOL HOLIDAYS



NSI WOMEN'S GROUP

EVERY THURSDAY
10AM NEXT TO
DUNWICH CLINIC



MEN'S SHED

EVERY WED & FRI
10:30AM AT THE
DUNWICH MEN'S SHED



YOUNG WOMEN'S GROUP

EVERY WEDNESDAY
9AM TO 1PM NEXT TO
DUNWICH CLINIC



QUIT SMOKING GROUP

EVERY FRIDAY AT
CAPALABA

CAPALABA WOMEN'S GROUP

EVERY TUESDAY
10AM AT COOEE ELDERS

