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NEWSLETTER ONLINE

OCTOBER | NOVEMBER | DECEMBER 2020

www.ybb.com.au



Yulu-Burri-Ba

Aboriginal Corporation for
Community Health

YULU-BURRI-BA

*Aboriginal Corporation for
Community Health*



@YuluBurriBa



@YuluBurriBa



@YuluBurriBa

Merry
Christmas

FROM

YULU-BURRI-BA



MESSAGE FROM CEO

Hi to all

I can't believe the end of the year is already here!

I would like to thank all Yulu-Burri-Ba clients, staff, stakeholders and the Yulu-Burri-Ba community for the hard work everyone has done in what has been a challenging year. It has been with a collective effort that our community has been coronavirus free this year.

I'm proud to say that it is with Yulu's continued high standards of infection control, social support and Coronavirus testing that we will continue to work to keep our community safe.

At Christmas with more visitors to our region, it is with your continued vigilance to social distance, wash your hands and call our clinics if you have any flu like symptoms that will make this a reality.

With a vaccine anticipated in early next year, I expect Yulu-Burri-Ba clinics will continue to be busy throughout 2021. I will keep you up to date with any news regarding the Covid-19 vaccine rollout as I get it.

We have lots to look forward to in 2021, particularly the reintroduction of the Mallara Umpie Men's Shed, Maroomba Milbool Women's Group, Elders Games, Work it Out & Deadly Choices programs, Murrumbidgee Carnival and NAIDOC celebrations. These programs and events have been missed by many!

On behalf of the Yulu-Burri-Ba Board and staff, I wish you and your family a very safe and happy Christmas and holiday season.

David Collins
CEO



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.



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.



Is your child due for their health check?

For the remainder of this month, every child who comes into a Yulu-Burri-Ba Clinic for their Aboriginal/Torres Strait Islander Health Check, will be able to choose from the below selection of incentives!



**FAMILY PASS TO
THE 2020 MURRI
CARNIVAL**



**DEADLY
CHOICES
SHIRT**



**\$30
VOUCHER
TO KMART**

**AND REMEMBER - EVERYONE NEEDS A
COMPLETED HEALTH CHECK IN ORDER TO
PARTICIPATE IN THE MURRI CARNIVAL!**

GOT COVID-19 SYMPTOMS? GET TESTED!

We've set up a Respiratory Assessment Clinic
(Fever Clinic) on North Stradbroke Island.
Open for all

IF YOU'VE GOT SYMPTOMS OF
FEVER, COUGH, SHORTNESS
OF BREATH OR SORE THROAT
OR ANY OTHER "FLU" SYMPTOMS,
CALL YOUR NEAREST
RESPIRATORY TESTING CLINIC
TODAY TO FIND OUT ABOUT
GETTING TESTED.

Yulu-Burri-Ba Dunwich Respiratory Clinic
COVID19 Testing available
8:30 to 4:30 Monday to Friday
16 Dickson Way, Dunwich
Stradbroke Island
Phone: 3409 9596

PROTECT YOUR FAMILY

PROTECT YOUR COMMUNITY

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING SYMPTOMS OF COVID-19,
PLEASE CALL YOUR HEALTH SERVICE OR CALL 13 HEALTH (13 432 584) FOR ADVICE.

IF IT'S AN EMERGENCY, CALL 000.





WE ARE OPEN THIS FESTIVE SEASON

excluding public holidays





Yulu-Burri-Ba
Aboriginal Corporation
for Community Health

TO MAKE AN APPOINTMENT GIVE OUR DEADLY RECEPTION TEAM A CALL:

**Capalaba: 3900 7800 | Dunwich: 3409 9596
Wynnum : 3164 5800**

**Our reception team will endeavor to book you an appointment
time that suits you**

WHAT YOU NEED TO BRING TO YOUR APPOINTMENT:

- **Medicare Card**
- **Health care or Concession Card**

WHEN YOU GET TO THE CLINIC:

- **Present to the reception desk to let them know you are here**
- **Provide your Medicare and Health Care or Concession Card**
- **Update any of your details that may have changed with the
reception team**

YULU-BURRI-BA THANKS YOU FOR YOUR COOPERATION



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/



Yulu-Burri-Ba Walking Groups

Anyone can come along, as long as you've spoken to your GP to see if you're healthy enough to walk once a week.

CAPALABA

Location: Capalaba Regional Park, tables by BBQ Area

Start time: 6:00am

Finish time: 7:30am – optional social coffee afterwards

What to bring: Walking shoes and a smile.

WYNNUM

Location: Wynnum Wadding Pool

Start time: 6:00am

Finish time: 7:30am – optional social coffee afterwards

What to bring: Walking shoes and a smile.

If anyone from the **Dunwich Clinic** is interested in participating in a walking group on the island, please call the Clinic on 3409 9506 and **speak to Community Liaison Officer Keiron Costelloe.**



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

2020 END OF YEAR YULU-BURRI-BA AWARDS



Mikaelah Alley
5 Years with YBB



Denise Coghill
5 Years with YBB



Dr Anil Kaushal
5 Years with YBB



David Collins
5 Years with YBB



Karen O'Brien
5 Years with YBB



Loretta Bingham
5 Years with YBB



Lauren Gillespie
5 Years with YBB



Arthur Kimo
5 Years with YBB



Jacob Thurlow
5 Years with YBB



Keiron Costelloe
10 Years with YBB



Tia Kaden
10 Years with YBB



Alexis Bell
10 Years with YBB



Dr Sofia Bernadi
5 Years with YBB



Derek Chalker
10 Years with YBB



Emily Watson
Managers Award -
Wynnum Team



Alexis Bell
Managers Award -
North Stradbroke
Island Team



Colleen Hartwig
Managers Award -
Capalaba Team



Cara Joseph
Managers Award -
Transport/Support
Services Team



Jacob Thurlow
Managers Award -
Admin Team



Trina Roberts
Professional Development
Award & 5 Years with YBB



Penny Meadly
Managers Award -
Family Wellbeing Team



The CEO award was given to a new team developed this year to accommodate our community during the Coronavirus Pandemic - the Support Services Team!

*Not Pictured - Ron Fogharty, Terry Coghill

Hayden Crowley, Rayno Potgieter,
Lauren Gillespie, Cara Joseph, Jordan
Williams, Keiron Costelloe

And our deadly staff and board members who weren't pictured, but we still want to recognise:

10 years with YBB

- Maureen Myers
- Lynette Shipway
- Barb Perry
- Terry Coghill
- Ian Butler

5 years with YBB

- Brian Thomas
- Renae Knapp
- Denis Kerr
- Sylvan Borey
- Marjorie (Joy) Tahija

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!

WE ARE NOW ON INSTAGRAM



FOLLOW US
@YULUBURRIBA

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

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

**16 Dickson Way
Dunwich 4183**

Hearing Assessment Program Early Ears (HAP-EE)

HAP-EE program is for Aboriginal and Torres Strait Islander's 5 year old's and under to see an Audiologist - no GP referral needed!

These are the dates the HAP-EE program Audiologist will be visiting our North Stradbroke Island clinic in 2021:

- 2nd February
- 2nd March
- 30th March
- 27th April
- 25th May
- 22nd June
- 20th July
- 17th August
- 14th September
- 12th October
- 9th November
- 7th December



**THIS YEAR WE ARE
NOT HOSTING OUR
USUAL COMMUNITY
CHRISTMAS PARTY
DUE TO THE
CURRENT COVID-19
CLIMATE.**



**HOWEVER, WE DID
FIND OTHER, SAFER
WAYS TO SHARE
SOME CHRISTMAS
CHEER WITH OUR
CLIENTS WHO NEED
IT THE MOST.**

Wondering how to get your new bub signed up for medicare?

You need to enrol your newborn baby in Medicare as soon as possible. A newborn is a child aged up to 52 weeks or up to their first birthday. Your hospital or midwife will give you a Parent Pack after the birth. It'll include a Newborn Child Declaration form. A doctor or midwife must sign the form on the last page. Use this declaration as proof of your child's birth to enrol them in Medicare.

If you lose your Newborn Child Declaration form, you'll need your child's birth certificate to enrol them to Medicare.

If your child is over 52 weeks old, you'll need your child's birth certificate.

YBB clinics can help you with organising a birth certificate for your child below age of 5 yrs old (eligibility criteria: age 5 or under and up to date with 715 health check and vaccinations).

You can mail or email your Medicare enrolment form to Medicare Enrolment Services with your supporting documents. This form can be found at the following website: <https://www.servicesaustralia.gov.au/individuals/forms/ms004>

You don't need to get your supporting documents certified.

If you Identify as Aboriginal and Torres Strait Islander Australian and cannot provide standard identification documents (such as birth certificate, driver licence, current passport, marriage certificate or legal documents) use this form: <https://www.servicesaustralia.gov.au/individuals/forms/ms018>

For more info visit <https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-your-baby-medicare>



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



COVID-19 UPDATE



TIPS FOR WEARING FACE MASKS

- wash hands or sanitise before putting on and taking off mask
- always wear it over your mouth AND nose
- once the mask is on, do not adjust it, or touch it until you are home
- if it is damp or torn, change it
- remove mask from ears, NOT the front, when taking it off
- place it straight into the wash or into the bin once used
- each single use mask should only be worn once before tossed
- each fabric mask should only be worn once before washed

THE YULU-BURRI-BA RESPIRATORY

CLINIC AT 16 DICKSON WAY DUNWICH

IS OPEN MONDAY - FRIDAY 8:30 - 4:30.

JUST CALL 3409 9596 TO BOOK A TEST.

WE STILL NEED TO DO THE FOLLOWING:

Stay 1.5 metres away from others

Stay away from crowded areas

Wash and sanitise hands often

Stay home if unwell

Get tested if you have ANY symptom - remember Straddie clients, we have a respiratory clinic in Dunwich now if you think you need to be tested.



IF YOU ARE UNWELL PLEASE GET TESTED

Don't forget the Coronavirus symptoms:

- fever
- respiratory symptoms
- coughing
- sore throat
- shortness of breath



Other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

LGBTQI+ Significant Dates of Importance

Yulu-Burri-Ba are strongly committed to being inclusive of all sexual orientations, gender identities and intersex variations, to ensure every member of our community feels safe, accepted and valued when they access our services and programs.

14 Feb - 1 Mar
Sydney Gay &
Lesbian Mardi
Gras

31 Mar
Transgender
Day of
Visibility

26 April
Lesbian
Visibility Day

17 May
International Day
Against Homophobia,
biphobia &
Transphobia

1 - 30 Jun
Pride
Month

14 Jul
Non-binary
People's
Day

25 Aug
Wear It Purple

16 - 23 Sep
Bisexual
Awareness
Week

23 Sep
Celebrate
Bisexuality
Day

8 Oct
International
Lesbian
Day

8 Nov
Intersex
Awareness
Day

26 October
Intersex
Solidarity
Day

12 - 19 Nov
Transgender
Awareness
Week



20 Nov
Transgender Day of
Remembrance

YULU-BURRI-BA ABORIGINAL CORPORATION FOR COMMUNITY HEALTH

PAIN ISNT ALWAYS OBVIOUS

Know the Signs, Have a Yarn

Withdrawal

FEELING DISCONNECTED

INCREASE ALCOHOL OR DRUG USE

**Reckless
behaviour**

**Anxiety or
agitation**

UNCONTROLLED ANGER, WORRYING

TALKING ABOUT BEING A BURDEN TO OTHERS

**Changes
in sleep**

INCREASED TIREDNESS OR IRRITABILITY

FEELING HOPELESS, DESPERATE, TRAPPED

**Sudden
mood
changes**

**No
sense of
purpose**

SAYING GOODBYE, GIVING AWAY POSSESSIONS

No Shame In Talking About Suicide



Yulu-Burri-Ba
Aboriginal Corporation
for Community Health



Healthier Cacao Pavlova

taste COM
AU

3 egg whites
Pinch of cream of tartar
55g (1/4 cup) caster sugar
75g (1/3 cup) raw caster sugar
1 tablespoon raw cacao, plus extra, for dusting
300ml thickened cream
130g (1/2 cup) thick Greek-style yoghurt
1 teaspoon vanilla bean paste
125g punnet raspberries
250g punnet strawberries, sliced
200g red cherries, halved
Fresh mint leaves, to serve (optional) (see tip)
1-2 tablespoon olive oil, to fry (optional) (see tip)



Step 1:

Preheat the oven to 140C /120C fan forced. Trace a 20cm circle onto a sheet of baking paper. Turn over and place on a large baking tray.

Step 2:

Use electric beaters with the whisk attachment to whisk the egg whites in a small bowl. Add cream of tartar. Beat until soft peaks form. Gradually add caster sugar, 1 tbs at a time, beating well after each addition until meringue is thick and glossy and sugar has almost dissolved. Add raw sugar in the same way. Add 2 teaspoons cacao and beat until smooth.

Step 3:

Spread the mixture over the circle on tray. Bake for 55 minutes or until meringue is crisp and pale. Turn oven off and leave the pavlova in the oven to cool.

Step 4:

Transfer the pavlova to a plate. Place cream in a large bowl and whip to firm peaks. Fold in yoghurt and vanilla. Sift in the remaining 2 tsp cacao and gently fold through to give a marbled effect. Spoon cream mixture onto the pavlova. Top with berries and cherries to decorate. Scatter with small fried mint leaves, if you like.



Upcoming dates

January

26 Survival Day

February

Ovarian Cancer

Awareness Month

13 National Apology
Anniversary

4 World Cancer Day

March

Epilepsy Awareness
Month

18 National Close the
Gap Day

7 Clean Up Australia Day

8 International Womens
Day

Australian Womens
History Month

EMPLOYMENT OPPORTUNITIES

*To stay up to date with any new
vacancies visit <https://www.ybb.com.au/careers/>*

UPCOMING CLINIC CLOSURE DATES

Christmas Day 25 Dec

Boxing Day Public Holiday
28 Dec

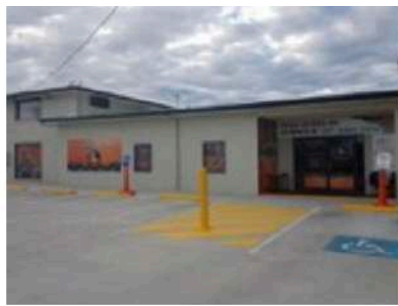
New Years Day 1 Jan

Survival Day 26 Jan

**MERRY
CHRISTMAS
AND HAPPY
NEW YEAR**



WHERE CAN I FIND YULU-BURRI-BA



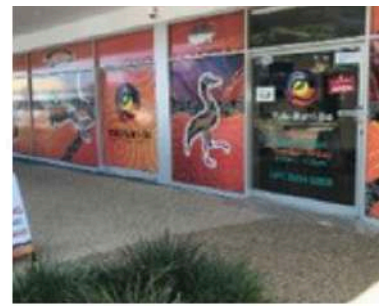
DUNWICH

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

OPENING HOURS

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



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