

YULU-BURRI-BA

*Aboriginal Corporation for
Community Health*



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for Community Health



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JAJUM BAJARA ART COMPETITION

Yulu-Burri-Ba is asking all Quandamooka Artists to participate in a competition to develop artwork for the new Birthing in our Community Program - Jajum Bajara (child/baby footsteps).

**Submissions close
18 October 2020**

MORE ON PAGE 13

**GET YOUR 715 HEALTH
CHECK AND GO IN THE
DRAW TO WIN A DOUBLE
PASS, FLIGHTS AND
ACCOMODATION TO
STATE OF ORIGIN ROUND
THREE IN BRISBANE!**

MORE ON PAGE 11

**NEW
RESPIRATORY CLINIC
NOW AT
YULU-BURRI-BA
DUNWICH
OPEN TO ALL FOR
COVID-19 TESTING**

MORE ON PAGE 3

**"We are on the right track. Please keep up
the great work." - Message from the CEO**

Message from the CEO

Over the years, Yulu-Burri-Ba has experienced many successes in delivering healthcare in our community, but the arrival of COVID-19 has tested our system like never before.

Although we appear to be doing relatively well in controlling the spread of this disease, please remember we have only arrived at this point because we have all:

- Remembered to socially distance
- Kept up our hand hygiene
- Been tested if we had flu like symptoms – especially at Dunwich where Yulu-Burri-Ba has a Fever Clinic for COVID-19 testing.

Another way we have all contributed to control the spread of COVID-19 has been to embrace the use of telehealth services. Telehealth has allowed our clients to consult our health professionals via videoconferencing or telephone, rather than in person.

We're on the right track. Please keep up the great work.

2020 has been a powerful reminder that our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to being proactive about our other health issues.

This month we focus on breast cancer awareness and reducing the stigma of mental health.

Breast Cancer Awareness

Take the time this month to find out what you need to know about breast awareness and share this important information with your family, friends and colleagues. Check out www.nbcf.org.au.

Our Mission: Zero Deaths from Breast Cancer by 2030.

Ladies - get your health check in October and you will go in the draw for a \$100 Westfield Gift Voucher. Please call your YBB clinic in Dunwich, Wynnum or Capalaba to make an appointment.

Anxiety and Depression Awareness

The impacts of the coronavirus (COVID-19) outbreak, physical distancing and isolation can make us feel anxious, stressed and worried and October also focuses on raising the awareness that many struggle with mental health.

Our Yulu-Burri-Ba GP's, Psychologists, case managers and counsellors provide different types of services and treatments for depression and anxiety. If you would like to know more, speak to your Yulu-Burri-Ba GP. It's a really good place to start.

Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.

Whether it be physical or mental health - there's nothing more important than good health and there's no better time to book in for a health check.

- David Collins

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.



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.



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



Sick and need to see the Doctor at short notice?

We understand our clinics can be busy at times and we've listened to your feedback.

All Yulu-Burri-Ba clinics have reserved appointments that can only be booked on the day. Call your local clinic first thing in the morning to secure an urgent appointment.

If you need to see a Doctor and we don't have an available appointment, ask to be triaged by a nurse.

Your health is our priority.

After Hour Services

Dunwich

Marie Rose Clinic Phone: 3409 9059

Address: 36 Oxley Parade Dunwich QLD 4183

Capalaba & Wynnum

13SICK / 137425

In home | Out of hours | Bulk billed

Booking lines are open from 6pm weekdays, 12 noon Saturday, all day Sunday and public holidays.

YULU-BURRI-BA THANKS YOU FOR YOUR UNDERSTANDING



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/



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.



IN MEMORY OF NAIDOC WEEK

NAIDOC WEEK WAS MEANT TO BE HELD IN JULY...

Despite the postponement of NAIDOC Week, Yulu-Burri-Ba didn't want July to go by without some kind of celebration of Aboriginal and Torres Strait Islander culture. So in memory of what should have been a deadly week of traditional food, discussions, education and celebrations, Yulu-Burri-Ba's Dunwich Clinic held a staff lunch inspired by traditional meals using ingredients native to Australia.

Staff were encouraged to partner with other staff to create a dish and start discussions around traditional foods and what they mean to our people.

It was so special to see everyone - even our non-indigenous staff - put in the effort to make this lunch a true celebration of Indigenous culture!



BUT IT WILL NOW BE IN NOVEMBER!

This years official NAIDOC Week has been moved to 8-15 November, so keep an eye out to see what Yulu-Burri-Ba will be doing to celebrate - hopefully with our community in attendance!



OUR DEADLY DISHES!



DEADLY MAROONS DRAW

Get your 715 Health Check at one of our clinics and get in the draw to win a double pass, including flights and accommodation, to the State of Origin Round 3 in Brisbane! Simply complete a health check in clinic or through telehealth, pick a Deadly Maroons shirt and put your details in the Deadly Maroons ballot box. Don't miss out and call to book now at your clinic!





GOODBYE!

This August we said goodbye to Christine Kimo who has been one of our deadly receptionists since 2017. We wish Christine all the best in her new role at the Institute of Urban Indigenous Health as a regional receptionist! We will miss you!

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!

DON'T FORGET, YOUR LOCAL CENTRELINK AGENT IS:

Yulu-Burri-Ba Aboriginal Corporation for Community Health

**16 Dickson Way
Dunwich 4183**

WE ARE NOW ON INSTAGRAM



**FOLLOW US
@YULUBURRIBA**



Jajum Bajara Art Competition

Yulu-Burri-Ba is asking all Quandamooka Artists to participate in a competition to develop artwork for the new Birthing in our Community Program - Jajum Bajara (child/baby footsteps).

The artwork will be used for various mediums including t-shirts, pamphlets and posters. In consultation with the artist, a logo and a wall mural size 2.3m by 4.6m will be developed from the winning artwork.

The artwork should encompass Jajum Bajara with key themes of honour, acknowledgement and growth.

PLEASE NOTE: Entry is open to any person of Aboriginal and/or Torres Strait Islander descent living in the Quandamooka region or is a Quandamooka Traditional Owner.

SUBMISSION DETAILS:

Fill out the submission form and submit digitally via hr@ybb.com.au, or drop in to one of our clinics.

Closing date is 18 October 2020.

For more info, visit our website www.ybb.com.au

Get to know.... **PENNY MEADLEY**

What's your weekly schedule?

Tuesday alternates - every second Tuesday at either Wynnum or Capalaba

Wednesday - Capalaba

Thursday - NSI

Friday - Wynnum

How long have you been a nurse?

I have been a nurse for 31 years. A midwife for 29 years. A child health nurse for 16 years.

What's your favourite thing about being a Child Health Nurse/Midwife?

Caring for people and their family members both young and old. Everyone thinks I do Child Health for the babies/children and they are cute, and most importantly, they are the future - a delightful bundle of potential - however, I actually moved into Child and Family Community nursing to help Mum's look after themselves (so that they can better look after their families) when I realised just how hard a job being a Mother is.

What countries have you visited?

Not many. I am not much of a flyer. I didn't want to go overseas before I saw my own country - then I would know what I was missing. I have camped my whole way around Australia - 7 months straight at one stage in a tent, in winter and even through mouse plagues. I have marched around so many National Parks and they're all beautiful. Hopefully I can do it again before I am too old, this time with some more creature comforts though.

What's your favourite kind of food?

Cup of tea with sugar/home baking - Colleen is a real baker of what I would call country treats - slices and cakes - delicious and definitely not for diabetics.

Do you have a hidden talent?

I would love to tell you I am a concert pianist, an artist or a former Olympian but what you see is what you get - a bit of a dag really, but a friendly one. I am always interested in people and I suppose my talent is getting people to tell me their story.

What's your favourite thing to do outside of work?

It's a toss up between planting plants to attract butterflies and bees and walking my dogs all over Brisbane, looking at all the beautiful architectural homes with great gardens that I don't have to pay the mortgage on or maintain. (And eating gelato).



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

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>





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



Upcoming dates

October

- Beyond Blue Anxiety and Depression Awareness Month
- Breast Cancer Awareness Month
10 -18 October
- Queensland Mental Health Awareness Week

November

- Movember
- Lung Cancer Awareness Month
- 19 November International Mens Day
- 8 - 15 November NAIDOC

December

- Decembeard - Grow a beard for Bowel Cancer
- 1 December World AIDS Day

- 3 December International Day for People with a Disability
- 10 December Human Rights Day

EMPLOYMENT

OPPORTUNITIES

Wynnum Practice Manager

Full Time Permanent

APPLICATIONS CLOSE – 9am 28 October 2020

Aboriginal Health Worker -

Wynnum - Full time Permanent

APPLICATIONS CLOSE - 9am 2 November 2020

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

UPCOMING CLINIC

CLOSURE DATES

Christmas Day -
December 25

Boxing Day -
December 28

PUMPKIN DAMPER

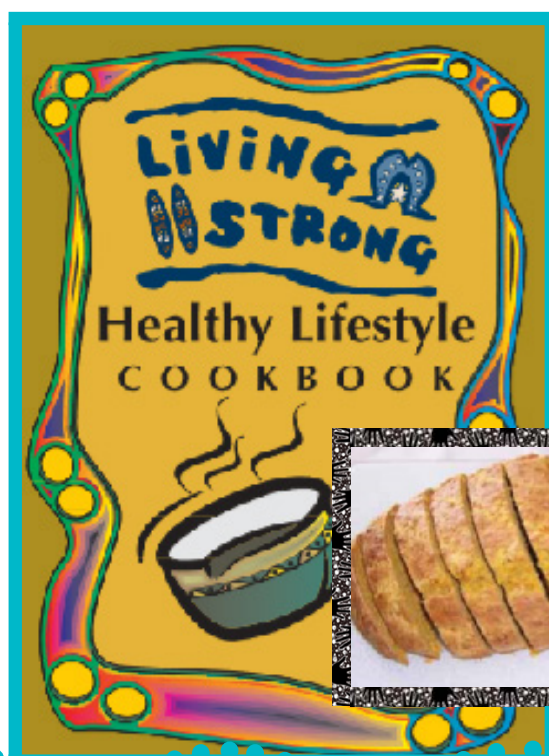
Ingredients

2 1/2 cups self-raising flour
2 1/2 cups wholemeal self-raising flour
1 teaspoon cinnamon
1/4 cup sugar
1 tablespoon margarine
2 cups cooked mashed pumpkin
1 lightly beaten egg
1/2 cup reduced fat milk
Extra low fat milk to brush over the dough
Canola or olive oil to grease baking tray

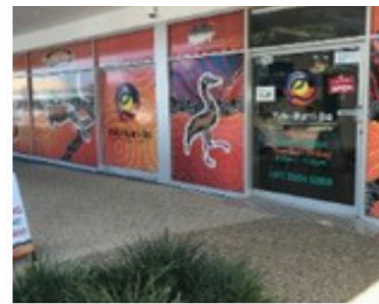
What to do

- Preheat oven to 200C.
- In a large bowl mix together self-raising flour, wholemeal self-raising flour, cinnamon and sugar. Rub the margarine into this dry mixture with your fingers.

- Add pumpkin, egg and milk and mix ingredients until dough starts to form.
- Knead on a lightly floured surface until smooth (about 5-8 minutes).
- Shape dough into a round circle.
- Place dough on a lightly greased oven tray and use a sharp knife to cut across the top of the dough.
- Brush the top of the dough with extra milk and bake for 30 to 35 minutes or until golden brown.



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



Find us on
Facebook

