



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

# YULU-BURRI-BA

Aboriginal Corporation for Community  
Health



@YuluBurriBa



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## GOOMPI NAIDOC DAY 2019





# **Celebrating Our Culture**

## **GOOMPI NAIDOC DAY 2019**

Each year the Goompi NAIDOC Committee\* plans their annual event – the Goompi NAIDOC Community Day.

The Goompi NAIDOC committee consists of organisations and individuals from the local Quandamooka community who are passionate about delivering a deadly NAIDOC event the whole community can enjoy.

This year the event was again held at the picturesque Ron Stark oval in Goompi (Dunwich) and was a huge success with over 450 people in attendance which included many Schools in the Redlands. The day began with an opening by the Dunwich State School student leaders which was followed with a Welcome to Country by Aunty Joanne Claybourn, a flag raising ceremony, speech by Mayor Karen Williams and a beautiful song performance by the Dunwich State School students in Jandai language.

Shortly after the opening ceremony Goompi Projects announced their Youth Award winners; congratulations to Tyrone Costelloe and Mikayla Adams-Houston for outstanding academic achievements and effort.

The main highlight of the event was the closing ceremony where the Yulibariba dancers performed and were joined by most of the school children who had been learning traditional dance in the lead up to NAIDOC.

It was great to see so many get up including some of the High School students.





Other highlights from the event were; a soulful performance by Georgia Corowa, appearances by Former rugby league stars Steve Renouf and Petero Civoniceva, Former and Professional Boxer & World Champion Alex Leapai. There were so many great stalls and activities on offer. Throughout the day event goers had plenty of activities to participate in such as a cultural presentation with Uncle Matt, weaving with Aunty Mandy and workshops with QLD Cricket, Brisbane Roar, Deadly Choices and Goompi Projects. It was hard to make a choice for lunch with all the food available too such as The Perry's Mullet, Q-Coast, Lime Leaf, Yalabin Dining and Island Juice and you hardly saw the Eugaries that Uncle Jappy cooked on the fire because they went so quick. This year's event was not only made possible by the committee's hard work behind the scenes but also thanks to Redland City Council for sponsoring the event through their Sponsorship Grants program. Thank you to all of the community members, Schools, performers and stallholders for attending the event the day was such a success because of you. Another massive thank you to the Sibelco crew, QYAC Rangers, George Kahn and Uncle Craig Karklis for volunteering their time with set up and pack up.

\*Our committee consists of these deadly organisations: The Minjerribah Moorgumpin Elders-in-Council Aboriginal Corporation, Yulu-Burri-Ba Aboriginal Corporation for Community Health, Goompi Projects, Quandamooka Yoolooburrabee Aboriginal Corporation, Redland City Council, Dunwich State School, North Stradbroke Island Aboriginal & Islanders Housing Co-op Society, Deadly Choices and Minjerribah Futures.





# Redlands NAIDOC Day

## Celebrating Our Culture



On the 9th of July our Capalaba CLO Kenny Munro organised a very successful naidoc day at Capalaba State college- Junior Campus Hall were he had special guest speakers such as MP Mark Robinson and Councillor Wendy Boglary

there was a total of 27 Stalls and 2 daycare centers such as Deadly choices, Department of child safety and Capalaba kindergarten Kenny said "Leading up to NAIDOC Day there was quite a bit of rain. The day of the NAIDOC the clouds disappeared and the sun shone down on a great day. The day started well with all stallholders attending, 27 in total.

We had some kids from Wellington Point SHS do the Welcome dance.

Thank you to Aunty Rose Elu for performing a traditional Torres Strait Islander Blessing.

Once the day started, I noticed more and more people coming in to the event. I would think that we had about 500 people attend.

I would also like to thank Kummara for organising the food through Second Bite. YBB contributed to some fresh bread to go with the burgers and sausages.

I was extremely happy how many people attended the event, the feedback from the stall holders was also very positive.





# Wynnum Naidoc Day

## Celebrating Our Culture

Wynnum NAIDOC Kunjiel 2019 was held down at the George Clayton Park on the 20th July at 10am-2pm. it was a celebration of local Quandamooka culture, the popular Winnam Kunjiel (Wynnum Corroboree) brings together First Nation dancers and musicians, including Scott Darlow, in this family-friendly day overflowing with arts and craft, markets, storytelling, language classes, traditional sports and food trucks.

The children were encouraged to join in with the dances which they really enjoyed, which what it was all about- to come together, have fun and celebrate NAIDOC.

The Wynnum Yulu-Burri-Ba stall was facilitated by YBB staff Lauren, Jordan and Hayden who helped kids with some hand paintings and giving out information about the clinic and what services we provide.





# Junior Murri Carnival

## 2019

Early in the Month of July 1st 2nd and 3rd the YBB CLO's Jappy, Kenny and Hayden took some kids from Straddie, Capalaba and Wynnum to the Deadly Choices junior Rugby League Murri Carnival, the Kids had lots of fun, meeting lots of Ambassadors and playing footy for three days, our kids made a lot of friends and caught up with a lot of cousins and family, we would like to mention a big thankyou to Deadly Choices for providing us with a bus for the three days and also Straddie Gold cats who have supported us over the years with our youth programs. Thanks to the parents that came along and helped out.





# Community Person of the year

On Saturday 20 July, Goompi Projects hosted the 2019 Goompi NAIDOC Gala Dinner and Awards night at the local hall in Dunwich (Goompi). We are very happy to announce Jappy has won an award for his outstanding dedication to this community and the youth of this community for over many years. He deserved the award of 'community person of the year' as he continues to show his commitment to the community by organizing a number of youth focused programs such as Vacation Program during the school holidays, working with the local school to ensure the kids are able to complete the school activity and school health check days. He is always there to support his community whether by just giving a lift or being there to have a yarn.

Jappy said "I felt very privileged and honoured to receive this award, I would also like to give a big thank you to the YBB team for the support they have given me over the years, the community that enabled me to achieve this award and a special thank you to Goompi projects."

The Dunwich state school's aboriginal CLO Canay Brown-Coghill said "he does so much theirs nothing he wouldn't do for these kids and he is a very good example for these children generally he just puts them first".





# Dunwich State School Sports day



On 24 of July, Dunwich State School hosted their annual sports day. Every year our CLO Jappy and a Nurse attend to provide first aid, fruit and to show support, encourage the students to do their best





## MEET OUR SOCIAL HEALTH CASE MANAGERS TEAM

We are the Case Managers in the social health team. As Case Managers we support client's social and emotional wellbeing by working closely alongside the GP's, clinic staff and the visiting allied health clinicians. As part of Yulu-Burri-Ba's holistic approach to health and wellbeing, we can support clients to address a variety of stressors which may impact on their health. We can support people with goals around housing, financial stress, safe relationships, drug and alcohol use, education, employment, mental health and wellbeing. If you want to connect with the Case Manager at your clinic, ask your GP or alternatively drop in for a yarn between 10-11 or 2-3pm



Lisa – Capalaba/Dunwich

Scott – Dunwich/Capalaba

Danielle - Wynnum



## WHAT'S HAPPENING?



### GUNDALA PLAYGROUP

*Indigenous Playgroup for children aged 0-5 years old started at Gundala Kindergarten, 416 Tingal Road, Wynnum.*

*Ph-38932087. It is being held every Friday 9:00 AM to 11:00 AM, No weekly fee. Indigenous Playgroup supported by a paid facilitator. Playgroup has a safe outdoor play area and a range of organised activities for babies, toddlers and pre prep aged children. Group does not continue to meet during school holidays*



### FIRST FIVE FOREVER

*Playgroup for Aboriginal and Torres Strait Islander Jarjums at the Redlands Intergrated Early Years Place - Capalaba. Come and have a yarn with other parents while your jarjums play.*

*Time: 9:30am to 11:30am -*

*Next Session : 28th August 2019*

*(check Flyer below for more session dates)*

*Location: Cnr School Rd & Mt Cotton Road, Capalaba*

*Cost : Free*

*Morning Tea Provided*

*Your child will need to bring:*

*Hat, Water Bottle Nappies and a set of spare clothes.*

*For more info see the flyer below*

## REDLANDS COAST EVENTS

**Redland Bay: Every Tuesday from 1pm-3pm at Sel OutRidge Park, Hamilton Street Redland Bay there will be a free local playgroup with qualified early childhood educators, free afternoon tea and great activities for children aged Infants and toddlers, Preschool Kids (2-5)**

**Science Fun Day Out: Monday, 12 August 2019 at**

**10:00am-12:30pm Redlands Museum 60 Smith Street Cleveland 4164 are hosting a science day to Celebrate national science week you get to explore the Elements of Science Earth / Water / Fire / Wind & Air with lots of hands-on science activities to see & do!**

**Redland City Ekka Public Holiday**

**Bring the family for a fun morning at the Museum**

**Adults \$7 / Concession \$5/ Children \$4 / Family \$20**

**BOOKINGS ESSENTIAL:**

**<https://www.redlandmuseum.org.au/calendar/#!event/2019/8/12/science-fun-day-out>**







## Yulu-Burri-Ba

Aboriginal Corporation for Community Health

Come and join us for a fun filled morning



We are looking for Aboriginal and Torres Strait Islander families with children 0-5 years to come and play  
The session will encourage singing, imagination and social connection and interactions.  
All families are welcome. Ages 0-5 years.

When: Once a month  
Wednesday 28<sup>th</sup> of August  
Wednesday 25<sup>th</sup> of September  
Wednesday 30<sup>th</sup> of October

Where: Redlands Integrated Early Years Place  
Cnr School Rd & Mount Cotton Rd Capalaba QLD 4157  
Time: 9.30am-11:30am  
Cost: FREE  
Morning tea provided

What do the children bring:- Hat, water bottle, nappies, set of spare clothes  
Baby change facilities are available.

To find out more please contact The Redlands Integrated  
Early Years Place [admin\\_rieyp@goodstart.org.au](mailto:admin_rieyp@goodstart.org.au) or  
Visit facebook -Redlandsintergratedearlyyearsplace





# MAROOMBA MILBOOL WOMEN'S GROUP

- Every Monday, 10am - 1pm
- Women's group room (Dunwich)
- Food provided
- Activities- weaving, knitting, arts & crafts
- Transport can be arranged
- All are welcome



**Yulu-Burri-Ba**

Aboriginal Corporation  
for Community Health

Need more info?

Call the Dunwich clinic on 07 3409 9596

## MALLARA UMPIE MEN'S SHED



Come for a yarn or start a  
project  
Every Wednesday & Friday  
9:00am-2:30pm at Men's  
shed next door to Dunwich  
YBB clinic





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



# Employment opportunities

For more information about our employment opportunities, please go to [www.ybb.com.au/admin](http://www.ybb.com.au/admin)

## **Casual Registered Nurse/Enrolled Nurse**

All clinics

Apply through [HR@ybb.com.au](mailto:HR@ybb.com.au)

## **Casual Aboriginal Health worker**

All clinics

Apply through [HR@ybb.com.au](mailto:HR@ybb.com.au)

**APPLICATIONS CLOSE – 9am 15th of August 2019**

## **Full-time Community Liaison Officer**

Capalaba

Apply through Seek

For further information about the position, please contact Health Services Manager, Mr Rayno Potgieter by email [rayno.potgieter@ybb.com.au](mailto:rayno.potgieter@ybb.com.au)

Applications including a current resume and a covering letter addressing the key requirements should be submitted via [Seek.com.au](http://Seek.com.au)

**APPLICATIONS CLOSE – 9am 15th of August 2019**





## WE WILL BE CLOSED!

*Please be aware Yulu-Burri-Ba clinics will be closed for the following Public holidays:*

- Our Capalaba and Straddie clinic will be closed on Monday the 12th due to Ekka show day**
- Our Wynnum clinic will be closed on Wednesday the 14th of August due to Ekka show day**

## WE LOVE FEEDBACK <3

*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](mailto: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](mailto: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](mailto: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](mailto:hr@ybb.com.au)
  - Please address all emails & post to the relevant program you are contacting us

**READ OUR PRIVACY POLICY & DISCLAIMER**

[www.ybb.com.au/privacy-policy-disclaimer/](http://www.ybb.com.au/privacy-policy-disclaimer/)





## DID YOU KNOW WE HAVE AN NDIS SUPPORT OFFICER?

*Leanda is our NDIS Support Officer, a newly created position at YBB. Leanda works across the all three YBB clinics and her role is to help our clients navigate their way through the NDIS process.*

*Leanda can help eligible clients complete and submit Access Request Forms, provide support to our clients at pre-planning meetings and planning meetings.*

*We also work with Partners in the Community such as Early Childhood Early Intervention Partner (ECEI) - Benevolent Society for kids 7 and under and Local Area Coordinators (LAC) - Carers Queensland Australia.*

*Our aim is to connect clients with services and support making life better for clients living with disabilities.*

*If you have any questions or would like to know more about the NDIS please call any of the YBB Clinics*



## SMOKING CESSATION

Join our smoking cessation program!  
*Give us a call and one of our deadly Health Workers can contact you one on one to go through ways in which Yulu-Burri-Ba can help you give up the smokes.*

### Reasons to Quit!

- *Remind yourself of the rewards of quitting to help yourself stay on track:*
- *20 minutes: heart rate, blood pressure drop*
- *12 hours: carbon monoxide in blood stream drops to normal*
- *2 weeks–3 months: circulation, lung function improve; heart attack risk begins to drop*
- *1–9 months: cough less, breathe easier*
- *1 year: risk of coronary heart disease cut in half*
- *2–5 years: risk of cancer of mouth, throat, esophagus, bladder cut in half; stroke risk is reduced to that of a nonsmoker*
- *10 years: half as likely to die from lung cancer; risk of kidney or pancreatic cancer decreases*
- *15 years: risk of coronary heart disease same as non-smoker's risk*

## FLU VACCINATIONS

*Yulu-Burri-Ba will have flu vaccinations available from end of April 2019*

### Why should I get the flu shot?

*The flu shot can:*

- *can keep you from getting sick*
- *can reduce the risk of flu-associated hospitalisation for children, working age adults and older adults*
- *helps prevent serious medical events associated with some chronic conditions*
- *helps protect women during and after pregnancy*
- *can be life-saving in children*
- *can reduce the severity of illness in people who get vaccinated but still get sick*
- *protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions*



# 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 Community  
for Countrywomen



# 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](http://www.ybb.com.au)

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Follow us on Twitter



HEALTHY BODIES HEALTHY MINDS HEALTHY SPIRITS

HEALTHY US



# CHICKEN PENNE

## Ingredients:

160g penne  
2 cups chopped spinach  
1 cup broccoli florets  
1 cup Tomato sauce base  
1 bunch basil, leaves torn  
1 lemon, zested  
400g cooked, shredded chicken breast  
(use leftovers or store-bought)  
4 tablespoons freshly grated parmesan  
or pecorino cheese, to serve

## Instructions:

### Step 1

Cook penne in a large pot of boiling water according to packet directions.

### Step 2

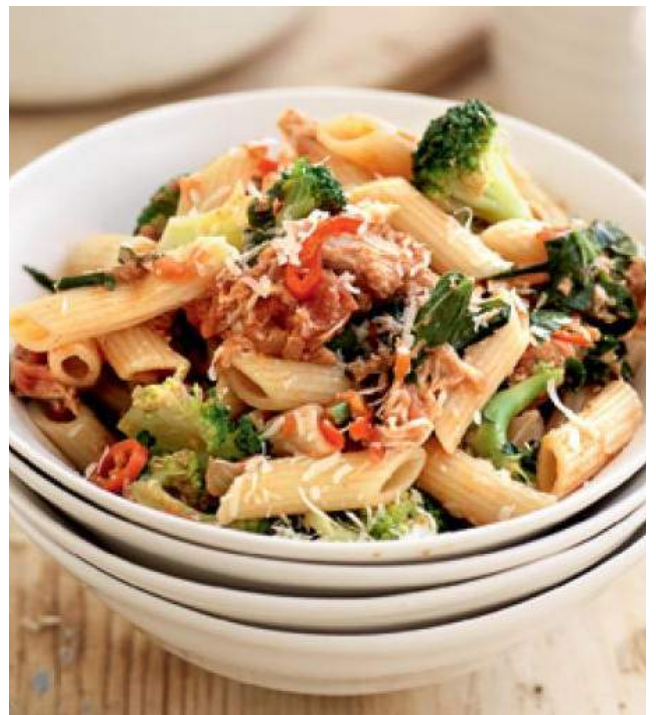
Add spinach and broccoli during the last couple of minutes of cooking time.

### Step 3

Drain pasta and vegies, reserving 1/3 cup of the cooking water. Transfer pasta and vegies back to the saucepan. Stir through Tomato sauce base, basil, lemon zest and chicken (if the pasta is thick and gluggy, use reserved cooking water to loosen it a bit).

### Step 4

Divide pasta between bowls, top with grated cheese and serve immediately.



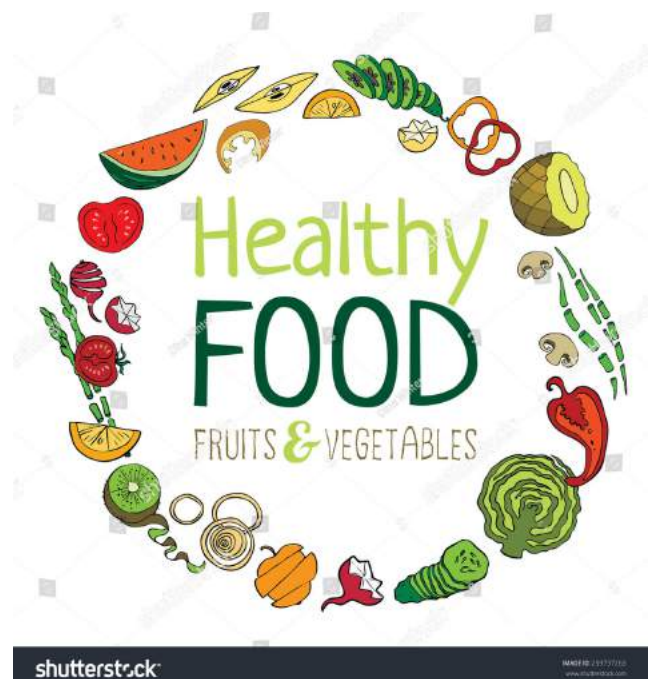
**Serves: 4**

**Time to make: 15 mins**

Recipe from

<https://www.healthyfoodguide.com.au/recipes/2013/march/chicken-penne>

enjoy!



shutterstock

HEALTHY FOOD  
www.healthyfoodguide.com



# 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.*

15 Feb - 3 Mar  
Sydney Gay & Lesbian  
Mardi Gras

31 Mar  
Transgender Day  
of Visibility

26 Apr  
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

7 - 23 Sep  
Bisexual  
Awareness  
Week

23 Sep  
Celebrate  
Bisexuality Day

8 Oct  
International  
Lesbian Day

8 Nov  
Intersex  
Awareness Day

26 Oct  
Intersex Solidarity  
Day

14 - 20 Nov  
Transgender  
Awareness Week



20 Nov  
Transgender Day  
of Remembrance



# HEALTH EVENT DATES

## AUGUST 2019

- 1-7 August World Breastfeeding Week
- 5-9 August Dental Health week
- 9 August- Red Nose Day
- 7-13 August- Healthy Bones Action week
- 17-25- Queensland Seniors Week

## SEPTEMBER 2019

- Month of September- Blue September
- Month of September- Dementia Awareness Month
- Month Of September- Prostate Cancer Awareness Month
- 2-6- Women's Health week
- 22-30 September- Veterans health Week





# 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

*Let your smile change the world*  
BUT DON'T LET THE WORLD CHANGE  
YOUR SMILE.



Find us on  
**Facebook**

