

YULU-BURRI-BA

Aboriginal Corporation for Community
Health



@YuluBurriBa



@YuluBurriBa

CHRISTMAS TIME WITH YULU-BURRI-BA



For more about the Community Christmas Party see
page 19!



A MESSAGE FROM DAVID COLLINS, CEO

I would like to take this moment to wish the Yulu-Burri-Ba community a safe and Merry Christmas, and thank all staff for another great year of providing culturally appropriate care to our clients.

This year was another successful one, with our services steadily growing to reach more clients and our clinics extensions offering more quality health services for our community.

Also this year, we continued our commitment to promoting good health with Yulu-Burri-Ba successfully hosting a number of community health events.

It continues to be a great honour and privilege to be part of a progressive organisation that is genuinely committed to improving health outcomes for Indigenous families.

The passion, commitment and hard work our team put into achieving our goals this year continues to inspire and motivate me.



It's the Most Wonderful Time of the Year!



And Yulu-Burri-Ba's Clinics will be closed at the below times and dates:

- 🎄 **Christmas Day, 25th December 2019, closed all day**
- 🎄 **Boxing Day, 26th December 2019, closed all day**
- 🎄 **New Years Day, 1st January 2020, closed all day**

In case of an emergency

For Wynnnum and Capalaba Clients
13 SICK (13 74 25) or 000

For Dunwich Clients
Marie Rose Centre 3409 9059

Have a safe and Merry Christmas!

YBB WYNNUM CLINIC ACHIEVES AGPAL ACCREDITATION

This general practice is AGPAL accredited –what does this mean?
Being accredited means that our general practice is committed to a comprehensive program which involves:

- Engaging our whole practice team to review our practice's systems and processes
- Opening our practice doors to allow a team of independent surveyors to assess how our practice operates
- Assessment of our practice, and achievement of the nationally recognised Royal Australian College of General Practitioners (RACGP) Standards for general practices, that focus on health care quality and patient safety.

As a member of the community you may be surprised to learn that general practice accreditation is a voluntary process – which means not all practices undergo an independent on-site assessment on a regular basis.



AGPAL Auditor Dr Ian Williams, Dr Sofia Gordon, AGPAL Auditor Kim Gardner, Julie Kohring

YBB WYNNUM CLINIC

ACHIEVES

AGPAL ACCREDITATION

Achievement of AGPAL accreditation reassures you that our doctors and practice team are committed to providing you with high quality health care in a safe environment.

Next time you visit our practice be sure to lookout for the AGPAL Accredited General Practice Symbol (below) or our accreditation certificate.

Our practice team is proud of this achievement and as part of this process we continuously strive to make quality improvements to better your patient experience.

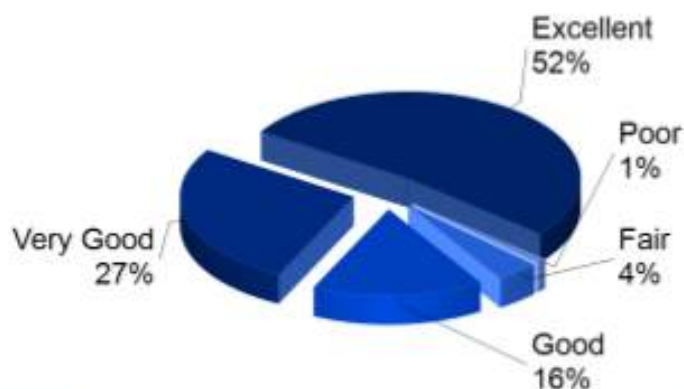
Australian General Practice Accreditation Limited (AGPAL) is a not-for-profit independent provider of general practice accreditation in Australia.

To learn more about the benefits of accreditation to you, your family and the Australian community click [here](http://www.agpal.com.au) or visit www.agpal.com.au.



95%

of all patient ratings about this practice were **good, very good or excellent**

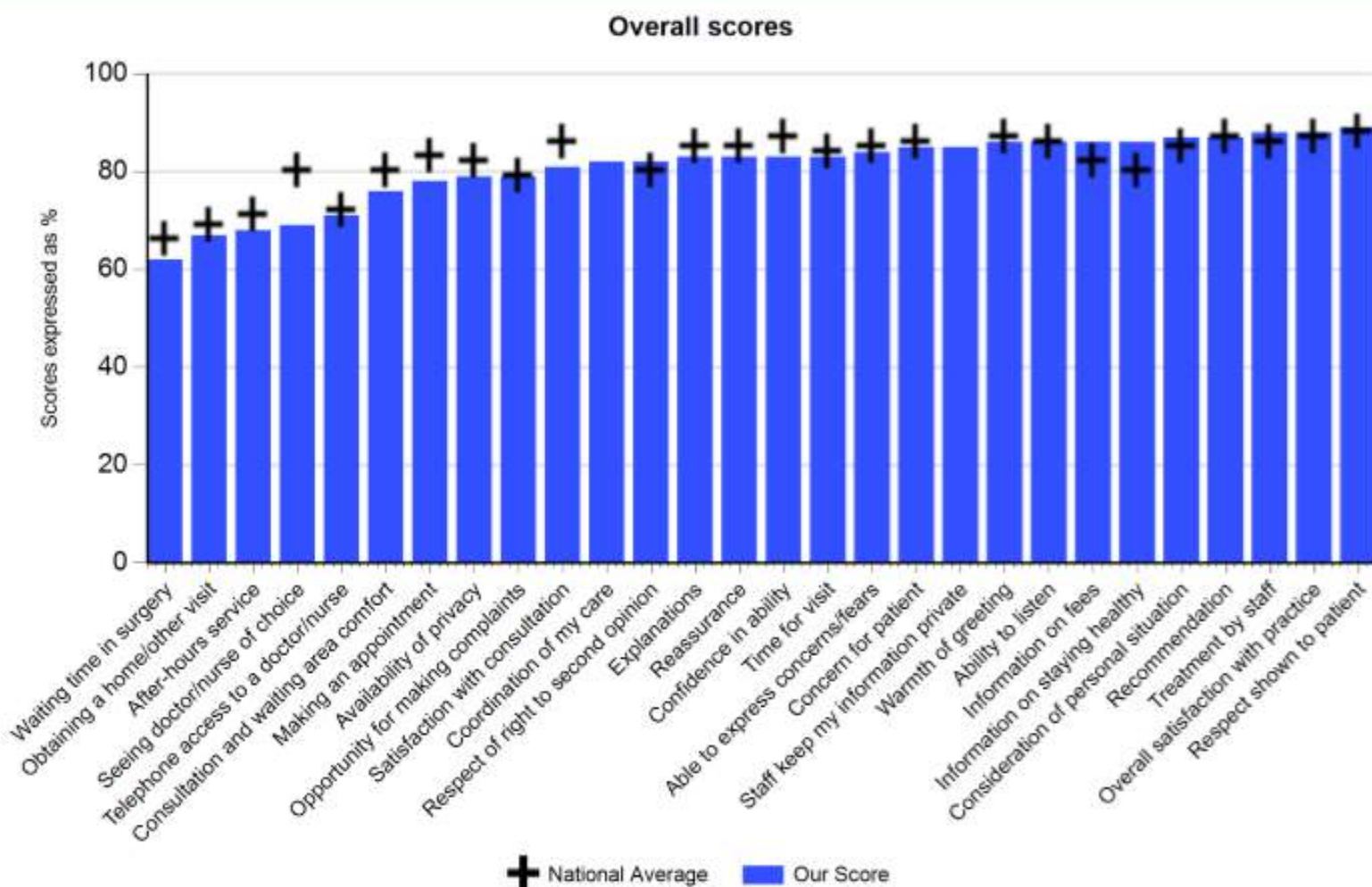


Thank you for your participation in this survey

Patient Experience Survey Results 2019 Yulu-Burri-Ba Aboriginal Corporation for Community Health - Wynnum



"Striving towards excellence"



The results of this survey will help us to provide the best possible service to you

MEET OUR NEW CASE MANAGER

This October we welcomed a new recruit to the Social Health team, Marnie Davis commenced as the Case Manager and initially will be based at Dunwich on Tuesday, Thursday and Fridays and Capalaba on Monday and Wednesdays (alternating between both clinics with Scott Hookway). Marnie has a strong passion for community and a connection to the island, having grown up on the island as a youngster.

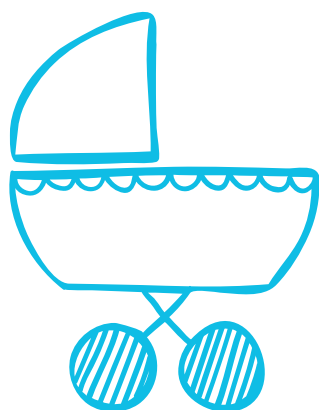
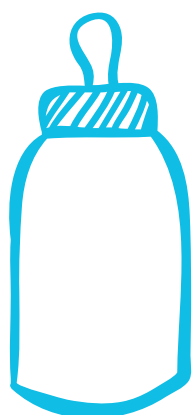


MAKING TRACKS



Our Social Health Team are seeking community feedback to kick off a new weekly walking group "Making Tracks". The group will be open to both males and females. The meeting point will be the Yulu Dunwich clinic and they are asking for suggested locations, days and times. "I look forward to yarning with you as we walk in partnership and make tracks in the sand..." - Marnie Davis

ALL NEW NORTH STRADBROKE ISLAND MUM'S FOCUS GROUP



"The group is focused on helping mothers who are pregnant or have already had their baby. We have educational speakers who come and yarn to the ladies, which has been an aspect that has been well . We have only held 4 sessions, one session was on introducing baby to solids, one on pelvic floor exercises, one on physio and how to protect our bodies and backs when lifting baby and other items. We also have Penny, our Child Health Nurse, attending, who might I say is a wealth of knowledge. The women have enjoyed the group, with many of them staying after the session has ended.

We also provide morning tea for anyone who joins us." - Kerri Edwards, Family Support Worker

COMMONWEALTH BANK & YULU-BURRI-BA SUPPORT THE COMMUNITY

Since 1917, CommBank has been supporting community organisations through its Community Grants program. This year, Yulu-Burri-Ba's Wynnum clinic was the fortunate recipient of \$500 from this program. Yulu-Burri-Ba CEO David Collins thanked Wynnum Branch Manager, Laura Holloway for this generous donation. "This money will be used to purchase Indigenous books for the Wynnum clinic waiting room. Books preserve Indigenous culture for the future, and children need to read stories they can see themselves and their people clearly represented in. Most importantly books aid in the development of vital early literacy skills," David said.

Laura agreed. "Not only are both organisations proudly located in Edith Street, Wynnum, we also share a vision to progress the well being of our community. The Commonwealth Bank has a responsibility to invest in improving the well being of the communities where we live and work. All children should experience how fun reading can be, learning about and seeing the world through the eyes of their own culture. What a wonderful way to support our community."



Wynnum CLO Hayden Crowley, CEO David Collins,
CommBank Wynnum Branch Manager Laura Holloway

2019 JAI BURNS MEMORIAL TOUCH TOURNAMENT

Each year, Yulu-Burri-Ba and the North Stradbroke Island community commemorates the life of the late Jai Burns, who lost his battle with mental health issues in 2015, with a touch football tournament.

More than just a sports competition, this tournament provides the chance for our community to heal whilst also raising awareness about mental health and suicide prevention services in our local area. This event aims to reduce the stigma around mental health issues and encourage all who are struggling to use the support available to them.

Our sincere gratitude goes out to David and Lisa Burns who continue to allow us to hold this event in honour of their son.

Yulu-Burri-Ba would like to thank Redland City Council's Mayor Williams, Cr Mitchell Division 2 and Cr Bishop Division 10 for their generosity in assisting us with the event as well as a Straddie Sharks Football Club and South QLD Sharks Touch Association.

Huge shout out to the Yulu staff, community members and players who came out to support the cause.



Shaun Fisher (Moretons) and Lachlan Madden (Super-Jai-Gym)



Alex Pitt-Nicolaidis (Yulu-Burri-Ba Community health) and Maddison Johnson (Fly High)



Moretons vs Super-Jai-Gym



Kelsey Parkin (Touch'E) and Hannah Tuohy (Super-Jai-Gym)

OUR LEADERSHIP GRADUATES



Rayno Potgieter, Lauren Gillespie,
Shannon Turner, Raychelle Sidhu,
David Collins

This year we had two staff members participate and complete IUIH's Executive Development Training Program. Congratulations to Lauren Gillespie and Shannon Turner for graduating the program!

QAIHC AWARDS FOR EXCELLENCE DINNER

On the 21st of November, our Board of Directors attended the 2019 Queensland Aboriginal and Islander Health Council (QAIHC) Awards for Excellence Dinner. This event is a chance to recognise all the great work done within the Aboriginal and Torres Strait Islander community controlled health sector in Queensland.



David Collins, Lynette Shipway,
Maureen Myers, Raylene Gray,
Maree Goebel,

KALWUN'S 25 YEAR ANNIVERSARY DINNER



Rayelene Gray, Lynette Shipway

Last month our Board of Directors also attended Kalwun Health Service's 25 Year Anniversary Dinner. A huge congratulations to Kalwun for this great milestone and thank you for all the hard work you do for your community!



WOMENS GROUP CHRISTMAS PARTY

On the 28 November, Yulu-Burri-Ba's Dunwich Women's Group celebrated their Christmas Party at the Stradbroke Island Golf Club. The women got together with some Yulu staff to yarn over a hot roast lunch and share memories of the year gone. A huge shout out to Aunty Tracie Kaden for organizing the Christmas Party and all the effort you've put into the group this year, I'm sure the women are very grateful!



NSI Womens Group, Tracie Kaden, Joyce Mitchell

CPR WITH YULU-BURRI-BA



A Ok First Aid Training, Mikaelah Alley, NSI locals

Yulu-Burri-Ba also had the chance to offer our North Stradbroke Island Community CPR lessons with A OK First Aid Training. On Saturday 30th November, two First Aid trainers joined our Workplace Health and Safety Officer, Mikaelah Alley, in completing the course with a few island locals. Shout out to A Ok First Aid Training and Mikaelah for doing their part to make our communities safer.

HEALTH CHECKS AT DUNWICH STATE SCHOOL

On the 20th November, Yulu-Burri-Ba visited Dunwich State School for the day. Dr Amy and Aboriginal Health Worker Terry Coghill completed Health Checks with Aboriginal and or Torres Strait Islander students, while Family Services Worker, Kerri Edwards, performed hearing screens.

Health Checks for our community are a preventative health measure that Yulu-Burri-Ba offers our eligible patients, where our Doctors and Nurses cover all aspects of your health to make sure you stay as healthy as possible.

At Yulu-Burri-Ba we believe the health of the children in our communities is very important, which is why visiting the school like this is something we try and do as often as possible.



Kerri Edwards and Myer Karklis



CAPALABA GEARS UP FOR DEADLY CHOICES SENIOR GAMES

Yulu-Burri-Ba Capalaba had another day of practice for the upcoming Deadly Choices Senior Games, on the 15th November, with the Capalaba Womens and Mens groups joining staff at the Capalaba Warriors Club.

They spent the day yarning, laughing and keeping active with each other, all while gearing up for the big event by practising darts, quoits, ten pin bowling, hole-in-the-wall, and numbers mat.

Shout out to our CLO's Jordan Williams, Hayden Crowley and Keiron Costelloe for their continuous efforts to keep our elders healthy and connected to one another through organising days like these.

**GO
TEAM!**



Capalaba Womens and Mens Group, YBB CLO's
Keiron Costelloe, Jordan Williams, Hayden Crowley



John Ridgeway



Capalaba Womens and Mens Group, YBB CLO's
Keiron Costelloe, Jordan Williams, Hayden Crowley

PRACTICE MAKES PERFECT

DEADLY CHOICES SENIOR GAMES



On Friday 13th of December, Yulu-Burri-Ba's seniors competed in Deadly Choices Annual Senior Games at Willawong. Elders from all three clinic came together to yarn, get active and catch up with family from all around.

They participated in sports such as darts, quoits, ten pin bowling, hole-in-the-wall, and numbers mat with a little dancing and singing on the side! The seniors also had the chance to mingle with Deadly Choices Ambassadors such as Willie Tonga, Petero Civoniceva, Rhonda Purcell and more!

Thanks to Deadly Choices for organising this great event! Can't wait for next year!





SAYING GOODBYE

This month, Joyce Mitchell retired after working at Yulu-Burri-Ba in our finance department for over 20 years, and is now enjoying her time with her family. During her time with us she made cherished memories and friendships to last a lifetime, all while being able to work in the community she grew up in. We're sure Yulu-Burri-Ba holds a dear place in her heart, as we hold her in ours.



DUNWICH STATE SCHOOL THANKS YULU-BURRI-BA

On Monday the 25th November, Yulu-Burri-Ba was invited to attend an assembly at Dunwich State School, to receive a certificate of thanks for assisting with the 2019 Quandamooka Jarjums Camp.

Again this year, a special thanks was given to CLO Keiron Costelloe who contributed enormously to make sure the camp was a great success.

The Quandamooka Jarjums Camp is an event Yulu-Burri-Ba looks forward to every year as chance to be a part of celebrating the Quandamooka culture with the younger generations.

Thanks Dunwich State School for the deadly boomerang and certificate!



Keiron Costelloe, Mr Ashford

DUNWICH CELEBRATES CHRISTMAS WITH YULU-BURRI-BA



On the 19th of December, the Dunwich community got together to celebrate the festive season with Yulu-Burri-Ba. The excitement was on overload as the kids spent the day between the water slides and the games on the oval with Deadly Choices staff and Ambassadors. At the end of the day, they were treated to some goodie bags, handed out by the Deadly Choices Ambassadors present. It was a day of smiling, sliding and sunscreen. Huge thanks to everyone who contributed to make it a great day for the jarjums!



NEED MORE
INFO?
CALL YULU-
BURRI-BA
DUNWICH
ON (07)
34099596



ACTIVITIES ARE
FOR CHILDREN
AGED 6 -14
CHILDREN
UNDER 6 MUST
BE
ACCOMPANIED
BY A PARENT

2019 / 2020 HOLIDAY PROGRAM

DATE TIME ACTIVITY ACTIVITY MEETING LOCATION FOR TRANSPORT

WEEK ONE	Tuesday 17th December	10:00 am — 2:00pm	Cylinder Beach	Surfing	
	Thursday 19th December	10:00 am — 2:00 pm	Dunwich Football Field	Community Christmas Party	
WEEK TWO	Tuesday 14th January	10:00 am — 2:00 pm	Cylinder Beach	Surfing	
	Wednesday 15th January	10:00 am — 2:00 pm	Terra Bulla	Elders Activities	
	Thursday 16th January	10:00 am—2:00 pm	Cylinder Beach	Deadly Choices / Beach games	
	Tuesday 21st January	10:00 am — 2:00 pm	Cylinder Beach	Surfing	
WEEK THREE	Wednesday 22nd January	10:00 am — 2:00 pm	Cylinder Beach	Deadly Choices/ Beach games	
	Thursday 23rd January	10:00 am — 2:00 pm	TBA		

ALWAYS MEET
AT THE
DUNWICH TENNIS
COURTS FOR
TRANSPORT

PARTICIPANTS MUST BE UP TO DATE WITH THEIR ABORIGINAL & TORRES STRAIT
ISLANDER HEALTH CHECK PRIOR TO ATTENDING THE HOLIDAY PROGRAM


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 Choice 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 you Medicare and Health Care or Concession Card**
- **Update any of you 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

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



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)
Victoria Point: Tuesday 31st December 2019 5-9:30pm. New Years Eve @ Lakeside! At Victoria Point Lakeside Shopping centre there will be free magic shows, the comedy circus, music & fireworks on the lake!



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





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 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 & DISCLAIMER

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

Employment Opportunities

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



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*

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

Like us on Facebook



Follow us on Twitter



HEALTHY BODIES HEALTHY MINDS HEALTHY SPIRITS

HEALTHY US

MEXICAN PRAWN SALAD

Ingredients

- 400g green prawns, peeled, deveined, tails intact
- 1 tbs chopped fresh coriander leaves, plus 1/4 cup extra
- 1 tbs lime juice
- 2 garlic cloves, crushed
- 1/2 tsp sweet paprika
- 1 tbs Cobram Estate Light Flavour Intensity Extra Virgin Olive Oil
- 2 sweet corn cobs, cooked, kernels removed
- 200g grape tomatoes, halved
- 400g can kidney beans, rinsed, drained
- 2 green shallots, thinly sliced
- 40g butter, chopped
- 1 fresh jalapeno chilli, finely chopped
- 1 tbs lime juice
- 1 tbs honey
- Lime cheeks, to serve

Instructions

Step 1 Combine prawns, coriander leaves, lime juice, garlic, sweet paprika and half the olive oil in a bowl. Set aside for 10 minutes to marinate.

taste .COM .AU



Step 2 Meanwhile, combine the corn, tomato, kidney beans, extra chopped coriander, shallots and remaining oil in a large bowl.

Step 3 Preheat a barbecue or chargrill on medium-high. Season prawns. Cook, turning, for 3 minutes or until cooked through. Transfer to a plate.

Step 4 Melt butter in a frying pan over medium high heat. Simmer for 1 minute or until foaming. Stir in chilli for 1 minute or until butter is light golden. Remove from heat. Stir in lime juice and honey.

Step 5 Divide corn mixture among serving plates. Top with prawns. Drizzle with butter sauce. Serve with lime cheeks.

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

UPCOMING IMPORTANT DATES TO REMEMBER

JANURAY 2020

- *26th January - Australia Day/Survival Day*

FEBRUARY 2020

- *Month of February - FebFast*
- *Month of February - Ovarian Cancer Awareness Month*
- *4th February - World Cancer Day*
- *14th February - Anniversary of the Apology*



CHRISTMAS COLOURING IN



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

