

# Talk-About

The official newsletter for the Aboriginal and Torres Strait Islander Health Unit

February/March 2017

Metro North Hospital and Health Service *Putting people first*

## Indigenous Identification procedure aims to close the gap

Metro North Hospital and Health Service (MNHHS) has launched an official procedure to identify Aboriginal and/or Torres Strait Islander patients accessing their hospital and facilities in an effort to close the gap on health outcomes.

The procedure sets the direction for Indigenous Identification at all levels across MNHHS.

A/Director of the Aboriginal and Torres Strait Islander Health Unit (A&TSIHU), Paul Drahm said the new procedure would assist data collection systems by supporting the measurements of Indigenous health status and the effectiveness of intervention programs.

“MNHHS has clear Key Performance Indicators towards Closing the Health Gap between Aboriginal and Torres Strait Islander and Non-Indigenous people accessing its services, including a reduction in the rates of potentially preventable hospitalisation and discharge against medical advice.

“The procedure outlines our approach to ensure that all patients accessing our services are accurately identified as being of Aboriginal and/or Torres Strait Islander origin. Correct identification of Indigenous Status is fundamental to understanding and measuring their personal health needs, service monitoring, evaluation and planning in a culturally appropriate manner.”

The Prince Charles Hospital (TPCH) Sleep Scientist, Lynn Hoey said it was critical from a health perspective for Indigenous patients to identify to access the appropriate care, health checks and cultural support.

“I’m proud to identify. I’ve had the growing appreciation that what’s in our genes affects our health. And now from a health perspective, when somebody asks me the question, are you of Aboriginal and or Torres Strait Islander descent, I always say yes.

“You never know what’s in the background of your genes and particularly with conditions such as renal disease and diabetes.”

TPCH Organ donor recipient, Don Williams, said to speak up when being admitted to hospital.

“There’s no shame in being proud of whom you are. Being Indigenous doesn’t make you any different to the person standing next to you. You will get the same medical support and health checks.

“I came here thinking they wouldn’t look after me because I’m a blackfella, but how wrong I was. My journey has been respectful and comfortable.”

A&TSIHU Cultural Capability Officers will be delivering Identification Training for all staff at MNHHS over the next few months.



*A&TSIHU A/Director Paul Drahm with his wife Rebecca and two young children, Emily and Benjamin, said it was important for staff to ask the question to all people and not assume Indigenous background based on appearance.*



*Indigenous Redcliffe Hospital Service Improvement Officer, Neressa Johnston, with her children, encouraged the whole family to identify when accessing a hospital or health service.*

The campaign video can be viewed at <https://www.health.qld.gov.au/metronorth/atsi> and the full procedure is now available on QHEPS – <http://qheps.health.qld.gov.au/metronorth/policy/procedures/proc156.pdf>

For further information, contact the Aboriginal and Torres Strait Islander Health Unit on (07) 3139 3235 or email [A\\_TSIHU\\_MNHHS@health.qld.gov.au](mailto:A_TSIHU_MNHHS@health.qld.gov.au).

# Contact information

## Indigenous Hospital Liaison Officers

Royal Brisbane and Women's Hospital, Floor 5, Ned Hanlon Building	Fax: 3646 2284
Wendy Lewis	Ph: 3646 7489
Bernadette Bird	Ph: 3646 1696 or 3647 4171
Tyler Lea	Ph: 3647 4178
Dell Hagan	Ph: 3646 4154
Patricia Kennedy	Ph: 3647 9535
After Hours Service (RBWH)	Friday and Monday 3.30pm to 8pm Saturday and Sunday 10am to 6.30pm

Enquiries (Hospital Switch)	Ph: 3646 4154 or 3646 8111
Aunty Janet Layton	Ph: 3647 4183 or 3646 5106
Candice Simpson	Ph: 3647 4171

The Prince Charles Hospital, Ground Floor, corridor leading to the Coronary Care Unit)	Fax: 3139 5810
Aleacha Hopkins	Ph: 3492 1818 or 0439 082 908

Mark Budd	Ph: 3139 5165
Caboolture Hospital, Allied Health Department, Ground Floor	Fax: 5433 8730

Stella Laidlaw	Ph: 5433 8249
Redcliffe Hospital, Safety Quality and Performance Unit, West Block	Fax: 3049 6767

Rox-Anne Currie	Ph: 3049 6791
-----------------	---------------

<b>Improving the Patient Journey</b>	<b>Email: <a href="mailto:Improving_the_Patient_Journey@health.qld.gov.au">Improving_the_Patient_Journey@health.qld.gov.au</a></b>
--------------------------------------	--

Rayna Cowburn	Ph: 3646 5612 or 0408 023 733
After Hours Liaison Officer (RBWH)	Friday and Monday 12 noon to 8.30pm Saturday and Sunday 10am to 6.30pm

After Hours, Robert Brown	Ph: 0409 583 967
The Prince Charles Hospital, Temiah Henaway:	3139 6429 or 0429 897 982

Royal Brisbane and Women's Hospital, Ronald Agie	Ph: 3646 5612 or 0439 274 152
After Hours Liaison Officer (TPCH)	Friday and Monday 12noon to 8.30pm Saturday and Sunday 10am to 6.30pm

<b>Indigenous Acute and Primary Care Team</b>	
Manager: Robyn Chilcott	Ph: 3492 1823

<b>Sexual Health Team</b>	
Manager: Robyn Chilcott	Ph: 3492 1823

<b>Indigenous Strategic Development Team</b>	
Manager: Isaac Simon	Ph: 3139 4117 or email <a href="mailto:Isaac.Simon@health.qld.gov.au">Isaac.Simon@health.qld.gov.au</a>



## Give us feedback

### Talk-About

We welcome your feedback, contributions, story ideas and details on any upcoming events. Please contact Aboriginal and Torres Strait Islander Health Unit Communications Manager Renee Simon at [Renee.Simon@health.qld.gov.au](mailto:Renee.Simon@health.qld.gov.au) or phone (07) 3139 3233.

### Aboriginal and Torres Strait Islander Health Unit

If you have any feedback regarding the Aboriginal and Torres Strait Islander Health Unit services, programs and initiatives, you can contact the following:

#### Mail to:

Aboriginal and Torres Strait Islander Health Unit, Building 26, Chermiside Community Health Centre, 490 Hamilton Road, Chermiside QLD 4032.

#### Email to:

[A\\_TSIHU\\_MNHHS@health.qld.gov.au](mailto:A_TSIHU_MNHHS@health.qld.gov.au)

Alternatively, call and ask for our Safety and Quality Officer on 3647 9531.



**Chris Seiboth**  
Executive Director, Community,  
Indigenous and Subacute Services  
Metro North Hospital and Health Service

Last month, the ninth annual Closing the Gap Prime Minister's report was released. Sadly, six of the seven domains indicate that Australia is failing to meet the targets set to reduce the inequality between Indigenous and non-Indigenous Australians.

So what can you and I do about it? For me, I endeavour to make sure every encounter I have with a person of Aboriginal and Torres Strait Islander heritage is the best it can be.

## Executive Director's message Community, Indigenous and Subacute Services

I try to connect with their journey and story as a person and as an Indigenous person of this land. I have tried to understand the history and the meaning of what it is to be an Indigenous Australian in 2017. To help me, I started with the online Metro North Cultural Capability Program and then followed it up with four hours of face-to-face training with the CISS Cultural Capability Officers.

The online program was very useful to get the big picture of the history, the struggles and the context of why there is a gap in educational and health outcomes for Indigenous Australians.

However the face-to-face sessions with colleagues are a particularly excellent opportunity for all of us to truly connect with our Indigenous staff, and to hear their stories and aspirations for the future.

I congratulate the Cultural Capability Team for celebrating 10,000 participants for the online program and I encourage every staff member to take up the opportunity like I did to either do the online training or join one of the face-to-face sessions that we will be holding across the region.

My ambition is for everyone in Team CISS to play our part to improve the health experience for all Indigenous Australians and do our bit to Close the Gap. I look forward to celebrating with our Aboriginal and Torres Strait Islander colleagues at the Close the Gap Morning Tea held on the 16th of March at Brighton Health Campus.

**Chris Seiboth**  
Executive Director,  
Community, Indigenous and  
Subacute Services



## A word from the Acting Director



**Paul Drahm**  
Acting Director, Aboriginal and Torres  
Strait Islander Health Unit

### **Indigenous Health is everyone's business**

The Aboriginal and Torres Strait Islander Health Unit has an important role to play to influence change and promote our core vision – **Indigenous Health is everyone's business.**

We are seeing this vision being adopted more widely across our hospital and health service, as more staff participate in our cultural awareness training, engage with our Indigenous Hospital Liaison Officers and refer to our community support services within the Acute and Primary care team.

Just recently, I was pleased to see a direct commitment by our Executive Colleagues at Community, Indigenous and Subacute services (CISS) to improve our cultural integration within CISS core business and framework. This commitment ensures Indigenous influence and participation within all models of care and dedicated cultural education schedules for all CISS staff.

Over the next few months we will also be exploring new opportunities for our Aboriginal and Torres Strait Islander consumers accessing CISS facilities. This will include improved referral pathways post hospital stay and a review of the cultural appropriateness of our community facilities.

I am pleased to also be representing a number of committees across the hospital and health service ensuring our Indigenous consumers have a voice and influence and

also building partnerships and engagement with the Primary Health Network and Community Health Forum at Caboolture.

Our teams recently held a planning day for the year ahead and I'm encouraged by our role in ensuring we contribute to Closing the Gap in Queensland. I recently attended the official launch for the Statement of Reconciliation from Queensland Health and Queensland Ambulance Service. Queensland Health Director General Michael Walsh confirmed we are making some gains in regards to the non-Indigenous and Indigenous life expectancy gap and infant mortality rates, but we all agreed this is an ongoing commitment and much more work is needed. The Prime Minister's Close the Gap report affirms this with data showing we are not on track to close the gap in life expectancy by 2031.

We all have an important role to play in closing the gap and I encourage you to pause on March 16th for the official close the gap day. This is an important day to discuss our achievements and look at ways we can all work together to improve health outcomes for our Aboriginal and Torres Strait Islander patients, families and communities.

# What's inside

## February/March 2017

A word from the Acting Director.....3  
 Contact information .....2  
 Executive Director's message .....3

### PROGRAM UPDATES

Safety and Quality .....5  
 Indigenous Acute and Primary Care Team .....4  
 Indigenous Hospital Services.....5  
 Indigenous Sexual Health Team .....6  
 Indigenous Strategic Development Team .....7  
 Ngarrama Child Health.....7

### OUT & ABOUT

Sexual Health Program recognised at awards .....8  
 Women's Gathering.....8  
 10,000 complete cultural capability program .....9  
 RBWH Celebrates 150 years .....9

### IN FOCUS

Lynn achieves her dream.....6  
 Wearing their culture with pride .....13  
 Reconciliation Launch.....10  
 Word of the month: Guthalungra.....13  
 In the News .....12  
 Upcoming Events .....15

### STAFF FEATURE

A Day in the Life of Vaughan Travers .....14  
 Recipe: Island Fruit Salad.....16  
 Back Page: Indigenous Sexual Health Brochure .....16



## Indigenous Acute and Primary Care Team

with Manager, Robyn Chilcott

The Indigenous Acute & Primary Care Team have a primary goal of improving, maintaining and supporting clients in the community and post discharge from hospital. Our services ensure our clients can safely return home from hospital with services provided to ensure a seamless transition from service to service across the continuum of care.

The team have commenced placements with each Metro North Hospital facility connecting with IHLO staff and also key Hospital staff who deliver services to the Aboriginal & Torres Strait Islander clients/patients in the Metro North area.

### Purpose

- Building closer partnerships between teams/staff (ICLW/ IHLO/Hospital Staff)
- Building rapport with patients / clients
- Seamless service for referrals of clients to community team
- Professional Development

### Outcome

- Understanding of the IHLO service (ICLW / IHLO / Hospital Staff)
- IHLO understanding of Indigenous Acute & Primary Care Team services
- Increased referrals to team
- Understanding of hospital processes
- Seamless services for clients.

The Team have also most recently commenced working with a number of CISS services including: HITH, Post -Acute Care, Brain Injury, Palliative Care and residential aged care facilities to support clients and ensure culturally safe and appropriate considerations are met throughout the care of our Aboriginal & Torres Strait Islander client group.

In addition; The Team work to build strong partnerships, respect and rapport with community, students and staff of local high schools and Indigenous community organisations to enable programs to be delivered and provide services including health promotion and education activities for our young people.

## Wearing their culture with pride

Metro North Hospital and Health Service (MNHHS) staff Debra Devers and Mitch Robertson were thrilled to receive a 'proud to identify' shirt as part of the Accurate Indigenous Identification Campaign.

Mitch has worked with MNHHS for five years and currently is the Applications Officer for the Rapid Access Team.

"I've really enjoyed working with MNHHS; there is a lot of support within my office and across the hospital."

He hoped to see more cultural awareness events, not only for Indigenous staff but also non-Indigenous colleagues.

Debra has worked with MNHHS for the past four years as the Administration Officer for the Business Advisory Service.

"I love it; I'm learning something different every day. Culturally I've learned so much from other Indigenous colleagues."

*"I'm proud to identify, my family are from the Darwin area and I've lived in Brisbane all my life. Culturally I have missed out on a little bit, but I've learned so much working at QLD health and working with the Indigenous Health Workers. Culturally it's very diverse."* Debra Devers



*"I'm proud to identify as an Aboriginal man as I was bought up in a very cultural family. My mum being non-Indigenous was also a big part of our lives and has been with my dad for 30 years now as part of the Aboriginal and Torres Strait Islander community. My mum and dad have worked in the community and my mum has worked with a lot of Aboriginal and Torres Strait Islander companies, she helped start the Indigenous access line for Medicare. Culture has been a big part of our lives and I like passing that down to my children. I love identifying everywhere I go, I've got my tribe name tattooed on me and I like to pass it down to the next generation."* Mitch Robertson

# Safety and Quality with Tracy Grant

## Accreditation

The Aboriginal and Torres Strait Islander Health Unit (A&TSIHU) has been busy in preparing for Accreditation. As stated in the National Safety and Quality Healthy Service Standards (September 2012) "Accreditation is recognised as an important driver for safety and quality improvement and Australian's health accreditation processes are highly regarded."

### There are 10 National Safety and Quality Health Service Standards.

There is a move for the Aboriginal and Torres Strait Islander Health Unit to be taking on a more active role in participating in relevant Health Standard Committee Meetings at each of the Hospital sites within the Metro North Hospital Health Service.

Also, increasing Aboriginal and Torres Strait Islander Health Unit awareness and building knowledge in National Safety and Quality Healthy Service Standards and promote "Safety and Quality is Everyone's responsibility".



### Standard 1 – Governance for Safety and Quality in Health Service Organisation

Mandatory Training is compulsory for the all staff in the Community, Indigenous SubAcute Services (CISS) and Aboriginal and Torres Strait Islander Health Unit is a component in the CISS Health Directorate.

## Indigenous Hospital Services

with Natasha White, Program Manager



As a patient and consumer of services provided in Metro North, you have a right to provide feedback, both positive and negative, about the care you have received.

Sometime it can a frightening to take that step and voice your concerns, but please know that the care provided to you and your family will not be affected by your decision to contact a Patient Liaison or Consumer Liaison Officer to talk about any concerns you have with your hospital journey. Your feedback can help improve the experience for you and the other patients who use the hospital.

The Patient Liaison Officer (PLO) or Consumer Liaison Officer (CLO) will acknowledge any compliments, listens to concerns, provides assistance and advice, and will help to have complaints acknowledged and investigated, whilst ensuring cultural safety and confidentiality.

The PLO or CLO are located at RBWH, TPCH, Redcliffe and Caboolture Hospitals and also in Community and Indigenous Subacute Services. There are many ways you can make direct contact.

### PLO or CLO Contact

#### Royal Brisbane & Women's Hospital

Phone: (07) 3646 8216  
Email: RBWH-PLS@health.qld.gov.au

#### The Prince Charles Hospital

Phone: (07) 3139 4000  
Email: TPCH\_CLO@health.qld.gov.au

#### Redcliffe Hospital

Phone: (07) 3883 7728  
Email: RedH-Feedback@health.qld.gov.au

#### Caboolture Hospital

Phone: (07) 5433 8199  
Email: CabH-Feedback@health.qld.gov.au

#### Community, Indigenous and Subacute Services

Phone: (07) 3049 1469  
Email: CISS-CLO@health.qld.gov.au

## Vision

To ensure that all Aboriginal and Torres Strait Islander people within the Metro North Hospital and Health Service catchment and beyond, have equitable access to health services that are culturally appropriate and culturally safe.

## Mission

To increase health services for Aboriginal and Torres Strait Islander peoples within the MNHHS area and to urban, and rural and remote communities across Queensland in order to improve health outcomes and contribute to the Council of Australian Governments' (COAG) Close the Gap initiatives.

We will do so by delivering high quality and culturally safe holistic health care to our Aboriginal and Torres Strait Islander patients, families and their communities accessing our hospitals and facilities.

## Core Values

- To be committed, honest and work together for our Aboriginal and Torres Strait Islander people
- To advocate for positive health outcomes
- To display respect and dignity to our patients and their communities
- To respect our patients cultural beliefs and understand their needs



## INFOCUS

### Lynn achieves her dream

Sleep Scientist Lynn Hoey is part of The Prince Charles Hospital self-described 'dream team'. Just recently this name was put to the test, with the centre decorated in an Indigenous Christmas Dreaming theme.

The centre was adorned with traditional artwork, painting of totems, handprints and stories along the hallways for patients and staff to enjoy.

"I used it as an opportunity to showcase Indigenous culture. We have a strong connection of dreaming and sense of spirituality; we seem to have lost it a little bit in the West."

It was a nod to her Aboriginal heritage and an opportunity to share the rich culture with her colleagues and patients.

"Our patients and staff really appreciated the effort and enjoyed the colour. I had one patient tell me it looked 'deadly'."

Lynn grew up in a little town in Western Queensland called St George.

"I'm one of 7 and my mum was one of 12, from the Kamilaroi tribe. My Grandfather was born on the banks of Barwon River."

She spent 10 years in Papua New Guinea, has worked as a registered nurse in Central Australia and as a relief nurse with the Indigenous Child Health team in Alice Springs.

Lynn obtained her masters in sleep medicine and has worked in the sleep lab since 2001. She hopes to look into further research for sleep disorders for Indigenous people.

"We see country patients from right across Queensland and see patients in the outpatient department on a regular basis."

She said there is support available throughout Queensland Health to support Indigenous patients suffering with sleep disorders through the Close the Gap program.

## Indigenous Sexual Health Team

with Program Coordinator, Ronald Abala

### Community Heroes

Orange sky service commenced in Brisbane in 2014 and now provides services around Australia. Orange Sky is the world's first free mobile Laundry service reaching homeless groups throughout Brisbane.

The service regularly visits sites around Brisbane including one of the Neighbourhood Centres that our program (Indigenous sexual health) attends each Monday.

*The Indigenous sexual health (ISH) from Community Indigenous Sub-acute Services (CISS) also provides and engages with community and staff members from New Farm Neighbourhood Centre on a weekly basis (Monday's). We have also built strong partnerships, respect and rapport with members and staff which enables our program to deliver and provide a service to support with issues associated around social, emotional, health and wellbeing, including sexual and reproductive health, health promotion and education.*



Sexual Health Clinical Nurse Dene Campbell

### Orange Sky is the world's first free mobile Laundry service reaching homeless groups throughout Brisbane.

The Orange sky service consists of dedicated helpful staff volunteering their time and service to provide the homeless people of Brisbane and surrounding areas with clean fresh clothing and linen. Orange sky service is equipped with a minivan, fitted out with two washing machines and two dryers absolutely free for the homeless.

Orange sky regularly visits parks and drop in centres North, South, East and West of Brisbane regions.

#### Another great addition to Orange Sky:

The Orange sky laundry has just launched their first ever portable shower for the homeless people in Brisbane region, which is providing homeless people with showering facilities, once again this service consists of dedicated voluntary staff and a larger van fitted out with two private shower rooms that supports and visits areas alongside with the laundry van (see timetable).

We're very fortunate to be able to work in conjunction with such wonderful services/providers that help people out that are in need and that have built respect, rapport and has the support of the whole community throughout the Brisbane region.

To find out more or to donate to this good course please see service link below

<http://www.orangeskylaundry.com.au/brisbane>

## Orange sky timetable

<b>Mondays</b>	New Farm Neighbourhood Centre, 976 Brunswick street 09:00-12:00 Wickham park, Wickham Tce & Albert St Spring Hill 06:30 08:30
<b>Tuesdays</b>	Ivory St & Harrison Ln, Fortitude Valley 06:30 – 08:30 Wesley Mission Warry St & St Pauls Tce 09:00 – 14:00
<b>Wednesdays</b>	Queens Park Ipswich 16:30 – 18:30pm CWA Hall 189 Redcliffe Prd Redcliffe 06:00 – 08:00
<b>Thursdays</b>	Wickham park, Wickham Tce & Albert St Spring Hill 06:30 – 08:30
<b>Fridays</b>	RedCross Jeays St Bowen Hills 09:00 – 12:00 Ivory St & Harrison Ln, Fortitude Valley 06:30 – 08:30

# Indigenous Strategic Development Team (ISD) with Manager, Isaac Simon

More accurate reporting allows us to deliver a better-targeted service.

During October the A&TSIHU rolled out our quality and qualitative data reporting tool called Effort Tracker.

The aim of the Effort Tracker system is to record on the spot accurate, relevant and timely data in regards to Aboriginal and Torres Strait Islander patient journey, encompassing access, experience, safety and quality.



The program is both patient and staff focussed and facilitates systematic consideration and processing improvements to the patient journey across the continuum of care for each service.

Data is captured for all A&TSI people presentations and admissions for MNHHS A&TSIHU with specific focus on Indigenous Hospital Services, Cultural Capability, Adult and Sexual Health.

Over the past three months we have found some interesting trends with our data captured, these include:

- The Royal Brisbane and Women's Hospital (RBWH) has had 1632 occasions of Service with a total of 408 patients. This means that our hospital liaison staff on average saw each patient four times during their stay at RBWH.
- 57.2% of our patients serviced by the A&TSIHU are female and 42.8% are male
- 88.8% are Aboriginal, 7.8% are Torres Strait Islander 2.2% are both and 0.5% are family or Partner of A&TSI person. With the remaining 0.7% are other. From this we can see that compared to the population Torres Strait Islander people are over represented in our facilities.



- Our highest population of patients come from the Zillmere region but on average only require 1.7 Visits from our IHLO staff.
- 68.5% are inpatient and 31.5% are outpatient.

We can use this valuable information to better shape our services and continue to provide a more culturally and efficient service.

## Ngarrama Child Health

It's been a busy time since the Christmas break here in the project office with much work to be done before a new refreshed model of care can be implemented across Metro North to support Aboriginal and Torres Strait Islander families navigating their care journey from pregnancy to the beginning of school for their children.

Currently the team are working on mapping out all services that are offered within the geographical areas aligned with each Ngarrama Service facility at RBWH, Redcliffe and Caboolture. With the increased growth of services being offered to families it is difficult for families to know where they can access services and what referral pathways are needed. By identifying the services and where to locate them it will make it easier to not only work on effective working partnerships with other services, but to also be able to offer families the choice of where they would like to receive their care.

With the upcoming Close the Gap day on March 16th we are organising an Ngarrama staff afternoon tea to bring together all staff of the Ngarrama services across metro north to celebrate the work that we do in our joint efforts in closing the gap with Indigenous health outcomes.

We have made such great progress towards improving outcomes in the 6 years that the Ngarrama programs have been up and running. Some of these improvements include;

- Increasing access for A&TSI families for continuity of carer midwifery models of care
- A high percentage of women are now receiving 5 or more antenatal visits with the first antenatal visit occurring earlier in the pregnancy for effective care delivery.
- Indigenous birth weights are getting close to being on par with non-Indigenous births.



- Increased patient satisfaction of receiving care that is personal, culturally safe and delivered in settings that they choose.

I congratulate our staff on these improvements. Our staff tirelessly work hard by undertaking comprehensive care planning, home visiting, cultural training, community work, clinical supervision and engaging in trusting open communication with families whom they care for. I am proud to be working with such a dynamic team of health professionals in each Ngarrama facility and I look forward to our Ngarrama closing the gap afternoon tea to celebrate the work that we do.

## Sexual Health Program recognised at awards

Cultural Capability Officer Melanie Kielly was recently recognised with her former colleagues at Cairns Sexual Health Service as an awards finalist at the 2016 Queensland Health Awards for Excellence under the Promoting Wellbeing category.

Melanie attended the ceremony on behalf of her colleagues at the awards ceremony held at the Pullman in King George Square in early December last year.

Cairns Sexual Health Service (CSHS) has a long and successful history of providing culturally appropriate health promotion and clinical services to Indigenous communities in Cairns and across Far North Queensland.

The Outreach Team (comprising of the Indigenous Health Worker Team, the Outreach Nurse, and the Sexual Health, HIV & Viral Hepatitis Coordinator) have improved the health of young people by providing sexual health services in a school based setting.



*L-R: Queensland Health Minister Cameron Dick, MNHHS Cultural Capability Officer Melanie Kielly, Outreach Nurse Debbie Denney and Director General Michael Walsh.*

Melanie said the service increased knowledge of sexual and reproductive health literacy, wellbeing and safety for young Aboriginal and Torres Strait Islander people.

For the period 1 Jan 2014 to 31 Dec 2015, 495 young Aboriginal and Torres Strait Islander people received the outreach clinic service and 1318 received the clinic service at Cairns North.

## Women's Gathering

Females from the Aboriginal and Torres Strait Islander Health unit gathered together for the first 'women's business' day at Bribie Island last month.

The purpose of the gathering was to plan for the year ahead and look at new ways of embedding Indigenous cultural leadership across Metro North Hospital and Health Service.

Indigenous Hospital Liaison After Hours Team Leader, Aunty Janet Layton said the gathering provided a unique opportunity for the women to come together and build stronger relationships.

"The gathering allowed the women to develop arrangements to support women working within A&TISHU and promote equal and open discussions without barriers."

Aunty Janet and her colleagues said they hope to establish a regular gathering and to provide cultural enrichment amongst the group through inviting local elders to future sessions.



*A&TISHU Staff gathered at Bribie Island*



*Aunty Janet Layton and her colleagues develop framework for future gatherings*



*Sandra Markwell and Aleacha Hopkins enjoyed the opportunity to network with other female workers*



## 10,000 complete cultural training

The Aboriginal and Torres Strait Islander Health Unit (A&TSIHU) is celebrating a good start to 2017, with 10,000 participants completing their online Cultural Practice eLearning program.

Launched in 2013, the program was the first of its kind across Queensland Health and is a strategy from Queensland Health's overarching Indigenous health policy framework, *Making Tracks to Close the Gap in health outcomes for Indigenous Queenslanders by 2033*.

Program Manager Isaac Simon said participation is across the state from Torres and Cape Hospital to near the border of New South Wales at Gold Coast Hospital.

"The A&TSIHU developed an eLearning package that could be completed by staff during their own time and pace and on any device with an Internet connection.

"Not only has MNHHS staff enjoyed the convenience and interactivity of the online program, external parties have completed the program to increase their knowledge and understanding of Aboriginal and Torres Strait Islander culture and how this applies to healthcare. This includes Queensland Health enrolments are 44% (4751), University 36% (3951) and non-healthcare workers 12% (1283)."

He said the eLearning package is supported by face to face in-services, cultural awareness initiatives such as NAIDOC Week and Close the Gap day, cultural advice through MNHHS publications and social media pages.



Cultural Capability Officer's Elwyn Henaway (left) and Henry Nona (right) celebrate the 10,000 milestone.

"On completion of the training, staff have a better understanding of Aboriginal and Torres Strait Islander culture and health, the impact of government policies and practice since colonisation and its link to the current health status of families and communities."

## The Royal Brisbane and Women's Hospital Celebrates 150 years of service



L-R: Premier Annastacia Palaszczuk, Health Minister Cameron Dick, MNHHS Chair Dr Robert Stable, Local MP Grace Grace, meet hospital volunteers.



Thomas Wells dressed as a paperboy greets guests with commemorative postcards outside the celebrations



RBWH Nurses go back in time wearing the original nursing gowns and caps

A major medical milestone is being celebrated, with the Royal Brisbane and Women's Hospital marking 150 years of caring for Queenslanders.

Premier Annastacia Palaszczuk and Health Minister Cameron Dick joined Metro North Hospital and Health Service and RBWH executives and staff and special guests to mark the occasion.

Ms Palaszczuk said almost every Queenslanders had a special connection to the Royal.

"Whether you or a loved one has been treated here – there is probably not a family across the state that hasn't benefited from the highly specialised care at RBWH," the Premier said.

"In times of peace and war, this great hospital has been instrumental in saving countless lives and has continually been at the forefront of pioneering medical research, education and training."

Ms Palaszczuk said that back in 1867 a handful of doctors and eight nurses treated a few thousand patients in its first year, many of whom arrived by horse and cart.

"150 years later and our 6,000 highly skilled staff care for well over half a million patients annually, many of whom arrive by ambulance or air to access the vital super specialised care now available," she said.

Health Minister Cameron Dick said RBWH's reach is far greater than its Herston residence with thousands of Queenslanders across Queensland connecting with specialists reducing the need to travel large distances away from home.

"The hospital's service to the community is immense and in 2016 alone, the busy Emergency Department team treated 76,000 patients, while 160,000 treatments, consultations and procedures were provided to patients suffering from cancer. Nearly 100 operations are also performed every day."

"Patients in rural and regional towns across Queensland are able to access specialist care via video link using our state of the art telehealth service no matter where they live.

"There is so much to be proud about this hospital and this milestone is a wonderful opportunity to thank staff, past and present for the essential role they've played in serving Queenslanders."

# Reconciliation Commitment Launch

Staff from across Queensland Health and Queensland Ambulance Service gathered together for a special celebration in recognition of the official launch of the Queensland Health Statement of Commitment to Reconciliation on Feb 7.

The statement is the fourth for Queensland Health, but the first statement cosigned by the Queensland Ambulance Service and the Department of Health, demonstrating a wider commitment to reconciliation.

The Director-General of Queensland Health, Michael Walsh and the Commissioner of Queensland Ambulance Service, Russell Bowles officially launched the commitment at a morning tea held in Charlotte Street.

Michael Walsh told the audience the statement supports a number of initiatives including the Department of Health Cultural Capability Action Plan and Queensland Government commitments under the Council of Australian Governments towards closing the gap in life expectancy and halving the gap in child mortality.

“Queensland is taking good steps towards these two goals. We have reduced the rate of Aboriginal and Torres Strait Islander infant mortality for children under 5 by 13 per cent and reduced the gap between Indigenous and non-Indigenous life expectancy by one year for males and 1.4 years for females since 2005. These are fantastic steps in the right direction, but we still have a long way to go.”

The *Queensland Health Statement of Commitment to Reconciliation 2016* seeks to:

- recognise Aboriginal and Torres Strait Islander people as Traditional Custodians,
- acknowledge the diversity of Aboriginal and Torres Strait Islander people and cultures, and
- acknowledge the impacts of past government policies. Every employee of Queensland Health is expected to acknowledge, understand and respond to the following statements in their every day work practices:
  - improving Aboriginal and Torres Strait Islander people’s health is everyone’s business;
  - all Queensland Health staff are bound by the Queensland Government commitment to close the gap in health inequities between Aboriginal and Torres Strait Islander and other Queenslanders;
  - services must be culturally sensitive and responsive to the needs of Aboriginal and Torres Strait Islander people;
  - we acknowledge and respect the diversity in Aboriginal and Torres Strait Islander people and cultures and their right to equitable, accessible and quality health care; and



Queensland Health Director-General Michael Walsh (back row second from left) and Queensland Ambulance Service Commissioner Russell Bowles (back row centre) with staff from Queensland Ambulance Service and The Aboriginal and Torres Strait Islander Health Unit.



Members of the Aboriginal and Torres Strait Islander Health Unit celebrate the signing of the statement of commitment to reconciliation.

- cultural capability, just like clinical capability, is an ongoing journey of continuous individual learning and organisational improvement, in order to ensure best practice in health service delivery.

Copies of the Statement of Commitment will be prominently displayed across all hospitals and health facilities, demonstrating our own commitment to reconciliation for our Aboriginal and Torres Strait Islander patients, families and communities.

## New shirts tell the story of the sea

As you travel through our hospitals and health services you will notice staff from the Aboriginal and Torres Strait Islander Health Unit (A&TSIHU) wearing new polo shirts.

The ‘Salt Water’ artwork across the shoulders was designed by A&TSIHU’s Sexual Health Program Manager Ronald Abala, telling the story of the sea and its important role to Aboriginal and Torres Strait Islander people.

“Aboriginal and Torres Strait Islander people have relied on the sea to provide food for thousands of years. Aboriginal and Torres Strait Islander people only took what was needed, and were selective about the sex and maturity of animals taken in order to allow resources to replenish, and to prevent wastage the food was shared out amongst the community.

“Food from the sea is still an important part of life for Aboriginal and Torres Strait Islander people, we still continue to practice the many complex ways of collecting and preparing foods.”

Ron said the fish, turtle and stingray represent the traditional source of seafood, the blue colours, dots and circles represent the tidal and depth changes of the sea and the red dots with white circles represent coral growth and spawning.

Indigenous Strategic Development Manager Isaac Simon said the shirts were designed for patients and families to identify with Aboriginal and Torres Strait Islander support services.

“Our people are very visual and feel more at ease when they see Indigenous artwork or cultural representation within our hospitals or facilities. The more culturally inviting we can make our facilities, the more they are encouraged to access our health services.



L-R: A&TSIHU’s Renee Simon, Natasha White, Melanie Kielly and Tracy Grant wear the new polo shirts with pride.

“We are already getting requests from non-Indigenous staff to wear the shirts and getting great feedback from our consumers.”

# Statement of Commitment to Reconciliation

**Queensland Health is committed to improving health outcomes for Aboriginal and Torres Strait Islander people and providing services which are culturally respectful and responsive to their needs.**

We recognise the traditional custodians of the land and waters and pay our respects to Elders past and present and to those yet to come as we walk together towards a healthier future.

We remain committed to the Council of Australian Governments' targets to Close the Gap in life expectancy of Aboriginal and Torres Strait Islander people by 2033 and to halve the gap in mortality of children under five years by 2018.

In the spirit of reconciliation we celebrate the uniqueness of the world's oldest living cultures. We respectfully acknowledge the diversity of cultural practices and spiritual beliefs.

We are mindful of the negative impacts of colonisation and past government policies, injustices and inequalities that continue to significantly contribute to marginalisation, disadvantage and poor health outcomes experienced by many Aboriginal and Torres Strait Islander people today.

We acknowledge and appreciate the financial contribution of Aboriginal and Torres Strait Islander Queenslanders toward the expansion of Queensland's hospitals, health infrastructure and services. We recognise and regret that this was a part of past government policies of control over Aboriginal and Torres Strait Islander peoples' wages and savings under the 'Protection Acts'.

Queensland Health is committed to providing equity of access to high quality health care services and building relationships based on inclusion with Aboriginal and Torres Strait Islander people and their communities. We strive to improve client and patient confidence in our services across Queensland.

We will not tolerate racism, prejudice or harassment. We reject racially prejudiced attitudes, actions and ideologies that impede culturally inclusive relationships.

Queensland Health will continue to foster the principles of reconciliation within its every day practice through implementation of the *Queensland Health Aboriginal and Torres Strait Islander Cultural Capability Framework 2010–2033*, which will be reflected in relevant Department and Hospital and Health Service strategies and plans.

We are dedicated to developing workforce recruitment and retention strategies which increase participation and representation of Aboriginal and Torres Strait Islander people.

All Queensland Health staff have responsibilities towards closing the gap of disadvantage and working with Aboriginal and Torres Strait Islander people and communities for a healthier future.

**Michael Walsh**  
Director-General  
Queensland Health

19 December 2016

**Russell Bowles ASM**  
Commissioner  
Queensland Ambulance Service

19 December 2016



## Closing the Gap: Malcolm Turnbull says Indigenous health and wealth progress 'not enough'

Prime Minister Malcolm Turnbull has tabled this year's Closing the Gap report, which again shows slow progress to improve the health and wealth of Indigenous Australians. Some of the targets covering health, education and employment have stagnated and others are going backwards.

<http://www.abc.net.au/news/2017-02-14/closing-the-gap-malcolm-turnbull-indigenous-progress-not-enough/8268736>

## Minister Scullion: Australian Reconciliation Barometer Report

Reconciliation Australia's biennial Australian Reconciliation Barometer has been released today, providing a snapshot of views on the relationship between First Australians and the wider Australian community. Minister for Indigenous Affairs, Nigel Scullion, said the report showed some encouraging signs but there was still a lot more work to be done.

<http://www.indigenous.gov.au/news-and-media/announcements/minister-scullion-australian-reconciliation-barometer-report>

## Townsville elders: Stop 'chucking' money at indigenous health issues and start talking to people

TOWNSVILLE Aboriginal elders are pleading with the state and federal bureaucrats to stop "chucking" money at indigenous health issues and start talking to people. Former chairman of the Prime Minister's Indigenous Advisory Council Warren Mundine said that in the wake of the Closing the Gap Report this week showing initiatives to improve the lives of indigenous people are failing, politicians needed to "sit out in the dust and get things happening".

<http://www.townsvillebulletin.com.au/news/townsville-elders-stop-chucking-money-at-indigenous-health-issues-and-start-talking-to-people/news-story/afdefd24b8959c5cf1a26a4393b1942d>

## Indigenous nursing graduate hopes to help close the gap

A University of Newcastle Indigenous nursing graduate from Taree is hoping to make a difference and help close the gap in health services. Joshua Paulson, a Worimi and Baudjalung man who grew up on Biripi country, was among three Indigenous graduates at the University of Newcastle's Port Macquarie graduation ceremony on February 17.

<http://www.abc.net.au/news/2017-02-17/indigenous-nursing-graduate-hopes-to-make-a-difference/8281116>

## Dr Vanessa Lee Striving to Make Change

Dr Vanessa Lee is from the Wik and Meriam Nations and grew up on Thursday Island and later moved to the Cairns area to complete her schooling. Dr Lee studied a Bachelor of Teaching Degree majoring in Early Childhood at the Queensland University of Technology and after graduating in 1995, taught for 10 years in various areas across Queensland.

<http://www.indigenous.gov.au/news-and-media/stories/dr-vanessa-lee-striving-make-change>

## Medicine and art combine at Melbourne's first Indigenous birthing room

Contemporary art and traditional culture have merged to provide Melbourne's Indigenous community its first culturally-sensitive birthing centre. Hundreds gathered at Melbourne's Northern Hospital to mark the opening of the city's first Indigenous birthing room - appropriately named 'Ngay Nga-Ango', meaning "first breath".

<http://www.sbs.com.au/news/article/2017/02/17/medicine-and-art-combine-melbournes-first-indigenous-birthing-room>

## Aged care careers suit Indigenous ways: Wyatt

Young Indigenous people should consider a career in aged care, according to Australia's new Minister for Indigenous Health and Aged Care Ken Wyatt. Mr Wyatt said the coming years would see a shortage of aged care workers and big demands on the system. "In aged care, I need more workers," he said in a wide-ranging interview with NIT.

<http://nit.com.au/aged-care-careers-suit-indigenous-ways-wyatt/>

## Remote health program on the move

A mobile health and education clinic for small and remote communities will be trialled in Western Australia's Pilbara region — and it will even offer a vet service. The Health in Motion program is a partnership between Gumala Aboriginal Corporation and WA's Murdoch University. It will be manned by health professionals and final-year university students and offer allied health care, veterinary services and health education.

<http://nit.com.au/remote-health-program-move/>

## June Oscar named Aboriginal and Torres Strait Islander social justice commissioner

June Oscar, a Bunuba woman from Western Australia who has fought successfully for alcohol restrictions in remote communities and for the preservation of ancient languages, is the new Aboriginal and Torres Strait Islander social justice commissioner. She will replace Mick Gooda, who resigned from the position in August to work for the royal commission into youth detention in the Northern Territory.

<https://www.theguardian.com/australia-news/2017/feb/09/june-oscar-named-aboriginal-and-torres-strait-islander-social-justice-commissioner>

## Turnbull reveals six-strong Indigenous Advisory Council

Malcolm Turnbull has moved to put his stamp on indigenous affairs, appointing a strong six-member advisory council to replace the Tony Abbott-devised body that was left in limbo when its term expired last month. Announcing the all-Indigenous panel, which he described as a "refresh" of the 12-person group created in 2013, the Prime Minister said it reflected "the expertise and innovation that exist in indigenous Australia".

<http://www.theaustralian.com.au/national-affairs/indigenous/turnbull-reveals-six-strong-indigenous-advisory-council/news-story/0b1c85e391da91bd5d6c79495f7b1447>

## Creating jobs to help close the gap on indigenous health

THE former chairman of the Prime Minister's Indigenous Advisory Council says jobs and breaking the welfare dependence cycle are the keys to improving life expectancy for Townsville Aborigines. Warren Mundine said governments could not focus only on health and education. The Bulletin revealed yesterday that half of all Townsville indigenous people are dying under the age of 52.

<http://www.townsvillebulletin.com.au/news/creating-jobs-to-help-close-the-gap-on-indigenous-health/news-story/5de0d442ed51897f8a0e6d1beceb64a7>

## Word of the Month: “Guthalungra”

Guthalungra is the meeting place for the Birri Gubba, Juru.

The area is between Bowen and Ayr. G

utha meaning head, Lungra meaning mouth – you come, sit, think and then speak.

As equals everyone is encouraged to participate.



### Palm Island residents weigh in on primary health care

Health authorities are placing a greater emphasis on involving the community on Palm Island in developing initiatives to close the life expectancy gap for indigenous people. The Palm Island Health Action Plan 2017-2027 is being developed in consultation with the community, focusing on ways health care can be delivered over the coming decade.

About 750 people have so far been involved in the consultation.

<http://www.townsvillebulletin.com.au/news/palm-island-residents-weigh-in-on-primary-health-care/news-story/900d06b6ef5be11e751591486404a53e>

### Stress research could help close Indigenous health gap

New research into stress levels in the Indigenous community could help to close the health gap, scientists have claimed.

A study published in the Scientific Reports medical journal found impaired secretion levels of the stress hormone cortisol in young Aboriginal adults.

<http://www.9news.com.au/national/2017/02/02/03/33/stress-research-could-help-close-the-gap>

### Key Wyatt: new minister to tackle how Indigenous health funding used

The incoming Indigenous health minister, Ken Wyatt, has said he wants to tackle the “industry” in Aboriginal affairs siphoning funds into administration rather than frontline services.

Wyatt made the comments to ABC Radio National on Thursday in an interview about his appointment as aged care and Indigenous health minister, which will make him the first Indigenous person to hold a commonwealth ministry.

<https://www.theguardian.com/australia-news/2017/jan/19/key-wyatt-new-minister-to-tackle-how-indigenous-health-funding-used>

### Indigenous health program loses funding

An indigenous health program which has been running in Queensland for 21 years is set to close this year when federal funding stops. The federal health department gave the Queensland AIDS Council a 12-month funding extension to keep the 2 Spirits sexual health program operating.

During that time, the department expected the council to “explore more sustainable funding alternatives”. But the council was told in a letter on Monday no further funding would be available after June 30.

<http://www.news.com.au/national/breaking-news/indigenous-health-program-loses-funding/news-story/e89a19f6e7a95ac8957810c196fdb7b6>

### Going Green in Ramingining

The Ramingining community wanted to grow local produce, and looked at a greenhouse to retain water, control the climate and importantly, provide comfort for workers to plant and harvest their crops.

The Ramingining Hydroponic Greenhouse Project is a collaboration between the Arnhem Land Progress Aboriginal Corporation (ALPA) and not for profit organisation Food Ladder, with placement for job seekers through the Government’s Community Development Programme (CDP).

<http://www.indigenous.gov.au/news-and-media/stories/going-green-raminging>

### Renovating the Thursday Island Boat Club

Rebuilding the Thursday Island Boat Club and facilities was a long-term aspiration of the community; they knew that upgraded and expanded facilities would give the whole community a refreshed venue for community gatherings.

With such a significant project to complete it was quickly identified as a project that could be used to provide a solid pathway from training to employment for Community Development Programme (CDP) participants.

<http://www.indigenous.gov.au/news-and-media/stories/renovating-thursday-island-boat-club>



# A Day in the Life of Vaughan Travers

## 1. What does your role involve?

I currently work as the Executive Support Officer within the Aboriginal and Torres Strait Islander Health Unit. This role involves supporting the whole of our unit as the main point of contact for administrative requirements and also providing support to our A/ Director Paul Drahm and our management team.

## 2. How long have you worked with the Aboriginal and Torres Strait Islander Health Unit and what are some of the major changes you have seen over the years of working in Indigenous Health?

I first starting working with A&TSIHU almost seven years ago with the Child Health team based at Chermside as the Administrative Officer. Patricia Kennedy was the Team Leader and Delma Dorman and Kim Wedel as the Indigenous Health Workers. I am very grateful and appreciative for the welcome they gave me to the Unit. I want to thank my work wife Kim Wedel who was especially helpful and patient with me in the early days.

I then moved to our Anzac Avenue office in Redcliffe with the Child Health Team. I then transferred in to the Adult Health team and worked closely with Program Manager Robyn Chilcott and had the opportunity to work with a lot of different staff within the Unit. The role supported both the Child Health team (Ngarrama) and Adult Health with maintaining their client charts and booking vehicles.

Over the years I've seen a significant growth in the teams, the capacity of our services and model of delivery. The teams have become flexible and adapted their services to best meet the needs of our Indigenous patients, families and communities.

Our services have also become better known within the community through our NAIDOC Week events with attendance growing bigger annually.

## 3. In 2003, you completed a Bachelor of Justice in Critical Criminology/ Investigations and Policing and were soon employed with Australian Customs and Border Protection as a Customs Officer, what was this experience like?

The experience was unbelievable; no two days were the same. My role was within the enforcement team so duties included bag searches, intelligence checks, forensic testing of electronic devices (memory cards, tablets, mobile phones and DVD's), frisk and strip searches for weapons or drugs. I also conducted interviews under tape. A real highlight was working in partnership with the dog squad which involved travelling right across the airport on planes and behind the scenes.

My motivation for studying in this field was the desire to work within the airport environment. I initially thought I'd follow my brother's footpath into policing, but I was more interested in broader protection customs. I tried for the role multiple times and once I finished my studies I finally landed the role. It was a sense of personal accomplishment to keep trying and to never give up hope for the career/job you want.

## 4. You also spent some time in London, including working for the Office of Health Practitioner Registration Boards and Post Medical Education Training board. What did this role involve?

Living in London was a fantastic experience. I was able to work and travel throughout Europe on the holidays and even the weekends (trips to Paris). My role with the Board was processing and check listing applications for Doctors wishing to apply to work in the UK and NHS. It also involved sitting on panel meetings with applications and answering questions and writing up minutes.

## 5. You have spent some time working with the Indigenous Strategic Development team at A&TSIHU, what were some of the highlights of the innovative projects you worked on?

Working within the Indigenous Strategic Development team as a Project Support Officer has been a highlight throughout the years at A&TSIHU. The role involved a lot of multi-tasking and behind the scenes work for the Unit. Definitely taught me to be very flexible and adaptable to the service and business needs of our teams. Some highlights were being able to do more photography for the Unit and contribute to our TALK-About newsletter and MNHHS facebook page. I also presented on team achievements at various meetings and workshops. The biggest project I was involved in was to help build slides and content for our Cultural Practice e-Learning program. This was a big job that involved a lot of testing and editing of content with the software and also liaising with the Clinical Skills Development Service to upload the course.

## 6. What does a typical day look like for you?

Depending on whether I'm on the fire warden roster for the month my day would start with a regular warden check of all the fire exits in our office building to make sure they are not blocked. Emails and phone messages are then checked and prioritised. Both Executive and Unit emails are checked daily and actioned accordingly. Room and vehicle bookings are then coordinated. From there the day can vary and I could be doing anything from processing invoices to catering or ordering printing and supplies for teams across the Unit.



## 7. You grew up in New Zealand before moving to Brisbane as a Child. What are some of your fond memories of back home?

I have very fond memories of growing up in Hastings, which is on the east cape of the North Island of New Zealand. Hastings is a rural town which is now very famous for its tourism, beaches, farming and vineyards. It was nice growing up in rural area with all of my extended family.

We then moved into the 'big city' of Auckland before relocating to Australia when I was in grade eight. In 2002, I was naturalised as an Australian, but I will always be a kiwi in my heart.

## 8. How important is the Maori culture in New Zealand?

We are very proud of our Maori culture in New Zealand. Every place you visit in New Zealand has the dual name system with both English and Maori language present. Dual naming recognises the equal, special, historical and cultural significance of places. The national anthem is also performed in the Maori language first before English, this shows great respect and recognition. The world famous Haka, the traditional war cry, dance and challenge from the Maori people is another highlight this shows tremendous pride, strength and unity within the tribe.

## 9. Finally, what do you enjoy doing outside of work?

I love nature and like to get out and explore places I've never been. I think myself an amateur photographer so love taking pictures of nature as well.

Pretty much a sports nut, I am across a few sports like cricket, tennis, soccer and basketball amongst others and like to get out and about and watch them live when I can. I do however absolutely love watching the mighty world champions All Blacks play rugby.

I love catching up with friends and going to the movies and concerts. Especially love enjoying live music with friends. My calendar usually has a few gigs lined up throughout the year.

I also enjoy travelling; by the time this magazine is printed I will be travelling through China on a tour of Shanghai, Hangzhou, Suzhou and Beijing for two weeks. Looking forward to the walk along the Great Wall.

# UPCOMING EVENTS

16 March 2017

## National Close the Gap Day

National Close the Gap Day is an annual event held to raise awareness of the Indigenous health crisis. <https://www.oxfam.org.au/act/events/national-close-the-gap-day/>

26 May 2017

## National Sorry Day

National Sorry Day offers the community the opportunity to acknowledge the impact of the policies spanning more than 150 years of forcible removal of Aboriginal and Torres Strait Islander children from their families. The first National Sorry Day was held on 26 May 1998 following the 1997 HREOC report Bringing Them Home which recommended that a national day of observance be declared.

27 May 2017

## Anniversary of the 1967 Referendum

In 1967 over 90% of Australians voted in a Referendum to remove clauses from the Australian Constitution which discriminated against Aboriginal and Torres Strait Islander Australians. The Referendum also gave the Commonwealth Government the power to make laws on behalf of Aboriginal and Torres Strait Islander people.

27 May–3 June 2017

## Reconciliation Week

National Reconciliation Week was initiated in 1996 to provide a special focus for nationwide activities. The week is a time to reflect on achievements so far and the things which must still be done to achieve reconciliation.

National Reconciliation Week offers people across Australia the opportunity to focus on reconciliation, to hear about the cultures and histories of Australia's Aboriginal and Torres Strait Islander peoples, and to explore new and better

ways of meeting challenges in our communities.

The Week is timed to coincide with two significant dates in Australia's history, which provide strong symbols of our hopes and aims for reconciliation: 27 May and 3 June.

3 June 2017

## Mabo Day

Mabo Day marks the anniversary of the High Court of Australia's judgement in 1992 in the Mabo case. This is a day of particular significance for Torres Strait Islander Australians.

1 July 2017

## Coming of the Light

This is a particular day of significance for Torres Strait Islander Australians. It marks the day the London Missionary Society first arrived in the Torres Strait. The missionaries landed at Erub Island on 1 July 1871.

Religious and cultural ceremonies are held by Torres Strait Islander Christians across the Torres Strait and on the mainland to commemorate this day.

2 July-9 July 2017

## NAIDOC Week

NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contribution of Indigenous Australians in various fields. The 2017 theme is Our Languages Matter.

4 August 2017

## National Aboriginal and Torres Strait Islander Children's Day

Children's Day and the week leading up to it, is a time to for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

The day is an opportunity for all Australians to show their support for Aboriginal children, as well as learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.

9 August 2017

## International Day of the World's Indigenous Peoples

The International Day of the World's Indigenous Peoples is observed on August 9 each year to promote and protect the rights of the world's indigenous population. This event also recognises the achievements and contributions that indigenous people make to improve world issues such as environmental protection. It was first pronounced by the General Assembly of the United Nations in December 1994, marking the day of the first meeting of the UN Working Group on Indigenous Populations of the Sub-commission on the Promotion and Protection of Human Rights, in 1982.

6 September 2017

## Indigenous Literacy Day

Indigenous Literacy Day aims to help raise funds to raise literacy levels and improve the lives and opportunities of Indigenous Australians living in remote and isolated regions. We need your support to help raise funds to buy books and literacy resources for children in these communities.

13 September 2017

## Anniversary of the UN Declaration on the Rights of Indigenous People

The United Nations Declaration on the Rights of Indigenous Peoples was adopted by the United Nations General Assembly during its 61st session at UN Headquarters in New York City on 13 September 2007.

# Indigenous sexual health



## Culturally-appropriate access, advocacy and support services

Assisting Aboriginal and Torres Strait Islander people living in Brisbane North, with their health needs.

Supported by the MNHHS Aboriginal and Torres Strait Islander Health Unit.



### CONTACT US

Pine Rivers Community Health Centre  
568 Gympie Road Strathpine 4500

**Team Leader:**

P (07) 34921822 M 0437692632

**Clinical Nurse Consultant (CNC):**

P (07) 34921807 M 0448946566

### Referrals

Aboriginal and Torres Strait Islander people can self refer and also service providers.

## RECIPE

### Island Fruit Salad

Serves 4



### INGREDIENTS

- 1 cup diced honey dew
- 1 cup diced rockmelon
- 1/2 cup red grapes
- 1/2 cup green grapes
- 2 sliced kiwifruit
- 6 sliced strawberries
- 1 cup diced red apple (leave the peel on)
- 1 sliced banana
- 1 lemon, juiced

### What to do

1. In a large bowl add watermelon, honey dew, rockmelon, grapes, kiwifruit and strawberries.
2. In a separate bowl mix apple, banana and lemon juice to prevent the fruit from browning. Add to the large bowl of fruit salad and stir.
3. Serve topped with yoghurt, custard or sweet cream.

### TUCKER TIP

For variety and convenience use fruits which are in season, but if fresh fruit is not available use a tin of mixed fruit in natural juice. Passionfruit is good for adding moisture to the fruit salad. Lime can be used instead of lemon to add a different flavour and prevent the fruit from browning.

Source: Living Strong Healthy Lifestyle Cookbook, Kidney Health Australia  
[http://kidney.org.au/cms\\_uploads/docs/2-and-5-qld-atsi-cookbook-feb-09.pdf](http://kidney.org.au/cms_uploads/docs/2-and-5-qld-atsi-cookbook-feb-09.pdf)

We welcome your feedback, contributions, story ideas and details on any upcoming events.

Please contact Aboriginal and Torres Strait Islander Health Unit Communications Manager Renee Simon at [Renee.Simon@health.qld.gov.au](mailto:Renee.Simon@health.qld.gov.au) or phone (07) 3139 3233.

