



**cqraiccho**

Central Queensland Regional  
Aboriginal & Islander  
Community Controlled  
Health Organisation

# Newsletter

Edition 4

## ● **League carnival** provides opportunities for local youngsters

**This year's Queensland Murri Carnival proved to be the experience of a lifetime for a group of local 14/15 year old rugby league players.**

The 21 budding football stars, along with family, coaches, and manager made the trek to Dolphin Oval and the four day carnival recently.

The team had been training hard for the past two months under the guidance of coach, Leo Rebel. Leo, ably assisted by Ashley Dodd and Shaun Hobson.

All of those aspiring to be granted the opportunity to play, needed to show a 90% attendance rate at school over the past 3 months, as well as having undergone a health check. These boys, along with some parents, also undertook the Deadly Choices Program.

This was the easy part. The logistics and expense involved in planning and paying for the young lads to attend has been daunting.

Team Manager, Elaine Daylight said "Without our sponsors we would not have been able to attend. We are very grateful for all the assistance they have provided. Many of the boys and their families have worked hard running sausage sizzles at Bunnings but the costs are huge. We have paid for bus hire, fuel, accommodation, nomination fees, food, and the team T-shirt."

"CQRAICCHO has been an extremely generous sponsor, along with Nhulundu Health Service, McCosker Contracting, Community Solutions, Yarralla Sports Club, Gehgre and Rebel & Sons Carpentry and Joinery. They have made this trip possible."

Melena McKeown, Program Coordinator for CQRAICCHO added that sponsoring the team was a great way for CQRAICCHO to encourage the region's youth to be active and healthy.



"All of it aligns perfectly with our desire to improve health outcomes in the Central Queensland region," she said.

### UPDATE

Congratulations CQRAICCHO's Gladstone United U15 boys team. The team won 3 of their 4 matches, going down only to the eventual winner of the competition the Waa'wid'jee Mah Warriors, and finished 5th out of the 19 teams competing - a great result. Huge congratulations also to Blake Cowburn and Cadell Blackman who were selected to play in the Possibles/Probables game. Blake has been named as a shadow player in the Queensland Indigenous U15 team to tour Fiji at the end of the year.

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## A message from the CEO *Justin Saunders*

**It has been a little while since our last newsletter, but I am happy to say the timing is because the CQRAICCHO team has been incredibly busy; not because we don't have anything to update you on.**

CQRAICCHO is continuing to kick goals with ear screening services across the region. This financial year a further six schools have been included into the screening program, with enquiries coming from other locations (not approved for funding). The ear screening program across the schools is the first step in a referral process that will lead to improved hearing outcomes for our young people. Currently negotiations are underway to gain funding for the next step in this important process.

Perhaps one of the most exciting outcomes is the establishment of the new Maryborough clinic.

This clinic, now fully operational, will provide a much needed, and culturally appropriate service to Aboriginal and Islander people living in the Maryborough region. The appointment of doctors, nurses and health workers, along with a range of allied health professionals, offers a comprehensive range of services to our people.

Also exciting is the rebranding of Cherbourg Regional Aboriginal and Islander Community Controlled Health Service (CRAICCHS). The new look branding is based around the traditional logo, given a modern twist, and its new name. The fresh new look can be seen on the website.

I would also like to congratulate CRAICCHS in their successful bid for New Directions: Mothers and Babies Program funding. This funding for the next three years will allow CRAICCHS to provide a much needed service to the Cherbourg and surrounding communities.

CQRAICCHO is moving forward in our region and it is the support and encouragement of our funding bodies and importantly our communities that has allowed us to make some significant gains. Thank you all - the support of our AMS's allows us to maintain momentum and in turn support the community.

Finally, I would like to extend warm wishes for a safe and Merry Christmas and a prosperous New Year.

# Defibrillator will help save lives

**Cherbourg Regional Aboriginal and Islander Community Controlled Health Service (CRAICCHS) in Cherbourg is the lucky recipient of a defibrillator – the first in the community. The defibrillator was donated by St John Ambulance.**

St John Ambulance Greater Brisbane Regional Manager Simon Fletcher said his group had partnered with QAIHC (the Queensland Aboriginal and Islander Health Council) to ask what health initiatives Aboriginal communities thought they needed most.

One of the most common requests was access to a defibrillator.

Mr Fletcher said that St John's took the view Aboriginal communities were best placed to know what they needed, not outsiders.

"For too long Aboriginal communities have been told what they need. We think this approach is wrong."

"That's why we partnered with QAIHC, so the communities can tell us themselves."

Over the past few weeks personnel from St John's have provided initial training in how to use the equipment to three Cherbourg residents identified by the community.

These three residents will then in turn teach others. The goal is to have a first responder on every street in every Aboriginal community in Queensland to help save lives. Mr Fletcher hopes that improving access to first aid will help raise life expectancies in Aboriginal communities, which are still 10 years lower than non-indigenous communities.

CEO of CRAICCHS, Veronica Williams was appreciative of the donation of the defibrillator and said she would ensure it was put to good use.

Defibrillators deliver a therapeutic dose of electrical energy to the heart which helps restore its normal rhythm when it's beating too quickly or slowly, or when someone has suffered cardiac arrest.

Studies have shown that prompt access to a defibrillator can save the lives of almost 4 in 10 people suffering a heart attack, and as many as 6 in 10 suffering irregular heartbeats.

*Below: St John Ambulance Greater Brisbane Regional Manager Simon Fletcher and Cherbourg Regional Aboriginal and Islander Community Controlled Health Service, CEO Veronica Williams show off the defibrillator that will help save lives in Cherbourg*





# Better hearing for our region's students

It is a well-recognised fact that students who suffer hearing problems are much more likely to struggle with school work and are at a higher risk of disengaging. A poor education leads to less opportunity and far less likelihood of Closing the Gap.

CQRAICCHO, with assisted funded through CheckUp's Healthy Ears - Better Hearing, Better Listening program have been systematically screening schools throughout the region, from the Boyne Valley to Gladstone and out to Moura, Blackwater and Emerald.

The screening process commenced in February 2015, and to the end of September had delivered ear screening to 737 school students.

Currently the screening is being undertaken by Senior Aboriginal Health Worker, Karen Murphy. Karen also works on the Mobile Health Solutions Van, and has the opportunity to utilise



the services connected to the van if required. She commenced her part of the screening a month ago and has screened 211 students. The majority of these students are in the rescreen/review stage of the program. These are students who have previously been screened and the original screen has identified a possible issue or flagged that a rescreen is required.

Aboriginal and Torres Strait Islander

students enrolled at the regional schools currently serviced by the program are automatically offered screening, but if a non Indigenous student is identified by staff at the school as having possible hearing issues, then Karen is able to perform the screen through her program.

Schools participating in the program have been identified through a needs assessment conducted last year.

## Lead Clinician Group provides insights to better care

On Friday September 18, 2015, Central Queensland GP and part-time Medical Educator with CQRAICCHO, Dr Karen Quinn attended the SEQ ATSCCHS Lead Clinician Group at Logan Entertainment Centre. This was attended by Doctors, Nurses, Practice Managers, Health Workers and Allied Health staff.

The meeting was chaired by Dr Carmel Nelson, Director of IUIH and commenced with the Regional Clinical Governance Report, directly addressing a new risk assignment tool.

Continuous Quality Improvement followed and addressed Improving Diabetes Care and outcomes, and discussed ways in which targets could be improved.

Dr Krispin Hajkowicz, an Infectious Diseases Physician from Royal Brisbane

Women's Hospital gave a presentation on Hepatitis B & C and the new treatments on the horizon – late 2015/early 2016. These medications will be on General PBS schedule rather than S100 schedule so can be provided by GP's in the community. The services were all encouraged to consider being involved in treatment when it becomes available.

A Paediatric team that has been working in SEQ gave a presentation on "Growing Strong Kids". This presentation was facilitated by Prof Sue Kruske and led by Dr Manjula Kannangara and her paediatric team of doctors, speech pathologist, occupational therapist and psychologist.

This was a very interactive session looking at the importance of good

antenatal care and supportive post-natal care.

Dr Quinn will facilitate a Lead Clinicians Group in Central Queensland in the coming months.



# Merry Christmas!

The Board of Directors, Management and Staff of Central Queensland Regional Aboriginal Community Controlled Health Service would like to wish our community members a Merry Christmas and a safe and healthy 2016. We look forward to working with you to produce better health outcomes over the coming year.





**You won't miss us**  
- we're coming to a town near you!

## CQRAICCHO welcomes experience of new board member



**Bronwyn Fredericks is a Murri woman from south-east Queensland.**

Bronwyn is a Professor and the Pro Vice-

Chancellor (Indigenous Engagement) and the BHP Billiton Mitsubishi Alliance (BMA) Chair in Indigenous Engagement at CQUniversity. She is responsible for the operations and strategic direction of CQUniversity's Office of Indigenous Engagement.

In addition to working at a range of universities in Australia and New Zealand, Bronwyn has worked in the health care and human service sector for State and Commonwealth governments, non-Government organisations and Aboriginal and Torres Strait Islander community controlled health services. She was a Board Member of Bidjerrdii Community Health Service for over 10

years, including 9 years as Chairperson.

Bronwyn holds a Diploma of Teaching (Secondary), Bachelor of Education, Master of Education – Leadership & Management, Master of Education Studies and a PhD (Health Science), along with VET qualifications in Training and Assessment and Community Culture. Professor Fredericks holds several distinguished roles in Indigenous research. She is a Health Node Leader in the Australian Research Council funded National Indigenous Research and Knowledges Network (NIRAKN).

The experience and knowledge she brings will be greatly appreciated by the CQRAICCHO Board.

## • New medical centre to meet the needs of Maryborough locals

Local Aboriginal and Torres Strait Islander people in the Maryborough region now have access to a new medical clinic. The clinic, established on the corner Alice and Bazaar Streets (site of the old Rivers clothing store),

in Maryborough is a result of a clearly identified need for a primary health care facility to cater for the health needs of Indigenous clients.

The medical clinic has slowly taken shape over the past few months.

The spacious premises offers consulting rooms for up to three GP's, six rooms available for visiting specialists or allied health staff along with a Mums and Bubs room and a Practice Managers office.

The clinic is staffed with Aboriginal Health Workers, Nursing staff, a General

Practitioner, receptionist, transport officer and allied health professionals along with visiting specialists.

The Maryborough clinic will operate on an appointment system, however walk ins will be welcome and clients may also be referred in through an AHW.

The opening of this clinic will raise the benchmark in providing services to close the gap in Indigenous health care in Maryborough and is a proactive and practical response to the health needs of the local community.



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[www.cqraiccho.com.au](http://www.cqraiccho.com.au)

PO Box 5006 Gladstone Queensland 4680

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