

### YULU-BURRI-BA



Aboriginal Corporation for Community

Health





@YuluBurriBa

#### **NOVEL CORONAVIRUS ALERT**

#### What are the symptoms of novel coronavirus?

When you have a virus, it's not actually the virus that makes you sick, but your immune system's efforts to get rid of it. For example, your immune system can raise your body temperature and give you a fever, to make it hot enough to kill a virus. All the hard work your immune system is doing can also use up energy and make you feel tired. Everyone's body is different, and because symptoms are caused by your immune system and not the virus itself, different people can have slightly different symptoms when they have the same virus, and some people's symptoms will be worse than others.

Novel coronavirus (COVID-19) is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs.

## If you're sick with novel coronavirus (COVID-19), your symptoms might include:

- fever
- fatigue
- a cough
- shortness of
- sore throat
- breath

#### How does novel coronavirus (COVID-19) spread and how can I catch it?

Novel coronavirus (COVID-19) spreads between people, usually when a sick person coughs or sneezes. You might catch novel coronavirus (COVID-19) if someone with the virus sneezes or coughs onto you. You could also catch the virus if they have coughed or sneezed onto a surface (like a door handle) that you touch, getting the droplets on your hands and then transferring them to your mouth, nose or eyes when you touch your face or eat.

#### How can I stop myself from getting it?

Washing your hands often and properly means that you can prevent viruses from entering your body. That means washing your hands when you've been out and about and before you eat (and after you go to the toilet!).

Did you know there are six steps to washing your hands properly?
Follow these steps to make sure you're washing your hands successfully.



## Is there anything else I can do to make myself less likely to catch novel coronavirus (COVID-19)?

You might have heard that things like eating lots of garlic, taking extra vitamins, doing certain exercises, or burning heaps of essential oils can stop you from catching novel coronavirus (COVID-19). This isn't true.

Looking after yourself by eating a healthy, balanced diet, getting regular physical activity, sleeping well and reducing stress is important all the time, not just when you're trying to avoid getting sick, so we recommend you keep these healthy habits in mind every day.

## Should I be wearing a facemask to protect myself from novel coronavirus (COVID-19)?

You might have seen people in public wearing facemasks lately, and wondered if you should, too. There isn't any evidence that wearing a facemask will stop you from catching a virus like novel coronavirus (COVID-19), so if you're well, you don't need to wear a facemask. If you're sick with symptoms of novel coronavirus (COVID-19) and you have a facemask, you should wear this when you go to medical appointments. This is to protect others from contracting novel coronavirus (COVID-19) from you.



What should I do if I think I might have come into contact with novel coronavirus?

IF SOMEONE IS CONCERNED ABOUT THEIR RISK THEY SHOULD STAY HOME AND USE THEIR PHONE to call their LOCAL YBB CLINIC, 13HEALTH or their local hospital ED (Redlands, Marie Rose) for Telephone Triage and advice for testing.

Please do not present to the clinic if you are unwell and think you may have come into contact with coronavirus. Please call ahead first so you can be properly advised on what to do.

On calling your YBB Clinic, you should state you are unwell and have a concern about coronavirus to reception staff - they will put you through to a nurse and GP to ask you further triage questions.

Testing is recommended for:

- any traveller, from any country with any symptoms not just respiratory or fever (over 37.4 degrees).
- anyone who has had contact with travellers from any country, any symptoms or fever

You will be directed to the best place to undertake testing, and then if well enough, be asked to self-quarantine at home until results are back and you are past the quarantine period.

If you are unwell, or there are any other concerns with your current health status, you will be asked to attend your local emergency department (Redlands or Marie Rose) who will complete testing and other assessments for you.T his may be in private vehicle or via ambulance.



## HAVE YOU HAD YOUR HEALTH CHECK?

WALL SAND WAS WELL





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.

#### **NEW 2020 DEADLY CHOICES SHIRTS**

Yulu-Burri-Ba just received the new 2020 Deadly Choices health check incentive shirts! If you want to get your hands on one of the deadly new designs and you are eligible for a 715 Health Check, call up your local clinic and book in now before all the goods ones are gone!





AND MORE!

# WHAT YOU NEED TO KNOW FOR THE UPCOMING MONTHS

#### **WE WILL BE CLOSED!**

- FRIDAY 10 APRIL | GOOD FRIDAY
- MONDAY 13 APRIL | EASTER MONDAY
- MONDAY 4 MAY | LABOUR DAY

#### APRIL 2020 HOLIDAY PROGRAM

EASTER VACATION CARE WILL BE
HELD OVER THE EASTER
SCHOOL HOLIDAYS! MAKE SURE
YOU ARE UP TO DATE WITH
YOUR HEALTH CHECK NOW SO
YOU DON'T MISS OUT!

#### **FLU VACCINATIONS**

## Yulu-Burri-Ba will have flu vaccinations available from end of April 2020

#### Why should I get the flu shot?

The Flu shot:

- can keep you from getting sick
- can reduce the risk of fluassociated hospitalisation for children, working age adults and older adults
- helps prevent serious medical events associated with some chronic conditions
- helps protect women during and after pregnancy

- can be life-saving in children
- can reduce the severity of illness in people who get vaccinated but still get sick
- protects people around you. including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions
- also especially important during the coronavirus outbreak

## KEEP AN EYE OUT TO SEE WHEN OUR CENTRELINK AGENT OFFICE WILL BE OPENING ON STRADDIE



### We're closer than you think

Our Agents can help you connect with Centrelink, Medicare and other government programs and services.

Australian Government Department of Human Services Agents have free self service facilities. They also have staff who can help you.

#### At our Agents you can:

- use our computer to access my.gov.au and other government programs and services and to search for jobs
- · use the telephone to access our self service options or to speak to us
- · access free Wi-Fi 24/7 to connect to government services. No password required
- · scan, fax and photocopy documents
- have your confirmation of identity documents certified
- · lodge forms, print information and pick up brochures.

#### YOUR LOCAL AGENT IS:

YULU-BURRI-BA ABORIGINAL CORPORATON FOR COMMUNITY HEALTH 16 DICKSON WAY, DUNWICH QLD 4183





#### **GET YOUR JARJUMS READY FOR KINDY**

On the 31st of January, the Wynnum Clinic was visited by Deadly Kindies and the Strong Start Stronger Learner Project to assist the community with their jarjums entering kindy. Community came along to have a yarn and gather helpful information regarding kindy and how to ensure their kids will get the best out of their early learning.

Deadly Kindies is a initiative provided to mob by the Institute of Urban Indigenous Health and Queensland Government Department of Education and Training, where parents are encouraged to book their children in for pre-kindy health checks at an AMS. For more info visit the Deadly Kindies website at deadlykindies.com.au or to book your child in for a pre-kindy health check call your local Yulu-Burri-Ba Clinic.



## Aboriginal and Torres Strait Islander Dates of Importance 2020



26 January Survival Day

13 February National Apology Day

• 19 March National Close the Gap Day

26 May
National Sorry Day

27 May-3 June National Reconciliation Week

• 3 June Eddie Mabo Day

5-12 July NAIDOC Week

4 August National Aboriginal and Torres
 Strait Islander Children's Day

International Day of the World's Indigenous People

9 August



# **IUIH Ready for Work Program - Redlands**

Calling all deadly 15 to 24 year old's ready for work Join us for our 6 week program, where two days a week we will assist you in developing a job ready resume, enhance your interview skills, identify your transferable skills and learn about the **Community Controlled** Health Sector. To register your interest, call **0738283600.** 

## Summer Holiday Program

Every school holidays, Yulu-Burri-Ba coordinates a series of activities for kids in our communities, to beat the inevitable boredom of holidays and lend a hand to our working parents and carers.

Over the 2019 - 2020 summer holidays, Yulu-Burri-Ba had another successful run of our program, where the kids learnt how to surf, took part in a cultural talk, learnt how to weave and more, before finishing it all off with a trip to Wet n Wild! As per usual, our Community Liaison Officers, Keiron Costelloe, Jordan Williams and Hayden Crowley did a fantastic job of looking after our jarjums and making sure they enjoyed themselves - as you can tell from the below photos!



### The Anniversary of the Apology



On the 13 February, over ten years ago, Kevin Rudd formally apologised to the Indigenous people of Australia for the suffering endured by our people due to the past government policies of forced child removal.



Today and everyday we remember all that the Aboriginal and Torres Strait Islander people experienced and what they continue to experience.



On the Anniversary of the Apology this year, Yulu-Burri-Ba's Capalaba Clinic commemorated this day at the Capalaba Warriors Club with the Men's and Women's Groups, the Deadly Choices Team and a handful of Yulu-Burri-Ba staff members, including our CEO, David Collins. The attendees were treated to lunch and an engaging discussion with DC Ambassador, Willie Tonga, as well as a didgeridoo preformace by Jamarley, in the spirit of celebrating the Indigenus culture of Australia and remebering all that has been endured.

### My Health Record

## As of 22 February 2019, 9 out of 10 Australians have a My Health Record

"Based on the number of people eligible for Medicare as at 31 January 2019 (25,459,544), the participation rate is 90.1 per cent, with a national opt-out rate of 9.9 per cent. While the opt-out period ended on 31 January 2019, Australians are able to cancel and have their My Health Record permanently deleted from the system at any time in the future. Similarly, individuals who may have opted out can create a record at any stage if they choose.

When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time - even if you move or travel interstate.

A My Health Record also allows healthcare providers involved in your care to view your health records. Health professionals can upload, view and share documents, giving them a more detailed picture with which to make decisions, diagnose and provide treatment to you.

There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse. My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging.

Following the conclusion of the opt-out period, records are now available. Helpful information is available on the My Health Record website to help people access and use their My Health Record for the first time including setting extra privacy controls and personal preferences.

You can securely access your My Health Record via the myGov portal. If you do not have a myGov account, find instructions on how to create one and link it to your My Health Record. This news story was originally published on 20 February 2019." - My Health, 20 February 2019



2020 EVENTS CALENDAR

Men's Golf Day | April 17

Women's Golf Day | April 17

World No Tobacco Day | May 31

Seniors Games Gold Cup | June

Netball Carnival | June 6

Junior Murri Carnival | June 29 - July 1

ABF QLD Murri Carnival | October

Touch Tournament | November

Seniors Games IUIH Shield | December

Remember in order to participate in any of these events, you must have an up to date 715 Health Check!

For more information visit www.deadlychoices.com.au

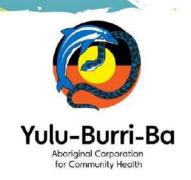


### **International Women's Day**

Each year, International Women's Day is held on the 8 March and each year, a new theme is introduced. This year, the theme is #eachforequal - an equal world is an enabled world. This theme recognises the gender inequality in our society - specifically within our businesses, and what we can all do to combat it. This year, when the date came around, everyone was encouraged to challenge stereotypes, fight bias and broaden perceptions in regards to gender roles and expectations. For Yulu-Burri-Ba, gender equality is very important, with 73% of our workplace made up of women, as well as 66% of our Board of Directors. We have a strong dedication to seeing women, particularly Indigenous women, succeed in every aspect of their lives without gender bias or discrimination.

Remember - even though International Women's Day is only one day out of 365, it's important to uphold this state of mind and attitude all year round - we need to celebrate and respect our deadly women!





## TO MAKE AN APPOINTMENT GIVE OUR DEADLY RECEPTION TEAM A CALL:

Capalaba: 3900 7800 | Dunwich: 3409 9596

Wynnum: 3164 5800

Our reception team will endeavor to book you an appointment time that suits you

## WHAT YOU NEED TO BRING TO YOUR APPOINTMENT:

Medicare Card

Health care or Concession Card

#### WHEN YOU GET TO THE CLINIC:

- Present to the reception desk to let them know you are here
- Provide your Medicare and Health Care or Concession Card
- Update any of your details that may have changed with the reception team

YULU-BURRI-BA THANKS YOU FOR YOUR COOPERATION



#### Sick and need to see the Doctor at short notice?

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

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

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

Your health is our priority.

#### **After Hour Services**

#### Dunwich

Marie Rose Clinic Phone: 3409 9059

Address: 36 Oxley Parade Dunwich QLD 4183

#### Capalaba & Wynnum

13SICK / 137425

In home | Out of hours | Bulk billed

Booking lines are open from 6pm weekdays, 12

noon Saturday, all day Sunday and public holidays.

YULU-BURRI-BA THANKS YOU FOR YOUR UNDERSTANDING



## 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



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

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/SZML 7KT)

### **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

There are currently no vacancies.

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 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

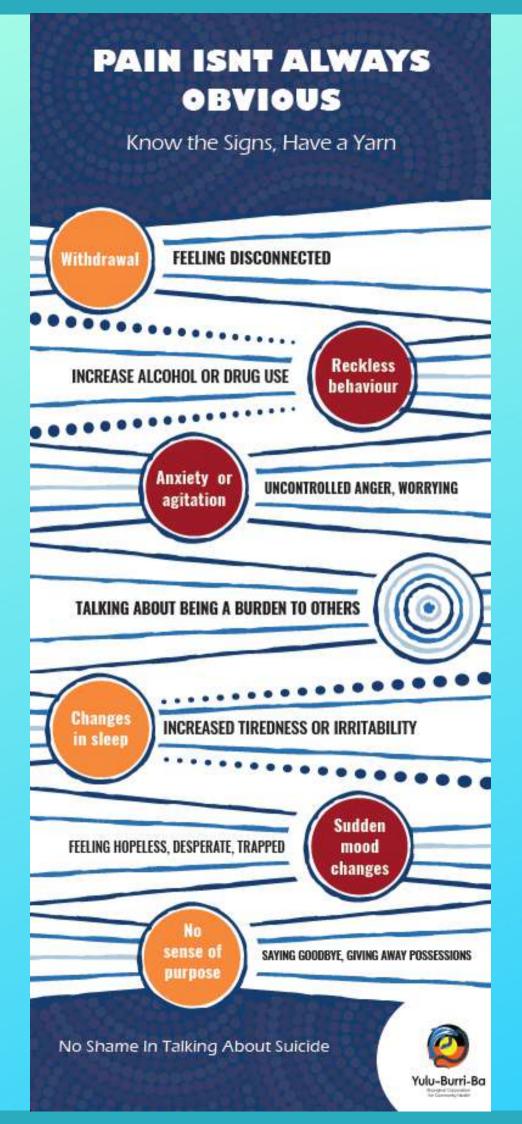


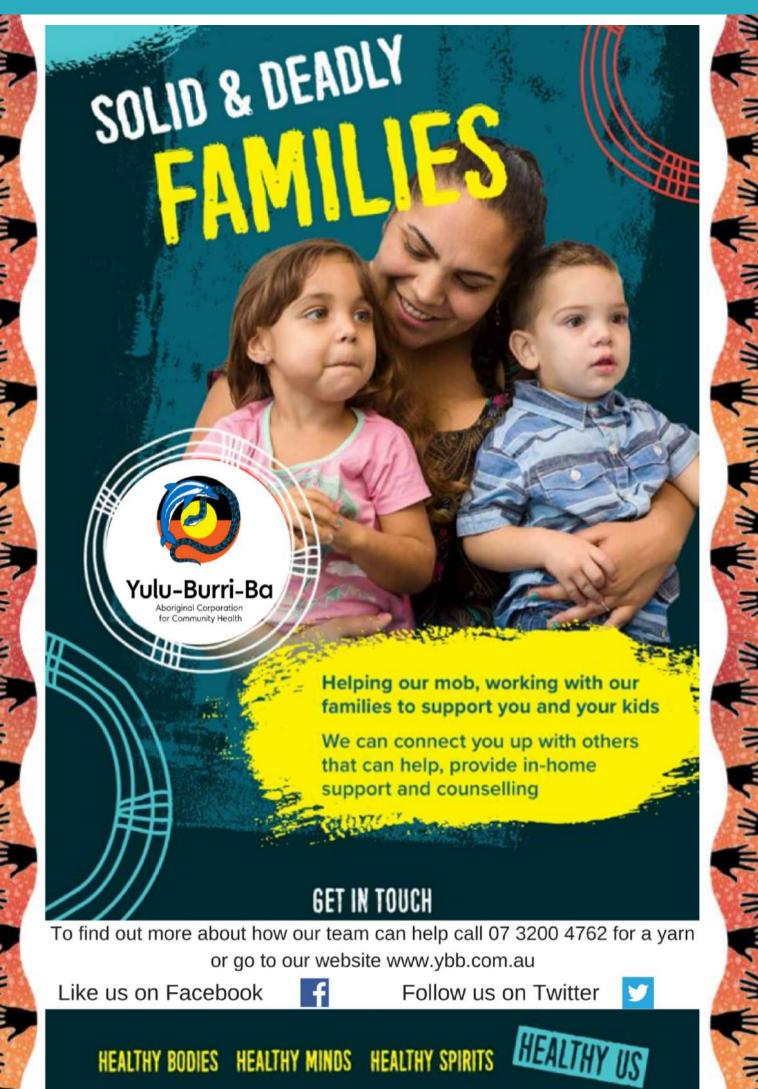
#### **SMOKING CESSATION**

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





## EASY HEALTHY BANANA PANCAKES







## Ingredients for 4 servings

2 ripe bananas 2 eggs 1 teaspoon vanilla extract ½ cup quick-cook oats(70 g) 1 teaspoon cinnamon

#### **Preparation**

- Mash bananas in a large bowl until smooth. Mix in eggs and vanilla until well combined, then mix in oats and cinnamon.
- 2. Heat a skillet to medium and add in a scoop\* of the pancake batter. Smooth out to form an even layer. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.
- Garnish your pancakes with your favorite toppings! Maybe try banana slices, chopped walnuts
   & maple syrup.
- 4. \*Note: Use ½ cup (65) for scooping the batter to yield 4 thicker pancakes; Use ⅓ cup (40 g) to yield 6 smaller pancakes.
- 5. Enjoy!



## LGBTQI+ Significant Dates of Importance

Yulu-Burri-Ba are strongly committed to being inclusive of all sexual orientations, gender identities and intersex variations, to ensure every member of our community feels safe, accepted and valued when they access our services and programs.

14 Feb - 1 Mar Sydney Gay & Lesbian Mardi Gras 31 Mar Transgender Day of Visibility

26 April Lesbian Visibility Day 17 May International Day Against Homophobia, biphobia & Transphobia

1 - 30 Jun Pride Month 14 Jul Non-binary People's Day

25 Aug Wear It Purple 16 - 23 Sep Bisexual Awareness Week

23 Sep Celebrate Bisexuality Day 8 Oct International Lesbian Day

Intersex Awareness Day 26 October Intersex Solidarity Day

12 - 19 Nov Transgender Awareness Week



20 Nov Transgender Day of Remembrance

# UPCOMING IMPORTANT DATES TO REMEMBER

#### **APRIL 2020**

- 3rd Walk to Work Day
- 7th World Health Day
- 19th 25th National Infertility Awareness Week
- 25th ANZAC Day
- 28th Pay it Forward Day

#### **MAY 2020**

- 1st 31st Mindful in May
- 12th 18th Food Allergy Awareness Week
- 17th World Hypertension Day
- 25th 31st Kidney Health Week
- 26th National Sorry Day
- 27th Anniversary of the 1967 Referendum
- 27th 3rd June Reconciliation Week
- 31st World No Tobacco Day
- TBC International Womens Health Day

#### **JUNE 2020**

- · Bowel Cancer Awareness Month
- 3rd Mabo Day
- 5th World Environment Day
- 14th World Blood Donor Day
- 15th 12st International Men's Health Week

#### WHERE CAN I FIND YULU-BURRI-BA?







#### **DUNWICH**

DUNWICH QLD 4183 (07) 3409 9596

#### **CAPALABA**

16 DICKSON WAY, 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





