

YULU-BURRI-BA

Aboriginal Corporation
for Community Health



Yulu-Burri-Ba
Aboriginal Corporation
for Community Health



@YuluBurriBa



@YuluBurriBa

WE ARE ALL BACK IN THE CLINICS!





Message from the CEO

This year has been tough on all of us, but I'm proud of what we've been able to accomplish as an organisation and as a community.

I would like to thank all our Yulu-Burri-Ba staff for their hard work during this pandemic and also our clients for your understanding and willingness to adhere to the restrictions and changes enforced these past few months. In saying that, as you can see what's happening down south, we are still in the midst of a global pandemic and we have responsibilities as individuals and as a business, to ensure our mob stay safe and healthy.

Just remember, follow social distancing guidelines, keep up the frequent hand washing and stay 1.5 metres away from others at all times.

For us at Yulu-Burri-Ba, we've cut down on the amount of clients allowed in the clinic waiting rooms and for the time being, put on hold groups like the men's & women's groups and 'work it out' activities that require high risk clients gathering in groups.

We're keen to get everyone back exercising and socialising and we will keep you updated on these changes and anymore that may occur. In the meantime, we will do whatever we can to keep our community safe.

- David Collins



WE ARE BACK!

During the COVID-19 pandemic, we had to keep some of our employees home to accommodate the guidelines and restrictions presented to us. This was important in keeping our staff safe and healthy and in turn keeping our clients safe too.

But now everyone is back! So make sure you say hello to those who you haven't seen in a while!

However, while things seem to be slowing down in South East Queensland, we must all continue to adhere to the social distancing guidelines.

When in your clinic and your community, please continue to:

- Stay 1.5 m away from others
- Practice frequent hand hygiene
- Stay home if sick and call your clinic

GOODBYE

JOHN!



This month we had to say goodbye to a valued member of our Yulu-Burri-Ba team, who has spent the last four years in our transport team, bringing a smile to both clients and fellow employees faces daily. We will miss your warm presence in our offices and wish you all the best at the Institute for Urban Indigenous Health in your deadly new position!



HAVE YOU HAD YOUR HEALTH CHECK?

A health check is an examination of your current state of health, carried out by one of our deadly Nurses or Aboriginal Health Workers and a Doctor. The aim of the health check is to help find, prevent or lessen the effect of health issues. It's like getting a car serviced before it breaks down. It's better to avoid disease than to treat it.

What can a health check involve?

- Updating your medical history and examining your health issues
- Performing tests like checking your blood pressure, blood sugar levels and an eye check
- A follow up if required and referrals to any other health specialists like Dietician, Dentist, and Podiatrist to name a few
- Advice and information on how to improve your health



All eligible clients who complete their health check also receive a Deadly Choice shirt! Give us a call at one of our clinics to book in for your health check.



Yulu-Burri-Ba

Aboriginal Corporation
for Community Health

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

**Capalaba: 3900 7800 | Dunwich: 3409 9596
Wynnum : 3164 5800**

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

**WHAT YOU NEED TO BRING TO YOUR
APPOINTMENT:**

- **Medicare Card**
- **Health care or Concession Card**

WHEN YOU GET TO THE CLINIC:

- **Present to the reception desk to let them know you are here**
- **Provide 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



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/SZML7KT>)

HOW TO MAKE A COMPLAINT

- Firstly speak to the Manager or Supervisor, which can often resolve most problems effectively and in a timely manner, as well as helping to identify ways that we can improve in the future.
- You may also ask for a 'Complaints and Grievance' form which can be filled in and handed back in.
- After speaking with a Manager or Supervisor, you can also contact our Clinical Services Manager by email hr@ybb.com.au or call us on 07 3409 9596 or write to us at PO 154 Dunwich QLD 4183.

If you wish to take the matter further and feel you need to discuss the matter outside of the surgery there are several options available including the:

- The Complaints Unit at The Department of Child Safety, Youth and Women by email

- feedback@csyw.qld.gov.au, or by phone 1800 080 464, or by post at Locked Bag 3405, Brisbane Qld 4001
- Medical Registration Board of Australia (Australian Health Practitioner Regulation Agency), The State or Territory Manager, AHPRA, G.P.O. Box 9958, In your capital city 1300 419 495
- Australian Medical Association, PO Box 123, Red Hill, QLD 405, (07) 3872 2222, amaq@amaq.com.au
- Office of the Health Ombudsman
- OR
- Contact us Yulu-Burri-Ba Aboriginal Corporation for Community Health PO Box 154 Dunwich QLD 4183 P (07) 3409 9596 E hr@ybb.com.au. Please address all emails & post to the relevant program you are contacting us

READ OUR PRIVACY POLICY AND DISCLAIMER

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



NATIONAL RECONCILIATION WEEK

Every year National Reconciliation Week is held between 27th of May and the 3rd June. Both of these dates are remembered as important parts of Indigenous Australia's history - the successful 1967 referendum, and the High Court Mabo decision.

National Reconciliation Week provides an opportunity for Australians of all backgrounds to learn about this country's vast history, culture and achievements, while exploring how everyone can come together to contribute to a reconciled Australia.

For more about NRW, and how you can contribute to reconciliation in Australia, visit <https://www.reconciliation.org.au/national-reconciliation-week/>





NATIONAL SORRY DAY

During Reconciliation Week on the 26th May, Australia observes National Sorry Day, which acknowledges the mistreatment of Aboriginal and Torres Strait Islander People who were forcibly removed from communities and their homes. We now remember this moment in our history as the 'Stolen Generations'.

On this day, we acknowledge the Stolen Generations and their strength and resilience, while reflecting on how we can all assist in the healing process for both Aboriginal and Torres Strait Islander People and our country.

It has been 23 years since the first annual Sorry Day, which marked a year after the Bringing Them Home report was tabled in Parliament. This report was in response to a Government Inquiry into the past policies used in the 20th Century which removed children from their families.

Each year on this day, we ask that everyone remembers what has happened and accepts the truth of our countries history, as this is the first step of the healing process for our people and our nation.

For more information about this, read the Bringing Them Home report at <https://humanrights.gov.au/our-work/bringing-them-home-report-1997>





OUR ACKNOWLEDGMENT TO COUNTRY

An important part of Reconciliation Week every year, is paying our respects to the traditional owners of the land.

We here at Yulu-Burri-Ba would like to acknowledge the custodians of the Quandamooka land in which we have the pleasure to work on.

We pay our respects to the elders of this land, past, present and emerging. We recognise what a privilege it is to be able to build our business on country, and practice the traditions and beliefs established by the Quandamooka people.

Yulu-Burri-Ba is also grateful for the Quandamooka employees we are fortunate enough to have with us, who continue to teach us and help us in protecting the culture and land of this beautiful place.





**NAIDOC WEEK 2020 HAS BEEN
POSTPONED**

As directed by the NAIDOC committee, this years NAIDOC celebrations are postponed to 8 - 15 November 2020. This is to ensure that we can truly celebrate without endangering our elders and those within our communities with chronic diseases.

However, just because we can't celebrate together, doesn't mean we can't commemorate Indigenous culture through alternative avenues.

At Yulu-Burri-Ba, we are still commemorating this date through various activities and conversations with our staff as not to forget what NAIDOC means to our people.

Our clinics are taking part in lunches that hero native/ Indigenous meals and having discussion what these meals mean to our families and culture.



Here's what you can do all year long to help out Aboriginal and Torres Strait Islander organisations, while celebrating our deadly culture!

Learn about the traditional owners of where you live

Learn some of their language

Visit the elders and ask them your questions

Try out some traditional recipes

Research some Indigenous Art and give it a go

Support a local Indigenous artist

(here are some on Quandamooka Country:

Delvene Cockatoo-Collins

Salt Water Murris Quandamooka Aboriginal Art Gallery

Shara Delaney)

Support Indigenous run clothing organisations

(here are some great online stores:

Gammin Threads

Deadly Denim

Clothing the Gap

Bundarra)

Buy and foster some native plants



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 CENTRELINK AGENT IS:

Yulu-Burri-Ba Aboriginal Corporation
for Community Health

16 Dickson Way Dunwich 4183



Australian Government
Department of Human Services



humanservices.gov.au



EMPLOYMENT OPPORTUNITIES

There are currently no vacancies.

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

FURTHER EMPLOYMENT OPPORTUNITIES IN OUR COMMUNITY

Minjerribah Moorgumpin

Elders-In-Council Aboriginal Corporation

Admin Staff / Full-time / Located in Dunwich

Applications close Wednesday 15th July

Send cover sheet and resume to mmeic@bigpond.com

Get to know....

Helen Coolwell.

Helen is one of our full time Medical Receptionist in our Dunwich clinic. Read her answers to the below questions to get to know her more!

Who was your idol growing up? My mother – she is a strong Aboriginal woman that showed me how to appreciate and love my skin colour and culture even when other people didn't care or when people made fun of me at school.

What do you like to do when you aren't at work? Try to adventure and see new things.

What is your dream job? Registered nurse or Social worker to help give back to the community and help where I can.

Where do you see yourself in 5 years? Hopefully giving back to my community and elders the way they gave to us young ones for all these years.

What do you like most about being a receptionist? Being the first one to greet mob when they walk in and just being able to yarn with everyone.

What do you like most about working at Yulu-Burri-Ba? I love working for YBB as it was my doctors growing up. Knowing my mother and grandmother were both on the committee to help start the AMS makes it even more special, and it's great seeing mob every time they walk in.

If you could change one thing in the world, what would it be? Everyone to be equal .



SOLID & DEADLY FAMILIES



Helping our mob, working with our families to support you and your kids

We can connect you up with others that can help, provide in-home support and counselling

GET IN TOUCH

To find out more about how our team can help call 07 3200 4762 for a yarn or go to our website www.ybb.com.au

Like us on Facebook




Follow us on Twitter



HEALTHY BODIES HEALTHY MINDS HEALTHY SPIRITS

HEALTHY US



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

8 Nov
Intersex
Awareness
Day

26 October
Intersex
Solidarity
Day

12 - 19 Nov
Transgender
Awareness
Week



20 Nov
Transgender Day of
Remembrance

YULU-BURRI-BA ABORIGINAL CORPORATION FOR COMMUNITY HEALTH

PAIN ISNT ALWAYS OBVIOUS

Know the Signs, Have a Yarn

Withdrawal

FEELING DISCONNECTED

INCREASE ALCOHOL OR DRUG USE

**Reckless
behaviour**

**Anxiety or
agitation**

UNCONTROLLED ANGER, WORRYING

TALKING ABOUT BEING A BURDEN TO OTHERS

**Changes
in sleep**

INCREASED TIREDNESS OR IRRITABILITY

FEELING HOPELESS, DESPERATE, TRAPPED

**Sudden
mood
changes**

**No
sense of
purpose**

SAYING GOODBYE, GIVING AWAY POSSESSIONS

No Shame In Talking About Suicide



Yulu-Burri-Ba
Your General Community
Health and Wellbeing



Upcoming dates

July

Dry July

5th -12th NAIDOC (POSTPONED)

August

3rd - 7th Dental Week

4th Nation Aboriginal and Torres Strait
Islander Childrens' Day

9th International Day of the Worlds
Indigenous People

September

12th R U OK Day

10th World Suicide Prevention Day

Vegetable Pie

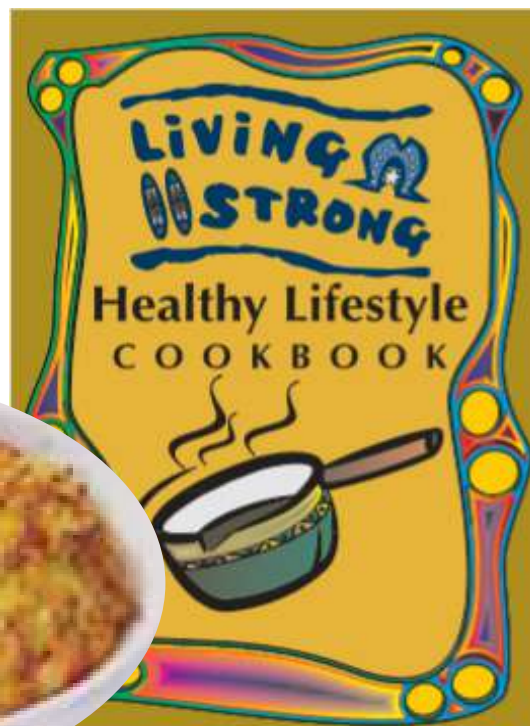
Ingredients

6 eggs
1/2 cup low fat milk
1 cup self-raising wholemeal flour
1 cup white self-raising flour
1 chopped onion
2 large peeled and grated carrots
2 grated zucchinis
1 chopped red capsicum
1 cup corn kernels
2 chopped celery sticks
Canola or olive oil spray to grease baking dish

What to do

- Preheat oven to 180oC.
- In a bowl beat eggs and milk together.
- Mix all remaining ingredients together.
- Pour into a lightly greased baking dish.
- Bake in the oven uncovered for about 30 minutes or until the mixture is set.
- Serve with salad

Feeds 8



WHERE CAN I FIND YULU-BURRI-BA



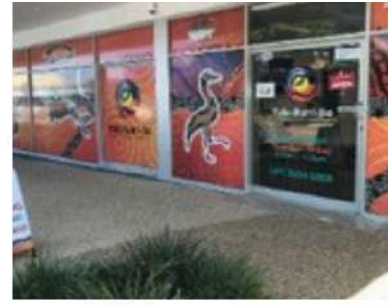
DUNWICH

16 DICKSON WAY,
DUNWICH QLD
4183
(07) 3409 9596



CAPALABA

SHOP 2/1 FINUCANE
ROAD, CAPALABA
QLD 4157
(07) 3900 7800



WYNNUM

85 EDITH STREET,
WYNNUM QLD
4178
(07) 3164 5800

OPENING HOURS

DUNWICH

M: 7:30 TO 4:30
T: 7:30 TO 4:30
W: 7:30 TO 4:30
T: 7:30 TO 4:30
F: 7:30 TO 4:30

CAPALABA

M: 8:00 TO 5:00
T: 8:00 TO 5:00
W: 8:00 TO 5:00
T: 8:00 TO 5:00
F: 8:00 TO 5:00

WYNNUM

M: 8:30 TO 4:30
T: 8:30 TO 4:30
W: 8:30 TO 4:30
T: 8:30 TO 4:30
F: 8:30 TO 4:30

