



**Yulu-Burri-Ba**

Aboriginal Corporation  
for Community Health

# YULU-BURRI-BA

*Aboriginal Corporation for  
Community Health*

SIGN UP TO RECEIVE OUR  
NEWSLETTER ONLINE  
[www.ybb.com.au](http://www.ybb.com.au)

## THANK YOU, AUNTY LYN

On the 7 October 2021, we lost a dedicated, beloved member of our community and our Yulu-Burri-Ba family, Aunty Lynette Shipway. Aunty Lynette Shipway was the Chairperson for Yulu-Burri-Ba Aboriginal Corporation for Community Health for 13 years, but her investment in the health of her people began years prior.

In the early 1980's, Aunty Lynette was instrumental in the establishment of a medical service in Dunwich through the Brisbane and North Stradbroke Island Aboriginal and Islander Housing Cooperative. She was an active member of many organisations over the years, holding many roles in the community to ensure the preservation, recording, communicating and teaching of all people, particularly the young, about the language and culture of Minjerribah and Moorgumpin.



Aunty Lynette was active in every step of the way in developing a 'standalone' medical service, assisting in the expansion of what was just a single ATSIHCS doctor visiting the island twice a week, to a GP Clinic opened to the community 5 days a week. She advocated for increased services, lobbied for increased government support and promoted better health in the community. Additionally, she was a founding member and Hall of Fame recipient for QAIHC, and a founding member of IUIH and their Chairperson for the past few years.

As an organisation and a community, we owe a lot to Aunty Lynette Shipway, and we will never forget her impact on the health and wellbeing of our community.



@YuluBurriBa



@YuluBurriBa



@YuluBurriBa

# MESSAGE FROM THE CEO

October has been a very sad month for me personally and for Yulu-Burri-Ba and our community. Aunty Lyn was a tremendous support and inspiration to me. She will be missed dearly.

Aunty Lyn was always a strong advocate for us all to stay safe and get vaccinated and I'll take this opportunity to continue her campaign.

The Delta variant of COVID-19 is like a bushfire that has spread very quickly around the world. We've seen how quickly the virus has jumped from community to community in New South Wales.

I know that the Barkindji people of Wilcannia have been significantly impacted with the Coronavirus.

Please don't let that happen here.

With the Queensland Government preparing for the Delta variant to cross unexpectedly or when they open the borders up on the 17th December 2021, our low vaccination rates in SEQ will leave our mob unprotected.

Step up for your Mob and get the jab. Please call any of our Yulu-Burri-Ba clinics to find out when you can make an appointment.

Dunwich 3409 9596 - Capalaba 3900 7800 - Wynnum 3164 5800

Thanks  
David

**DON'T FORGET,  
YOUR LOCAL  
CENTRELINK  
AGENT IS:**

**Yulu-Burri-Ba Aboriginal Corporation  
for Community Health**

**16 Dickson Way  
Dunwich 4183**

**Have you recently changed your name, number, address,  
medicare card or health care card?**

If you have, it's so important you update this information with your clinic!

We need your information to be correct and current to ensure we can give you the best care possible!

Call your clinic and let them know about any changes straight away!



## OUR ACKNOWLEDGMENT TO COUNTRY

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.

## 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 Choices shirt!

Give us a call at one of our clinics to book in for your health check.



## 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](mailto: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](mailto: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](mailto: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](mailto: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/](http://www.ybb.com.au/privacy-policy-disclaimer/)

# STEP UP FOR THE JAB

With the Queensland Government preparing for the Delta variant to cross unexpectedly or when they open the borders up on the 17th December 2021, our low vaccination rates in SEQ will leave our mob unprotected against Delta.

## THE VACCINE IS A MESSAGE STICK

for our body - it sends a message to our immune system to be on the look out for COVID-19 and it gives the instructions to our immune system on how to fight back against the virus. The vaccine is our best defense against COVID-19 and will shield our people from the bushfire that is Delta.

## FACTS TO CONSIDER

- o Our Aboriginal Community Controlled Health Services were established almost 50 years ago to look after the health and wellbeing of Our People
- o We are driven by Our Cultural Obligations to ensure Our People have freedom from harm - including the harm from COVID-19
- o We are not Government nor are we driven by the interests of Government
- o Over 200,000 blackfullas have had the vaccine to date - with over 20,000 in SEQ having stepped up (13/10/2021)
- o The COVID vaccines available in Australia were tested in big trials and found to be safe
- o Nearly 3 billion people around the world have stepped up to get the COVID vaccine
- o If you've had severe allergies, or other medical conditions, have a chat with your GP / AMS about which one will be the right vaccine for you
- o The vaccine completely leaves our bodies in a few days - it doesn't hang around in our body
- o The vaccine will boost our bodies response to COVID-19 and minimise the effects
- o 80% of COVID-19 infections for Mob are in people aged 39 and under.

**So step up for your Mob and get the jab!**

**NORTH STRADBROKE ISLAND**  
3409 9596

**WYNNUM**  
3164 5800

**CAPALABA**  
3900 7800

# GET THE JAB FOR A CHANCE TO WIN!

FROM JULY- DECEMBER 2021  
FIVE FOOD VOUCHERS EACH MONTH  
AND  
ONE GRAND PRIZE

WEBER BBQ

BBQ TOOL SET



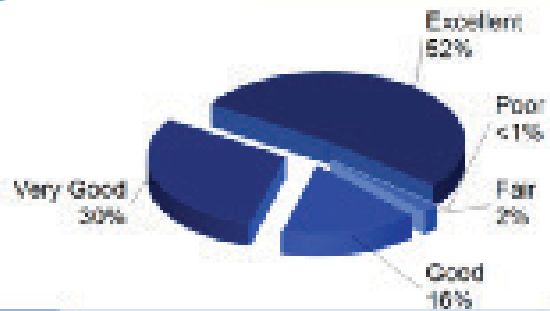
\$50 FRUIT & VEG

\$50 MEAT TRAY

We decided that to thank you mob for your efforts, each of you who have already received both of your jabs, and everyone who will have their second vaccine (Astra Zeneca or Pfizer) by November, will be placed in a draw for the chance to win some deadly prizes!

There will be five opportunities each month to win a \$50 food voucher AND there's a GRAND PRIZE, everyone who has had both vaccines will have the chance for their name to be drawn for the grand prize! So go on you mob! Call your clinic now and book to get your COVID jab!

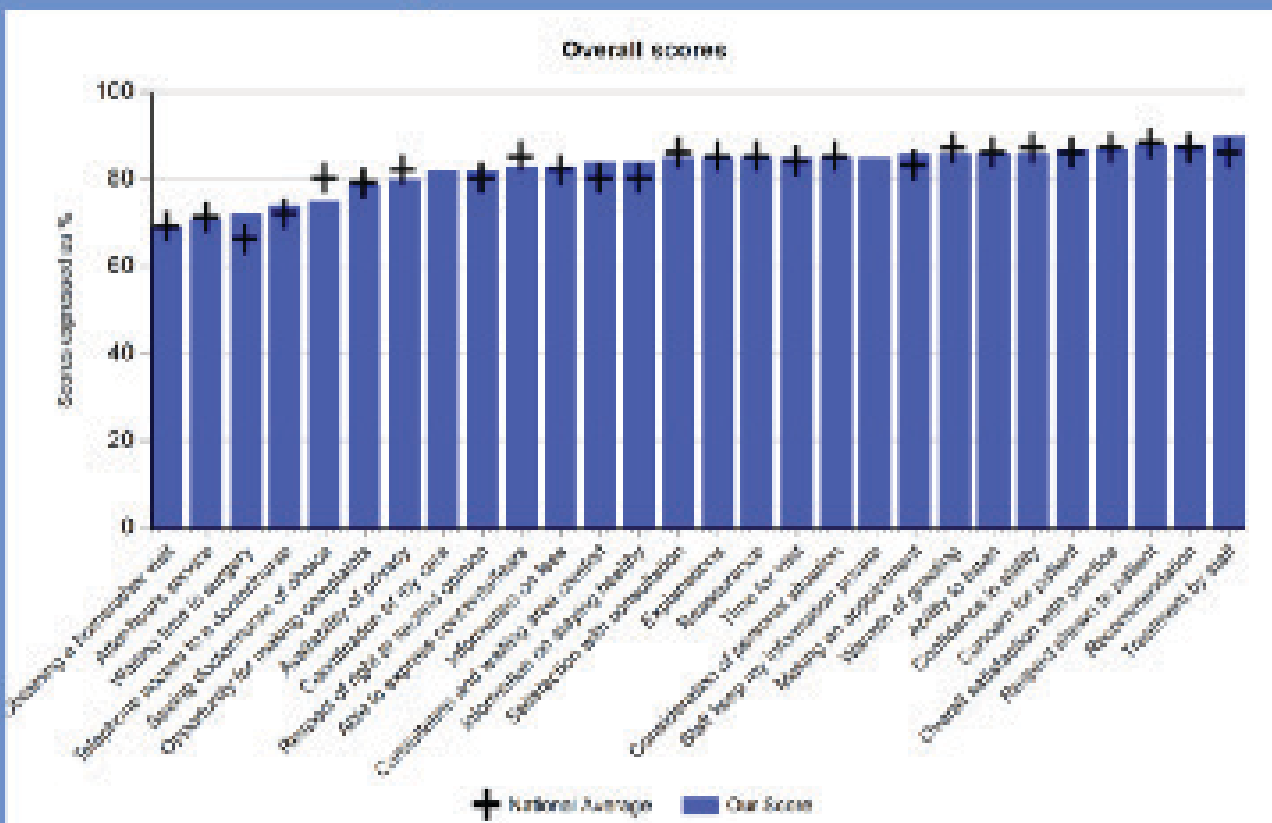
of all patient ratings about this practice were **good, very good or excellent**



**Patient Experience Survey Results 2021**  
**Yulu-Burri-Ba Aboriginal Corporation for**  
**Community Health - Dunwich**



***"Striving towards excellence"***



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



The pleather percentages may not add up to 100% and the good, very good and excellent ratings may not equal the total value shown due to rounding.

## What's coming up...

### **NOVEMBER**

Movember

Lung Cancer Awareness Month

14 World Diabetes Day

13 World Kindness Day

### **DECEMBER**

1 World Aids Day

3 International Day of Persons  
with a Disability

10 Human Rights Day

24 Christmas Eve

25 Christmas Day

26 Boxing Day

31 New Years Eve

### **JANUARY**

1 New Years Day

26 - Survival Day

**WE ARE OPEN THIS FESTIVE SEASON**

**(excluding public holidays)**



## YULU-BURRI-BA LAUNCHES JAJUM BJARA

Last week we launched our Jajum Bajara Birthing in the Community Program on country, with UIH and Metro South Health.

We had visitors from many local and Indigenous Organisations come out and show their support for the program. Mothers and mothers-to-be arrived with kids and family in tow to yarn with other mums and elders.

Bubs, families, elders and organisations were welcomed to country by Aunty Marg and painted up, photos were taken under the deadly frame designed and created by the womens group and mens shed, stories of the history of birthing in our community were told by Aunty Jeannie, tips were passed between mums and a book read in language by Aunty Jo.

Thank you to everyone who attended and made the day so precious! Special thanks to Nicole Jarvis and Tessa Pascoe from Queensland Health.

If you have any questions about the program,  
please call your clinic!

# JAJUM BAJARA PROGRAM

## YULU-BURRI-BA'S NEW BIRTHING IN THE COMMUNITY PROGRAM

"Through these footsteps we honour our Elders who have gone before us, acknowledge those guiding us now and grow our tomorrow."

A maternal and infant health care service for Aboriginal and Torres Strait Islander families living in the Bayside region.

Jajum Bajara is based on internationally recognised and evidence based Birthing in our Community (BIOC) model of care.

The model integrates the midwifery services and expertise of the Redland Hospital Maternity with the cultural knowledge and clinical expertise of Yulu-Burri-Ba and Institute for Urban Indigenous Health, enabling a unique approach to service delivery.

### What Does Jajum Bajara Mean?

Jajum = Child/bub

Bajara = Footsteps

This name is representative of the journey of bub and how their family and community guides them through to adulthood - each an important part of bubs journey.



## JAJUM BAJARA HELPS ABORIGINAL AND TORRES STRAIT ISLANDER MOTHERS WITH:

- Midwifery group practice (MGP) with 24/7 access to pregnancy, birthing and postnatal care provided by the same midwife
- Support from Aboriginal and Torres Strait Islander Family Support Workers which includes:
  - Assistance to attend your appointments
  - Providing supports for emotional and social needs
  - Assistance to access financial
  - Provide advocacy with other services
- Transport services to access care as well as home visits as needed
- Linking in with YBB GP and Child Health Nurse to follow-up on yours and growing baby's needs
- Monthly community days with activities such as arts and craft, peer support and advice on various topics

## YOU ARE ELIGIBLE TO PARTICIPATE IF YOU ARE:

- A pregnant Aboriginal or Torres Strait Islander woman or having an Aboriginal or Torres Strait Islander baby.
- Living in the Redlands and Wynnum region and planning to have you baby at Redlands Hospital
- Currently a client of Yulu-Burri-Ba Medical Service or willing to become a client of Yulu-Burri-Ba Medical Service



# HOW TO GET REFERRED TO JAJUM BAJARA PROGRAM?

## Self-referral

- Contact Redland Hospital Antenatal clinic at 07 3488 3434
- Ask to speak to a midwife in the Jajum Bajara Program

## GP referral

- Book appointment with your GP
- GP will complete a referral to Redland Hospital Hub – referrals can be sent as early as 8 weeks
- Inform your GP that you would like to be placed on the Jajum Bajara program
- Ensure your GP has indicated you identify as Aboriginal or Torres Strait Islander woman or having an Aboriginal or Torres Strait Islander bub

**Next Steps:** A midwife or Family Support Worker from the program will contact you to yarn about the program and organise a date and time for your “booking in visit”.

## WHAT IS MIDWIFERY GROUP PRACTISE?

Individualised, women-centred care with a named midwife throughout the woman's pregnancy. Backed up when necessary, by other midwives who are all part of the same Jajum Bajara team till 6 weeks post-birth.

- Midwife will be on call for the woman's labour and birthing needs and will provide follow-up visits at home post pregnancy
- Addresses any concerns you have throughout the pregnancy
- Education needs will be individualised to you (and your partner)



# OUR JARJUMS CAMP OUT ON NORTH STRADBROKE ISLAND



Indigenous Grade 6 students from all around the bayside area had the chance visit North Stradbroke Island to take part in the annual Quandamooka Jarjums camp this October!

This year, the camp was held from the 20th to the 22th of

October at Cylinder Beach Camping Grounds, Point Lookout. The kids had the chance to develop a deeper understanding of their culture, through activities such as weaving, traditional dancing and culture talks. This is an amazing opportunity for the students to celebrate their culture and the conclusion of their primary school years.

Like usual, CLO Keiron Costelloe helped out this year, along with Senior CLO Kenny Munro and Deadly Choices worker, Grayson Morgan.

Many community members including representatives of local organisations and previous students of Duwnich State School and the Quandamooka Jarjums Camp, lent a hand over the three days by mentoring students and coordinating exciting cultural activities.

Special guests who were invited along on the second day, were treated to traditonal dancing and lunch, which consisted of a Cup Murri and local mullet!



# COVID Couldn't Stop Us This Time!

This year, in September, the Murri Rugby League hosted a four day long rugby league carnival for Aboriginal and Torres Strait Islander players, after taking a year off due to COVID.

Yulu-Burri-Ba sponsored 6 teams: mens and womens opens, U/15 girls, U/17

girls, U/16 boys and U/14 boys. All of our teams and players gave 100% to their games, making Yulu-Burri-Ba and each other proud. U/15 Girls Ruby Law and KC Campbell got picked for the Possible and Probable team, while U/17 girls Chelsea Campbell got best Player for the Possible and Probable Game.

The men's team - Stradbroke Island Dunwich Darkies - made it all the way to the Semi Final.

Well done everyone!



## Yulu-Burri-Ba Partners with PHN

Yulu-Burri-Ba and Brisbane South PHN (Public Health Network) have joined forces to produce a video focusing on health and workforce development.

As an Aboriginal community-controlled health service that priorities the employment and workforce development of local Indigenous workers, we were very happy to promote the work we do, highlight our deadly Indigenous staff, and give them the opportunity to share their experiences working for Yulu-Burri-Ba.

The goal of the video is to increase the number of Aboriginal and Torres Strait Islander people in the health workforce and in turn, bring better health outcomes to the entire community.



Special thanks to Brisbane South PHN for this opportunity and thanks to our deadly staff who stepped up to take part – Megan Hammant (RN), Tia Kaden (Practice Manager), Colleen Hartwig (Aboriginal Health Worker); Dr David Brockman (GP) and David Collins (CEO).

Keep an eye out – we'll be posting the video on our website.



# LET'S COOK.... HALLOWEEN GUACOMONSTERS!

(From Fork and Beans)



## INSTRUCTIONS

Throw the flesh of both avocados into a medium-sized bowl.

Mix together all the ingredients for the guacamole until completely smooth.

Add back evenly into each avocado shell. Smooth down with the back of a spoon.

Decorate each avocado into whatever GuacaMonster you desire (or all!)

## INGREDIENTS

### FOR THE GUACAMOLE BASE:

2 large avocados, sliced in half and pits removed (keep the avocado shell)  
juice of 2 limes  
2 garlic cloves, minced  
sea salt for flavor

### FOR WITCHAMOLE:

shredded carrots (for the hair)  
2 blue corn ships (for the hat)  
3 slices of string cheese; use dairy free cheese if needed OR use cucumbers (for the eyes)  
2 black beans (for the pupils)  
1 cornichon (for the nose)  
1 mini red bell pepper, tip cut off (for the lips)

### FOR DRACUMOLE:

blue corn chips (for the hair)  
3 slices of string cheese; use dairy free cheese if needed OR use cucumbers (for the eyes)  
2 black beans (for the pupils)  
1 baby carrot, cut into a triangle (for the nose)  
1 yellow mini bell pepper (for the fangs)  
1 red mini bell pepper, cut in half (for the collar and mouth)

### FOR FRANKENGUAC:

blue corn chips (for the hair)  
3 slices of string cheese; use dairy free cheese if needed OR use cucumbers (for the eyes)  
2 black beans (for the pupils)  
1 baby carrot, cut into a triangle (for the nose)  
1 black olive, split in half (for the bolts)  
1 black olive, thinly sliced (for the stitches)  
1 red mini bell pepper, tip cut off (for the mouth)

### FOR BATAMOLE:

3 blue corn chips (for the widow's peak and wings)  
3 slices of string cheese; use dairy free cheese if needed OR use cucumbers (for the eyes)  
2 black beans (for the pupils)  
1 red mini bell pepper (for the fangs)

# GONE WALKABOUT

## YULU-BURRI-BA WALKING GROUPS

CAPALABA    NORTH STRADBROKE ISLAND    WYNNUM

**CURRENTLY  
POSTPONED**

**MEET AT  
RON STARK  
OVAL**

**CURRENTLY  
POSTPONED**

**EVERY  
WEDNESDAY  
AT 7:30AM**

**JOIN US FOR A WALK AND A YARN EVERY WEEK TO  
KEEP YOUR BODY AND MIND HEALTHY!  
CHECK WITH YOUR DOCTOR PRIOR TO STARTING IF  
YOU HAVE  
ANY CONCERNS.**

Contact your CLO for more info

WYNNUM - Cara Joseph - 3164 5800

NORTH STRADBROKE ISLAND - Keiron Costelloe - 3409 9596

CAPALABA - Ken Munro - 3900 7800



# TELEHEALTH

Yulu-Burri-Ba is encouraging our clients to use our new telehealth services whenever possible.

## What Is Telehealth?

Telehealth is a great way to access healthcare by using a phone or video call to yarn with your doctor or any of your health care providers.

## What services are available through telehealth?

Almost all clinic services are available through Telehealth, including the following routine appointments:

- Discuss test results and post-op care
- Yarn with the social health team
- Discuss management of chronic diseases
- Allied Health appointments
- And much more!

**If you are not sure if Telehealth is the right thing for you, just ask when you call your clinic to book your next appointment.**

## What do I need?

To get started, you will need a device that is connected to the internet e.g. a mobile phone, laptop, or tablet. If you have booked a video consult, you will need a device with a camera. If you're not sure whether you have the right device, ask your clinic for assistance.

## Attending your appointment using Telehealth

Four easy steps to start your Telehealth appointment:

1. Find a quiet room with good lighting and make sure you've connected to the internet
2. Click the link in the email or SMS you received from the clinic
3. Enter your name and phone number when prompted
4. Wait for the doctor to arrive and start your appointment

# 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

## DUNWICH

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

## CAPALABA

M: 8:30 TO 4:30  
T: 8:30 TO 4:30  
W: 8:30 TO 4:30  
T: 8:30 TO 4:30  
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## WYNNUM

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