



YULU-BURRI-BA

Aboriginal Corporation for
Community Health

**STRONG CULTURE
POWERFUL COMMUNITY
GOOD HEALTH**



Yulu-Burri-Ba



yuluburriba

October | November | December 2023



CEO MESSAGE

Welcome to the January 2024 edition of the Yulu-Burri-Ba Newsletter, the first edition for this new year. 2024 is an exciting year for Yulu-Burri-Ba. This year on the 14th May we celebrate 40 years of Yulu-Burri-Ba's incorporation.

In the beginning, health services on the island began with a doctor and a nurse making weekly visits to Dunwich on North Stradbroke Island.

Since that time, the health services we provide have rapidly expanded with Yulu-Burri-Ba now delivering a comprehensive co-ordinated community health service at Dunwich and in Brisbane's bayside suburbs at our Capalaba and Wynnum locations.

I'm sure the community members who lobbied the government - Lyn Shipway, Maureen Myers, Mary Martin, Margie Kucirek, and many others - had a vision that one day, our mob could not only see a doctor if they were ill, but also a dentist, physio, optometrist, podiatrist, counsellor, or psychologist. And that families would get access to wrap-around services that met the holistic health needs of every member of the family.

As we move into a brand-new year, I am proud that our Elders vision has been realised and I'm filled with optimism for the journey that lies ahead.

On behalf of our board who provide leadership for us to continue to grow and our exceptional staff who continue to deliver, Happy New Year. I hope 2024 brings everyone good health and happiness.

David Collins - CEO

Yulu-Burri-Ba Continues To Grow



Our Acknowledgement to Country

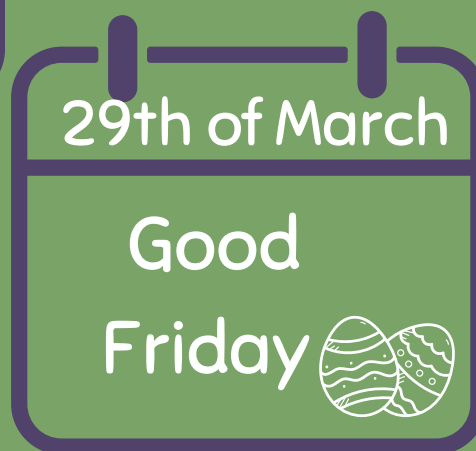
Yulu-Burri-Ba acknowledges the Traditional Custodians of the Quandamooka land on which we work and for many of us, live. We pay our respects to the Elders of this land who have provided leadership and guidance for Yulu-Burri-Ba to meet the health needs of our community.

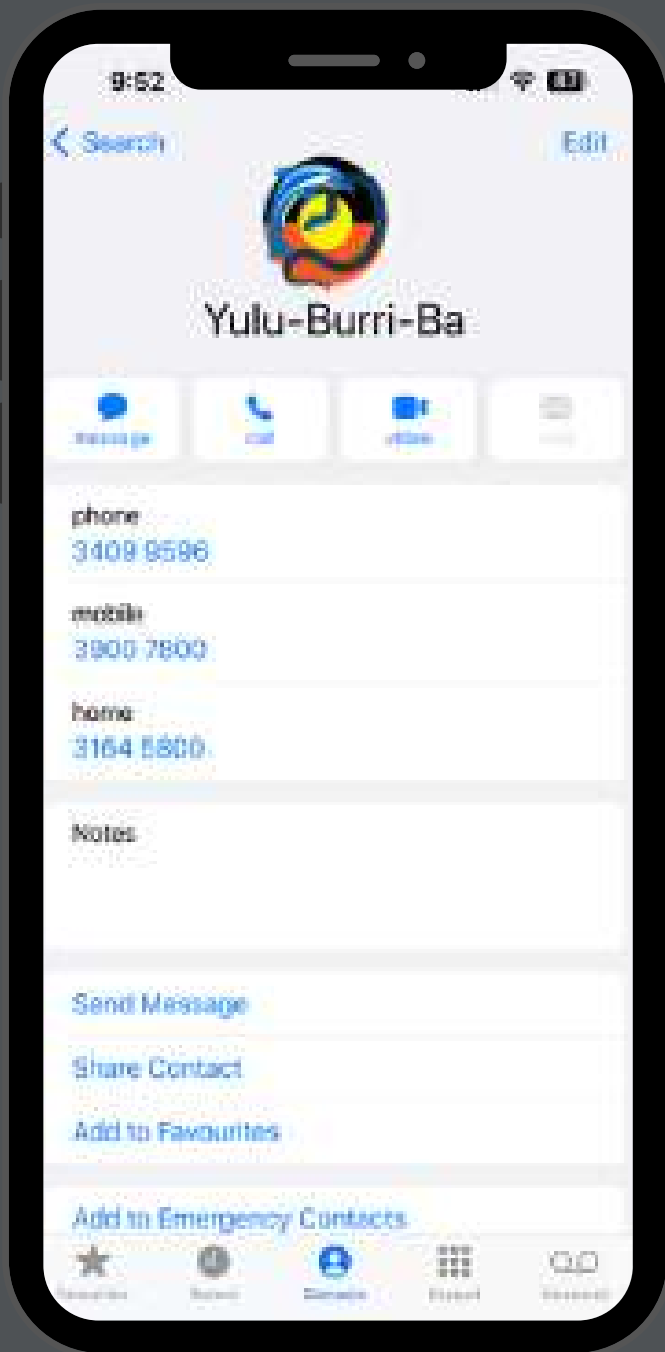
It is with pride that we recognise the strength of our community and the voice of our youth who are our leaders of tomorrow.



Clinic closure Public Holidays

Reminder that Yulu-Burri-Ba clinics are closed on:





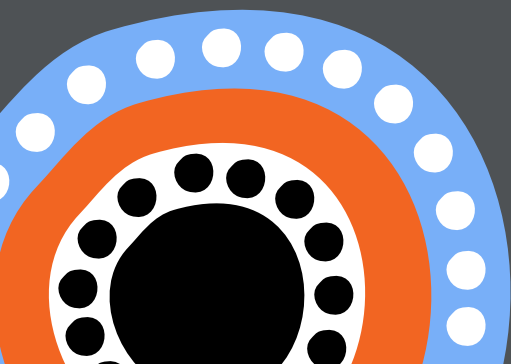
Can't get an Appointment?

Forgetting to cancel your appointment if you no longer need it prevents someone else from being seen and means you'll be waiting longer to see your doctor again.

In December
623 People
couldn't be seen

due to 623 DNA'S (did not attend)

Remember to cancel your appointment!



DIABETES AWARENESS

Did you know?

98% of our vision loss from diabetes is preventable or treatable.

High sugar can cause a condition called Diabetic Retinopathy, where it weakens the arteries and veins inside the eyes. This can cause vision loss and even blindness.

Along with an annual eye exam, yarn with your doctor about how to best manage your sugar, blood pressure and cholesterol.

Book your appointment today!

Dunwich

 **#3409 9596**

Capalaba

 **#3900 7800**

Wynnum

 **#3164 5800**



Our YBB team is growing!

The past 3 months we have been fortunate enough to recruit a handful of new employees, during a time that has been tough for those hiring and looking for a job. Yulu-Burri-Ba is grateful for the opportunities we get to provide for our community and we hope that everyone gives them the warm welcome they deserve!

- Candice Stafford (Case Manager at Capalaba)
- Vanessa Perry (Finance Officer)
- Thomas Thurlow (Transport Officer)
- Letitia Smith (Finding Kin Officer)
- Julie Perandes (Lead Case Co-Ordinator)
- Valeria Pineda Vera (Endorsed Enrolled Nurse)
- Lisa Delaney (Transport Officer)
- Taneeka Perry (Medical Receptionist)
- Learnna Evenis (Medical Receptionist)
- Joanna Noakes (GP Registrar, Capalaba)
- Laura Welsh (GP Registrar, Capalaba)
- Joshua Copas (GP Registrar, Wynnum)

WELCOME
to the Team

CONGRATULATIONS DR JOEL!

Australian Indigenous Doctors' Association Fellowship award!

AIDA (Australian Indigenous Doctors Association) works for the benefit of Indigenous doctor and student members.

They support Indigenous medical students through their learning journey from medical school, internship, traineeship, all the way through to fellowship.

Dr Joel Wright our deadly GP at our Stradbroke clinic was the recipient for this award this year. He has been a member of AIDA since he was in medical school. He was also the University of Queensland student representative.

Big congratulations to you
Dr Joel,
What an amazing
achievement!



Extended clinic hours!

To give you more opportunities to see your GP and reduce wait times, you can see your GP on a Saturday.

Capalaba: Open every Saturday
8:30am to 4:30pm

Dunwich: Open every third Saturday
8:30am to 4:30pm
20th Jan | 17th Feb | 16th March

Wynnum: Open every second Saturday
8:30am to 4:30pm
10th Feb | 9th March

We will soon be extending our clinic hours Monday-Friday.

WATCH THIS SPACE!



Like us on Facebook!



JAJUM'S CAMP 2023

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

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.

A big thank you to Yulu-Burri-Ba staff who helped out, Dunwich State School and Port of Brisbane. The kids had the best time!



S.T.E.M Program

Science, Technology, Engineering and Mathematics

On Tuesday 19th of September the STEM program which consists of 40 Young Indigenous women visited Yulu-Burri-Ba Dunwich to talk about the different pathways in healthcare.

The Stem program stands for Science, technology, engineering and mathematics. The program is funded under the CSIRO umbrella to support young women in high school from year 8 to year 12.

This program focuses on equity, making sure they have everything they need to be successful through their career's. The day was successful and full of questions, we hope they have a successful future ahead.



QUEENSLAND MURRI CARNIVAL 2023

The Murri Rugby League hosted a four day long rugby league carnival for Aboriginal and Torres Strait Islander players.

Yulu-Burri-Ba sponsored:

- Under 12 boys (YBB under 12s)
- Under 15 girls (Bayside Warriors)
- Men's division (Darkies Connection)

Big congratulations to all teams who played as well as a big congratulations to Harper Smith, Jarra Chapman and Billy Thomas who made the QLD MURRI STATE TEAM UNDER 12 DIVISION!

Congratulations to our men's team (Darkies Connection) who made the grand final!

Thank you to all our staff who helped out at the Murri Carnival.



Breast Cancer

Awareness



If you are aged 50-74, get your free breast screen done every two years. BreastScreen Australia offers free breast screening for women without symptoms aged 50-74, when screening has the greatest potential to prevent deaths from breast cancer.

Women aged 40-49 and 75 years and older who have no breast cancer symptoms or signs are also eligible for free screening mammograms.

For more details contact BreastScreen on 13 20 50 or visit www.cancerscreening.gov.au.

Even if you have a mammogram every 2 years, you should become familiar with the shape, feel and look of your breasts.

What to look for:

- A new lump or lumpiness, especially in just 1 breast
- Changes in breast size, shape or colour
- Changes in the nipples, like redness, discharge or inversion (turned inside out)
- Skin changes, such as dimpling, swelling and bulging
- Irritation or rashes
- Pain that doesn't go away.



If you're expecting a bub soon, call one of our Clinics to yarn about joining our Jajum Bajara program!

Jajum Bajara



NORTH STRADBROKE
ISLAND CLINIC
16 DICKSON WAY
DUNWICH QLD 4183
P: 3409 9596

CAPALABA CLINIC
SHOP 2&3/1 FINUCANE
ROAD
CAPALABA QLD 4157
P: 3900 7800

WYNNUM CLINIC
85 EDITH ST
WYNNUM QLD 4178
P: 3164 5800

FAMILY WELLBEING
SERVICE
7A/39 OLD CLEVELAND
ROAD CAPALABA QLD 4157
P: 3900 7870



Metro South
Health



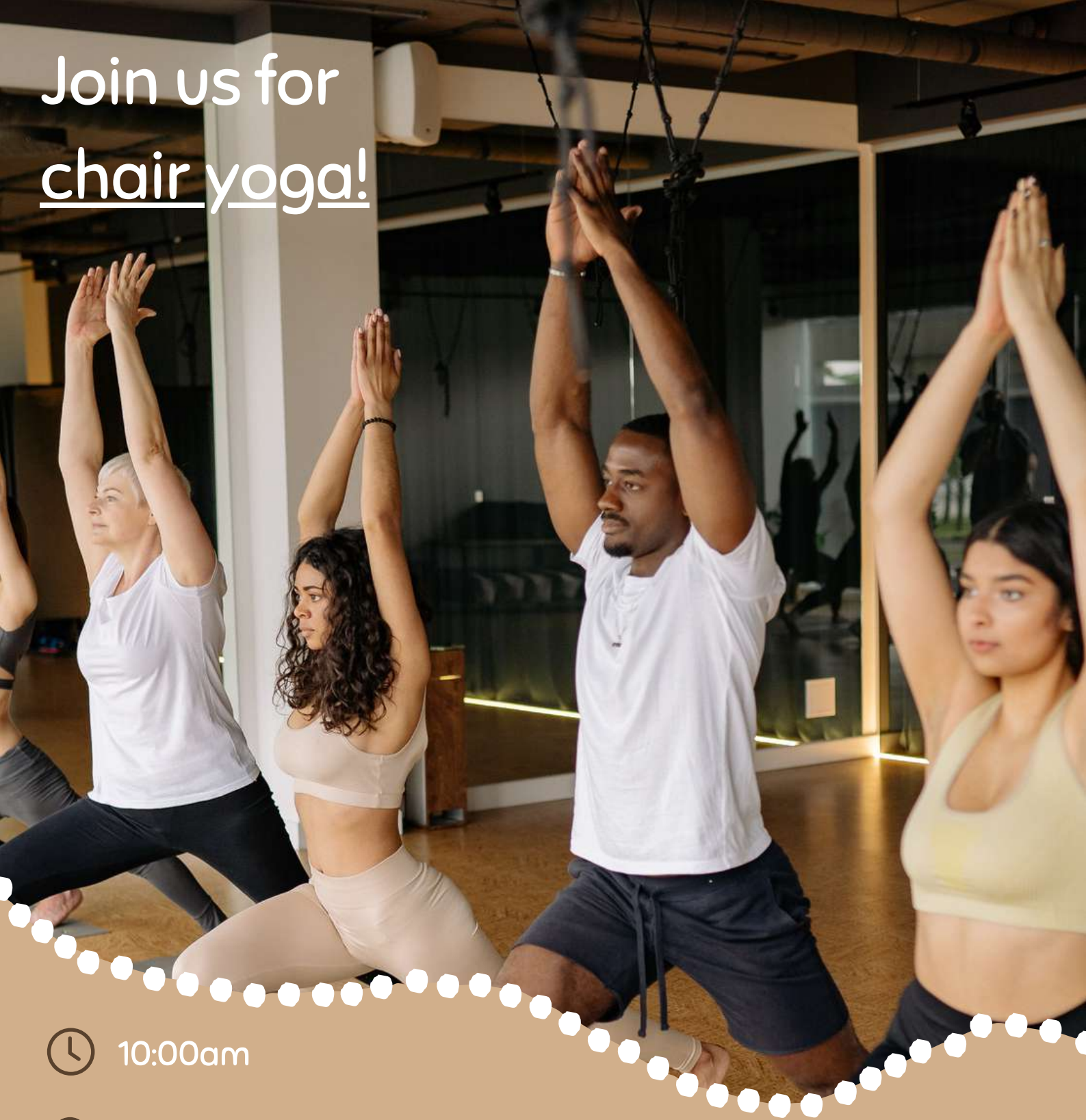
BIOC
#1800 692 462


JOIN OUR TEAM

SCAN
ME



Join us for chair yoga!



 10:00am

 Capalaba Warriors
JRLFC at Banfield
Lane Capalaba

 Starting 10th, 17th, 24th
and 31st of January!

For more information and
bookings please contact
the CLO'S at Capalaba
#3900 7800 and Wynnum
#3164 5800

All participants must be up to
date with a 715 Health Check



YBB COMMUNITY CHRISTMAS PARTY!

In December we had our annual community Christmas party at the Plantation in Capalaba.

We had a big turn out with heaps of games, prizes, food and more! We continue to have this each year to show our appreciation for the continued support we receive from our community.



Thank you to everyone who attended and helped on the day!

Kinship & Foster Care Program

Foster Carers are everyday people who want to make a difference in a child's life

*Interested in becoming a Foster Carer?
Contact us today to learn more!*



NORTH STRADBROKE
ISLAND CLINIC
16 DICKSON WAY
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WYNNUM CLINIC
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P: 3164 5800

FAMILY SERVICES HUB
7A/39 OLD CLEVELAND
ROAD CAPALABA 4157
P: 3900 7870



**Queensland
Government**



Yulu-Burri-Ba
Aboriginal Corporation
For Community Health

WHAT DID THE MEN'S SHED GET UP TOO LAST MONTH!



Our Dunwich Men's shed built Christmas decorations this year! Did you get the chance to check out our Capalaba, Dunwich and Wynnum clinics?

Are you interested in joining the men's shed crew?

Contact the CLO of your local clinic for more information!



What is Mob Link?

Mob Link is a service that was created during the pandemic by UIH to support mob in SEQ by linking you to the services you need.

Mob Link is a 1800 number available 7 days a week from 7am to 7pm. Mob Link is also available as an app.



#1800 254 354

Mob Link can help by linking you to:



For more information:

SCAN ME



CENTERLINK



Don't forget, your local Straddie Centrelink office
is:

Yulu-Burri-Ba Aboriginal Corporation for Community Health
16 Dickson Way, Dunwich 4183
Mon-Fri 9:00am - 3:30pm
☎ #3409 9596

**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!

January

**Invasion day
Friday 26th**

**International
Day of Education
Wednesday 24th**

**International
Mind Body
Wellness Day
Wednesday 3rd**

**Ovarian
Cancer
Awareness
Month**

**World cancer
day
Sunday 4th**

February

**Anniversary of
National
Apology Day
Tuesday 13th**

March

**International
day Against
Bulling &
Violence
Tuesday 19th**

**Close the Gap
day
Thursday 21st**

**International
Womans day
Friday 8th**

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.

HOW TO MAKE A COMPLAINT OR GIVE A COMPLIMENT

If you have received great customer service or you wish to pay Yulu-Burri-Ba a compliment, please let our Managers know. They will make sure the right person receives your feedback. Thank you - we all like to feel valued and appreciated.

If you have a Complaint:

- First speak to the Manager.
- You may also ask staff to give you a 'Complaints and Grievance' form.

If after speaking with a Manager you wish to escalate the matter further, please contact:

Yulu-Burri-Ba Health Services Manager

Email: info@ybb.com.au
Phone: 07 34099596, or
Write: PO 154 Dunwich, 4183

To discuss matters outside of Yulu-Burri-Ba, contact.

Health clients:

The Office of the Health Ombudsman
Email: info@oho.qld.gov.au
Phone: 133 646
Write: 400 George Street,
Brisbane Qld 4000

Social & Family Wellbeing clients:

The Complaints Unit at The Department of Child Safety, Youth and Women
Email: feedback@csyw.qld.gov.au,
Phone: 1800 080 464
Write: Locked Bag 3405,
Brisbane Qld 4001



CAPALABA

SHOP 2/1 FINUCANE
ROAD, CAPALABA QLD

4157

PH: (07) 3900 7800



DUNWICH

16 Dickson way

Dunwich, QLD

4183

PH: 3409 9596



WYNNUM

85 EDITH STREET,
WYNNUM QLD

4178

PH: (07) 3164 5800



FAMILY

SERVICES

7A/39 Old Cleveland
Road, Capalaba QLD

4157

PH: (07) 3900 7870