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# YULU-BURRI-BA

Aboriginal Corporation for Community Health



@YuluBurriBa



@YuluBurriBa

## 2019 Quandamooka Jarjums Camp



Check out more on the Jurjums Camp on page 14

# Senior Games training

On the 7th of August, Yulu-Burri-Ba Straddie started training for the Senior Games to be held later that month with the help of CLO Keiron Costelloe and WIO Exercise Physiologist Zoie. The games are all about the Elders of the community coming together in friendly competition and preparing to compete against the other Yulu-Burri-Ba clinics and other Aboriginal Medical Services in the event hosted by Deadly Choices. This event allows for all the elders of each Aboriginal Medical Service to come together, get active and enjoy themselves.



NSI Senior Games participants training with YBB staff Aunty Tracie Kaden, Keiron Costelloe and Exercise Physiologist Zoie.



# Straddie Dental Day 2019

On the 8th of August, Yulu-Burri-Ba Dental staff Lou Mackey (Dental Coordinator), Lebo Ponatshego (Dentist), Pauline Kasper (Dental Assistant) and other staff of Yulu-Burri-Ba North Stradbroke Clinic, hosted an event promoting the dental services at the clinic with a BBQ bringing Yulu Clinic staff, IUIH Dental staff and the community together. The event was all about encouraging the community to look after their teeth and gums, and regularly visit the Yulu-Burri-Ba dentist.

The Clinic staff were exceptionally helpful in assisting the dental team to put the event together in a timely and seamless manner. It was a fantastic event enjoyed by all and the dental team could not have asked for a better outcome.

If you need a dental check up, make you your confirm with your local clinic that you are up to date with your ATSI health check! See below for the days that our dental team will be at your clinic.



Lebo Ponatshego, Pauline Kasper, Lou Mackey

## STRADDIE CLINIC

- MONDAY
- TUESDAY
- THURSDAY

## CAPALABA CLINIC

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY



# Deadly Choices Senior Games



Tracey Marquait and Sue Campbell



Collen Lavelle and Jordan Williams



Capalaba WIO Crew

On Wednesday the 19th of August, Yulu-Burri-Ba hosted its first Deadly Choices Senior Games, where 38 elders from around the Yulu-Burri-Ba catchment area came together to have fun and compete in a day of games and activities. The highlight of the day was all the elders coming together to exercise, share stories and have a yarn. In attendance we had the Deadly Choices team, the Work It Out team and also our Yulu team. Additionally, we had special visitors such as The Deadly Choices Senior Games Coordinator, Dusty Fraser and 3 deadly choices ambassadors, Willie Tonga, Rhonda Purcell and Brenton Bowen.

Check out some photos from the day on the following page!



Senior Games Participants, YBB Staff and DC Ambassadors and Workers



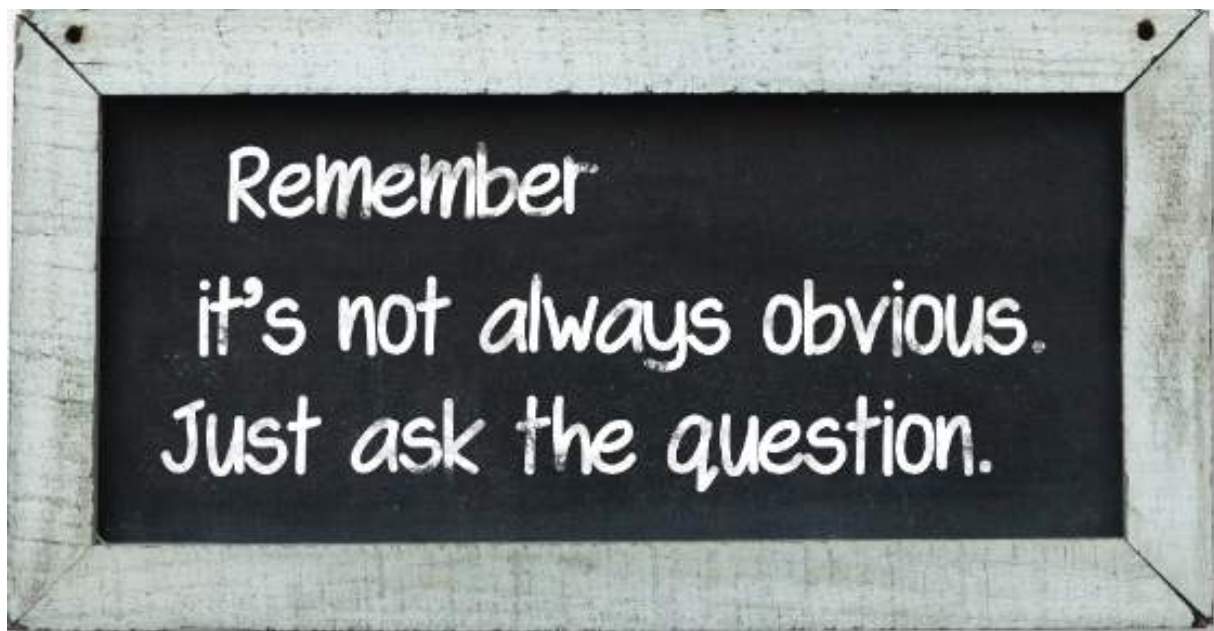
# R U OK DAY

On Tuesday the 10th of September, Yulu-Burri-Ba celebrated national R U OK Day. At the Straddie clinic, CLO Keiron Costelloe organised a BBQ for staff, clients and community to get together and ask each other "R U OK?"

A huge thank you to all staff involved for creating a safe and approachable space for community to come together and yarn about their mental health.

Look after your mob all year round by following these four steps:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in



# QUEENSLAND ABORIGINAL AND ISLANDERS HEALTH COUNCIL YOUTH SUMMIT

Queensland Aboriginal and Islanders Health Council (QAIHC) Youth Summit was held on the 12th of September at the Southbank Convention Centre. Three Yulu-Burri-Ba staff members and 350 youth from around Queensland came together to yarn about improving the health of Indigenous community. Some of the highlights of the day included Mitch Tambo, a contestant on Australia's Got Talent 2019, performing for everyone and having the open discussion about what is needed to help Aboriginal and Torres Strait Islander young people in your community thrive, including:

- Exercise
- Healthy relationships
- Support networks
- Mental health
- Nutrition
- Sexual health
- LGBTQI needs
- Chronic disease





# ALL NEW STRADDIE MOTHERS FOCUS GROUP

On the 10th of October, the Straddie clinic held its first Mothers Focus Group, where Family Well Being Officer Kerri Edwards and Child Health Nurse Penny Meadley sat down with four mums and their bubs. This group, which is set to meet every fortnight, allows for local mothers to come together and discuss motherhood, their babies and everything in between, with each other and health professionals. Penny and Kerri are thrilled about the level of engagement and energy expressed by the mothers who attended the first day. They are very excited for the chance to provide this service for local families.

**NEXT SESSION ON THE 7TH NOVEMBER!**



Mothers Focus Group Participants



Please join us for  
the next group if  
you are  
interested!  
Check out the  
next page for  
more details!







# MUM'S GROUP

EVERY SECOND THURSDAY  
BEGINNING 24TH OCTOBER

9:30AM TO 11:30AM

OLD CENTRELINK ROOM AT QYAC  
100 EAST COAST, DUNWICH

- For Mother's
  - Expecting Mother's
  - Grandmother's
  - Morning tea provided
  - Run by YBB Child Health Nurse,  
QLD Health Midwife & A&TSI Health  
Worker
- 



NEED MORE INFO? CALL THE DUNWICH YBB CLINIC ON  
34099596



# MURRI CARNIVAL 2019

During the last week of the September school holidays, Murri Rugby League hosted the 2019 Murri Carnival. This event brings Indigenous rugby league players together from all around Queensland to play against others in their age group.

The carnival is a smoke free and alcohol free event where each participants must be up to date with their ATSI Health Check and school kids must be sitting on at least 90% attendance.

This year, Yulu-Burri-Ba had two age groups enter the competition, an Under 12s boys team and an Under 15s boys team, while also sponsoring an Under 15s and 17s girls team.

The carnival was a huge success with two of our teams progressing through undefeated! A huge congratulations to the YBB Under 12s boys team and the Bayside Sisters Under 17s girls team for going all the way!

Shout out to CLO Keiron Costelloe and Natasha Murphey for organising the teams as well as CLO's Jordan Williams and Hayden Crowley, and all Yulu staff that came along!



Yulu-Burri-Ba Under 17's Boys Side



Bayside Sisters Under 17's Womens Side



Denzel Hammant - Yulu-Burri-Ba Under 15's Player

# Yulu-Burri-Ba Promotes Dental at Dunwich State School

On the 14th of October, CLO Keiron Costelloe, Dentist Lebo Ponatshego and Dental Assistant Pauline Kasper attended a Dunwich State School assembly to meet the local kids and parents and encourage them to visit Yulu-Burri-Ba for a dental check up.

Lebo addressed the school with the assistance of Pauline, demonstrating the correct way to brush your teeth with a quick speech that had all of the kids watching eagerly. She provided knowledge and information on the importance of looking after your teeth and limiting sugar intake, through highlighting the amount of sugar in common drinks such as juices and soft drinks.



YBB Staff Bec Slabb and Dunwich students Azaria Abberdan, Lilly Hammant and Milla Hutton



## SOME QUICK TIPS

- **USE FLOSS AT LEAST ONCE A DAY BEFORE YOU BRUSH**
- **BRUSH TWICE A DAY FOR 2 MINS**
- **REPLACE YOUR TOOTHBRUSH EVERY 3 MONTHS**
- **VISIT YOUR LOCAL CLINIC FOR A CHECK-UP EVERY 6 MONTHS!**





# Breast Cancer Awareness High Tea at Straddie



Organisers - Helen Coolwell and Aunty Tracie Kaden



Aunty Jan Shackell and Aunty Rene Clarey

Tuesday the 15th October, Yulu-Burri-Ba Straddie celebrated Breast Cancer Awareness Month with a high tea at the Dunwich clinic. Almost 40 clients from both Capalaba and Straddie Womens Group attended the event for the chance to yarn with other women and health professionals about the health of their breasts. They had the privilege of hearing a very informative speech from Dr Amy Van Dalen from the Dunwich clinic, who explained the signs and symptoms of breast cancer and how to watch out for them, including a quick description of how to perform a self examination on your breasts. She discussed ways to prevent the cancer and how to stay on top of it, highlighting who was most at risk and why. It was great seeing everyone coming together and really enjoying themselves whilst yarning about their health.

A huge thank you to Aunty Tracie Kaden and Helen Coolwell for organizing this event and the Straddie Womens Group who helped develop the idea. A special thanks to Danielle Myers and everyone else who helped out on the day!





Aunties Jan Shackell, Ann Monaghan, Rozi Bory Engelbrecht, Desley Walters



Dr Amy giving her talk regarding Breast Cancer



Aunties Kayleen Booker, Karen Vea Vea, Colleen Lavelle, Sue Welsh



Aunties Delsey Walter, Marie Link, Uncle Fred Coolwell, Helen Coolwell



Aunties Sue Drahm, Kari Thomas, Janice Guivarra, Jenny Drahm



CLO Jordan Williams, Diabetes Educator Tahnee Weeks, Dr Amy Van Dalen



Aunty Kay Campbell, Karen Rylance, Shirley Milligan



Aunties Kelly Kaden, Betty Shackell, Viv Hammant



Aunties Kayleen Booker, Colleen Lavelle



Capalaba Womens Group



Uncle Sid Campbell and Aunty Rene Clarey



YBB Staff - Helen Coolwell, Tracie Kaden, Danielle Myers, Aimy Park



# 2019 Quandamooka Jarjums Camp

Each year, North Stradbroke Island hosts the Quandamooka Jarjums Camp for Indigenous grade 6 students from schools all around the bayside area. This year it was held from the 16th to the 18th 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.

This year, CLO Keiron Costelloe helped out, along with CLO Jordan Williams and Deadly Choices workers Grayson Morgan and Frank Watson-Brown.

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.



Deadly Choices Worker Frank Watson-Brown, CLO Jordan Williams, Deadly Choices Worker Grayson Morgan



Keiron Costelloe painting a jarjums face with ochre



Jarjums Ataya Munro, Hunter Hammant

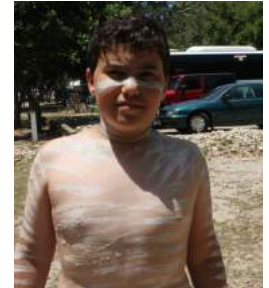
# 2019 Quandamooka Jarjums Camp



Deadly Choices and  
YBB staff



Cylinder Beach, Point Lookout



Over the three days, the kids were treated to non-stop activities. Split up into boys and girls, they all had the chance to participate in sports such as cricket and touch while also having a go at traditional arts and crafts between walks to the beach. On the second day, locals were invited out to the camp grounds to watch them perform the traditional dances of the Quandamooka people. Yulu-Burri-Ba would like to thank all the kids for such a great performance and Dunwich State School for continuously providing us with the chance to be part of such a special camp!



Jarjum Hunter Hammant



Jarjum Trey Coghill



Mentor/DSS and Jarjums  
Camp alumni Kelsey Parkin

# Breast Cancer Awareness Morning Tea at Capalaba

Capalaba Yulu-Burri-Ba celebrated Breast Cancer Awareness Month with a morning tea on the 30th October, where staff and clients came together to discuss the health of their breasts. About 35 people attended the morning tea, including Capalaba Yulu-Burri-Ba staff, CLO Hayden Crowley from Wynnum Yulu-Burri-Ba, Grayson Morgan from Deadly Choices, members of Womens Group Capalaba and a handful of patients. Deadly Choices Ambassador Rhonda Purcell was arranged to attend but unfortunately was unable to come last minute. Aunty Colleen Lavelle did Acknowledgement to Country and welcomed all the guests, followed by Dr Claudia giving an amazing information session around breast cancer and breast screening, engaging with our guest and answering any questions that they had. Dr Claudia also demonstrated how to check for lumps and encouraged guest to use our services. Shout out to Jordan Williams, Loretta Bingham and Collen Hartwig for preparing the food and to everyone who helped out!



YBB staff, clients, Capalaba Womens group members



Dr Claudia Collins, Wynnum CLO  
Hayden Crowley



## Meet Dr Kavitha!

Dr Kavitha is our newest Doctor at the Wynnum Yulu-Burri-Ba clinic. She's been a doctor for over 12 years, working in India for a year after graduating, before moving to Australia and working part time whilst receiving a Diploma in Community Services. Prior to her role at Yulu, Dr Kavitha worked in health across NSW before commencing work at an Aboriginal Medical Service in Tamworth where she developed an understanding of community controlled health organizations. While her current health interests lay in women and child health and dermatology, she is eager to dive into obstetrics in the future. For now she is grateful to have received such a warm welcome from Yulu-Burri-Ba staff and clients and is enjoying being a part of the Yulu family.



Dr Kavitha Prabakar



**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 you Medicare and Health Care or Concession Card**
- **Update any of you 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**



# 2019

# Jai Burns

## Memorial Touch Football Tournament

### Saturday 16th November 2019



Yulu-Burri-Ba  
Aboriginal Corporation  
for Community Health

## 9AM - 4:30PM

### Ron Stark Oval - Dunwich North Stradbroke Island



- Open mixed social division only
- Drug & alcohol free event
- Activities
- Invitational competition only

Proudly sponsored by



**Redland**  
CITY COUNCIL

Need more info? Call (07) 34099596

# Plan for an emergency: Bushfire

## Before a bushfire:

- Fire agencies recommend that you develop a written bushfire survival plan and discuss this with your family.
- Know the fire danger ratings and what they mean. Use them as your trigger to stay or leave the area.
- Don't wait and see. It is extremely dangerous to leave after there are signs of fire in your area. Come up with a plan to decide when to leave, where you will go and how you will get there.
- Consider moving children, the elderly and people with illness or disability, as well as animals, away from danger as early as possible.
- If you live in or intend to travel to a high-risk bushfire area, know the location of the nearest bushfire safer place, meeting point or evacuation centre and how to get there.
- Check the frequency of the nearest ABC Radio station using our frequency finder and/or check ABC Emergency on Twitter and Facebook to stay up to date with conditions.
- Always notify your family and friends of your plans and intentions to stay or go.
- Make sure your bushfire survival kit is ready and you know of its location.

## If you decided to leave your home, make sure you:

- Close doors and windows, fill sinks with water and move outdoor furniture away from the house.
- Pack food, water and your survival kit in your car, adding any final items.
- Turn off mains gas supply
- Take your list of contacts in order to inform them of your departure and destination.
- Develop a back-up plan, including where you will shelter if you have not left early and it is unsafe to leave. This is a dangerous situation and you must know where you will seek shelter from radiant heat.
- Establish the location and route to your closest Neighbourhood Safer Place (NSP). NSPs are places of last resort. They may save your life but they do not guarantee safety.
- If you are able, identify several exits to ensure you can leave safely if your planned route is blocked.
- Make sure you are wearing protective clothing to shield you from deadly radiant heat.

## **If you decide to stay and defend your home:**

- Fire agencies say defending your home requires at least two able-bodied, fit and determined adults.
- Both adults need to be sure they're physically and mentally prepared to work in difficult conditions.
- Homes in an area with a Code Red or Catastrophic fire danger rating are difficult to defend, even if well prepared.
- Ensure your home is prepared by following a guide like this prepared by the Rural Fire Service in New South Wales. You should ring your state's fire authority and ask for an assessment or advice.

## **If you are travelling:**

- Find out what bushfire safety plans are in place in the area where you are camping, caravanning or renting accommodation.
- Know the most up-to-date fire danger rating in the area via your ABC Local Radio station, on Twitter and Facebook, or checking with the local fire agency.
- Find the nearest Neighbourhood Safer Place when you are staying in a high-risk fire area and know alternative routes to leave your destination.
- Plan activities carefully on hot, dry and windy days. Contact the visitor information centres for safe tourist activities and locations.
- Pack your own emergency survival kit and have it accessible at all times.

## **During a bushfire:**

- Being outdoors during a bushfire means you risk exposure to radiant heat, which can kill a human without flames ever touching them.
- Extreme temperatures from radiant cause death from heatstroke where the body's cooling system fails, leading to heat exhaustion and heart failure.
- Ensure you continue to stay cool and keep drinking water to stay hydrated.
- If someone is affected by heatstroke, move them to a shaded area and try to cool them down. Call triple-0 and seek help immediately.

# Get your Bushfire Evacuation Kit



Long sleeve shirt



Jeans



Boots



Children's toys



Hat



Safety goggles



Bottles Water  
(enough for all)



Battery-operated  
Radio



Batteries



Mobile phone  
& Charger



Blankets  
(natural fibres)



Passports &  
birth certificates



Wallets/Purses



Medications



Family photos,  
documents





# 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.







## WHAT'S HAPPENING?



### GUNDALA PLAYGROUP

*Indigenous Playgroup for children aged 0-5 years old started at Gundala Kindergarten, 416 Tingal Road, Wynnum. Ph-38932087. It is being held every Friday 9:00 AM to 11:00 AM ,No weekly fee. Indigenous Playgroup supported by a paid facilitator. Playgroup has a safe outdoor play area and a range of organised activities for babies, toddlers and pre prep aged children. Group does not continue to meet during school holidays*

## REDLANDS COAST EVENTS

*Redland Bay: Every Tuesday from 1pm-3pm at Sel OutRidge Park, Hamilton Street Redland Bay there will be a free local playgroup with qualified early childhood educators, free afternoon tea and great activities for children aged Infants and toddlers, Preschool Kids (2-5)*





# 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**



## Yulu-Burri-Ba

Aboriginal Corporation  
for Community Health

**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 <3

*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 & DISCLAIMER

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

## Employment Opportunities

*We are currently advertising a full time GP position on Seek.*

*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 the 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*

# 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**  
Aboriginal Community  
for Community Health

# 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](http://www.ybb.com.au)

Like us on Facebook 

Follow us on Twitter 

HEALTHY BODIES HEALTHY MINDS HEALTHY SPIRITS

HEALTHY US

# TUNA AND LEMON FETTUCCINE

## Ingredients:

1 lemon  
2 (about 300g each) tuna steaks  
1/3 cup (80ml) extra virgin olive oil  
375g fettuccine  
1 long fresh red chilli, seeded, thinly sliced  
1 garlic clove, finely chopped  
1 tablespoon salted baby capers, rinsed, drained  
1/4 cup (45g) toasted pine nuts  
1 cup flat-leaf parsley leaves  
50g baby rocket leaves

## Method

**Step 1:** Use a zester to remove rind from lemon. (Alternatively, use a vegetable peeler to peel rind from lemon. Use a small sharp knife to remove white pith from rind. Cut rind into very thin strips).

**Step 2:** Season tuna with salt and pepper. Heat 1 teaspoon of the oil in a medium frying pan over high heat. Add the tuna and cook for 1 minute each side for medium rare or until cooked to your liking. Remove from heat and set aside for 2 minutes to rest. Use a sharp knife to thinly slice.

**Step 3:** Meanwhile, cook the pasta in a large saucepan of salted boiling water, following packet directions until al dente. Drain well.

**Step 4:** Heat the remaining oil in the pan over low heat. Add the chilli, garlic, capers and lemon rind and cook for 1 minute. Remove from heat. Add the pasta, pine nuts, parsley and rocket and gently toss to combine. Divide evenly among serving plates. Top with tuna and serve immediately.



**Serves: 4**

**Prep: 10 minutes**

**Cook: 10 minutes**

Recipe from

[https://www.taste.com.au/recipe/s/tuna-lemon-](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)

[fettuccine/ab542933-5955-460e-](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)

[ab3c-2af609df3519?](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)

[r=recipes/healthymains&c=c9bd](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)

[b8f2-8eee-475e-8b90-](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)

[2d7ff4b54342/Healthy%20mains](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)

[Healthy%20mains](https://www.taste.com.au/recipe/s/tuna-lemon-fettuccine/ab542933-5955-460e-ab3c-2af609df3519?r=recipes/healthymains&c=c9bd)



# 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.*

15 Feb - 3 Mar  
Sydney Gay &  
Lesbian  
Mardi Gras

31 Mar  
Transgender Day  
of Visibility

26 Apr  
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

7 - 23 Sep  
Bisexual  
Awareness  
Week

23 Sep  
Celebrate  
Bisexuality Day

8 Oct  
International  
Lesbian Day

8 Nov  
Intersex  
Awareness Day

26 Oct  
Intersex Solidarity  
Day

14 - 20 Nov  
Transgender  
Awareness Week



20 Nov  
Transgender Day  
of Remembrance



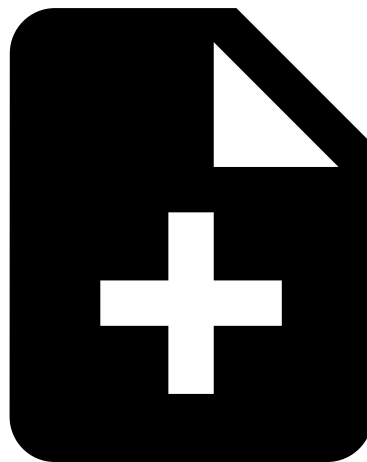
# HEALTH EVENT DATES

## NOVEMBER 2019

- *Month of November-Lung Health Awareness Month*
- *Month of November- Movember*
- *10-16 November- Perinatal Depression and Anxiety Awareness Week*
- *12 November- World Pneumonia Day*
- *14 November-World Diabetes Day*
- *17 November- World Prematurity Day*
- *22 November- White ribbon day*

## DECEMBER 2019

- *Month of December - Decembeard*
- *1 December - World AIDS Day*
- *3 December - International Day of Persons with Disabilities*



# 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

*Let your smile change the world*  
BUT DON'T LET THE WORLD CHANGE  
YOUR SMILE.

 Find us on  
**Facebook**

