



# Talk-About

The official newsletter of the Aboriginal and Torres Strait Islander Health Leadership Team

August 2024



## Working together for our jarjums

(L-R): Jackie Hanson, Metro North Health Chief Executive, Gloria Rankine, Koobara Kindy Co-Director and Sherry Holzapfel, Metro North Health Executive Director of Aboriginal and Torres Strait Islander Health pictured with signed Letter of Intent.

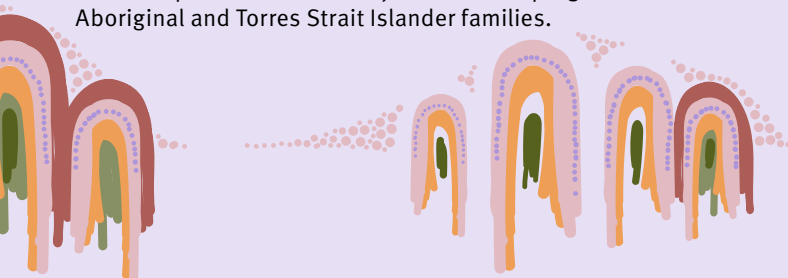
Metro North Hospital and Health Service (Metro North Health) have partnered with Koobara Kindergarten and Pre-prep Aboriginal and Torres Strait Islander Corporation to provide opportunistic healthcare access that encompasses holistic wellbeing for jarjums (children) and their families.

The formalised partnership agreement outlines the commitment between Metro North Health and Koobara Kindy on the delivery of health prevention and early intervention programs for Aboriginal and Torres Strait Islander families.

Amendments to the Hospital and Health Boards Act 2011 and the Hospital and Health Boards Regulation 2012 have created the strongest public health system legislation ever enacted in Queensland Health's history by requiring Hospital and Health Services to partner with Aboriginal and Torres Strait Islander peoples and organisations to design, deliver and monitor the delivery of healthcare in Queensland.

In 2022 Metro North Health were the first hospital and health service to release their Health Equity Strategy 2022 – 2025 that outlines their pledge to increase access to healthcare services and work with Aboriginal and Torres Strait Islander people, communities, and organisations to deliver health services that reflect the voices of their community.

*Continued page 6 >*





## Give us feedback

We welcome your feedback, contributions, story ideas and details on any upcoming events. Please contact Aboriginal and Torres Strait Islander Leadership Team at [A\\_TSILT\\_MNHHS@health.qld.gov.au](mailto:A_TSILT_MNHHS@health.qld.gov.au) or phone 07 3139 3235.

### Aboriginal and Torres Strait Islander Leadership Team

If you have any feedback regarding the Aboriginal and Torres Strait Islander Leadership Team services, programs and initiatives, you can contact the following:

#### Mail to:

Aboriginal and Torres Strait Islander Leadership Team, Building 26, Chermiside Community Health Centre, 490 Hamilton Road, Chermiside QLD 4032.

#### Email to:

[A\\_TSILT\\_MNHHS@health.qld.gov.au](mailto:A_TSILT_MNHHS@health.qld.gov.au)

*Metro North Health would like to acknowledge the Traditional Owners and Custodians of the land on which our services are located.*

*We pay our respects to all Elders past, present and future and acknowledge Aboriginal and Torres Strait Islander peoples across the state.*

*Aboriginal and Torres Strait Islander readers are warned that this publication may contain images or names of people who have passed away.*

## Contact information

### Royal Brisbane and Women's Hospital

Indigenous Hospital Liaison Officer Ph: 3646 4154 / 0428 861 888

After hours PH 3647 4183 / 0428 861 888

### The Prince Charles Hospital

Indigenous Hospital Liaison Officer Ph: 3139 5165 / 0429 897 982

After Hours Ph: 3139 6622 / 0429 897 982

### Redcliffe Hospital

Indigenous Hospital Liaison Officer Ph: 3049 6791

After Hours Ph: 3049 9734

### Caboolture/Kilcoy Hospital

Indigenous Hospital Liaison Office Ph: 5433 8249

After Hours Ph: 5316 5157

Senior Health Worker Ph: 5316 5390

### Surgical, Treatment and Rehabilitation Service (STARS):

Indigenous Hospital Liaison Office Ph: 3647 6044

### Community Indigenous Primary Health Team

Indigenous Community Health Team Ph: 3631 7379

### Indigenous Sexual Health Team

Clinical Nurse Consultant Ph: 3631 7379

### Indigenous Mental Health

Professional Lead Ph: 3646 2695

### Ngarrama Maternity Services

Caboolture Ph: 0447 307 411

Redcliffe Ph: 0407 251 890

Royal Brisbane and Women's Hospital Ph: 0428 404 875

### Forensic Mental Health Service, Indigenous Mental Health Intervention Program

Forensic Mental Health Team Ph: 3234 0800

## Follow us



@bettertogetherourhealthourway



@ourhealthourway



@better-together-our-health-our-way

## What's inside August 2024

### COVER

Working together for our jarjums.....	1
Contact Information.....	2
A word from the Executive Director .....	3
A word from the Chief Executive.....	4

### OUT AND ABOUT

Celebrating NAIDOC Week across Metro North .....	6
Better Together Health Van Community Engagement.....	10
The Prince Charles Hospital Expansion Project: Smoking Ceremony.....	12
Welcoming the 2024 Indigenous Cadets .....	13
Meet one of our cadets here at Metro North Health, Luke Woods.....	14

### IN FOCUS

Henry brings his knowledge of both Aboriginal and Torres Strait Islander cultures to STARS .....	17
Ashleigh and Luke, mental health change makers.....	18
Deadly Start graduate wins double at Queensland Training Awards .....	19
Metro North Health's Journey to Health Equity – Aboriginal and Torres Strait Islander Showcase .....	20

**WORD OF THE MONTH** ..... 22

### STAFF FEATURE

Joseph Lampton, Groundskeeper of The Prince Charles Hospital.....	22
--	----

# A word from the Aboriginal and Torres Strait Islander Executive Director



**Sherry Holzapfel**  
Executive Director,  
Aboriginal and Torres Strait  
Islander Health

We are now well underway into the second half of 2024 and working towards the end of our first Metro North Health Equity Strategy and Implementation Plan 2022 – 2025. Our strategy continues to drive our health equity agenda working towards eliminating institutional racism across the public health system and achieving life expectancy parity for Aboriginal peoples and Torres Strait Islander peoples by 2031.

While we continue to monitor, track, and review the progress of our 129 key priority actions, we now move into the next planning and co-design phase of re-designing a 2025 – 2028 strategy and implementation plan.

There have been positive indications of our current progress to achieving the key priority actions outlined in the implementation plan, such as an increase in actions marked 'completed', however the increase in actions marked as 'delayed' and 'at risk of delay' shows a requirement to focus on these actions to reduce risks of not achieving the intended outcomes.

Through the next planning phase, the Metro North Health Aboriginal and Torres Strait Islander Leadership Team will be hosting community consultation sessions with Aboriginal and Torres Strait Islander Elders, community, partnership organisations, Metro North Health Executives, and staff to continue the co-design and collaboration efforts in creating the new strategy and implementation plan. Discussions will include sharing voices, experiences, and guidance on how Metro North Health can move forward on key priority actions that are 'at risk of delay' or 'delayed'.

If you would like to become involved in these discussions, keep an eye on our Better Together – Our Health, Our Way Facebook, Instagram and LinkedIn pages for upcoming events and consultation sessions.

To achieve health equity Metro North Health continues to build and establish partnerships between community led organisations to deliver opportunistic health outreach services and collaboration opportunities.

Recently Metro North Health Chief Executive Jackie Hanson and I were lucky enough to meet with Koobara Kindy Co-Director Gloria Rankine to sign a Letter of Intent which highlights the commitment of working in partnership to deliver health prevention and early intervention programs for Aboriginal and Torres Strait Islander families that supports strong start to life and focuses on holistic wellbeing.

I am proud of the progress Metro North Health continues to make in forming and nurturing strong relationships to improve health outcomes for our mob.

Until next time, stay safe and deadly.

**Sherry Holzapfel**



# A word from Metro North Health Chief Executive



Our first Health Equity Strategy period will soon be coming to an end and planning for the refreshed strategy will begin soon.

This is an exciting time for Metro North Health, as we look at what we have achieved with Health Equity to date, and what the next steps will be for ensuring equitable outcomes for Aboriginal and Torres Strait Islander people. As part of the next phase, there will be extensive community consultation and co-design and we encourage everyone to be part of this to shape the future of healthcare here at Metro North.

In September we will open a Crisis Stabilisation Facility at The Prince Charles Hospital, providing crisis support for those presenting to the Emergency Department in mental health distress. There has been a co-design process as part of this important piece of work and the facility has been named in consultation with Elders. While the name is still under wraps, we look forward to sharing it soon!

This follows another significant milestone at The Prince Charles Hospital earlier this month, when Elders and staff met to hold a smoking ceremony for The Prince Charles Hospital expansion project. The smoking ceremony marked the beginning of the construction phase and cleansing of the land that will soon be home to a new modular building for staff, and a beautiful Healing Garden for staff, patients, and visitors to enjoy.

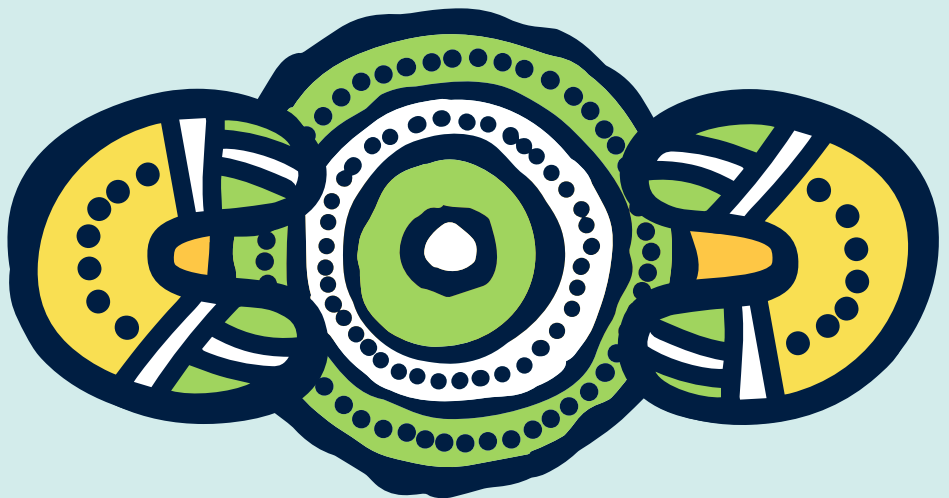
The Prince Charles Hospital is not the only one of our facilities getting an infrastructure boost, with extensive consultation also happening at Redcliffe Hospital as part of the redevelopment project. A Cultural Considerations Workshop is being held to shape the Clinical Services Building at Redcliffe Hospital, which is sure to provide some valuable feedback to ensure culturally safe and inclusive spaces.

We are excited about the investment in our Metro North facilities and to continue growing our hospitals to service our community. We look forward to co-designing spaces with our Aboriginal and Torres Strait Islander community to ensure they are fit for purpose for all our patients and consumers.

Kind regards,

**Jackie Hanson**

**Adj. Prof. Jackie Hanson**  
Chief Executive,  
Metro North Health





# Follow us on Social Media!



Scan the QR code or look up:  
<https://www.facebook.com/bettertogetherourhealthourway>



Scan the QR code or look up:  
<https://www.instagram.com/ourhealthourway>



Scan the QR code or visit:  
<https://www.linkedin.com/company/better-together-our-health-our-way>



Celebrating Aboriginal and Torres Strait Islander culture, good news stories, jobs for mob, health initiatives and more!



This initiative is supported by the Aboriginal and Torres Strait Islander Leadership Team

Metro North  
Health



Queensland  
Government

Metro North Health Chief Executive, Jackie Hanson, Executive Director of Aboriginal and Torres Strait Islander Health, Sherry Holzapfel, and Koobara Kindy Co-Director, Gloria Rankine met earlier this year to do an official signing of the Letter of Intent agreement. The Letter of Intent highlights both organisations commitment to work together and contribute positively to early health outcomes, reducing the burden of disease, reducing risk factors, and managing chronic disease in the Aboriginal and Torres Strait Islander Community.

“It is important that Metro North Health continues to build and establish partnerships between community led organisations and community to deliver opportunistic health outreach services and collaboration opportunities. This is one of the key ways we can achieve health equity for Aboriginal and Torres Strait Islander peoples.

“I am proud of the progress we continue to make as an organisation in building and strengthening relationships with our community partners and working towards improving health outcomes for our mob,” said Sherry Holzapfel.

As a lead driver of the collaboration between Metro North Health and Koobara Kindy, the hospital and health service Strong Start to Life Team are eager to build strong and lasting relationships, and work with community and families to co-design services that improve continuity of care models, supporting timely interventions for women, babies and children, that reinforces cultural knowledge and provide improving health outcomes for Aboriginal and Torres Strait Islander women, children, and their families.

“The Strong Start to Life Team are excited about the partnership with Koobara Kindy. Koobara Kindy provides a culturally responsive space for our families to grow together in their child’s learning, and this partnership will provide health promotion and screening opportunities to ensure our kids have a strong start in their education journey,” said Tara Denaro, Clinical Nurse Consultant and Manager of the Strong Start to Life Team.

As a result of the recently formed alliance, Metro North Health Deadly Smiles Team, Strong Start to Life Team and Better Together Health Van recently attended Koobara Kindy during Dental Health Week (5-11 August) to provide oral health screening and health promotion activities with jarjums in the Kindy classes and playgroup.

# OUTandABOUT

## Celebrating NAIDOC Week across Metro North

NAIDOC Week, a time dedicated to recognising and celebrating the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples, was marked with a series of engaging and educational events and celebrations across Metro North Hospital and Health Service (Metro North Health) facilities.

Metro North Health actively promotes, supports and encourages staff participation in cultural activities throughout the year to enhance awareness of Aboriginal and Torres Strait Islander cultures, deepen cultural understanding and knowledge among staff, and advance reconciliation efforts.

These celebrations provide opportunities for both staff and the community to come together to learn, share knowledge, and celebrate the two oldest continuous cultures in the world.

In addition, the Metro North Health Aboriginal and Torres Strait Islander Leadership Team, along with staff from Aboriginal and Torres Strait Islander services, participated as stallholders in various external community events held across the Brisbane Northside, to strengthen community connections and share information about Metro North Health services available to Aboriginal and Torres Strait Islander community.

The events held across Metro North Health and the broader community captured the essence of NAIDOC Week by building connections and celebrating the rich cultural heritage of Aboriginal and Torres Strait Islander peoples and this year’s theme ‘Keep the Fire Burning! Blak, Loud & Proud’.



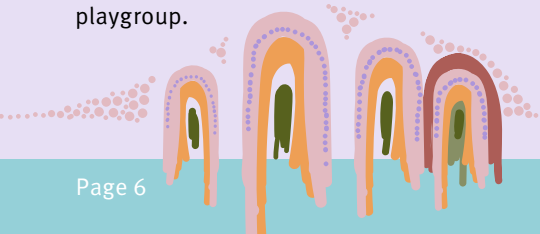
# KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

*“Blak, Loud, and Proud” encapsulates the unapologetic celebration of Indigenous identity, empowering us to stand tall in our heritage and assert our place in the modern world.*

*“This theme calls for a reclamation of our narratives, an amplification of our voices, and an unwavering commitment to justice and equality.”*

National NAIDOC Committee Co-Chair, Steven Satour.

See following coverage of events celebrated with Metro North Health during NAIDOC Week 2024:



# OUTandABOUT

## Metro North Health Events:

### The Prince Charles Hospital

Celebrations took place on Tuesday 9 July, commencing with a flag raising ceremony, followed by a small morning tea for staff and community to enjoy, connect and build relationships.

### Caboolture Satellite Hospital

A special morning tea was hosted on Tuesday 9 July, providing a relaxed setting for staff and community members to come together in the spirit of NAIDOC Week.



Staff connecting at TPCH morning tea.



Staff joining in on weaving activities at Redcliffe Hospital.

### Redcliffe Hospital

A Yarning Circle and cultural activities took place on Wednesday 10 July, allowing staff and community members to engage in meaningful conversations and enjoy cultural activities and crafts, including weaving, beading, and painting.

### Caboolture Hospital

Staff and community were invited to a special lunch and NAIDOC festivities on Wednesday 10 July, highlighting the rich heritage and contributions of Aboriginal and Torres Strait Islander communities.



Undumbi Dancers performing Welcome to Country at Caboolture Hospital NAIDOC Week event.



Metro North Health staff enjoying NAIDOC Week celebrations at Caboolture Hospital.

# OUTandABOUT

## Royal Brisbane and Women's Hospital

On Monday 8 July, RBWH commenced NAIDOC Week with a Flag-Raising Ceremony for staff. A special guest speaker presentation titled "A Healing Journey – An Aboriginal and Torres Strait Islander Experience," from Uncle David Wragge and Uncle Michael Wragge, was held on Thursday 11 July at the RBWH Education Centre, offering valuable insights into the cultural experiences and perspectives of Aboriginal and Torres Strait Islander people.



RBWH staff attending flag raising ceremony.

## Metro North Mental Health

Mental Health services across Metro North Health facilitated Yarning Circles and craft activities across inpatient wards, allowing patients and staff to participate in the celebrations in a supportive and creative environment.

## Surgical, Treatment and Rehabilitation Service (STARS)

A special NAIDOC Celebration was held at STARS on Friday 26 July providing staff and community the chance to connect with Aboriginal and Torres Strait Islander culture through song, dance, and a special lunch.



Community members enjoying NAIDOC Week celebrations at STARS.



Nunukul Yuggera Aboriginal Dance Company performing at STARS NAIDOC event.



## NAIDOC Elders Luncheon

The Aboriginal and Torres Strait Islander Leadership Team held a special Elders luncheon on Thursday 11 July at North Lakes Hotel to celebrate and honour Aboriginal and Torres Strait Islander Elders who have shaped and strengthened our health services. The day was enjoyed by over 50 Aboriginal and Torres Strait Islander Elders and staff from across Metro North Health.





# OUTandABOUT

## Community Events:

### Northside NAIDOC Community Fun Day

Hosted at Koobara Kindergarten on Thursday 4 July, this community event offered a day of family-friendly activities and cultural experiences. The event provided an opportunity for the Deadly Feet team to deliver free foot health screening to community members via the Metro North Health Better Together Health Van.



### Buranga Widjung Community Flag Raising Ceremony

Buranga Widjung Justice Group hosted a special event at Caboolture Town Square on Friday 5 July, marking the beginning of NAIDOC Week with a ceremonial raising of the flags. Staff members participated in the day's activities which included promoting services, engaging with the community, distributing health resources and information, and offering opportunistic foot health screening through the Metro North Health Better Together Health van.

### Mindle Bygul Aboriginal Corporation Family Fun Day

Held in Deception Bay on Saturday 6 July, this event provided a vibrant and engaging space for families to celebrate together, staff to connect with community, and an opportunity to enjoy the soothing music of Uncle Roger Knox. The successful day allowed Metro North Health staff to share important health information to support the wellbeing of Aboriginal and Torres Strait Islander communities.



# OUTandABOUT

## Better Together Health Van Community Engagement

The Metro North Health Better Together Health Van has been getting out and about engaging with community to promote programs and services to Aboriginal and Torres Strait Islander community members. Additionally, the van has also been conducting opportunistic outreach screening clinics at various community events throughout the Brisbane Northside in an effort to provide essential health checks to members of the community who might not otherwise access health services.

### Deadly Feet Anniversary Lunch

On 16 June, the Better Together Health Van joined the Deadly Feet vascular specialist team at Deception Bay to celebrate the program's first anniversary. Elders and community members gathered to recognise the impact of the Deadly Feet outreach program, which has provided early intervention and care, making it easier for patients to access essential services within the community. It was a meaningful celebration of the progress made over the past year.



Metro North Health staff and Aboriginal and Torres Strait Islander community members enjoying the day.



Above: Metro North Health staff pictured alongside Kurbingui staff and community members at the community event.

Right: Deadly Feet Senior Health Worker, Jordan Smith, conducting a foot health check on Aunty Narelle Adams.



### Kurbingui Community Day

On 19 June, the Better Together Health Van attended a special community event hosted by Kurbingui Youth and Family Development for Elders and members of the community. The event showcased the Metro North Health Deadly Feet vascular specialist team, Urban Indigenous Respiratory Outreach Clinic (UROC), the Heart Outreach Program for Health Equity (HOPE), along with the Metro North Satellite Hospital Community Engagement Officers.

Metro North Health staff engaged in meaningful conversations with the community, with one of the Elders expressing their appreciation, "This is how it should be—everyone coming together, having a yarn, with family and mob around to support and encourage each other to talk to the specialist teams while feeling comfortable and safe," said Elder Uncle John Johnson.

The day was a great success, with a total of 10 opportunistic health screens conducted, providing the specialist teams with valuable insights into how the community embraces the philosophy of "Our Health, Our Way."

### Jabiru Family Fun Day

On 26 June, the Better Together Health Van participated in the Jabiru Family Community Day at Hidden Park in Fitzgibbon, a regular event held during school holidays. Staff had the opportunity to engage with the wider community and share information about the new Satellite Hospitals in Kallangur and Caboolture, and the recently opened Bribie Island Satellite Hospital, including information about their minor injury and illness clinic, Aboriginal and Torres Strait Islander Health Hubs, access to emergency dental care, and other much needed health services. Additionally, staff promoted the Virtual Emergency Care Service, which provides health care assistance to individuals from the comfort of their own home.

Better Together Health Van set up ready to share important health information with community members.



# OUTandABOUT



*Metro North Health staff engaging with community members on the day.*

## Kids Cultural Festival – yourtown

The Better Together Health Van attended the Kids Cultural Festival at yourtown in Deception Bay on 28 June. The event commenced with an Acknowledgment of Country by Undumbi Culture and featured performances by Aunty Sharon Mirri Bell, along with various activity stations for the children to enjoy.

The Metro North Health Strong Start to Life team attended the event to provide education to families about the significance of quitting smoking before and during pregnancy highlighting the importance of healthy families and babies. The team also provided information about services available within the community, including maternity and family support programs available at Metro North Health.

The Deadly Feet team offered opportunistic screening to attendees on the day, with 14 foot health screens conducted in total. Stall holders even received a special visit from Kooka the Kookaburra.



*Kooka the Kookaburra paying a special visit to the Deadly Feet clinic.*



*Metro North Health Oral Health team getting ready to deliver check-ups to the jarjums.*



*Koobara Kindy jarjum showing off her Deadly Smile after her oral health check-up.*



*Community member receiving an oral health check-up on the day.*

## Bray Park State High School – NAIDOC Week event

On 25 July, the Better Together Health Van teamed up with the Metro North Health Indigenous Cadetship Program and the Community Engagement Officer from Kallangur Satellite Hospital to attend Bray Park State High School's NAIDOC Week event. The staff promoted the Deadly Start Program, which offers school-based traineeship opportunities for Aboriginal and Torres Strait Islander high school students across various roles within Queensland Health and spoke about cadetship opportunities available to them while studying at university

Attendees were treated to traditional dances from the local Kabi Kabi area and the Torres Strait Islands, performed by the younger students. It was a fantastic day dedicated to informing students about career pathways into health and further education opportunities.



*The Metro North Health Strong Start to Life and Koobara Kindy staff enjoying the day.*

## Deadly Smiles at Koobara Kindy

On the 6 and 8 of August, the Metro North Health Community and Oral Health Deadly Smiles team returned to Koobara Kindy to provide oral health education and screening for both children and their families, aiming to enhance access to healthcare. An audiologist from the Institute for Urban Indigenous Health (IUIH) was also on-site, offering hearing checks to the children, adding to the day's enjoyment.

Metro North Health has established an ongoing partnership with Koobara Kindy through a formal 'Letter of Intent', which outlines our commitment to improving healthcare access to children, families, and community, through the delivery of regular outreach clinics delivered at Koobara Kindy. Read page 1 for more information.

# OUTandABOUT

## The Prince Charles Hospital Expansion Project: Smoking Ceremony

A special smoking ceremony was held in July 2024 with Aboriginal Elder Aunty Kathryn Fisher, on behalf of the Turrbal People of Brisbane, to mark the start of construction of the new expansion program for The Prince Charles Hospital (TPCH).

In June 2023, the Queensland Government announced it will invest \$2.3 billion in Metro North Health infrastructure projects, including a \$360 million expansion program for TPCH.

TPCH Expansion will deliver a new Acute Services Building, expanded and new Adult and Paediatric Emergency Departments, expanded and new Paediatric Outpatients Department, new Paediatric Operating Theatres, green spaces and courtyard gardens, and 93 new beds, including 56 paediatric beds that will result in TPCH becoming the second largest paediatric service in Queensland.

The Smoking Ceremony cleansed an area that will become a construction site when construction commences on the new modular accommodation for TPCH staff decanting from Building 14 and the new Healing Garden.

Capacity Expansion Projects Sustainable Assets and Infrastructure Communications and Engagement Manager, Erin Flynn, said the Smoking Ceremony was an opportunity for the project to show respect to Elders past, present and emerging, and for Aunty Kathryn to share with the project team the importance of Aboriginal culture and tradition, and its connection to family, community, and country.

“It was a wonderful event with both Elders and staff from across Metro North Health in attendance.

“The TPCH Expansion Project team remain committed to working with Traditional Owners and Elders to ensure that the TPCH Expansion project continually provides opportunities for community engagement and input,” Erin said.

One of the Elders shared that the timing of the Smoking Ceremony came at the right time for them as they were experiencing Sorry Business. Aunty said “it’ll help me grieve and heal, proper way”.

The project will deliver significant improvements to TPCH campus and is set to create an environment of healing that encourages better patient recovery and wellbeing.



### By 2027, the Expansion will deliver:



**93 NEW**  
OVERNIGHT  
BEDS,  
INCLUDING:

- 18 ADULT SHORT STAY BEDS
- 11 PAEDIATRIC SHORT STAY BEDS
- 28 ADULT BEDS
- 36 PAEDIATRIC BEDS



**40 NEW**  
ADULT  
EMERGENCY  
DEPARTMENT  
TREATMENT SPACES  
(FROM 37 TO 77 SPACES)

**13 NEW**  
PAEDIATRIC  
EMERGENCY  
DEPARTMENT  
TREATMENT SPACES  
(FROM 15 TO 28 SPACES)



**2 NEW**  
PAEDIATRIC  
OPERATING  
THEATRES



**16 NEW PAEDIATRIC OUTPATIENT CONSULT ROOMS**

**SATELLITE MEDICAL IMAGING & SATELLITE CENTRAL STERILISING DEPARTMENT**



# OUTandABOUT



## Welcoming the 2024 Indigenous Cadets

*2024 Indigenous Cadets attending the Welcome Showcase.*

Department of Health and Hospital and Health Services across the State recently welcomed the new round of Indigenous Cadets completing Cadetship placements across 14 of the 16 Hospital and Health services in Queensland.

An astonishing number of 68 Aboriginal and Torres Strait Islander Cadets will begin their health career journey across four professional streams including Midwifery, Nursing, Corporate Services and Allied Health while continuing their university studies.

The program, which was first established in Metro North Hospital and Health Service, has this year expanded across the state, including Torres and Cape Hospital and Health Service, for the first time.

Through the development of Cadets, hospital and health services are committed to growing and investing in the future of their Aboriginal and Torres Strait Islander workforce. A cadetship provides temporary part time employment to eligible tertiary students in their chosen profession, gaining on the job skill development while completing their fulltime tertiary studies for a bachelor qualification in Queensland. The Cadets will be required to complete 12 weeks (or 60 days) of paid work over the calendar year, which are scheduled to fit around study commitments.

Studies have shown that cadetships increase the likeliness for students to complete their qualifications, complete their qualification more quickly, gain employment in their chosen profession once graduated, and experience faster early-career progression, compared to non-cadets.

This year the Indigenous Cadetship program have partnered with Group Training Organisation, AFL SportsReady, to provide support services to assist them on their journey and provide pathways for the cadets to thrive and be successful.

The Indigenous Cadetship Program Cultural Capability Officer will also work closely with the Cadets to build a culturally safe workplace by co-designing a cultural mentoring program to ensure they are supported throughout their placement and within the workplace.

At the recent Metro North Health Equity Showcase held in June, a panel of Indigenous Cadets had the opportunity to share their cadetship journey with Aboriginal and Torres Strait Islander Elders, community, staff and key stakeholders. During the showcase Executive Director of Aboriginal and Torres Strait Islander Health, Sherry Holzapfel, announced Metro North Health's commitment to providing an opportunity of ongoing employment to cadets on their completion of the program.

To find out more about the program email the team at: [OHCadetship@health.qld.gov.au](mailto:OHCadetship@health.qld.gov.au)

Read over to meet one of Metro North Health's first cadets for 2024.

# OUTandABOUT



Indigenous Cadet Luke Woods (right) with Chief First Nations Health Officer Haylene Grogan (middle) and cadet Brooklyn Whitmore.

## Meet one of our cadets here at Metro North Health, Luke Woods.

Luke Woods is a proud Iman man currently completing his final semester studying a Bachelor of Business, majoring in Sustainable Business, and participating in the Indigenous Cadetship Program within Metro North Health.

Having completed a placement in Metro North Health's finance team earlier this year, Luke is currently working in the environment and sustainability team with a career focus on embedding culture into sustainability projects by incorporating and acknowledging Aboriginal and Torres Strait Islander ideas and knowledge.

Luke is excited to be working in a sustainability field and is an advocate about the importance of community led consultation and creating opportunities to bring Aboriginal and Torres Strait Islander voices, culture and knowledge into sustainable ideas.

"Everyone can learn from our culture. It is important to respect others, their ideas, and their culture," said Luke.

"So far at Metro North I have been part of panel discussions across South-east Queensland.

"I have shared my insights and perspectives and it has allowed me to contribute to important conversations about healthcare and support services, while also highlighting the significance of integrating First Nations perspectives into our health system.

"Now I am working in the sustainability team and hope to contribute to making hospitals more environmentally sustainable and a better place for healing and wellbeing. Also, to plant more trees – it just does something to a person.

"Five years from now, I plan to travel and work overseas in the area of sustainable business and include First Nation's culture into sustainability," Luke said.

Destined to make change, Luke has also commenced a once-in-a-lifetime internship program to support the development of [#Brisbane2032](#) Olympic and Paralympic Games brand strategy and Emblems design.

Luke is set to achieve his career goal to work in his chosen field of sustainability. At the completion of his cadetship with Metro North Health at the end of this year, he will take up a new job and join a graduate program for sustainability in mining.

# Walawaani

02 & 03 DECEMBER 2024

Brisbane Convention and  
Exhibition Centre



MC. JEREMY MAROU FROM THE ROCK DUO BUSBY MAROU



**REGISTER NOW**

Registrations Close  
22 November 2024

\$749 Early Bird - 27 September  
\$849 Standard - 01 November  
\$949 Late

Centre for Palliative Care Research and Education presents  
Walawaani Conference 2024! Walawaani means 'we hope  
you have a safe journey home' in Dhurga language.

Gathering palliative and end of life care leaders and  
amplifying First Nations voices and program initiatives,  
Walawaani conference aims to deliver a holistic sharing of  
knowledges and wisdom to support the returning to Spirit  
journey for Aboriginal and Torres Strait Islander individuals,  
families and communities.



For further information please contact:  
Scott Murphy @ CPCRE  
07 36465876 scott.murphy@health.qld.gov.au



# Kallangur Satellite Hospital

9 Stoker Way, Kallangur QLD 4503  
Phone: (07) 3285 0000

The **Kallangur Satellite Hospital** offers outpatient and community health services closer to home, and access to a Minor Illness and Injury Clinic providing free\* urgent care options for people who don't need to go to an emergency department.

The Kallangur Satellite Hospital has free parking and is located near the Kallangur Train Station.

*\*Ensure you have your medicare card with you.*



## Minor Injury and Illness Clinic (operating 8am to 10pm, 7 days a week)

Please note that this is not an Emergency Department. Community can access the Minor Injury and Illness Clinic by 'walk-in' for urgent care of illnesses and injuries that are not expected to be life-threatening, such as simple fractures, simple infections, toothache, minor burns, and minor head injuries with no loss of consciousness.

Depending on clinic service demand towards closure time, there may be the possibility that you will be redirected to a Hospital Emergency Department.

In a life-threatening emergency, call Triple Zero (000) or go to your nearest Hospital Emergency Department.

Metro North  
Health



Queensland  
Government



# IN FOCUS

## Henry brings his knowledge of both Aboriginal and Torres Strait Islander cultures to STARS

Henry Nona has joined the Surgical, Treatment and Rehabilitation Service (STARS) as the new Cultural Capability Officer. Prior to coming to STARS, Henry was the Cultural Capability Officer at The Prince Charles Hospital for four years where he was involved in the establishment of the Healing Garden and Reconciliation Action Plan.

As a Cultural Capability Officer, Henry will provide cultural leadership throughout STARS, facilitate activities to ensure services and initiatives are culturally appropriate, and drive the Aboriginal and Torres Strait Islander Health Equity agenda to achieve key health outcomes for Aboriginal and Torres Strait Islander consumers and families accessing the hospital and health service.

Henry was born on Thursday Island in the Torres Strait and grew up on Badu Island located about 60 kilometres off Thursday Island.

“My mum and dad all grew up in Badu, a Western Island of the Torres Strait Islands. I come from a family of 14. We later relocated down to Cairns. I identify as both Aboriginal and Torres Strait Islander Australian,” Henry said.

“I grew up in a family of language. I can speak seven different languages. It’s very interesting as you would pick it up very quickly, the different dialects of different mobs. For my children I speak to them in these seven languages, they are the next generation to carry the traditional language.



STARS Cultural Capability Officer, Henry Nona.

“If you hear songs and dance in the Torres Strait Islands I can identify exactly where they come from, which Island, and you also get taught the features of the people from different islands.”

Henry’s role as the Cultural Capability Officer is pivotal in building a culturally capable workforce at STARS.

“My role provides culturally appropriate support, guidance and education, including the promotion of best practice models,” Henry said.

“I plan on continuing the Cultural Practice Program which will include two separate sessions, one on Aboriginal culture and one on Torres Strait Islander culture.

“There are many differences between Aboriginal and Torres Strait Islander cultures, from language, to song, dance and costumes, and to how someone is welcomed.

*“One of our most significant celebrations for Torres Strait Islanders is the Coming of the Light, which is held on 1 July every year. The Coming of the Light commemorates the adoption of Christianity across the islands.”*

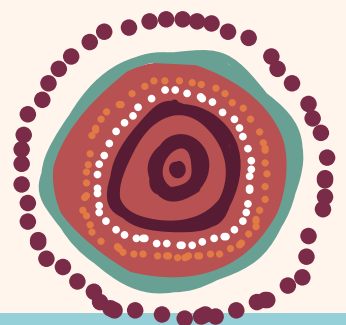
Henry has several projects he is going to work towards at STARS, including a Healing Garden, a private area where people can mourn someone who has passed away, as well as key cultural celebrations.

Before working for Queensland Health, Henry led an internationally renowned Aboriginal and Torres Strait Islander dance group, Jaran.

“I’ve travelled to many countries with the dance group including Sweden, Finland, Kuala Lumpur, Thailand, China and Hawaii. In Hawaii we performed in low socioeconomic area for the students and in Kuala Lumpur we performed for the refugee families – both experiences really touched my heart,” Henry said.

Henry is also interested in weight-lifting and general fitness.

“I used to be a keen boxer, although I’ve given that away now – but I am getting back into weightlifting. I like to be a positive role model for my people and the wider community, showing them the benefits of staying fit.”





Luke Smith and Ashleigh Naden are new members of the Perinatal Mental Health team.

## Ashleigh and Luke, mental health change makers

Metro North Health's Perinatal Mental Health team understands that Aboriginal and Torres Strait Islander mothers and birthing parents experience significant inequities during the perinatal period, with mental health distress continuing as a leading cause of adverse outcomes for these families.

The transition into parenthood can be challenging, and the goal of the service is to provide responsive care that privileges the voices, perspectives, and experiences of Aboriginal and Torres Strait Islander mothers and their families in safe and respectful places.

According to Perinatal Wellbeing Team Leader Liz Bennett, the adoption of a multidisciplinary team (MDT) approach that fosters and promotes high standards of care and best practice in the delivery of easily accessible mental health services is an important aspect of the service.

Liz said an MDT that includes staff in identified roles is crucial to engaging with the perinatal community. Senior Identified Health Workers Ashleigh Naden and Luke Smith recently joined the team.

*"The perinatal period is a vulnerable time and the addition of heightened psychosocial stressors can have both immediate and long-term impacts for parents and their children," Liz said.*

"It would be wonderful to think that families exist in a bubble of newborn bliss, but unfortunately depression and anxiety are significant health challenges, and early intervention is the key to improving health outcomes.

"For our service to be effective and culturally competent, it's important to have enthusiastic community champions like Ashleigh and Luke leading conversations, engaging with parents, Elders and community groups, and making sure that traditional knowledge and skills are embedded into the service."

Luke, a proud Palawa man from Tasmania, was thrilled to join the perinatal mental health team, and said he certainly understands a man's perspective.

"I'm a father of four teenagers and I originally trained as a chef. As interesting as this job was, I was off land and was becoming culturally disconnected. Since moving into the health support space, I felt I could really contribute to supporting cultural awareness and help influence the health inequities that mob still face," Luke said.

"Outreach, education, and engagement with men through yarn helps identify opportunities for support or delivery of culturally sound interventions that some fathers (and their families) might need.

"Men in general, but especially ours, can be closed off in medical settings. By building trust in the community, hopefully we are putting men's issues on the table for support."

Ashleigh Naden, a proud Wiradjuri woman from Orange NSW, has always worked with mob, and commenced a career in mental health after having her children.

"Research has shown that Aboriginal and Torres Strait Islander health staff build better connections, rapport and trust with mob which helps to reduce their anxiety and improve communication," Ashleigh said.

"By contributing to this space, I know I am helping to improve the health outcomes of our people, and in the long-term, I am helping to create better opportunities for young people, including my three-year-old twins.

"Luke and I feel welcomed and culturally valued by the staff of the Perinatal Mental Health team and it's important to acknowledge this. Without it, the service would not be able to have the authentic engagement needed to bring about trust, confidence and change.

"Every day is different for us, and as a team we are not bound by conventional thinking in our goal to provide a culturally appropriate alternative to mainstream health services for Aboriginal and Torres Strait Islander mothers/birthing parents and their babies."

# IN FOCUS

## Deadly Start graduate wins double at Queensland Training Awards

When signing up for the Deadly Start school-based traineeship program, Charlotte did not imagine that her hard work, dedication, and commitment to her traineeship would lead to her accomplishments being recognised at a State level.

A proud Aboriginal and Torres Strait Islander woman, hailing from the Wakka Wakka people located in the Eidsvold area, and Kirriri (Hammond) and Iama (Yam) Islands in the Torres Strait, Charlotte was recently awarded the Aboriginal and Torres Strait Islander Student of the Year award and the School-based Apprentice or Trainee of the Year award for the North Coast region at the Queensland Training Awards, where she now progresses through as a finalist in both categories to the state final to be held in Brisbane in early September.

Charlotte's journey in health began when she joined the Deadly Start Program in 2023 as an Assistant in Nursing, working at Caboolture Hospital in Ward 4D (General Medical), where she worked toward obtaining a Certificate III in Health Services Assistance. Expected to complete 375 hours of paid work placement, Charlotte attended the workplace one day a week (additional days over school holidays), all whilst undertaking her high school studies.

To balance her traineeship and senior schooling, Charlotte made sure to pay attention in class and make sure her assignments were handed in on time. "I always tried to get as much done as I could in class, so I didn't have too much to do at home."

"Juggling sports training three days a week, and games on the weekend, especially during grade 12, I had to stay on top of my assignments and try and use each lesson to my advantage," said Charlotte.



Going into high school, Charlotte always knew she wanted to participate in a school-based traineeship, and thanks to her mum, she found the perfect opportunity. "When my mum told me about the Deadly Start traineeship, I knew it was the one I wanted to do. I never thought I would work in a hospital, but I now know this is what I want to do forever. I am very grateful I started this traineeship," said Charlotte.

During her traineeship, Charlotte's main duties on a weekly basis were to care for the patients in Ward 4D and support the nursing staff in any way she could. Supporting the team with feeding, showering, and changing patients, and cleaning and tidying their rooms, Charlotte developed her understanding of medical terms and nursing roles.

By engaging and interacting regularly with the medical staff, and having conversations with patients throughout her shifts, Charlotte noticed her people skills had also improved. "I became more confident in being able to de-escalate tough situations and being able to communicate with hearing and/or vision impaired people," said Charlotte.

Charlotte's most memorable moment during her traineeship was returning to work and seeing the progress one of the patients had made in their health journey. In the weeks leading up to this heartwarming moment, the patient had become withdrawn, had lost their appetite, and appeared to be quite upset.

"I remember one day walking into her room and seeing her walking around, talking, smiling, and laughing. She was able to shower, dress, and feed herself. Seeing her health increase and seeing her be able to do everything by herself was very heartwarming because it is normally the opposite," said Charlotte.

Another memorable moment for Charlotte was being awarded the North Coast region winner for two awards at the Queensland Training Awards. "It was honestly a massive surprise. It made me very proud of all the work I had put in over the years. I am so grateful for all the help and support from my parents, teachers, and friends. It made me proud being able to, and to continue to represent my school and my people," said Charlotte.

Having successfully completed a Certificate III in Health Services Assistance and 375 hours of paid work placement, Charlotte has now graduated from the Deadly Start Program, and continues to work for Metro North Health as an Assistant in Nursing at the Caboolture Hospital.

The hands-on experience guided by supportive trainers has led to Charlotte strongly recommending the Deadly Start Program to other Aboriginal and Torres Strait Islander students. "It has given me another pathway and has helped me personally find what I want to do after high school. It is amazing to connect with other Aboriginal and Torres Strait Islander students from other schools and I have made many more friendships throughout this traineeship. It also teaches you a lot of new things you wouldn't learn in school," said Charlotte.

The Deadly Start Program has fuelled Charlotte's passion to pursue a career in health and she hopes to enrol into university after graduating high school to complete a double degree in nursing and midwifery.

## Metro North Health's Journey to Health Equity - Aboriginal and Torres Strait Islander Showcase

Elders, community, Metro North Health Executive and staff attending the Health Equity June Showcase.



Over 250 valued Elders and community members, partnership organisations, key stakeholders, Executives, and staff gathered in June at the Eatons Hill Hotel as part of the annual 'Metro North Health's Journey to Health Equity - Aboriginal and Torres Strait Islander Showcase'.

The showcases are held twice each year, as an opportunity to co-design and continually listen and learn as part of health equity. It's an opportunity to reflect on the successes so far and areas Metro North Health may need to further increase our efforts.

A number of presentations were delivered on the day, including the participants of the Indigenous Cadetship program which has expanded across the State, with 68 young Aboriginal and Torres Strait Islander people signing up for on-the-job training across Queensland hospital and health services.

Attendees had the opportunity to meet the staff from the new Caboolture and Kallangur Satellite Hospitals and learn more about the services on offer for the Aboriginal and Torres Strait Islander community.

A highlight was the panel of consumers, with Uncle Colin Terare, Uncle Robert Cole, Uncle Terry Williams, Aunty Merle Cashman and Kevin Maund sharing their wisdom, stories and health journeys.

Culture sharing was pivotal throughout the day, with Aunty Maroochy delivering the Welcome to Country, and dancing by the Nunukul Yuggera Aboriginal Dance Company and the Wagga Torres Strait Islander Dance Company.

The next gathering will be held on Wednesday September 11 at Norths Leagues and Services Club in Kallangur, to begin the development of the next Health Equity Strategy – July 2025 – 2028.

Metro North Health Chief Executive, Jackie Hanson, encouraged everyone to continue walking beside us on this journey.

"Your time is valued, and your voice is heard. We can make the biggest impact and change if we take this journey together and as the largest HHS in Australia, we know it takes great commitment and time to enact major change.

"I am extremely proud of our efforts to date and the successes we are having from a grassroots level to at the top tiers of our organisation. Our commitment is to continue to learn, listen and co-design our journey towards health equity," Jackie said.

Some of the messages shared in a Coolamon at the recent showcase.

- "Really good collaboration in engagement, yarning and direction, keep it going!"
- "Fantastic Showcase, I really enjoyed everything about the event. Thank you for the work you are doing and the challenges you continue to implement. We still have a way to go but the future looks brighter."

- "Good Agenda, plenty of interaction. Cadets provided us with hope and enthusiasm."
- "So proud of the deadly cadets. Well done and looking forward to your future leadership."
- "Very informative, enjoyed listening and learning about everyone at Metro North Health is doing with helping clients."
- "Connecting with community through grounding in culture, health, dance, and song."
- "This showcase reinforced the necessity and value of the presence of the elders for their insightful engagement with the panels."
- "A wonderful experience it is listening / to see how far we have come in the last five years. Although there is still a long way to go, I was humbled and honoured to have been invited."
- "Today was a beautiful day that created a lovely sense of community. So nice to be surrounded by such motivated and inspiring black fullas. Thankyou."
- "The commitment to our future kids is incredible. This is what fills our hearts."
- "Being part of this forum has kept me motivated as an ally for Aboriginal and Torres Strait Islander health promotion to support communities."





# Identification: It's your right to a healthier life

## Are you of Aboriginal and/ or Torres Strait Islander origin?

Help us provide you with culturally appropriate care and support. We cannot rely on appearance.

- ✓ Be proud to identify
- ✓ Receive culturally appropriate care and support
- ✓ Receive the right health care and services
- ✓ Health Service staff must ask you the question
- ✓ Metro North Hospital and Health Service are here to help with your health care journey

### Why staff must ask the question

Metro North Hospital and Health Service have a commitment to improve the health outcomes of Aboriginal and Torres Strait Islander people as part of the National Close the Gap campaign.

There is still an unacceptable gap in health status and life expectancy. To ensure Aboriginal and Torres Strait Islander people receive services, cultural support and care the right way, we must ask the question.

Staff must ask the question every time you present to our health services unless coming regularly for a course of treatment such as dialysis. This is to ensure your records are accurate and that you receive the appropriate care.

Staff cannot rely on appearance and the only way to know is to ask.

### How you will be asked

Staff will ask “Are you of Aboriginal and/or Torres Strait Islander origin?” either verbally or on a form.

If you cannot answer due to being too ill to respond or under the age of 15, the question will be asked of the parent, guardian, carer or responsible accompanying adult.

### Your Privacy

Please be assured that your personal information is protected and used appropriately by Metro North Hospital and Health Service Privacy Policy and Privacy laws.

Please be respectful of staff and understand that they have been directed to ask the question to ensure you receive the appropriate services, cultural support and care.


### Further enquiries


If you have any feedback you can contact the Aboriginal and Torres Strait Islander Leadership Team via:

Email: [A\\_TSILT\\_MNHHS@health.qld.gov.au](mailto:A_TSILT_MNHHS@health.qld.gov.au)

Phone: (07) 3139 6621

Website: <http://www.metronorth.health.qld.gov.au/better-together-van>

 **Facebook:** <https://www.facebook.com/bettertogetherourhealthourway>

 **Instagram:** <https://www.instagram.com/ourhealthourway>

 **LinkedIn:** <https://www.linkedin.com/company/better-together-our-health-our-way>

Metro North Health would like to acknowledge the Traditional Owners and Custodians of the land on which our services are located. We pay our respects to all Elders past, present and emerging and acknowledge Aboriginal and Torres Strait Islander people across the State.

Artwork by Ronald John Abala Wurra-ghantha – “little spirit man”



## WORD OF THE MONTH

“Meb”

“Meb” is Moon in Meriam Mir.

Meriam Mir (also written as Miriam Mer) is the Language of the Eastern Islands of the Torres Strait. Linguistically, it is connected to the Papuan languages of the Austronesian family of languages. There are two regional dialects:

- Mer dialect – Mer (Murray), Waier, Dauar.
- Erub dialect – Erub (Darnley) and Ugar (Stephen).

## STAFF PROFILE



A Day in the life of:  
**Joseph Lampton**  
Groundskeeper,  
The Prince Charles Hospital

**Q1. Who is your mob and where are you from?**

My mob is the Juru/Birriah people from the Burdekin region.

**Q2. What is your role within Metro North Health and what does a typical day look like for you?**

I am a groundskeeper at The Prince Charles Hospital. I am responsible for lawn and garden maintenance around the hospital campus.

**Q3. How long have you worked for Metro North Health?**

I have been in this position for just over 2 years.

**Q4. Where did you work before coming to Metro North Health?**

Before starting in my role at Metro North Health, I worked in the Northern Territory as a park ranger/tour guide (Katherine Gorge).

**Q5. What has been a career highlight for you?**

Being part of a team that takes great pride in keeping the grounds looking their best has been a highlight for me.

**Q6. What do you like most about your role?**

I enjoy interacting with patients and staff.

**Q7. Do you have any words of encouragement for young Aboriginal and Torres Strait Islander people who might be considering a career in health/grounds keeping?**

Embrace your cultural connection to the land and use it as inspiration. Working in the field of groundskeeping helps to preserve Indigenous knowledge. Be proud of who you are.

**Q8. What do you like to do outside of work?**

Outside of work I enjoy spending time with family and friends and going fishing.

**A word from Rawn Mitchell (Joseph’s supervisor)**

I thoroughly enjoy having Joe as part of the team. He takes great pride in making the mental health and palliative care courtyards look their best. He is very caring and understanding towards the patients. Joe is also willing to help out on any projects, and he makes me laugh every day.



# Queensland Virtual Hospital **Virtual Emergency Care Service**

## If you need to visit an Emergency Department, try the Virtual Emergency Care Service first.



To check if you are eligible\*:

- Scan the QR code or
- visit: [metronorth.health.qld.gov.au/hospitals-services/qvh-virtual-emergency-care-service](https://metronorth.health.qld.gov.au/hospitals-services/qvh-virtual-emergency-care-service)

8am – 10pm Monday to Friday

8am – 6pm Saturday and Sunday

*\*Note: Not all medical problems are suitable for the Virtual ED, so it's important to check your eligibility first. You must reside, be visiting or receive your treatment in Queensland.*



**In an Emergency  
DIAL 000**

Please call 000 IMMEDIATELY if you have a life-threatening condition or require urgent medical help.



**Queensland  
Government**



# Better Together Medication Access

## Are you of Aboriginal and/or Torres Strait Islander Origin?

Better Together Medication Access will cover all out-of-pocket expenses for prescribed discharge and outpatient prescriptions, for Aboriginal and Torres Strait Islander people seen by a Metro North Health service.

Better Together Medication Access is only available through Metro North Health Pharmacy Services.



### How it works



You will be asked 'Are you of Aboriginal and/or Torres Strait Islander Origin?'. Health Service staff must ask you the question, we cannot assume upon appearance.



If you identify, regardless of age, you will be eligible for Better Together Medication Access.



If you decided to opt-in, your medication prescription can be taken to a Metro North Health pharmacy, where your medication is supplied with no out of pocket cost.



Talk to Staff caring for you for more information.

By identifying you will receive support from culturally appropriate services including our Indigenous Hospital Liaison Officers to assist your healthcare journey and recovery back to community.

For further information, contact your local Metro North Health Pharmacy Team.

**Metro North Health**



**Queensland Government**

We welcome your feedback, contributions, story ideas and details on any upcoming events.

Please contact the Manager, Communications at the Aboriginal and Torres Strait Islander Leadership Team on [A\\_TSILT\\_MNHHS@health.qld.gov.au](mailto:TSILT_MNHHS@health.qld.gov.au) or phone (07) 3139 3235.



<http://creativecommons.org/licenses/by/2.5/au/>