

Talk-About

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

January/February 2020

Metro North Hospital and Health Service *Putting people first*



Growing Deadly Families Collaborative

Royal Brisbane and Women's Hospital Midwifery Unit Manager Janine Farquharson pictured with the Ngarrama RBWH Team.

A 'Growing Deadly Families; Metro North Ngarrama and Birthing in our Community (BiOC) Maternity Collaborative' session was held on 5 December at the Royal Brisbane and Women's Hospital Education Centre.

The purpose of the gathering was to share knowledge and collaborate on high quality, clinical and capable maternity services delivered in Queensland.

Aboriginal Elder Aunty Maroochy Barambah commenced the day with a blessing and Welcome to Country.



Dr Carolyn Harvey from BiOC and Stephanie Button from Moreton Bay Aboriginal and Torres Strait Islander Community Health Service.

Continued page 4



**Queensland
Government**



Give us feedback

We welcome your feedback, contributions, story ideas and details on any upcoming events. Please contact Aboriginal and Torres Strait Islander Health Unit Communications Manager Renee Simon at Renee.Simon@health.qld.gov.au or phone (07) 3139 3231.

Aboriginal and Torres Strait Islander Leadership Team

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

Mail to:

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

Email to:

A_TSIHU_MNHHS@health.qld.gov.au
Alternatively, call and ask for our Safety and Quality Officer on 3647 9531.

Metro North Hospital and Health Service 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: 07 3646 7489
Indigenous Hospital Liaison Officer	Ph: 07 3646 1696
Indigenous Hospital Liaison Officer	Ph: 07 3646 7489
Indigenous Hospital Liaison Officer	Ph: 07 3646 5612
Indigenous Patient Journey Officer	Ph: 07 3646 5612 / 0428 861 888
Team Leader	Ph: 07 3647 9535 / 0408 472 385

The Prince Charles Hospital

Indigenous Hospital Liaison Officer	Ph: 07 3139 5165
Indigenous Patient Journey Officer	Ph: 07 3139 5062
Indigenous Patient Journey Officer	Ph: 07 3139 6429 / 0429 897 982

Redcliffe Hospital

Indigenous Hospital Liaison Officer	Ph: 07 3049 6791
Team Leader	Ph: 07 3139 6300 / 0436 690 306

Caboolture Hospital

Indigenous Hospital Liaison Officer	Ph: 07 5433 8249 / 0438 518 912
Team Leader	Ph: 07 3139 6300 / 0436 690 982

After Hours Team

Saturday and Sunday 10am to 6:30pm	Ph: 07 5433 8249
Indigenous Hospital Liaison Officer	Ph: 07 3647 4183
Indigenous Patient Journey Officer	Ph: 0409 583 967

Indigenous Acute and Primary Care / Sexual Health Team

Team Leader: Tracy Grant	Ph: 07 3492 1851
--------------------------	------------------

What's inside January/February 2020

Contact information	2
A word from the Director.....	3

OUT AND ABOUT

Caboolture Emergency Department Staff meet with Community Elders	5
Better Together Gathering	6
Deadly Start Students Complete Training.....	7
Elders Thank You Event Morayfield	8
Homeless Connect.....	9
Community Oral Health Yarning Circle	10
Queensland's Aboriginal and Torres Strait Islander Student of the Year for 2019	10

IN FOCUS

Remembering Uncle Sam Watson	11
Tribute to Aunty Pamela Mam	12
Breast Cancer Screening	12
Better Together Funding	13
Breast Screen Pathways	14

IN THE NEWS

WORD OF THE MONTH

STAFF PROFILE

A word from the Director



Sherry Holzapfel
Director, Aboriginal and
Torres Strait Islander Health
Leadership Team



Welcome to 2020! Already within this first month, we have been working very hard to ensure the key priority areas within the Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022 continue to be our focus for the future.

One of the most exciting initiatives of the year will be the unveiling of the Metro North Better Together Health Van at our Better Together Close the Gap event on Thursday 19 March at the Brighton Health Campus. Staff, patients and community are invited to attend, and I would encourage everyone to take the time to come along and listen to what will be a great morning of presenters, dancers and food.

The introduction of the Metro North Better Together Health Van across the North Side of Brisbane is envisaged to provide opportunistic health screening measures and important health promotion messages to Aboriginal and Torres Strait Islander community members. An Aboriginal and Torres Strait Islander Health Worker supports Metro North HHS clinicians, pre-arranged according to business requirements, to deliver health care services in partnership with individuals, community groups and organisations based on the needs of that group.

Our first priorities with the Metro North Better Together Health Van will be providing access to sexual health initiatives from the Community and Oral Health Indigenous Sexual Health team, providing the opportunity for community members to informally yarn with a health care provider about their hospital experience and provide feedback on service improvement activities. We can also deliver education on how to access health screening for preventable cancers and/or diseases including breast, bowel and cervical cancer.

The success of the Van will be measured through our community needs and our Metro North HHS services booking this valuable resource to provide much needed health support and promotion to vulnerable community members not currently accessing a Metro North HHS Hospital or a medical centre.

In keeping with the priorities of the Better Together Plan, the Metro North Aboriginal and Torres Strait Islander Health Leadership Team are offering 6 grants of \$25,000 to fund projects that will improve the care of Aboriginal and/or Torres Strait islander patients. Applications open on 1 February 2020 and must demonstrate the project's alignment to the Metro North Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022.

Finally, I recently attended the Metro North Ngarrama and Birthing in our Community (BiOC) Maternity Collaborative' at the Royal Brisbane and Women's Hospital on 5 December and was very pleased to see Sharna Hill who was the trainee health worker at Acacia Ridge clinic where I was previously the Practice Manager. I would like to congratulate Sharna Hill in her role as Manager for BiOC and wish her well in her management role. It has been such a pleasure to mentor, guide and support staff in their perspective careers and results like this is so inspiring to see.

Mentorship, succession planning and leadership are important elements in workforce initiatives, and I would like to encourage each area to create and implement opportunities for workforce programs within your better together plan.

Sherry Holzapfel

Director, Aboriginal and Torres Strait Islander Health Leadership Team



Sharna Hill and Sherry Holzapfel were all smiles meeting again at the BiOC event.

An overview of the Ngarrama maternity program was provided by Service Development Officer Kelly Smith, followed by an overview of the Birthing in our Community (BiOC) program and findings from the Indigenous Birthing Urban Study (IBUS) study.

A workshop was held in the afternoon with roundtable feedback gathered on continuity of care, embedding Indigenous workforce and support, partnerships and collaborative woman-centred maternity care.

Vanda Simpson provided an overview of the 'Growing Deadly Families Aboriginal and Torres Strait Islander Maternity Strategy 2019-2025' on behalf of the Department of Health.



Staff from the Birthing in Our Community and Institute of Urban Indigenous Health.



Program Manager for BiOC Kristie Watego with IUIH Director Dr Carmel Nelson.

Kristie Watego gave an overview of the Salisbury Hub, which provides a base for the BiOC program, a joint initiative between Institute of Urban Indigenous Health (IUIH), Aboriginal and Torres Strait Islander Community Health Services (ATSICHS) Brisbane and Mater Mothers' Hospital.

The Hub gives mothers and their babies access to a range of services including a visiting paediatrician, speech therapy, an ENT specialist, a women's health GP and psychological services.

Director of the Metro North Hospital and Health Service Aboriginal and Torres Strait Islander Health Leadership Team, Sherry Holzapfel said the gathering provided an opportunity to share learning outcomes arising from the success of the Ngarrama maternity programs across Metro North and the BiOC program on the southside.

"Indigenous maternity models are ever-changing and need to evolve with the community needs. Our team valued collaborating with community partners to learn how we can model the success of each program and share experiences and teachings on best practice for maternity care across Queensland.

"Cultural governance, framework and support is the key to success, and we look forward to future discussions and collaboration with representatives from the community sector."

Best practice learnings from the collaboration:

- Family Social Support Workers and Indigenous Health Workers play an integral role in building strong relationships with families and helping them navigate the healthcare journey.
- Having an Indigenous maternity business model supported by leadership and steering committees to work together for the improved care for women.
- Community days are popular with mums-to-be to connect with the midwives and wider care providers.
- It's important to sit down, yarn and connect with mums.
- Transport drivers play an important role to improve access and care during pregnancy.
- A dedicated culturally appropriate space allows the mother and wider family to feel at ease during their healthcare journey.
- Non-Indigenous staff working within Indigenous maternity projects need a strong understanding of the culture and sensitivities
- Community feedback and input helps address the strengths and challenges of the maternity model - continuous feedback is needed to shape and adapt models.



Over 40 midwives, health workers, doctors, social workers and executive staff participated in the round table discussions for knowledge sharing and collaboration.

Caboolture Emergency Department Staff learn wisdom from respected community Elders

Over the past 12 months, staff from Caboolture Hospital Emergency Department have partnered with local respected Aboriginal and Torres Strait Islander Elders and community members to build an improved relationship and understanding.

The initiative, led by the Caboolture Hospital cultural group, allows community members the opportunity to yarn with staff and collaborate on culturally appropriate care pathways.

The group meets over lunch for a cook-up event each month. Recently, Dr Moshood Shittu and Cultural Capability Officer Elwyn Henaway held a celebration gathering with Elders at Centenary Park in Caboolture.

One of the attendees was the new Metro North Standards Committee representative, Uncle Alan Parsons.

Left to right; Dr Elvianna Dorant-Day of Narangba, Cultural Capability Officer Elwyn Henaway, Director of the Aboriginal and Torres Strait Islander Health Leadership Team Sherry Holzapfel, Clinical Nurse Consultant Rachel Bailey, Dr Moshood Shittu, Senior Medical Officer, Emergency Department. Aunty Marj Grant and Registered Nurse Megan Sinclair.

Uncle Alan Parsons pictured centre with other community Elders and members from the Caboolture Hospital cultural group.

Uncle Alan gave an insightful lesson to Director of the Emergency Department, Dr Sean Keogh on ways to communicate with Aboriginal and Torres Strait Islander patients at the bedside and the correct terms to address an Elder.

“Engaging is a process. It’s about engaging and learning about the person, building a relationship and making them comfortable. Ask how you identify culturally in conversation and introduce you are here to help,” Uncle Alan said.

When Dr Keogh questioned how to address a community member in a respectful manner – Aunty, Uncle, Brother or Sister? He had a simple message.

“All you have to do is ask,”

Uncle Alan said.





50 Aboriginal and Torres Strait Islander staff as well as staff working across Indigenous Health Services attended a Metro North Better Together Health Gathering on Friday 29th November 2019 at the Chermide Community Centre. They heard from representatives across Metro North and Community Organisations working to improve health of Aboriginal and Torres Strait Islander people.

Staff at the gathering welcomed Metro North Acting Chief Executive Adjunct Professor Jackie Hanson who was on hand meet with staff on a one-on-one basis and answer questions.

Cultural Capability Officer from Royal Brisbane and Women's Hospital, Geoff Binge performed Acknowledgement to Country before attendees were given an overview of areas such as Indigenous Forensic Mental Health and the Metro South Diversity Program. Visitors listened intently to Uncle Terry Williams, an Indigenous Outreach worker from the Institute of Urban Indigenous Health (IUIH), as he spoke of the work being undertaken by IUIH to ensure the wellbeing of the Aboriginal and Torres Strait Islander people across the area.

During the second half of the morning, attendees were given incredible insight into the new Surgical, Treatment and Rehabilitation Service (STARS) being constructed on Herston Road alongside Queensland Institute of Medical Research (QIMR Berghofer) building by Executive Director Debbie McNamara. Debbie reported STARS would accommodate 7 operating theatres, 3 endoscopy rooms, 33 surgical recovery spaces, 38 procedural recovery spaces, a 28-bed short stay surgical ward and will also have onsite sterilising services. STARS will also have an Indigenous liaison telephone service assisting patients to connect with Indigenous Liaison Officers. Fifty per cent of the artwork within STARS will be Aboriginal and Torres Strait Islander artwork and there will be a focus to increase Aboriginal and Torres Strait Islander clinical representation across all roles.

Kim Minniecon, Senior Indigenous Health Coordinator, and Vena Beetson, Indigenous Nurse Navigator, presented insight into the Connected Care Program at Children's Health Queensland. The program commenced in 2013 to improve health outcomes for children with chronic and complex health care needs through coordination of care, using a family centred approach with family-caregiver partnerships and cross speciality teamwork across Queensland.



Kirsty Leo, Vena Beetson and Darsha Beetson enjoying the morning at Chermide.



Janet Dunn, Claire Reilly, Yvonne Williams and Jodi Dyer from Ngarrama enjoyed the chance to catch up.



Patricia Kennedy Team Leader, Indigenous Health Liaison Officer RBWH and Kate Mason Deputy Executive Director RBWH at the event.

Congratulations to Deadly Start Trainees completing their program

The Deadly Start school-based traineeship program was launched in November 2018 by Metro North Hospital and Health Service (Metro North) as an initiative to increase staff across all Metro North facilities who identify as Aboriginal and/or Torres Strait Islander.

The Deadly Start trainees are employed by a Group Training Organisation (GTO), and 'hosted' within allocated areas across Metro North throughout the 12-month traineeship program.

In 2019, the Deadly Start Team were busy engaging and recruiting young Aboriginal and Torres Strait Islander students across high schools within Metro North's catchment who are interested in pursuing a career in health.

A total of 35 Aboriginal and Torres Strait Islander students enrolled into the pre-requisite Certificate II Health Support Services course (external to Deadly Start and Metro North) and must pass course requirements to join the next cohort of Deadly Start trainees who will commence July 2020.

Year 10 Aboriginal and Torres Strait Islander high school students are eligible to enrol in a Certificate II in Health Support, which will begin in Year 11 and take 6 months to complete. Upon completion, students may apply for a Certificate III Deadly Start traineeship which will commence in the same year.



Emilie proudly holding her completed certificate.

During their time at Metro North, Deadly Start trainees undertake 12 months (375 hours) of work placement under the guidance and supervision of health practitioners and staff. Trainees attend the work place one day per week on a designated day and are expected to work additional days throughout the school holidays. Trainees will need to work a minimum of 7.6 hours per shift, preferably an eight hour shift in order to reach 375 hours of work placement within the 12 month timeframe.

As Deadly Start trainees do not have necessary qualifications or registration requirements to operate independently, they will work in a delegated and supervised role. Their scope of practice will be defined at the outset of their placement, and a copy of their qualification outline will be provided to the nominated supervisor.

One of the students finishing the first intake cohort, Emilie Bevan, completed her training in December and is very proud of her achievement, but sad to leave the team she has come to know. Emilie is planning to complete a Diploma and said she would encourage other students to do the Deadly Start program.

"Believe in yourself, dreams are worth fighting for, they really are," Emilie said.

Emilie feels she has matured and has really enjoyed being in a team where she felt encouraged and mentored which helped her feel very professional.

The support offered to Emilie during her Deadly Start traineeship enabled her to cope with both her school work and her traineeship.

Along with Emilie, Berniece Bowie must also be congratulated for completing the Deadly Start program in December.

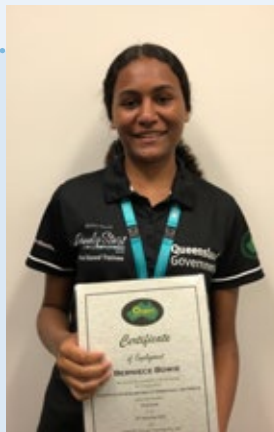
Berniece was more than happy to answer the following questions regarding her study and traineeship.

1. How have you enjoyed your traineeship experience and what has been your highlight?

I really enjoyed it a lot. It's been fun and I've enjoyed coming to work each week. The highlight for me was being able to communicate with patients each week and build rapport. Overall, it's been a really great experience.

2. Throughout your 12-month traineeship, what has been most challenging?

Coming into a working environment as a trainee with a lot of professionals - I was a bit nervous. Building the confidence to speak up and ask questions took some time but I felt very welcomed and gained confidence quickly.



Emilie proudly holding her completed certificate.

I would encourage all Aboriginal and Torres Strait Islander students to take up any opportunity like the Deadly Start school-based traineeship program.

3. Did you have the opportunity to work directly with any Aboriginal and/or Torres Strait Islander patients during your school-based traineeship?

Yes, I did! I worked with a few Indigenous patients throughout my traineeship. I found that I engaged with them a lot easier and the conversation came more naturally. There was one Indigenous man that I worked with at GARU who was very shy in speaking to the other supervisors, and once I began speaking with him and told him my background and where I was from, he began opening up to me.

He preferred to speak with me if he needed anything or if he wanted to explain something to the other staff. Having that cultural connection built instant trust and comfort and it's inspired me even more to go on to continue a career in health, I would like to work with Aboriginal and Torres Strait Islander people and give back to my community.

Berniece said "I am the first person in my family who has done any sort of big thing like this and now my family are asking how they can be a part of Deadly Start, or something similar".

Elders Thank You Event at Morayfield

On Monday 16 December 2019 staff from the Metro North Aboriginal and Torres Strait Islander Health Leadership Team attended a luncheon organised by Churches of Christ, Metro North and other local community organisations to thank Elders in the community for their continued support, guidance and community contributions.

The lunch was held at Morayfield Community Hall where an acknowledgement presentation was delivered for Aunty Flo Watson, Aunty Judy Cowburn, Aunty Rhona Bowden, Aunty Susan Williams, Aunty Diane Law, Aunty Caroline Law, Aunty Patricia Pickering, Uncle Tim Carmody, Uncle Ivan Pickering, Uncle Alan Parsons, Aunty Lynne Matsen, Aunty Jean McKellar, Uncle Mick Douglas and Aunty Marge Grant. Each respected Elder received a gift and had their history and lifetime achievements shared with attendees.

The event was a brilliant opportunity to pay respects to our local community Elders.



Aunty Erica Girvan and Aunty Judy Cowburn.



Rayna Cowburn and Aunty Jean McKellar enjoyed the event.



Community Elders were thanked for their continued support at the event.



Aunty Marge Grant, Rayna Cowburn, Aunty Judy Cowburn and Aunty Patricia Pickering.

Metro North Hospital and Health Service: Putting people first

CABOOLTURE HOSPITAL INDIGENOUS MIXED TOUCH FOOTBALL CARNIVAL

Sunday 5 April 2020
8am to 4.30pm
Petersen Road Sports Grounds
220 Petersen Road, Morayfield

Get a team together and register!

- 6-a-side
- 12-14 players per team
- Mixed teams or individual nominations
- Under 18s competition
- Adult competition

For further information or to register, contact Rob Brown on 0439 403 690 or email robert.brown2@health.qld.gov.au
Nominations close Sunday 22 March 2020. Players of all cultural backgrounds welcome.

BRING YOUR FAMILY FOR A FUN DAY OUT. PLUS HEALTH CHECKS | ENTERTAINMENT | FOOD STALLS | JUMPING CASTLE | FACE PAINTING

This initiative is supported by the Aboriginal and Torres Strait Islander Health Unit, Metro North Hospital and Health Service

Homeless Connect



Indigenous Sexual Health Staff members Melanie Kielly and Ronald Abala.

Homeless Connect started in Brisbane in November 2006. The success of the event is due to the contributions of service providers, volunteers and the community. Homeless Connect is designed to give immediate access to a range of practical services in a client-focused environment for people experiencing or at risk of homelessness.

The objectives of Homeless Connect are to:

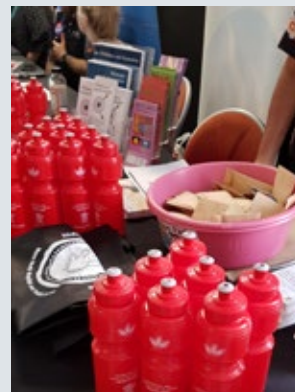
- Connect those experiencing or at risk of homelessness to services in a “one-stop-shop” environment
- Connect service providers with each other in a client-focused way
- Show civic leadership in engaging the community, non-profit organisations and businesses in being a part of addressing homelessness in Brisbane
- Demonstrate broad community support to those experiencing or at risk of homelessness in Brisbane, through immediacy, hospitality and connection.

This was the 22nd Homeless Connect event held in Brisbane by Brisbane City Council, with approximately 15,000 people having been assisted to date.

There were over 50 service providers enabling guests to access services in the areas of accommodation, legal assistance, employment, youth, health and medical support.



Stall displays at the event.



Total Number of Guests accessing the stand	
Female guests	48
Male guests	56
Family	7

Other services on the day included natural therapists, hairdressing, arts and crafts and other recreational activities.

The Indigenous Sexual Health Program provided an information stall with resources and free hand outs that was kindly donated by Sherry Holzapfel from the Aboriginal and Torres Strait Islander Health Unit and Team Leaders Natasha White and Aleacha Hopkins from The Prince Charles Hospital Liaison office service.

This year the Indigenous Sexual Health Team decided not to conduct any survey/questionnaires with the handouts and instead provided healthy messages with every bag.



Staff members Andrew Williams and Melanie Kielly from the Sexual Health Team at the event.



Community Oral Health Yarning Circle

Staff and Community enjoying the end of year celebration.

The Metro North Community Health Yarning Circle is driven by local Aboriginal and Torres Strait Islander people and supported by the Consumer Liaison Officers and the Indigenous Primary Health Team, Community and Oral Health. The group was established following feedback from a local Elder to enhance services delivered to Aboriginal and Torres Strait Islander people. The feedback stated, “you provide the medical, nursing and allied health components of health, but we need to be looking at a holistic approach to health care where we take into consideration other aspects like our mental, spiritual and cultural health needs”.

The group meets on a monthly basis and provides an opportunity for local Aboriginal and Torres Strait Islanders to share their experience of community health and what it should look like in the future. The yarning circle recently held an end of year celebration in recognition of time, commitment and the great work achieved in 2019.

The Yarning Circle remains committed to improving the health outcomes for Aboriginal and Torres Strait Islander people by utilising Community and Oral Health Services and will reconvene on 27 February 2020, 10.30 – 12.30 at the Brighton Wellness Hub.



Queensland's Aboriginal and Torres Strait Islander Student of the Year for 2019

After successfully completing a Certificate III in Health Services Assistance, Shaunah Downton is well on her way to achieving her goal of becoming a fully qualified midwife.

Shaunah is determined to one day help the women in her community tackle post-natal depression and be someone people feel comfortable sharing their health concerns with.

Shaunah's determination, skills and experience as a school-based trainee with Metro North earned her early entry to her midwifery studies.

Minister for Health and Minister for Ambulance Services Steven Miles also nominated Shauna for Moreton Bay Regional Council's Young Australian of the Year.

Shaunah Downton

(Aboriginal and Torres Strait Islander readers are warned that this story contains images and name of a person who has passed)

Remembering Uncle Sam Watson

Deputy Premier, Treasurer and Minister for Aboriginal and Torres Strait Islander Partnerships, The Honourable Jackie Trad, Wednesday, November 27, 2019

Statement from the Deputy Premier – Vale Sam Watson Snr

Queensland and Australia have lost a fearless, tireless fighter for the rights of indigenous Australians.

Sam Watson Snr was a proud member of the Munnenjarl and Biri Gubba Juru tribal nations, with blood ties to the Yuggera, Kalkadoon and Noonuccal peoples.

A lifelong activist, community leader, author, academic and filmmaker, Sam was a passionate advocate for his people.

Across more than half a century, he made an indelible contribution to the advancement of the rights of Indigenous Australians.

In the 1960s, Mr Watson campaigned against the White Australia Policy.

He was involved in both the 1967 referendum campaign and the Gurindji land rights claim in the Northern Territory.

He served at the Aboriginal Embassy in Canberra from 1972, the year it was founded.

Through the 1970s, Mr Watson worked with elders to establish community organisations and peak bodies in health, housing, education, employment and legal aid.

In the 1980's Sam fought on the front line against the brutality of the Bjelke-Petersen Government.

Through his work with the Brisbane Aboriginal Legal Service in the 1990s, Mr Watson played a vital role in implementing the findings of the Royal Commission into Aboriginal Deaths in Custody.

In 2009, Mr Watson was appointed Deputy Director at the University of Queensland's Aboriginal and Torres Strait Islander Studies Unit where he taught courses in Black Australian literature.

As an author and screenwriter, Mr Watson was named National Indigenous Writer of the Year in 1991 for his novel *The Kadaitcha Sung*.

He wrote and co-produced the 1994 film *Black Man Down* that was screened to global audiences as part of the Sand to Celluloid collection of Indigenous short films.

Sam famously tore down place names that were offensive to indigenous Australians, but also fought to preserve those that remind Queensland of the racial prejudice in our past – like Boundary Street in West End.

Mr Watson is survived by his wife Cathy and his children Nicole Watson and Sam Wagan Watson.



Statement from the Watson Family, 27 November 2019

Earlier today the Aboriginal community leader, Sam Watson passed away. He was surrounded by loved ones, who held his hand as he made his final journey back to the Old People. Sam was a proud Wangerriburra and Birri Gubba man, who had blood ties to the Jagara, Kalkadoon and Noonuccal Peoples.

One of six children born to Sam and Eunice Watson, Sam attended Mount Gravatt State High School. It was at Mount Gravatt State High that Sam met the love of his life Catherine Gloria de Gunst. They would be together for fifty-two years.

At sixteen years of age, Sam took his first political action by handing out 'how to vote' cards for the 'yes' campaign for the 1967 referendum. The successful referendum resulted in constitutional amendments that would give the Commonwealth the power to make laws in relation to Aboriginal people and enable the inclusion of Aboriginal people in the Census. In the ensuing years, Sam became a founding member of the Brisbane Chapter of the Australian Black Panthers and he proudly belonged to the original Aboriginal Tent embassy.

Together with Aboriginal people throughout Queensland, Sam fought against the policies of the Bjelke-Peterson Government that saw our communities subject to the oppressive controls of the former Department of Aboriginal and Torres Strait Islander Advancement. Sam also marched against Australia's involvement in the Vietnam War, and campaigned against the former apartheid regime in South Africa.

Throughout his life, Sam was involved in numerous community organisations, including the QEA Aboriginal and Torres Strait Islander Legal Service, and more recently, Link-Up.

Each year, Sam would be at the forefront of the Invasion Day rally in Brisbane. It is his family's hope that Invasion Day rallies will continue to grow each year, because we know that he will be there in spirit. Just as he loved his community, Sam was also devoted to his family. He was a much-cherished husband, father, brother, uncle and grandfather. Sam also made loving connections with the Clay family on Palm Island; connections that remain strong today.



NACCHO
National Aboriginal Community
Controlled Health Organisation

For media enquiries contact Yatu Widders Hunt on yatu.widders-hunt@coxinallridgeway.com.au

NACCHO is the national peak body representing 145 Aboriginal Community Controlled Health Organisations across the country on Aboriginal health and wellbeing issues. NACCHO represents over 6,000 ACCHO staff – of which 3,500 are Indigenous – and is the largest employer of Aboriginal and Torres Strait Islander people in Australia.

Many NACCHO members have almost 50 years of experience in the delivery of comprehensive primary health care. Services are delivered through fixed, outreach and mobile clinics operating in urban, rural and remote settings across Australia.

Tribute to Aunty Pamela Mam, Pioneer of Aboriginal and Torres Strait Islander Health Services, 20 January 2020

The Board and staff of the National Aboriginal Community Controlled Health Organisation (NACCHO) today expressed sadness at the passing of Aunty Pamela Mam, a true pioneer of Aboriginal and Torres Strait Islander health services.

NACCHO Chairperson, Donnella Mills, offered condolences to Aunty Pam's family, many friends and colleagues in Aboriginal and Torres Strait Islander health.

"Aunty Pam was a staunch supporter of ACCHOs and was involved in establishing Brisbane Aboriginal and Torres Strait Islander Community Health Service in 1973.

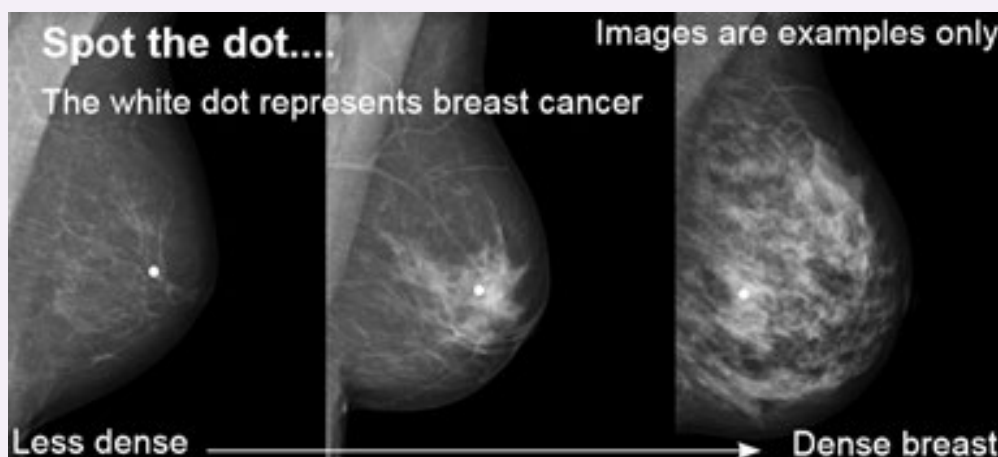
"She was a life member of ATSICH Brisbane and the inaugural inductee into the Queensland Aboriginal and Islander Health Council Hall of Fame.

Breast Cancer Screening

Your appointment at BreastScreen Queensland

When you arrive for your breast screen at BreastScreen Queensland, your mammogram (breast x-ray) will be performed by a radiographer (a health professional who specialises in imaging the human body).

You will be asked to remove your clothing from the waist up. The radiographer will place one breast at a time between two plates on the mammography machine. The machine will press firmly on your breasts for about 10 seconds to take the picture.



An image taken during the screening mammogram [used with permission from BreastScreen WA].

"In 2015 The Aunty Pamela Mam Indigenous Nursing Scholarship was established at Griffith University to honour her lifelong commitment to Indigenous health, and in 2018 she was conferred an Honorary Doctorate.

"She has, for over 60 years, provided tireless service to Aboriginal and Torres Strait Island Peoples, starting out as a nurse aid at Palm Island Hospital and progressing to be the founder of one of the biggest Aboriginal and Torres Strait Islander controlled health services in Australia.

"Aunty Pam championed proper care for our people; based on respect, humility and cultural understanding.

"Aunty Pam is a great Australian and will always be remembered for the legacy she has created in Aboriginal-controlled health," Ms Mills said.



Usually two pictures are taken of each breast, one from the side and one from the top.

This part of the screen can be off-putting because some women experience discomfort. Pressing is required to obtain a clear image of your breast for the radiologist (doctor) to interpret (see image below). This discomfort is only for a few seconds, and you are in control and can tell the radiographer who will release the pressure. Your whole appointment will likely take less than 30 minutes.

Better Together Funding 2020 – Closing the Gap on Indigenous Health

The question "Do you have a great idea or a research project that can be utilised to Close the Gap on Indigenous Health?" was advertised across Metro North from November 2019 in preparation for the round opening on 1 February 2020.

In total, \$150,000.00 will be available across Metro North for applications from all staff and will be allocated as follows:

Caboolture/Kilcoy Hospital	\$25,000.00
Redcliffe Hospital	\$25,000.00
Royal Brisbane & Women's Hospital	\$25,000.00
The Prince Charles Hospital	\$25,000.00
Metro North Streams	\$25,000.00
Community & Oral Health	\$25,000.00
Total	\$150,000.00

The Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022 (Better Together Plan) was launched on 7 July 2019 at the NAIDOC event at Caboolture and provides the framework to ensure Metro North is a national leader in the delivery of effective health services that are planned, supported and culturally equipped to increase access and improve health outcomes both in acute and a community setting for Aboriginal and Torres Strait Islander people.

There are four priority areas within the Better Together Plan –

- Leadership, Governance and Workforce
- Transparency, Reporting and Accountability
- Engagement and Partnerships
- Culturally Responsive, Safe and Connected Care. (4 Clinical Focus areas of-)
- Strong Start to Life
- Reducing Burden of Disease
- Crisis and Complex Care
- Living Well and Living Longer

Each priority area above has key actions and measurements of success. Applicants must be familiar with these areas to be considered and short listed for funding. Applications will be assessed for their ability to meet the key priority areas of the plan.

To be eligible, applicants must be employees of Metro North.

‘Pathways to Support’ at BreastScreen Queensland Brisbane Northside Service

BreastScreen Queensland Brisbane Northside Service are delighted to offer Aboriginal and Torres Strait Islander women a bag featuring ‘Pathways to Support’ by artist Yvonne Williams.

Two BreastScreen Services look after women north of Brisbane. At the top of the painting, the Sunshine Coast Service gathers women in from all the different areas; from the coast to the mountains. At the bottom of the painting, the Brisbane Northside Service looks after women from the Brisbane River to the Moreton Bay area. The pink and purple colours of the Brisbane North Service reflect the art of Sharon McAvoy: “A Woman’s Dreaming” that the Aunties chose to represent breast screening in their region. Women are shown on their paths, gathering around at the places of screening and visiting the services as they look after their susu yummum (breast) health.

Supporting women along every pathway are the Indigenous Health Workers, Healers and Cultural Support Workers who are represented in strong earthy tones symbolizing how they draw their strength from their land. A spirit animal appears to give strength and everywhere the elders guide with wisdom. Footsteps show how they walk beside women on their journey through screening and demonstrate that women are never alone on this pathway.

Like fingers gently tracing a map, the colours of the Indigenous Health Workers reach out to the women and the BreastScreen services: yarning, teaching, learning, sharing and supporting.

These bags will be gifted to Indigenous women (who identify as such on the Consent Form/Personal Questionnaire that is filled out upon arrival at their breast screen) who screen with BreastScreen Queensland Brisbane Northside Service starting January 2020 (while stocks last).

Eligible women include those who are 40 years or over and have no breast symptoms (we are a well women’s program). We can also work with community groups to coordinate group bookings, so that women receive appropriate social and cultural support. Please direct enquiries about group bookings to BSQ.BrisbaneNorth.HPO@health.qld.gov.au.

If you or any potential clients have questions, concerns or would like to book an appointment, call 13 20 50 or book online at www.breastscreen.qld.gov.au. Australian women have a one in seven chance of developing breast cancer in their lifetime. Early detection saves lives.

Painting by Aboriginal Artist Yvonne Williams



IN THE NEWS

Stolen Generations health resources ensure survivors not lost in the crowd.

The doctor's office can be a vulnerable experience, and for those of the Stolen Generations, the experience can be particularly uncomfortable. However, the launch of a new set of resources will work towards improving the support given by general practitioners, dentists and aged care providers to Stolen Generations survivors.

<https://bit.ly/2MVchVB>

Aboriginal medical service employees supported by new management diploma

A partnership between TAFE Digital and GP Synergy has seen the delivery of a nationally accredited Diploma of Practice Management for Aboriginal Medical Services for employees within Aboriginal Community Controlled Health Organisations (ACCHOs).

Aimed to support First Nations professionals in ACCHO management, TAFE Digital customised the Diploma of Practice Management to follow the needs of practice managers within Aboriginal Medical Services. The diploma is aimed to drive positive movement towards equality in the health disparity between First Nations and non-First Nations peoples.

<https://bit.ly/2QLRR2A>

National conference addresses infectious disease inequity in Indigenous communities

The Public Health Association of Australia (PHAA) hosted the biennial Communicable Diseases Control Conference 2019 this week to create connections between First Nations and non-First Nations peoples working within the health sphere to overcome the inequities within and realities of infectious diseases in Australia.

The Conference ran from November 20-21, gathering over 350 healthcare professionals, scientists and researchers to bring forward a portfolio of information around infectious diseases.

<https://bit.ly/2QNNXpR>

Lack of communication primary problem with Indigenous prisoner health care

New research published by the Public Health Association of Australia (PHAA) has highlighted the barriers limiting Aboriginal Community Controlled Health Organisations (ACCHOs) from providing necessary holistic primary health care to imprisoned First Nations people.

The study, published in The Australian and New Zealand Journal of Public Health, considered interviews from 19 staff from four ACCHOs nearby prisons in three Australian jurisdictions.

<https://bit.ly/2ZSTcJ2>

Five Indigenous women graduate as doctors

Indigenous women were among 206 students to graduate as doctors at a ceremony held last week in The University of Western Australia's Winthrop Hall.

Tamisha King, Adriane Houghton, Heather Kessarar and Kelly Langford were awarded a Doctor of Medicine and Shauna Hill was awarded a Bachelor of Medicine and Bachelor of Surgery.

<https://bit.ly/39Hp4Fe>

New ADAC App will be 'game changer' to gauge realistic drinking habits

Researchers say a new app has the potential to more accurately reflect the nation's drinking habits.

The ADAC and app researchers hoped the app would be available to download by the end of the year. The Grog App was designed for use by Indigenous Australians but could be used by anyone.

Dr Kylie Lee, a senior research fellow at the Centre of Research Excellence in Indigenous Health and Alcohol who was also involved in the app's development, said the new technology would create a more accurate database.

<https://bit.ly/2QoErdT>

Walgett AMS ACCHO Pool Day Community-led solutions will improve Aboriginal child safety, promote community building, togetherness, health and wellbeing and health promotion activity

A Prevention Centre project for Aboriginal child injury launched its first community event on Saturday 30 November at Walgett Swimming pool. Focusing on water safety, nearly 400 people gathered at the pool to swim, talk, play and focus on the wellbeing of their young people.

<https://bit.ly/37HDvY6>

WORD OF THE MONTH

“Watyi”

pronounced wah-chee) from the Minginnda language of the Gulf of Carpentaria – meaning ‘to speak’.

STAFF PROFILE



A Day in the Life of Tamara Nganeko

After a recent volunteer role in Laynhapuy Homelands Aboriginal Corporation in Northern Territory, Community and Oral Health Physiotherapist Tamara Nganeko is looking into ways to improve the clinical outcomes for Aboriginal and Torres Strait Islander patients on the Northside.

What does your role involve with the Community Transition Program at Community and Oral Health?

My role as a physiotherapist is to assist people to get back into the swing of their life post-hospital stay. I see patients immediately after their hospital stay for generally a 6 – 8-week period. Our program is a low intensity restorative program and we work as a multidisciplinary team for the patient up until discharge and integration back into their home / community life.

This morning for instance, I was assisting a client to start to transition back into their normal hobbies and day-to-day leisure activities. This patient had some anxiety and deconditioning. I assisted by taking him to a local exercise group and to get back out into the community.

Who is part of the multidisciplinary team?

We cover dietetics, speech pathology, occupational therapy, social work, nursing and just recently we have a pharmacist as part of the team.

Our administration team also play such an integral role in the wrap around service for our clients.

Did you always want to be a physiotherapist?

I became interested after I completed work experience within an acquired brain injury unit. I wasn't sure what area of health I'd be interested in. I was then fortunate to get some allied health assistance experience, and from then on, I thought I want to be an allied health assistant. After some time, my interest continued and after many years of study I became a physiotherapist.

You are also trained as a paramedic, what made you want to switch career paths?

I worked at the Royal Brisbane and Women's Hospital. As nature of the role of a paramedic, it was irregular hours and on call. I found it difficult to juggle this with my young son.

I also found my skill set could be utilised more as a physiotherapist, as you can work side by side with your client to achieve their goals. For example, I had one gentleman who used to walk three to four kilometres each day. We set goals together, in four weeks we'll try aim for one kilometre and slowly increase and edge towards his goal. It's really empowering to take the journey together and watch them fulfil their goals.

What does a typical day look like for you?

It's so varied! I usually start the day with case management clients, liaising with all the team, writing down the goals and creating a client-centred care plan. Also making sure the referrals are going to the right disciplines.

If I'm purely working as a physiotherapist, I'll work with the client's on what their goals are and assess their physical strength and balance to create an exercise plan that they can undertake independently or with an allied health assistant. I also work out what we can do to progress their ability each week.

You were recently nominated as the Aboriginal and Torres Strait Islander health champion in your work area, what will this involve and what do you hope to achieve?

I was nominated by my Team Leader after my volunteer role at Laynhapuy Homelands Aboriginal Corporation in Northern Territory.

My role in this space will be looking into the support we provide patients that identify as Aboriginal and/or Torres Strait Islander origin. We have a low percentage of identified patients accessing our service and I'd like to investigate any barriers we may have.

I've been starting to connect in with our Aboriginal and Torres Strait Islander staff and services. I recently attended the Better Together gathering so I can gain more knowledge and understand the work currently out there with different services. I'm trying to make time and space in my workload to attend these types of things so I can impart more knowledge back to our team.

What were some of the barriers you noticed in that community?

I was astounded in the level of rheumatic heart disease and didn't realise how problematic this was. I've volunteered in developing countries, and as Australia is not a developing country, it saddened me the vast difference of health equality.

Finally, what made you have an interest in Indigenous health?

My father is Maori, and our family has experienced intergenerational trauma also, and that from my understanding is prominent within Indigenous culture also. I think with social workers, they do so much, but it's connecting with a long-term system of support. I'm interested in human rights in totality for Indigenous health outcomes and closing that gap for life expectancy.

On a more positive note, I've recently joined the Deadly Runners group in Sandgate. My son goes on his scooter. It's nice to integrate and be amongst it all, people can have opinions but without knowing or integrating you're not experiencing life. It's a beautiful group with many inspiring people being part of the running group, it's about health and wellness.

A NEW AND BETTER TEST FOR WOMEN

Talk to your health worker today – for yourself,
your family and your community.



The new and better test replaces the old Pap test, and you only have to do it every 5 years.

If you're aged 25 – 74 you should speak to your health worker about when you need your next test, this is normally two years after your last Pap test. It's a great way to make sure you're strong and healthy for your family, kids and community.

***For more information have a yarn with your health worker,
or visit cancerscreening.gov.au/cervical***

Artwork Elements Created By Gilimbaa Artist, Rachael Sarra, Goreng Goreng



Australian Government

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program

2020 NAIDOC CELEBRATION

Caboolture Family Fun Day

Tuesday 7 July 2020

9.30am – 2.30pm

**St Columban's College
Auditorium and Grounds**

Staff, patients and community members are invited to come together to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people during NAIDOC Week (5-12 July 2020).

The 2020 theme - Always Was, Always Will Be. recognises that First Nations people have occupied and cared for this continent for over 65,000 years. NAIDOC 2020 invites all Australians to embrace and acknowledge the true history of this country – a history which dates back thousands of generations.

The family fun day, held at St Columban's College at Caboolture, will feature a Welcome to Country, Aboriginal and Torres Strait Islander dancing and singing, cultural workshops and plenty of stallholders.



**Always Was,
Always Will Be.**
5-12 JULY 2020

For further information contact (07) 3139 4117
or email A_TSIHU_MNHHS@health.qld.gov.au

PLUS • A FREE SAUSAGE SIZZLE • HEALTH & COMMUNITY STALLHOLDERS • CHILDREN'S ACTIVITIES

The event is proudly supported by the MNHHS Aboriginal and Torres Strait Islander Health Unit and St Columban's College.



Metro North Better Together Gathering

Staff, patients and community members are invited to attend the annual Metro North Close the Gap Day event.

The gathering will feature a Welcome to Country, updates from the *Metro North Hospital and Health Service Aboriginal and Torres Strait Islander Better Together Plan 2019-2022*, traditional dancing, a health and community discussion panel, stallholders and the official unveiling of the Metro North Better Together Health Van.

DATE: Thursday 19 March 2020

TIME: 9.00am – 1.00pm

LOCATION: Brighton Health Campus Auditorium, 449 Beaconsfield Terrace Brighton

RSVP for catering purposes: 28 February 2020 to A_TSIHU_MNHHS@health.qld.gov.au or phone (07) 3139 4117.

9.00am	Event registration
9.30am	Welcome to Country
9.45am – 10.00am	Formal speeches
10.15am	Morning Tea
10.30am – 11.00am	Part 1 Presentations on Better Together Plan updates
11.00am	Torres Strait Islander Dancers
11.15am – 11.45am	Part 2 Presentations on Better Together Plan updates
11.45am	Panel Discussion with Metro North Health and Elder Panel
12.30pm	Unveiling of Metro North Better Together Health Van
1.00pm	Lunch
1.30pm	Event finishes



This initiative is supported by the Aboriginal and Torres Strait Islander Health Unit, Metro North Hospital and Health Service



**Queensland
Government**



DO YOU HAVE A GREAT RESEARCH PROJECT THAT CAN BE UTILISED TO CLOSE THE GAP ON INDIGENOUS HEALTH?

Need some funds to get the idea off the ground?

Keep an eye out for the Better Together Funding to the value of \$25,000.

Applications open 1 February 2020 and close 31 March 2020.

For further information please email maxine.goulston@health.qld.gov.au



This initiative is supported by the Aboriginal and Torres Strait Islander Health Unit, Metro North Hospital and Health Service



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

Please contact Aboriginal and Torres Strait Islander Health Unit Communications Manager Renee Simon at Renee.Simon@health.qld.gov.au or phone (07) 3139 3235.



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

© State of Queensland (Metro North Hospital and Health Service) 2020

Produced by the Metro North Communication Directorate

Page 20