

Talk-About

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

April/May 2020

Metro North Hospital and Health Service *Putting people first*



Artist Elaine Chambers-Hegarty designed the 'Better Together' artwork for the van.

Better Together Health Van unveiled to help close the gap on health outcomes

A new Better Together Health Van unveiled on National Close the Gap Day (19 March 2020) is set to provide more convenient access to health care information for members of the Aboriginal and Torres Strait Islander community in Brisbane's north.

Metro North Aboriginal and Torres Strait Islander Leadership Team Director Sherry Holzapfel said the initiative would assist with education and service delivery in line with the growing Indigenous population in Brisbane's northern suburbs.

"Between 2011 and 2016, the Aboriginal and Torres Strait Islander population residing in the Metro North region increased by 37.6 per cent, compared to 18 per cent nationally. By 2031, the Indigenous population in South East Queensland is projected to be 133,189, the largest of any other State's population projection," Ms Holzapfel said.

"The introduction of the Better Together Health Van will allow Metro North to deliver health promotion and education, clinical service delivery and engagement activities for Aboriginal and Torres Strait Islander people to improve health outcomes and contribute to closing the gap on life expectancy."



**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, Chermide Community Health Centre, 490 Hamilton Road, Chermide 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
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Friday and Monday 12noon to 8.30pm

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A word from the Director



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



It has been a very busy few months for our Hospital and Health Service, with frontline staff and services doing an exceptional job to take care of our patients during the community challenges of COVID-19.

The COVID-19 novel coronavirus is a new strain of coronavirus affecting humans.

Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

For our Aboriginal and Torres Strait Islander peoples, COVID-19 is a concern due to higher levels of pre-existing health conditions, overcrowding, social connectedness, mobility and increased remoteness with limited access to health services.

On 20 March 2020, National Cabinet, comprising of the Prime Minister and Premiers agreed to a National Approach to protecting First Nations peoples by restricting access into remote Aboriginal and Torres Strait Islander communities to prevent the spread of COVID-19. The National Cabinet provided in-principle agreement to the Commonwealth Minister for Health taking action under the Commonwealth Biosecurity Act 2015.

At a local level, we have been quick to respond to the pandemic supporting the response for our Aboriginal and Torres Strait Islander community in Metro North. Our plan is designed at three levels:

- Engage and Educate to ensure all patients and staff have access to the latest COVID-19 information and health guidelines.
- Assist our patient and consumers through increased social support, planning for rural and remote patients and patients with chronic disease, ageing population, children and pregnant mothers.
- Consider broader impacts and planning/ preparedness and response of emerging risks.

Some of the immediate measures we have put in place include holding information workshops for Aboriginal and Torres Strait Islander staff, introducing specific culturally appropriate fact sheets and information, partnering and planning with the Institute of Urban Indigenous Health and Primary Health Networks. I continue to work in close partnership with our State-wide colleagues and Chief Aboriginal and Torres Strait Islander Health Officer Haylene Grogan.

We are also planning to utilise the Metro North Better Together Health Van to support our Aboriginal and Torres Strait Islander community through access to health information.

COVID-19 continues to be a challenge for our communities, and I encourage you to keep up to date with the latest health advice from Queensland Health <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19> and also via our Better Together Health Van Facebook page - (<https://www.facebook.com/BetterTogetherHealthVan>)

I would like to thank our Aboriginal and Torres Strait Islander staff working on the frontline at the fever clinics and within the hospitals. We thank you for your dedication and commitment to the community.

On a personal level, let's think about how we can all support our loved ones, our Elders, Aunties and Uncles by continuing to check in with them via a phone call and reassuring them through these challenging times. For thousands of years we have navigated through challenges together and will continue to do so as a strong community.

Sherry Holzapfel

Director, Aboriginal and Torres Strait Islander Health Leadership Team

Continued from cover

The van features colourful artwork by esteemed Aboriginal Artist Elaine Chambers-Hegarty and an awning where community members can have a yarn with an Aboriginal and Torres Strait Islander Health Worker and experienced health staff.

Ms Holzapfel said the initiative was responsive to community needs based upon feedback gathered as part of the new Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022 launched in July 2019.

"The van is a long-term commitment for Metro North and will provide a one on one chance for community members to informally yarn with a health care provider on issues such as hospital experience and support co-design initiatives," she said.

For the next six months, the van will be out and about attending community cultural gatherings, Elders groups and health events to gain valuable feedback on the health service needs and requirements.

"Indigenous specific health programs will be the first to utilise the service as they already have a well-established connection within the community."

It is anticipated the van will be available as a clinical resource to other areas in Metro North such as allied health, maternal and child health, oral health and sexual health.

Find out more about the Better Together Van on Facebook via @ BetterTogetherHealthVan.



COVID-19 (Coronavirus)



Factsheet- Protect yourself and your mob!

What is it?

COVID-19 is a new virus and belongs to the same family of illnesses as the common cold. When this illnesses starts, it may develop in the lungs and start to affect them. In some cases, people may not feel sick at all while others may become very ill, very quickly.

What are the symptoms?

COVID-19 is a respiratory illness that effects your nose, throat and lungs. This will affect parts of your body that affect your breathing; If you are sick with COVID-19, your symptoms might include;



fever



cough



feeling really tired



sore throat



shortness of breath

How does it spread?

COVID-19 is spread between people, usually when a sick person coughs or sneezes. You can also catch it if they have coughed or sneezed onto a surface (like a door handle) that you touch, which can be transferred by your hands into your mouth, nose and eyes when you touch your face or eat.

How can I protect myself, my family and my community?

Washing your hands often and properly means that you can prevent the virus entering your body. This means washing your hands for at least 20-30 seconds.

Try to keep a safe distance from people who are coughing or sneezing and avoid hand contact (shaking hands and hugging) to protect yourself.

It is also important to look after yourself and keep your body strong as your best defence. Eat well, exercise and make sure you are getting enough sleep. Ensure you and your family are up to date with your immunisations including the flu vaccine.

Who is more at risk?

Because the COVID-19 virus is new, everyone is at risk of catching it. People suffering from poorer health or the older population are likely to become seriously unwell as their bodies will struggle to fight the virus.

What do I do if I am feeling sick?

If you are experiencing symptoms of the COVID-19 virus such as high fever, a cough, sore throat or shortness of breath it is important to seek medical advice by either your local doctor, Aboriginal Medical Service or local hospital.

When making an appointment with your doctor it is important to let them know what your symptoms are so that they can protect the broader community and ensure the best care for you before you come in.

It's important to think of those around you if you are unwell and ensure you cover your mouth (or wear a mask), avoid close contact and stay at home if you are sick.

To find the nearest clinic to you, please call **13HEALTH** for up to date information **13 43 25 84** or for further information about COVID-19 visit:

Queensland Health <https://www.health.qld.gov.au/>

Australian Government Department of Health <https://www.health.gov.au/>



6 steps to successful everyday hand washing using soap



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



In a circular motion rub the tips of fingers in the palm of the opposite hand.



Clean thumb by holding it in the other hand and rotating.



Clean wrist thoroughly also.



Rinse hands with water.

COVID-19 (Coronavirus) – Protect yourself and your mob!!

Wash hands often

Wash your hands often and properly, after being out and about, before eating and after going to the toilet. The virus can be spread by your hands into your mouth, nose and eyes when you touch your face or eat food.



Avoid close contact

Keep a safe distance from people who are coughing and sneezing and avoid hand contact such as shaking hands.



Look after yourself

Looking after yourself by eating a healthy, balanced diet, getting regular physical activity, sleeping well and reducing stress is your best protection to avoid getting sick.

Call your doctor

If you're unwell with any of the symptoms – seek medical advice from your doctor, Aboriginal Medical Service or your local hospital. Let them know your symptoms before presenting so they know you're coming.

Call **13HEALTH** for advice **13 43 25 84**



fever



cough



feeling really tired



sore throat



shortness of breath



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

Community and Oral Health Yarning Circle

Aboriginal and Torres Strait Islander community members and patients are invited to provide their feedback by taking part in the regular Community and Oral Health Yarning Circle meetings.



Staff participated in the discussions with community

The yarning circle provides an opportunity to share a personal experience of community health care, what community health care means to the individual and the wider community and how this can look in the future.

The A&TSILT was invited to present information regarding the new Better Together Health Van to Elders and to discuss how the van could service the Northside community.

Elders were particularly pleased to see the website and Facebook page as a medium to keep up to date with the van locations.

Over the next 6 months, Senior Project Officer William Bern, will continue consultation with key stakeholders and community groups to design how they would like to utilise the van at a community level.

Right: Uncle George Wano with COH Indigenous Manager Paul Drahm

Community Considerations discussed at the Yarning Circle:

- Will there be the capacity to bring dialysis equipment on the van?
- Can vaccinations for mums and bubs be provided?
- It would be good for the van to attend schools for health promotion and possibly provide vaccinations.



TPCH Indigenous Hospital Liaison Officer Jarrod Pater (centre) enjoyed yarning and catching up with respected community Elders.

Better Together Staff Gathering

The Metro North Indigenous Better Together Staff Gatherings are a quarterly event hosted by the Aboriginal and Torres Strait Islander Leadership Team and held at the Chermside Community Centre.

The aim of the gatherings is to disseminate information to staff across Metro North related to Aboriginal and Torres Strait Islander health, health outcomes and future planning that will assist in Closing the Gap on Aboriginal and Torres Strait Islander Health.



Left to Right TPC Indigenous Nurse Navigator, Darsha Beetson, TPC Executive Director Michele Gardener, TPC Nursing Director Cherie Franks and Kim Minniecon from Children's Health Queensland.

The day commenced with a moving presentation from Link-Up Queensland. A video was played illustrating strong emotional scenes regarding the stolen generation and the strong inner calling and strength of Aboriginal and Torres Strait Islander peoples to find their family, their country and their mob.



Staff members from Link-up Queensland



Cultural Capability Officer's Elwyn Henaway and Geoff Binge, pictured with MN Board Member Neil Roberts.

Link-Up Queensland aims to bring a sense of peace, identity and belonging to Aboriginal and Torres Strait Islanders who have been separated from their family and culture and provide support to reunite people with family and country where contact has been lost due to forced removal, fostering, adoption or institutionalisation. Aunty Nicky Newley-Guivarra provided an overview of the Yarns Heal suicide prevention campaign for the Aboriginal and Torres Strait Islander and LGBTIQ+ Sistergirl and Brotherboy community. The campaign is about sharing stories and reaching out to loved ones and Community Cultural Connectors when times are tough.

Yarns Heal will help to learn how to better support one another and aims to strengthen peer support systems so we can access help in culturally safe ways that nurture cultural healing, love and hope.

Nicky told of how art became her saviour and platform to coming off drug addiction, it was her way of healing. Her decision to go back to country, back to family was a turning point for her addiction and using her art as a storyteller helped her achieve her freedom from drugs.

Her message of surrounding yourself with good people and family, being proud of who you are was very well received.

Erich Barkmeyer, Jenny Turner and Fleur Kelly from Diabetes QLD covered areas such as nutrition and exercise to alleviate the onset of diabetes.

The group have been travelling across Queensland providing education using 'Feltman' in the workshops as a means of highlighting what food/intake has on various organs within the body.

Daniel Williamson, Manager, Aboriginal and Torres Strait Islander Health Branch also attended to provide staff with the latest data for the Close the Gap Agenda. The presentation led to robust discussion on how we are all tracking with Closing the Health Gap and the improvement measures required.

The gathering was well attended by staff, executive leaders and MN Board Member, Neil Roberts. Kim Minniecon from Children's Health Queensland has now attended two gatherings with much enthusiasm.

"I have to say it's such an awesome day! It really is therapeutic in a lot of ways. I have attended twice now and both times I have walked out refreshed, connected, feeling safe and excited to return. It's great learning a little more about what we all contribute to our community and the networking and community engagement that we all benefit from," Kim said.

Further information –

<https://www.link-upqld.org.au/>
<https://www.yarnsheal.com.au/>
<https://www.diabetesqld.org.au/>



Aunty Nicky Newley-Guivarra held a captive audience during her Yarns Heal presentation.



The Diabetes QLD Team introduced 'Feltman' as a new way of delivering education to Aboriginal and Torres Strait Islander Health Workers.

Redcliffe Hospital marks National Apology Day with moving healing ceremony

Respected community Elder, Uncle Alan Parsons was invited to hold a healing ceremony at Redcliffe Hospital in recognition of National Apology Day.

On the 13 February 2020 marked the 12th anniversary of the formal National Apology to the Stolen Generations of Aboriginal and Torres Strait Islander children, who were removed from their families and communities and placed into institutional care.

In 2008, the then Rudd Government offered the apology and said Sorry, in recognition of past government policies which led to the removal of children.



Metro North Board Member Bonny Barry receives the water blessing



“What we’re doing today is healing. Culturally there are very different ways for healing. This morning I walked into the ocean down here in Redcliffe for a water cleansing ceremony, just like the rain now is cleansing,” Alan said.

“It would be symbolic to refresh to bring water from the ocean, with the energy of the Noonuccal people and some people are really connected to the ocean here today.

“We use earth, fire and water, everything is biodegradable from the land. Everything is connected to everything else. What we want to do is begin the year for Redcliffe Hospital and Metro North Hospital and Health Service in a way we can move forward into the year, for connection and acknowledgement.”

Alan shared stories with the guests and handed them a message stick he received from the Yorta Yorta people to set their intentions.

Executive Director of Redcliffe Hospital, Louise Oriti, said her intentions were to improve health care delivery for Aboriginal and Torres Strait Islander peoples and to see an improvement in clinical outcomes.



Uncle Alan Parsons and Redcliffe / Caboolture Cultural Capability Officer Elwyn Henaway

“We’ve laid the foundations with community and getting the right people together and now we have to make a difference to patient care. It’s a big year ahead for improving health care for Aboriginal and Torres Strait Islander people within our facility and across with our community partners,” Louise said.



Metro North Chief Executive Shaun Drummond (centre) pictured with hospital Executives, staff and community members.

OUTandABOUT

Orange Sky presentation draws inspiration for Better Together Health Van

In February, A&TSILT Project Officer Caley Colley attended the Department of Premier and Cabinet Speakers Series featuring a talk from the founders of Orange Sky.

Orange Sky Australia is a non-profit mobile laundry and shower service that visits the homeless community all over Australia. This organisation was started by two 20-year-old mates Nic Marchesi and Lucas Patchett who received inspiration from volunteering with people experiencing homelessness through their school program. This experience opened up a conversation on how they could contribute and pay it forward.

This conversation led to the realisation of one basic human necessity – clean clothes. The idea evolved and the next thing – with a lot of trial and error – the two mates were driving around to communities in a van with a washing machine and dryer in the back.



Orange Sky Founders Nic Marchesi and Lucas Patchett

From one simple thought of providing a basic human necessity in their community, to now growing and running a large non-profit organisation Australia wide providing laundry and shower services. With these services in place they have created a supportive environment with volunteers providing a safe place to have conversations with community simply by providing “orange chairs” where people feel comfortable sitting talking with the volunteers while waiting for their laundry to be cleaned. Sometimes just having that support from a listening ear is a way for healing to begin.

Caley was inspired to learn about their journey and how as a service we could draw inspiration from this with our new Better Together Health Van.

“Listening to their story has opened my eyes and made me think how we could make a difference and contribute to our community with our new Better Together Health Van and what this could mean for them. With just a simple concept brings many possibilities,” Caley said.



The service is available for rural and remote Indigenous communities.

Breast Cancer Screening

We can all support the breast health of Aboriginal and Torres Strait Islander women.

Feedback from our clients suggests that encouragement from friends and family is a major motivator for women when getting a breast screen.

We can all look after the ones we love by encouraging women we know aged 40 years or older to get their breasts screened every two years. Aboriginal and Torres Strait Islander women living on the North Side of Brisbane will receive a “Pathways to

Support” bag painted by Aboriginal Artist Yvonne Williams with each BreastScreen.

Although women under 40 years of age are not eligible to get their breasts screened as part of the BreastScreen Queensland Program, maintaining good breast health is something that should concern women of all ages. Being attuned to your body is important so that you notice any changes.

Younger women can start by becoming familiar with the look and feel of their breasts.

BreastScreen Queensland has temporarily suspended routine breast screening due to the coronavirus (COVID-19) pandemic. Please visit www.breastscreen.qld.gov.au for further information and service updates. If you notice any changes that worry you, see your doctor without delay.

Commitment at the highest level to acknowledging traditional owners

Metro North is committed to acknowledging the Traditional Owners of the land our hospitals and facilities are located.

An important part of this is at each meeting held by our Executive Leaders, they pay tribute to the Traditional Owners by delivering an 'Acknowledgement to Country'. Metro North regularly engages with Traditional Owners to deliver a Welcome to Country at significant meetings and events.

A&TSILT Manager of Data, Research and Clinical Governance Kirsty Leo, recently attended a Safety and Quality meeting with Executive Leaders at Metro North and was pleasantly surprised when Mark Butterworth delivered a moving Acknowledgment to Country at the commencement of the meeting.

As the Executive Director of Allied Health, Mark is a radiographer and nuclear medicine scientist and oversees a large portfolio for Australia's largest public hospital and health service.

"I was taken back and personally moved when Mark handed each attendee an information sheet with history of the Turrbal peoples."

"For a non-Indigenous person to take such knowledge and depth was awesome. I've normally heard this from the Traditional Owner, but to see an Executive Director take the time to learn about where he was working and the country made me feel very at ease as an Indigenous woman. I felt very welcomed."

HIGHLIGHTS FROM MARK'S ACKNOWLEDGMENT OF COUNTRY SPEECH

The Turrbal's tracks form the basis of many modern-day roads. Waterworks Road from Ashgrove is built on a Turrbal track that leads to Mount Coot-tha. Turrbal people would go to Mount Coot-tha to collect honey (Kuta) from the bees there; it is the place of the honey-bee dreaming (Turrbal Association 1998). Similarly, Old Northern Road from Everton Hills is built on a Turrbal track that led to the site of a triennial Bunya feast in neighboring Wakka Wakka country.

Many suburbs and places in Brisbane have names derived from Turrbal words. Wolloongabba is derived from either woolloon-capemm meaning "whirling water", (12) or from woolloon-gabba meaning "fight talk place"(13) Toowong is derived from tuwong, the onomatopoeic name for the Pacific koal (14) Bulimba means "place of the magpie-lark". (15) Indooroopilly is derived from either nyindurupilly meaning "gully of leeches", or from yindurupilly meaning "gully of running water" (16). Enoggera is a corruption of the words yauar-ngari meaning "song and dance".

"Place name details: (entry 42567)". Queensland Place Names. Queensland Government. Retrieved 13 September 2015.



Metro North Hospital and Health Service Putting people first

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.

We continue to recognise that to Close the Gap we need to work together with Aboriginal and Torres Strait Islander people, communities, staff and stakeholders to ensure that we are meeting the needs of the community.



Artwork by Elaine Chambers-Hegarty

Amy's commitment to Queensland farmers

When administration officer Amy Conroy is not helping clients for the Community and Oral Health Diabetes service, she is helping drought-stricken farmers across Queensland receive much needed water, food and goods.

In August 2019, Amy and her husband Jack established 'Drought Runners Qld' after visiting her home town of Bungunya (west of Goondiwindi).

"As I hadn't been back home to the farm for quite a number of years it dawned on me how much the drought is not only impacting my family but every single one of those priorities," Amy said.

"We first offered our full tank of water from our home in Woodford to a farmer for free, but we soon worked out it was very expensive to cart water out west. From there we started to collect water, dry dog and cat food donations from our family and friends."

The need grew from the initial visit, with Amy and Jack travelling to Texas (in the Goondiwindi region) in October to deliver 22 pallets of water, dog and cat food, children's toys, molasses and animal salt lick blocks to 12 families.

"Then it grew even bigger and we decided to do another run before Christmas but out to Toobeah Qld (near Bungunya) where we delivered a full semi-trailer truck load that had 28 pallets, 2 flatbed trucks with 4 pallets on them and about 8 4x4 vehicles that also had goods."

"We took out a variety of things which included water, dog/cat food, dry perishable foods, toiletries, baby items, children's presents, fruit and vegetables to 19 families."

"We had quite a fair bit of help from businesses that came on board and donated pallets of water, so we had enough to supply each family with 1 and extra which was donated by individuals."

Amy has worked at Metro North Hospital and Health Service for the past 3 years in a variety of roles including the Ngarrama Maternity Service at The Royal Brisbane and Women's Hospital, a service she was part of with her second child.

"I was really scared to have my second baby only because of the experience I had with my first. I felt like I had no support," she said.

"Having worked for Ngarrama I now knew that this service existed and reached out to them for my second pregnancy. The one on one you have with the midwife and the support you receive is amazing."

"I had a mobile number to call them on when I needed support. At the time I lived in the Lockyer Valley and my husband worked away, so having that support throughout my pregnancy, having a nurse to call and the support after the birth was awesome."



Working within the Ngarrama program helped Amy reconnect with her Aboriginal history, learning about her biological father, her mob and where she comes from.

"What I have found out so far is my biological father's family is from the south-west region of Western Australia. The family name is Treloar. I am working with Link-Up to research more about my history."

Amy recently received a Better Together polo shirt to wear within her workplace to create a safe and welcoming environment for Aboriginal and Torres Strait Islander consumers accessing the service.

"We have this one patient in our doctor's clinic, and he turned around a couple of months ago, came up to me and asked what mob I am from? It was the first thing he said to me. I was surprised that I was approached. We have had a good chat about our families, and I told him what I knew about my history. I was amazed and happy that he felt comfortable to approach me and talk with me. Now every time he comes in, he comes and chats with me."

Amy hopes to one day work as a social worker and work more with the Aboriginal and Torres Strait Islander community. She also plans to continue her work with Drought Runners Qld and has established a website to sell merchandise with 100% of the profits going towards items for their next trip.

"We are run on pure donations. Our family still work full-time in our respected roles. This is purely from our hearts and what we want to change," Amy said.

Drought Runners on the road to Central QLD.



ACCURATE INDIGENOUS IDENTIFICATION



Katie Chan

Administration Officer,
Brighton Wellness Hub

Why do you think it is important for Aboriginal and Torres Strait Islander clients/patients to Identify when presenting to our health care services?

It helps us as a health service to identify gaps in our health care.

It also helps our patients to ensure that we connect them to the services that meet their cultural needs.

How do you think wearing the Metro North Identification will help your interaction with Aboriginal and Torres Strait Islander clients, patients and visitors?

Being at the hub we have a wide range of clients from all cultures.

By wearing these shirts, we hope they feel that we respect their culture and that we are an identified contact for them to connect to health care.



Karen Hamilton

Administration Officer,
Breastscreen Queensland

Why do you think it is important for Aboriginal and Torres Strait Islander clients/patients to Identify when presenting to our health care services?

Gathering statistical information regards to accessing health services - so health services can identify needs and information to increase participation and for better practices to encourage people to attend.

How do you think wearing the Metro North Identification will help your interaction with Aboriginal and Torres Strait Islander clients, patients and visitors?

Will let staff and patients/clients be aware of my support of Aboriginal and Torres Strait Islander culture and peoples.

What does wearing the Identification shirt personally mean to you?

My husband was a Wiradjuri man who passed when our children were aged 2 and 7. It has been very important that my children were raised aware of their culture and family. For me personally it is a way to stay connected to my husband.



Paula Cairns

Mental Health Act Support
Officer, Caboolture Hospital

Why do you think it is important for Aboriginal and Torres Strait Islander clients/patients to Identify when presenting to our health care services?

It's extremely important, we need to respect the wonderful cultures and be respectful - otherwise we could be disrespectful, intimidating or just plain rude if we aren't aware.

How do you think wearing the Metro North Identification will help your interaction with Aboriginal and Torres Strait Islander clients, patients and visitors?

I think it's very important as it makes everybody - other staff/patients/visitors - feel more comfortable. It shows inclusion.

What does wearing the Identification shirt personally mean to you?

I'd be very proud to wear the identification shirt! It shows that I have a lot of respect for the Aboriginal and Torres Strait Islanders culture. My husband and children are Maori and I have such respect - and envy - I embrace different cultures and feel we can all learn from them.

Above pic: Paula pictured right with her colleagues Janelle and Shannan

IN THE NEWS

Plea for tents 'or anything' to help with self-isolation in overcrowded Indigenous communities.

Aboriginal doctors in regional centres are sounding the alarm about overcrowded housing as a "massive problem" that will make it very hard to stop the rapid spread of COVID-19, and are calling for the urgent provision of "good quality tents" or any safe place where people can isolate.

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

Coronavirus social distancing a struggle for large, multi-generational Indigenous families

It's not unusual for Marianne Headland-Mackay to have 10 people from three generations of family living in her home, but now she's worried her children are a risk to her vulnerable parents.

<https://ab.co/39gUkcv>

WA pledges millions for mental health, better services to reduce Indigenous suicides in the Kimberley

The WA Government has promised improved access to mental health services and better community engagement as it moves to tackle growing rates of Indigenous suicide.

Aboriginal Affairs Minister Ben Wyatt said the \$266 million package included \$3 million for expanded mental health services in the region and \$2.7 million to tackle foetal alcohol spectrum disorder.

<https://ab.co/3dsoFbv>

Aboriginal Birth Cohort study reaches 32 years of looking at health in the NT community

Since 32-year-old Aidan Hill was born, his medical history has been meticulously documented as part of the Menzies School of Health Research's Aboriginal Birth Cohort Study.

It is the longest and largest study of Aboriginal people in Australia, with 686 participants all born between 1987 and 1990 at Royal Darwin Hospital.

<https://ab.co/3btgDx1>

Scott Morrison wants Indigenous people to help with Closing the Gap. They already are

"If you don't stick to a trade, you will end up in prison or dead."

Sixteen-year-old Corey Tutt was in the library for a meeting with his careers counsellor.

To get there, he had walked past stacks of books filled with the works of generations of scientists who came before him. He knew he wanted to be like them.

<https://ab.co/2QFAhOw>

RACGP Aboriginal and Torres Strait Islander Health milestone

RACGP Aboriginal and Torres Strait Islander Health Chair Associate Professor Peter O'Mara described the college's work in this area as 'a shining light' at the faculty's recent 10-year anniversary event.

'I think our college stands out – we are leaders in this space, through the commitment of the whole organisation,' he told the audience.

Founded in 2010, RACGP Aboriginal and Torres Strait Islander Health emerged out of an earlier unit within the college that began in 2006, alongside a standing committee.

<https://bit.ly/2UBH78S>

Hope amidst the heartache: Closing the gap in remote Australia

The Morrison government pledged to partner with Indigenous people to refresh the failing close the gap strategy. In remote Queensland, one Aboriginal community has taken matters into its own hands.

Leah Warradoo wants only the best for her one-year-old daughter.

The young mum sits under the shade of a fig tree at the Lockhart River family centre, letting the tropical heat wash over her as she watches her daughter Angejazayna - Ange for short - bounce around the playground with an infectious smile and relentless energy.

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

Close the Gap Speech in Parliament House 12 February 2020

<https://bit.ly/3ag5Nuc>

How First Nations People are creating a strong connection on Social Media

Aboriginal and Torres Strait Islander online presence has begun to emerge across social media platforms.

By bringing their unique perspectives, traditional and contemporary knowledge, products and services, First Nations digital influencers have long been building their fan base.

<https://bit.ly/2UCfpj0>

WORD OF THE MONTH "puuya"

[pronounced boo-yah]
from the Umpila language of Cape York. It means 'the soul' or 'the heart'.

STAFF PROFILE



Introducing Natalie Fraser, Project Officer, Deadly Start Team

Can you tell us why you chose your new role, what was it that made you want to apply?

I love working with our young people and the Deadly Start Program aligned perfectly with my skillset, professional work experience and expertise in student engagement.

I am a strong advocate for young people being exposed to and receiving opportunities that broaden their horizons, especially in terms of their future career prospects. This program is great for that and I am excited to be a part of building it.

What are your thoughts on the Deadly Start Program and what is means to the future of health in the Aboriginal and Torres Strait Islander communities?

I think it's a great program for growing our Aboriginal and Torres Strait Islander workforce in the health sector.

We don't have enough of our mob working in health and this program has the capacity to provide a clear pathway into employment and/or further education in health-related programs.

Linking health, employment and education makes sense in increasing the size of our workforce with the aim of improving health outcomes for our people.

With the traineeship being paid, it's a fantastic incentive for our young people to earn money, whilst also developing their self-management, core work and career building skills.

It's been lovely to speak to some of our 2019 cohort graduates and see their eyes light up, when they talk about the ways in which they were able to help our people, as part of their traineeship.

I think having those reflective conversations with our young people, on how valuable their contribution is at that patient support level, can be life changing when they start making those critical links.

What do you hope to achieve here – your goals?

I want our trainees to get an excellent work experience opportunity exploring the health sector, whilst developing a tool box of skills and strategies to prepare them for a career in health.

Building a strong community and sense of belongingness at Metro North around the Trainees is a major aspect and focus of this program.

We want our young people to feel culturally safe and be inspired by our dedicated and culturally strong workforce.

We've also had great support from the wider Metro North community, in being part of that community of support.

At the end of the program, we want our Trainees along with their family members, to have a clearer picture of where their career aspirations lay and a plan of how they intend to get to where they are going.

We've got some exciting plans to partner with Universities, where they will be further supported in terms of creating a meaningful after school pathway into further education, should they be ready for that.

We want our Trainees to consider Metro North as an employer of choice for not only themselves but their family members and community.

Can you tell me where you worked prior to Queensland Health?

I graduated with a Bachelor of Science – Applied Psychology back in 1998.

I spent nearly 10 years working in Child Protection and for the last 12 years I have worked in International Education, VET, Tertiary Education and State Education.

A few years ago, I also managed to open a restaurant, which was a complete departure from my professional background.

Having the experience of being a small business owner in the private sector, has certainly given me a whole other level of experience and perspective in business, employment and human resource management.

Can you tell me your personal history?

I am a Gooreng Gooreng, South Sea, Australian woman. My mum's mob are the Johnson's from Hervey Bay, with connections back to Gladstone.

My dad is a whitefulla from Sydney. I was born and raised on Butchulla country and have lived in Brisbane for about the past 12 years.

My parents and brother live in Hervey Bay and I am very close to my family.

How do people get in touch with you, where are you located?

I am located in Building 7, Floor 14 in the Chief Executive's Office at RBWH. I can be contacted on email: Natalie.Fraser@health.qld.gov.au and by Ph: (07) 364 78943 and Mob. 0436 863 128

Finally, tell us what you like doing outside of work?

I am very much a homebody and quite boring, so when I'm not working, you'll find me chilling at home watching crime TV and having the biggest laughs with my closest friends and family.

IT'S IMPORTANT TO PRACTICE **SOCIAL DISTANCING** IN YOUR COMMUNITY

PROTECT YOUR FAMILY

PROTECT YOUR COMMUNITY

IT'S TRYING TO
REDUCE CONTACT BETWEEN
YOURSELF & OTHERS
AS MUCH AS POSSIBLE.

IT'S ABOUT PREVENTING
COUGHS & SNEEZES
SPREADING **DISEASES**



WHAT YOU CAN KEEP DOING

Go for a walk | Do some gardening | Read/chill at home
Cook a nice meal | Go for a drive | Check in with your mob
Play with the kids in the backyard

WHAT YOU CAN STILL DO — WITH CAUTION

Do your grocery shopping | Get takeaway
Pick up medicine from a pharmacy

**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING SYMPTOMS OF COVID-19,
PLEASE CALL YOUR HEALTH SERVICE OR CALL 13 HEALTH (13 43254) FOR ADVICE.**





Metro North Hospital and Health Service Putting people first

Better Together Health Van

The Better Together Health Van is a free community service for Aboriginal and Torres Strait Islander people living on the North Side of Brisbane (from Brisbane River to Kilcoy), providing access to:

- Health promotion and education
- Opportunistic health screening
- An avenue to yarn with a health care provider to provide feedback on hospital experience and healthcare journey
- Opportunity to co-design healthcare services for Aboriginal and Torres Strait Islander peoples
- Access to Aboriginal and Torres Strait Islander health workers and supporting health staff.



How to access the Van?

Visit our website for up-to-date locations of the Van
metronorth.health.qld.gov.au/better-together-van

Follow our Facebook Page @ BetterTogetherHealthVan for information on locations, upcoming events, important health information and community stories.



Make a booking

If you would like to request the Van visits your community or event, contact the Metro North Aboriginal and Torres Strait Islander Leadership Team to make a booking on (07) 3139 3235 or email Bettertogetherhealthvan@health.qld.gov.au

The service is owned and operated by Metro North Hospital and Health Service (MNHHS). The Better Together Health Van will be utilised as an extension of MNHHS in creating engagement activities and developing partnerships and relationships with Aboriginal and Torres Strait Islander consumers, families and community organisations.

Over the next 12 months (March 2020 – March 2021) the Van will be gathering community feedback, assessing service demand and evaluating clinical service needs.

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.



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