



Talk-About

The official newsletter from the Aboriginal and Torres Strait Islander Leadership Team

March 2021



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

That's the question that staff must ask every time someone presents to Metro North Hospital and Health Service (Metro North Health).

As the largest public health service in Australia, Metro North Health is committed to improving the health outcomes of Aboriginal and Torres Strait Islander people. To know if we are closing the gaps in health

status and life expectancy for Aboriginal and Torres Strait Islander people, and to make sure we are providing services in the right way, we ask if people are Aboriginal and/or Torres Strait Islander origin.

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Give us feedback

We welcome your feedback, contributions, story ideas and details on any upcoming events. Please contact Aboriginal and Torres Strait Islander Leadership Team at A_TSIHU_MNHHS@health.qld.gov.au or phone (07) 3139 6621.

Aboriginal and Torres Strait Islander Leadership Team

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

Mail to:

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

Email to:

A_TSIHU_MNHHS@health.qld.gov.au

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: 3646 4154 / 0408 472 385

After hours Ph: 3646 5106 / 0408 472 385

The Prince Charles Hospital

Indigenous Hospital Liaison Officer Ph: 3139 5165 / 0436 690 306

After Hours Ph: 3139 6429 / 0429 897 982

Redcliffe Hospital

Indigenous Hospital Liaison Officer Ph: 3049 6791

After Hours Ph: 3049 9734

Caboolture/Kilcoy Hospital

Indigenous Hospital Liaison Officer Ph: 5433 8249

Surgical, Treatment and Rehabilitation Service (STARS)

Indigenous Hospital Liaison Office Ph: 3647 6044

After Hours Ph: 5316 5481

Community Indigenous Primary Health Team

Manager Ph: 3360 4758 / 0419 856 253

Indigenous Sexual Health Team

Clinical Nurse Consultant Ph: 3360 4753

Indigenous Mental Health

Professional Lead Ph: 3646 2695

Ngarrama Maternity Services

Caboolture Ph: 0439 732 970

Redcliffe Ph: 0407 251 890

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

Forensic Mental Health Service, Indigenous Mental Health Intervention Program

Forensic Mental Health Team Ph: 3234 0800



Follow us @BetterTogetherHealthVan

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In 2016, the Aboriginal and Torres Strait Islander Leadership Team rolled out our identification campaign to encourage staff to ask the question every time a patient is admitted. Staff are trained to ask the question and not to assume based on appearance.

“The only way to know if someone is Aboriginal and/or Torres Strait Islander is to ask the question. Collecting this information ensures Aboriginal and Torres Strait Islander people receive services, cultural support and care the right way,” said Sherry Holzapfel, Director, Aboriginal and Torres Strait Islander Leadership Team.

Our focus has now turned to encouraging Aboriginal and Torres Strait Islander consumers to self-identify when accessing Metro North Health services and feel safe to do so.

“We recognise there is still hesitation and stigma within community about identifying when accessing our services. We want to support our mob to self-identify during their healthcare journey to enable access to the right support services, increased health checks and improved long-term health outcomes,” said Ms Holzapfel.

We know that many Aboriginal and Torres Strait Islander people are at a greater risk of some health problems. Patients who identify as Aboriginal and/or Torres Strait Islander might be offered different choices or provided with specific information to support their individual and cultural needs. Metro North Health is committed to helping you to access the services that can help to reduce the burden of disease, including enhanced screening measures, additional immunisations and referral pathways within the community.

It's your right to a healthier life. To make sure you don't miss out on these opportunities to improve your health, we encourage you to be proud and identify when you come into our services.

“Don't be shame! Always identify when coming to the hospitals or community centres.”

Henry Nona is proud of both his Aboriginal and Torres Strait Islander descent (Pictured on the front cover with his family).

“I'm Torres Strait Islander. My mother comes from a community called Saibai in Bamaga. I'm so proud to identify. One of the main reasons is the culture behind our mob. The culture is family orientated and gives us a sense of belonging.”

Samantha

“I'm a proud Goreng Goreng woman. I'm proud to identify as an Aboriginal woman as it means I get to be part of a big strong community and it's important to be a really deadly role model to our younger mob.”

Holly

“I'm a proud Gubbi Gubbi woman. I'm proud to say I'm Aboriginal as we have the strongest living culture in the world. We have overcome such adversity and we are still here today strong, proud and everlasting.”

Stacy

A word from the Director



Sherry Holzapfel
Director, Aboriginal and Torres Strait Islander Leadership Team

Welcome to the March 2021 edition of Talk About.

You may have heard that a staged rollout of the COVID-19 vaccine commenced in February and is being managed by key healthcare sites throughout Australia. Aboriginal and Torres Strait Islander adults have been identified as a priority group for vaccination. The COVID-19 vaccines have shown good evidence that they will protect against serious illness from the virus and they will be free for everyone. To keep up to date with the latest progress for the vaccine, and to ensure your information is reliable, please follow the advice and updates from the Australian Department of Health and Queensland Health websites. Metro North Health will also continue to share important COVID-19 updates on our Better Together Health Van Facebook page.

In other good news, the Women's Business Shared Pathway has commenced. This pathway will deliver culturally appropriate patient-centred care to Aboriginal and/or Torres Strait Islander women, in partnership between Metro North Hospital and Health Service and the Institute for Urban Indigenous Health (IUIH).

If your doctor sends a referral for gynaecology specialist care, you will be offered the pathway to access outreach specialist clinics closer to home in IUIH Morayfield, Nundah and the Royal Brisbane and Women's Hospital. Women will be able to access specialist appointments, physiotherapy care and education all within the same clinic location.

Feedback received from those using the pathway has been very positive with 100% of women saying they would recommend it to their family and friends. Further planning is underway to ensure the sustainability of the pathway and how this pathway can sit alongside other First Nation programs.

To celebrate, the Women's Business Shared Pathway and Ngarrama Maternity Services will be hosting a Women's Business Community Open Day on 9 April at Nundah Community Health Centre. The event will include information and screening for women and families, further detail on page 15.

I would like to take this opportunity to acknowledge the significant cultural dates for the Aboriginal and Torres Strait Islander community.

National Apology Day on 13 February recognised the anniversary of the 2008 National Apology to Aboriginal and Torres Strait Islander people for the injustices of the past. This is a significant day and part of our story and journey of health and wellbeing.

We know that past traumas mean that our mob can sometimes feel unsure about accessing Metro North Hospital and Health Services. To help us know if we are truly closing the gap, and to ensure Aboriginal and Torres Strait Islander people are supported in the right way, I encourage all mob to identify when presenting at a Metro North Health Service. The Aboriginal and Torres Strait Islander workers and non-Indigenous staff are available to support you and make sure you are cared for in a culturally appropriate way and help you on the path to healing and connecting back into community.

With Close the Gap Day upcoming on 18 March, we have paused to reflect on the work we are doing to close the gap in life expectancy and health outcomes for Aboriginal and Torres Strait Islander people. Metro North Health has an ongoing commitment to Close the Gap and while we are making strides, we all agree there is much more work that is needed.

Stay safe, stay deadly and keep looking out for each other.

Sherry Holzapfel
Director, Aboriginal and Torres Strait Islander Leadership Team



IDENTIFICATION:

IT'S YOUR RIGHT TO A

HEALTHIER LIFE

RECEIVE THE RIGHT HEALTH CARE AND SERVICES

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

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

Further information visit our website

www.metronorth.health.qld.gov.au/better-together-van

or Facebook page @BetterTogetherHealthVan

A word from the Chief Operating Officer



Jackie Hanson
Chief Operating Officer,
Metro North Hospital and
Health Service

Hello,

I would like to acknowledge the traditional custodians of the lands across Metro North and pay my respects to Elders past, present and future. I would also acknowledge the inequity in health outcomes continuing to be experienced by our Aboriginal and Torres Strait Islander community and reinforce Metro North's commitment to Close the Gap.

Each year in March we celebrate National Close the Gap Day to highlight the need to continually work towards improving healthcare services, access and outcomes for Aboriginal and Torres Strait Islander people. As the largest public hospital and health service in Australia, Metro North Health is very aware of the need for dedicated strategies to address the health gap.

One example of this gap is in bowel cancer screening. National data shows that the gap is widening in this area, with a lower percentage of Aboriginal and Torres Strait Islander people participating in the program.

Across Metro North Health we are looking at strategies to actively address this issue to encourage more Aboriginal and Torres Strait Islander people to participate in the National Bowel Screening program and to receive follow up treatment if needed.

Some of these strategies include working with Cultural Capability Officers and Indigenous Hospital Liaison Officers to support culturally appropriate conversations with patients about bowel screening so watch this space.

Metro North Health is also participating in the COVID-19 vaccination program. We have started vaccinating frontline workers across six facilities. This program will be expanded to groups in line with the Commonwealth COVID-19 vaccine rollout plan. For information about the COVID-19 vaccine, visit <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines>.

Regards,

Jackie



Family oral health screening day

Friday, 16th April 2021

9am - 12pm

Nundah Community Health Centre. 10 Nellie Street, Nundah.*

Look for the **Better Together Health Van** parked next to the Wylbah Tealah spiritual and healing garden.


The Deadly Smiles Family Oral Health Screening Day will provide oral health services to the Aboriginal and Torres Strait Islander community inside the Better Together Health Van.

Aboriginal and Torres Strait Islander people can receive a complimentary dental check up, x-rays, intraoral photos and fluoride varnish – **No appointments necessary.**

You will also be able to have a yarn with dental staff, allied health practitioners and Indigenous Liaison Officers and get dietary and dental advice.

Bring the kids!
There will be a free barber, healthy snacks and oral hygiene bags available to help the kids go back to school.

What you should bring:

- Your Medicare Card 
- Centrelink concession cards, if you have any.



This initiative is supported by the Community and Oral Health Indigenous Health Unit and the Aboriginal and Torres Strait Islander Leadership Team's Better Together Health Van.

*Nundah Community Health centre is a short walk from Nundah train station.

National Apology Day events held across Metro North Health



13 February 2021 marked the 13th anniversary of the National Apology Day, a significant day for many Aboriginal and Torres Strait Islander people and part of the long road to healing and reconciliation of a nation.

In 2008, then Prime Minister Kevin Rudd publicly apologised on behalf of the Federal Government to all Aboriginal and Torres Strait Islander people impacted by the forced removal of Aboriginal and Torres Strait Islander children from their families and communities – the Stolen Generations.

Events were held in hospitals and facilities across Metro North Health to honour and pay respects to all Aboriginal and Torres Strait Islander people and families who were impacted by the Stolen Generations.

On 11 February, Redcliffe Hospital held a Healing Ceremony led by Cultural Capability Officer Elwyn Henaway. The Healing Ceremony included a Welcome to Country by Uncle Alex Davidson, followed by an update from Redcliffe Hospital Executive Director Louise Oriti outlining the great work delivered across Redcliffe Hospital by the Reconciliation Action Plan (RAP) committee.

The apology delivered in Federal Parliament was read out in full by Elwyn Henaway, who concluded the Healing Ceremony by playing the didgeridoo. The event was well supported by Metro North Health with Board Chair Jim McGowan AM, Board Member Neil Roberts and Chief Operating Officer Jackie Hanson attending.

On 12 February, Caboolture Hospital held a flag raising ceremony attended by Acting Executive Director of Caboolture Hospital Angie Dobbrick and staff from across Caboolture Hospital. The ceremony included a Welcome to Country by Uncle Alan Parsons who also shared his personal story as a child of the Stolen Generations.

The flag raising ceremony was organised by Caboolture Hospital's Reconciliation Action Plan committee, and concluded with Archie Roach's song 'Took the Children Away'.

It's great to see staff taking time out of their busy schedules to reflect on the significance of this day, and the importance of acknowledging the past traumas which still impact the health and well-being of Aboriginal and Torres Strait Islander people to this day.



OUTandABOUT

Yarning with our rainbow community

On Saturday 28 November 2020, Brisbane Pride Fair Day transformed New Farm Park into a rainbow playground.

Brisbane Pride Fair Day is an annual family friendly event supporting and celebrating the LGBTIQ+ community. Last year marked the 30th anniversary of the establishment of the Brisbane Pride organisation.

The organisers of the 2020 fair placed a strong focus on having Aboriginal and Torres Strait Islander stalls present on the day. The Better Together Health Van took prime residence at the fair parked under a shaded tree to connect with the LGBTIQ+ community and allies who attended the fair.

Through this engagement, the Better Together Health Van team shared health education, and information about Metro North Health initiatives and culturally safe services for Aboriginal and Torres Strait Islander people.

William Bern, Senior Project Officer from the Aboriginal and Torres Strait Islander Leadership Team, spent the day yarning with Aboriginal and Torres Strait Islander people and learning more about the needs of those who identify within the LGBTIQ+ community.

“Being part of a smaller community, the connection within the LGBTIQ+ group is unique. Family support has helped me in my journey, as well as having other family members within this community,” said Ben, Brisbane Pride Fair Day attendee.

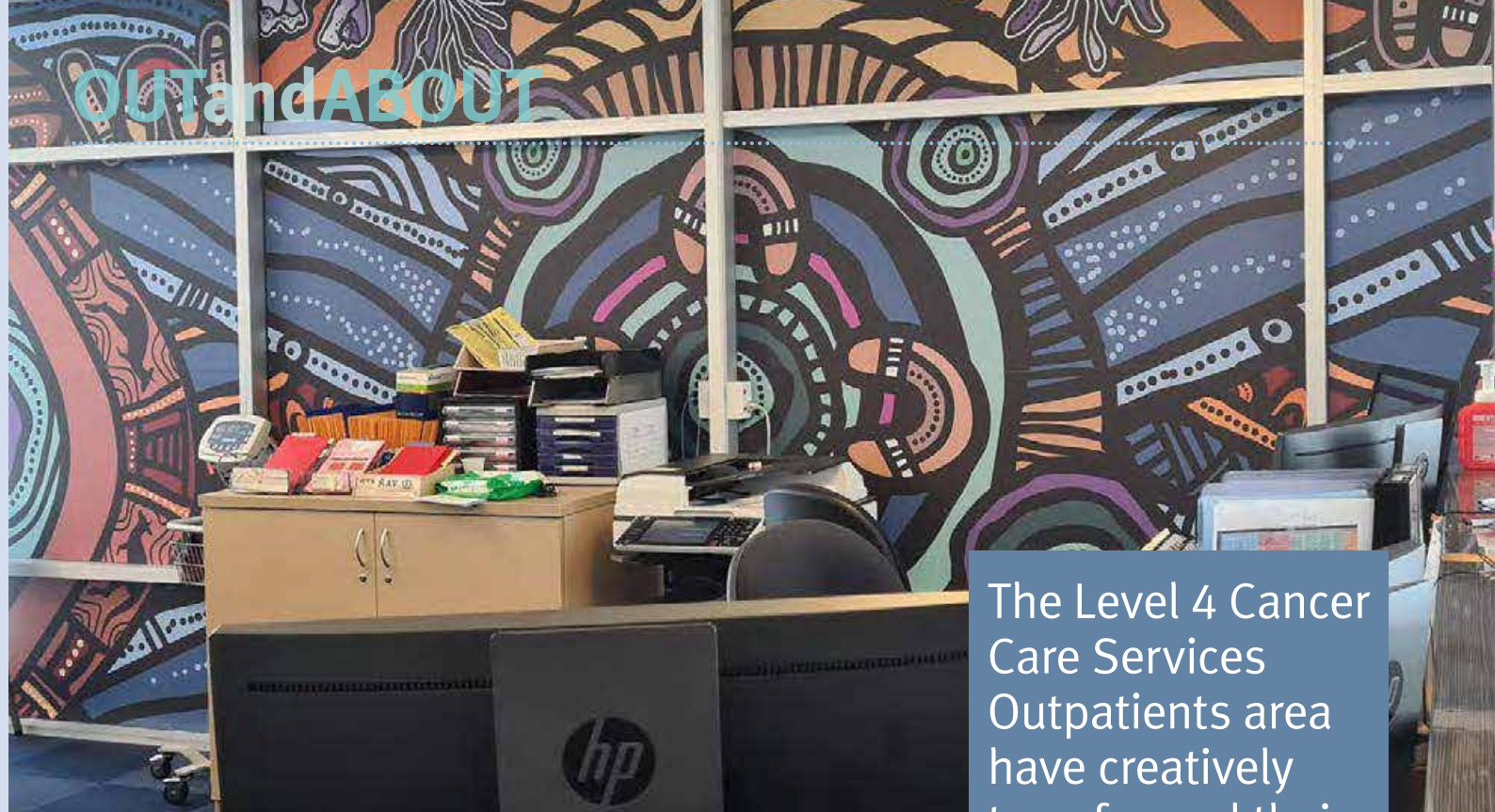
Thanks to everyone who stopped by for a yarn!



(L-R): Senior Project Officer William Bern with community member at Brisbane Pride Fair Day



Community member Justin chatting with Better Together Health Van Team



The Level 4 Cancer Care Services Outpatients area have creatively transformed their reception area in the Joyce Tweddell Building at Royal Brisbane and Women's Hospital

The team have utilised the artwork created by esteemed Aboriginal artist Elaine Chambers-Hegarty for the exclusive use within the Royal Brisbane and Women's Hospital. The large scale of the artwork introduces vibrant colour to the overall welcome area and contributes to creating a culturally inclusive and safe space for Aboriginal and Torres Strait Islander consumers.

Feedback received from patients has been very positive. Patients have been captivated by the colour and details of the artwork and have been very interested in learning the meaning behind the artwork.

Community and Oral Health Celebrating end of year mob style

Metro North Community and Oral Health (COH) held a Christmas party late last year for Elders who participated in the COH yarning circle in 2020.

The COH yarning circle is a regular event held by the Indigenous Health Navigation Team for local Elders and staff. This event provides the opportunity to collaborate with local Elders and receive support and guidance from them on COH services and initiatives. It is also a great way to keep connected and thank Elders for their valued contributions and support.



Local Elders and COH staff celebrating end of year

While COVID-19 restrictions meant staff and Elders could not meet as regularly as planned, in 2020 five yarning circles were still able to be held.

To show their thanks and appreciation to the yarning circle participants, the Indigenous Health Navigation Team and COH staff hosted a fun-filled Christmas party to bring everyone together and mark the end of the year.

OUTandABOUT



E Floor, Administration - ground floor



F Floor, Adolescent Mental Health



G Floor, Adult Mental Health

Uplifting patient experiences with culturally inclusive art

Metro North Mental Health service based at Royal Brisbane and Women's Hospital has included the Mental Health Reconciliation Action Plan artwork in their facility to embrace cultural inclusivity whilst adding a pop of colour to each floor.

The artwork by Elaine Chambers-Hegarty is proudly displayed on the lifts in the Mental Health service, creating a safe and inviting environment for Aboriginal and Torres Strait Islander patients and uplifts (pun intended) the positive energy in the corridors for all patients who access mental health services.

Different services provided on each floor of the mental health facility are represented by different motifs from the artwork. This assists patients in navigating the facility with more ease, which also contributes to positive patient experiences in the Mental Health service.



H Floor, Older Person Mental Health



I Floor, Adult Mental Health



J Floor, Administration – top floor

OUTandABOUT

STARS blessed by water ceremony

The new Surgical, Treatment and Rehabilitation Service (STARS) has been blessed in a water ceremony attended by staff, local Elders and community members. The water blessing, performed by Tribal Experiences, was held to cleanse, welcome and celebrate the new hospital as well as recognising and acknowledging the traditional land on which it stands.

STARS is a new 182-bed specialist rehabilitation and surgical public health facility for Metro North Health, located on the site of the old Royal Children's Hospital. It provides a range of new and expanded healthcare services to meet demand and increase access to specialist rehabilitation and geriatric services, surgical and endoscopic procedural services and outpatient services.

These services include, but are not limited to, elective and short stay surgical procedures for speciality areas of ears, nose and throat, general surgery, ophthalmology, orthopaedics and urology.



Local Elders and staff enjoying a sneak preview of STARS

Elders attending the water blessing ceremony were given a tour of the new hospital including its state-of-the-art facilities and Aboriginal and Torres Strait Islander artwork commissioned especially for STARS. Staff were excited to share in the experience with local Elders and community and look forward to working collaboratively ensuring that STARS is a culturally safe environment for mob to attend.

STARS have committed to ensuring the new facility is culturally capable and safe for staff, patients and visitors. This includes the installation of Aboriginal and Torres Strait Islander artwork throughout the facility. Artwork on the windows and in the main foyer greets visitors of the facility the moment they arrive.

Building a culturally capable workforce by providing recruitment, workforce and development opportunities for Aboriginal and Torres Strait Islander people has been deeply embedded in the planning of the facility. STARS has a target of five per cent of its workforce identifying as Aboriginal and/or Torres Strait Islander, providing a culturally safe environment for Aboriginal and Torres Strait Islander people accessing their services.

Attendees of the water blessing event got to know some of the new identified staff who will be working in the facility.



Tribal Experiences performing water blessing

“It is pleasing that STARS has diverse representation from the artwork on the walls to the people and everything in between,”

said Sherry Holzapfel, Director of the Aboriginal and Torres Strait Islander Leadership Team.

The water blessing ceremony and STARS tour allowed Metro North staff, recently recruited STARS Aboriginal and Torres Strait Islander staff, Elders and community to come together, engage and celebrate the new facility and its commitment to Closing the Gap for Aboriginal and Torres Strait Islander people.



Local Elders and staff enjoying the view from new STARS rehab gym and therapy area.



STAY STRONGER

LIVE LONGER

**DO YOUR BOWEL
SCREEN TEST TODAY**

GET IT

People aged 50 to 74 will receive a kit in the mail.

DO IT

The test is free and will take just a few minutes at different times. So don't put it off until later – get it done.

POST IT

Return the kit in the mail using the envelope provided. You don't need stamps or to pay for postage.

DONE

The results will be sent to you and your doctor within two weeks.

Keep mob safe.

Get the free, safe and effective COVID-19 vaccination when it's your turn.

Let's help protect our community and vulnerable people like our Elders and those who have health problems.

Aboriginal and Torres Strait Islander adults will be able to get their COVID-19 vaccine soon. The vaccine will be available at your local Aboriginal Medical Service, GP and other locations.

COVID-19 vaccines are just one part of keeping our community safe and healthy. Please keep up with washing your hands often and social distancing.

Keep updated with reliable information about the COVID-19 vaccine by visiting www.covid19.qld.gov.au and www.health.gov.au or follow the Metro North Health Better Together Health Van Facebook Page @BetterTogetherHealthVan #keepmobsafe #keeppamlesafe #bettertogether

Women's Business

Community Open Day



Friday, 9 April 2021, 9am – 1pm

Nundah Community Health Centre. 10 Nellie Street, Nundah.*

A fun-filled educational day to celebrate the launch of the women's business service initiatives.

No appointments necessary

We look forward to sharing a fun-filled educational program including:

- Food hampers available with dietician information
- Yoga demonstration
- Physiotherapy screening and information
- Pregnancy information
- Yarning with Elders
- Women's Business preventative health screening and information
- Community stalls
- Connecting with Ngarrama midwives
- Parenting information for mothers and fathers
- Food provided

Bring the kids!
There will be children's activities on the day.



We can't wait to see you there!

This initiative is supported by the Aboriginal and Torres Strait Islander Leadership Team and the Better Together Health Van.

*Nundah Community Health centre is a short walk from Nundah train station.

**Metro North
Health**



**Queensland
Government**

IN FOCUS

Chatting with Charlee our Deadly Start Trainee

Meet Charlee. The Deadly Start trainee experienced a day in the life of the A&TSILT Communications team

The Metro North Aboriginal and Torres Strait Islander Leadership Team (A&TSILT) were delighted to host Deadly Start school-based trainee Charlee for the day. Charlee is currently completing a Certificate III in Administration and is learning the ropes within the Communications team at the Caboolture Hospital. Charlee spent a day with the Communications team within the A&TSILT where she got to experience a day in the life of the team. She hit the ground running, working on a range of communication support activities in her busy day!

During her visit, we also got to know more about Charlee who talked to us about her Deadly Start experience.

Q1. Where are you from and who is your mob?

My mob is Wiradjuri from Gilgandra way. My mum was born in Bathurst, New South Wales, and I grew up in Brisbane.

Q2. You're completing your Deadly Start school-based traineeship as a trainee Administration Officer based in the Communications team at the Caboolture Hospital. What does your traineeship involve each week?

My traineeship involves creating newsletter content, social media posts, staff bulletins, event planning and filming and editing promotional material for internal and external hospital use.

Q3. What made you apply to take part in the Deadly Start program?

I had originally signed up to complete a school-based traineeship elsewhere, which was then cancelled due to COVID-19. I heard about the Deadly Start program through my school and was fortunate to join the program. I now work in a communications team where I can apply my hobbies in a professional working environment and continue to build on my skills.

Q4. What has been a highlight for you so far within the Deadly Start program?

My highlight so far has been editing the Caboolture Staff Excellence Awards video and being able to be more connected to culture.

Q5. How do you balance your traineeship and your high school studies?

As I have one day off school each week to attend my traineeship, I am allocated spare subject lines within my school timetable where I can catch up on any schoolwork that I have missed and work through my Certificate III qualification. I also attend tutoring sessions after school to make sure that I stay on track.



Q6. What advice would you pass on to high school students who may be considering doing a Deadly Start traineeship with Metro North?

If you're considering a Deadly Start traineeship, I would strongly recommend it. It's a great way to experience a professional working environment that helps you mature in knowledge and confidence, and all the staff are so lovely and supportive.

Q7. Where do you see yourself once you have graduated the Deadly Start program and high school?

Once I have finished my traineeship, I want to study a double degree in communications and business. I hope to gain an internship with Queensland Health and pursue a career in communications.

We are so pleased to see Charlee enjoying the Deadly Start program and look forward to her achieving her professional goals.

IN FOCUS

Deadly Start EDUCATION 2 EMPLOYMENT (E2E)

A Deadly Start to 2021

The Deadly Start traineeship program is an integral part of Metro North Health's Aboriginal and Torres Strait Islander workforce development strategy in line with Closing the Gap. Metro North Board Chair Jim McGowan AM announced at the 2020 Deadly Start orientation that he would like to see the cohort of Deadly Start trainees doubled – and in 2021, the Deadly Start team have done exactly that!

This year the Deadly Start team have been successful in recruiting 60 Aboriginal and Torres Strait Islander high school students who have commenced study towards a Certificate II Health Support Services facilitated off-site by partnering organisation Mater Education at one of four health hub locations – South Brisbane, Mitchelton, Redcliffe and Caboolture.

Over the next six months, these 60 high school students will spend one day a week attending their preferred health hub, gaining a Certificate II qualification and practical experience. This will prepare them for their transition into the Deadly Start program in July based at a Metro North Health facility.

The cohort come from 35 state and private schools within the Greater Brisbane region. The Deadly Start team worked tirelessly to gain the support from the education sector and community to allow these young people an opportunity for a head start at their future.

Upon successfully transitioning from the Certificate II health hub into a Certificate III Deadly Start school-based traineeship, students will have the opportunity to gain experience in the areas of nursing, allied health, patient support services, health administration, dental, and now food services, gaining a Certificate III qualification and 375 hours of paid workplace experience.

As we welcome our new cohort of students on their journey with Metro North Health, our current Deadly Start trainees are more than halfway through completing their Deadly Start traineeship and have moved into their final year of school. Upon completion of the program, the Deadly Start team will continue to support Deadly Start graduates with their further study and career aspirations post high school.

It's exciting to think that we could also be introducing previous Deadly Start trainees as future cadets within Metro North Health's Indigenous Cadetship program, should they choose to pursue further study upon completing Year 12.

The Deadly Start team will soon be opening an Expression of Interest (EOI) to all Metro North Health facilities to create Deadly Start placement opportunities in new professional streams within Metro North Health. Alternatively, you can send your EOI, or questions regarding the Deadly Start program to DeadlyStart@health.qld.gov.au.

Meet STARS's new deadly Aboriginal and Torres Strait Islander staff members

The newly established Surgical, Treatment and Rehabilitation Service (STARS), a specialist public hospital for Metro North Hospital and Health Service, welcomed its first patients in February.

Creating culturally safe and responsive spaces and services for patients, their families and staff is a key focus for the new hospital.

STARS has committed to achieving Queensland Government inclusion and diversity targets and aspire to having five per cent representation of Aboriginal and Torres Strait Islander people in its workforce by 2022. STARS worked closely with the Aboriginal and Torres Strait Islander Leadership Team (A&TSILT) to ensure the recruitment process encouraged and supported applications from Aboriginal and Torres Strait Islander people.

A 'Deadly Opportunities' recruitment drive resulted in STARS successfully recruiting to a number of identified roles within the facility across various occupations, with many more identified roles to come.

Welcome to the Aboriginal and Torres Strait Islander staff members who have recently joined the STARS team!



Name	Position
Berniece Bowie	Allied Health Assistant
Patrick Gilligan	Allied Health Assistant
Chantelle Balsamello	Assistant in Nursing
Jessica Yates	Assistant in Nursing
Natalie Curtis	Assistant in Nursing
Tracy Grant	Cultural Capability Officer
John Corowa	Indigenous Hospital Liaison Officer
Kim Minniecon	Patient Experience Officer
Tyler Cleary	Enrolled Nurse
Allen-Gordon Fatnowna	Food Services Officer
Zoe Catley	Medical Workforce Support Officer
Anastacia Chambers	Patient Support Officer
Sandra Brown	Reception
Julie Walker	Reception
Allira Schafer	Reception

We look forward to welcoming future Aboriginal and/or Torres Strait Islander staff members into STARS and sharing more about the new hospital over the coming months.

COVID-19 (Coronavirus)



Protecting your mental health

Introduction

As the COVID-19 pandemic is happening in Australia we understand that people may have feelings of anxiety, worry, sadness and even anger. It is important to remember that the health experts worldwide are working hard to contain the virus and treat those that have been affected.

What to do if you experience feelings of anxiety or distress

- Find a healthy balance in relation to media coverage – if you are seeing/hearing a lot of negative information this can heighten these feelings.
- Go for a walk – remember to follow the social distancing advice. Visit www.qld.gov.au/health for further information on social distancing.
- Write down your thoughts.
- Practice focused/deep breathing – try breathing in for four counts and breathing out for four counts. Do this for five minutes.
- Practice mindfulness activities.
- Be kind to yourself and others around you as it could be stressful for your loved ones too.
- Find something you can do safely to still contribute to your community – think about our Elders and families that are struggling. Give them a call or text to check in on them.
- What have you done in the past that has helped manage these feelings?

How to manage your mental health while in self-isolation

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Engage in healthy activities that you enjoy and find relaxing.
- Keep regular sleep routines and eat healthy foods.
- Maintain physical activities.
- Practice mindfulness activities.
- Limit news and social media if you find it distressing.

Who to contact if you are feeling overwhelmed or stressed

- Beyond Blue – 1300 22 4636
- Kids Helpline – 1800 551 800
- Lifeline – 131 114
- MensLine – 1800 600 636
- DV Connect – 1800 811 811
- GriefLine – 1300 845 745
- Suicide Call Back – 1300 659 467
- 1300 MH CALL – 1300 64 2255
- GP or councillor
- eMNprac – emhprac.org.au

Mindfulness activities



Observe a leaf for five minutes

- This exercise calls for nothing but a leaf and your attention. Pick up a leaf, hold it in your hand, and give it your full attention for five minutes. Notice the colours, the shape, the texture, and the patterns. This will bring you into the present and align your thoughts with your current experience. Pay attention to what you are holding, notice the feeling of it in your hands. Once you have noticed the texture, the weight and the colour, bring your awareness to the smell.



Mindful eating for four minutes

- Pay attention to what you are holding, notice the feeling of it in your hands. Once you have noticed the texture, the weight and the colour, bring your awareness to the smell. Finally, move on to eating, but do so slowly and with concentrated attention. Notice the taste and its texture against your tongue. This exercise may help you discover new experiences with familiar foods.



Mindfulness 5-4-3-2-1

- This is an especially great activity to help manage anxiety or anger. Look around your current surroundings and find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. By the time you get through listing all of those, you will be more present and calm.

Listen to music



- Play your choice of nature sounds, classical, any acoustic music or Dadirri Aboriginal Listening (www.creativespirits.info/aboriginalculture/education/deep-listening-dadirri). You can play the music while kids are doing something independently or allow kids to just sit down and relax while mindfully listening to the music.

Read a book or download reading apps

- Reading can stimulate your brain and reduce your stress and anxiety. Try and read for at least 30 minutes a day.



Colour in

- Spend some time colouring in. Colouring in reduces stress and boosts creativity. This activity can help pass time and is beneficial to your mental health.

Looking through the microscope at Metro North Health's newest pathology assistant

Kiri Fabila, a descendant of the Djabera Djabera tribe from the Kimberley in Western Australia, is a participant of Metro North Health's Indigenous Cadetship Program and now one of Metro North Health's newest pathology assistants.

Kiri grew up in Brisbane surrounded by a creative family where music, Tahitian dance and her love for painting played a big part in her life from a very young age.

Kiri's interests have expanded into the wonderful world of science and she is currently studying a Bachelor of Medical Laboratory Science at the Queensland University of Technology (QUT).

"I plan to complete my degree at the end of this year. After I graduate, I would love to work as a scientist in a pathology laboratory,"

said Kiri.

With the support of the Oodgeroo Unit, QUT's Aboriginal and Torres Strait Islander student support centre, Kiri experienced a smooth transition from high school to university. Through her experience at university and her short time working in the industry, Kiri came to quickly realise the low representation of Aboriginal and Torres Strait Islander people working in her field.

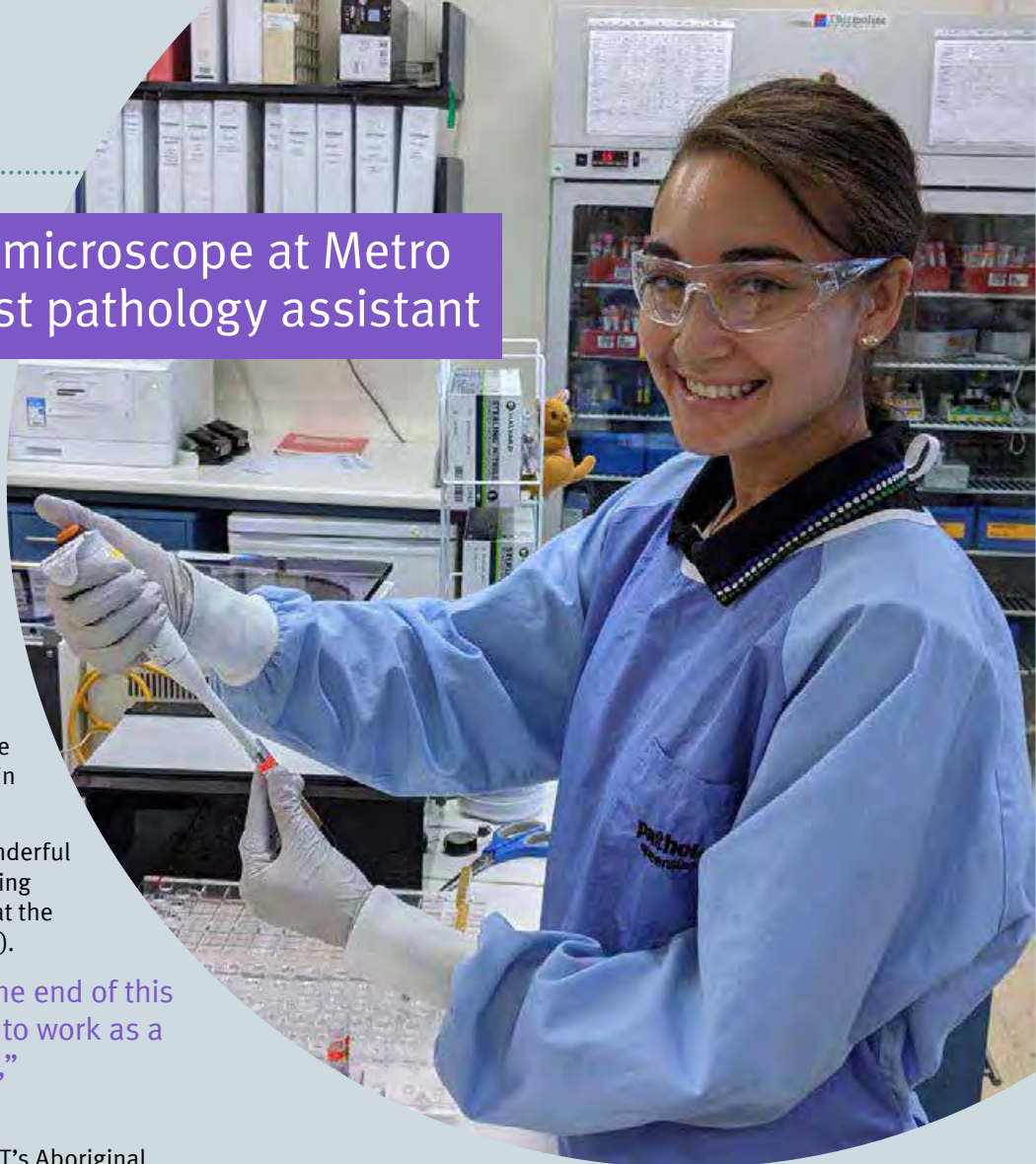
"I have noticed that we have such low Indigenous representation in the field, so I'd love to play a part in increasing the number of Indigenous staff in pathology for the future," said Kiri.

As her degree is not well known, Kiri is passionate about sharing her experience as a medical laboratory science student in hopes to inspire mob to consider pathology as a career.

"My younger cousins and my nephew are the ones who inspire me to work hard and be a strong person as I want to be someone who they can look up to. I want them to know that they can achieve anything which is something that my older cousins and siblings have done for me,"

said Kiri.

Kiri gives thanks to her sister for instilling in her the confidence to pursue a career in a predominantly non-Indigenous industry and the strength to stand up to others when something isn't right.



"My sister has incredible strength. She faced countless hardships while completing her nursing degree away from home and still came out a high achieving graduate," said Kiri.

Kiri looks forward to the new experiences she will encounter whilst on her journey to becoming a scientist.

"I applied for the Indigenous Cadetship Program because I really wanted to gain experience in a pathology lab. It was really special to be able to hang out and share stories with the other cadets a few times throughout the year,"

said Kiri.

Kiri has now moved into her second and final year of her cadetship with Metro North Health and has secured employment as a pathology assistant based at The Prince Charles Hospital. Congratulations Kiri!

Women's Business Shared Pathway



The Women's Business Shared Pathway will deliver culturally appropriate patient-centred care to Aboriginal and/or Torres Strait Islander women, in partnership between Metro North Hospital and Health Service and the Institute for Urban Indigenous Health (IUIH).

This shared service model aims to support care closer to home for you with the option of outreach locations, cultural support and a clearer path for care for all things "women's business" within Metro North Hospital and Health Service.

All women who identify as being Aboriginal and/or Torres Strait Islander will be offered the pathway which includes access to outreach specialist clinics located at various locations in addition to The Royal Brisbane and Women's Hospital clinics and treatment/surgery as required.

Clinical services available through the pathway include:

- Specialist gynaecologist consultations
- Gynaecology procedures and surgical treatment
- Physiotherapy care and treatment
- Education and advice.

How it works



Your GP will send a referral for gynaecology specialist care to the Royal Brisbane and Women's Hospital or IUIH provider or contact us to discuss care and options on 0476 842 686.

If you choose care through this pathway you will be provided with a choice of clinic for your appointment. You can also ask for access to cultural support and transport through this pathway.

You will receive access to both hospital and community staff to assist in your healthcare journey.

Staff caring for you can provide more information about the pathway at any time.

Clinic Locations

Moreton Aboriginal and Torres Strait Islander Community Health Service
10-20 Walkers Road, Morayfield
Phone: (07) 5429 1000

Nundah Community Health Centre
10 Nellie Street, Nundah
Phone: (07) 3146 2300

The Royal Brisbane and Women's Hospital Gynaecology Outpatients
Corner Butterfield St and Bowen Bridge Rd, Herston
Phone: (07) 3646 1545



Metro North Health



Queensland Government



Better Together Medication Access

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

Better Together Medication Access will cover all out of pocket expenses for prescribed discharge medication for all self-Identifying Aboriginal and Torres Strait Islander people discharging from a Metro North Hospital and Health Service.

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

How it works



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



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



Better Together Medication Access is Metro North Hospital and Health Service wide and will be available from 1 October 2020.



Talk to Staff caring for you for more information.

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

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

IN THE NEWS

Smoking study reveals terrible toll

Smoking is known to be a leading contributor to disease and death among Aboriginal and Torres Strait Islander adults. A new study has now put a number on it, finding that smoking causes 50 per cent of deaths among Aboriginal and Torres Strait Islander adults aged 45 years and over, and 37 per cent of deaths at any age.

» <https://bit.ly/3rYqaVt>

Mental health and wellbeing: Listening to young Indigenous people in Narrm

Indigenous Australians prefer the term “social and emotional wellbeing” to “mental health”. They recognise that mental health is connected to our relationships, our place in the world, with our past and with nature.

» <https://bit.ly/2ZfZuCV>

Aboriginal medical service backs COVID-19 vaccine ads in Indigenous languages to counter misinformation

An Aboriginal medical service has called for finely targeted COVID-19 vaccine advertising in Indigenous languages to counter misinformation swirling around remote communities.

» <https://ab.co/3aWCHBH>

New partnership to support early childhood development in remote Indigenous communities announced by UNICEF Australia and Livingstone International

UNICEF Australia and Livingstone International today announced a new partnership that will support early childhood development programs for Indigenous children living in remote communities in the Northern Territory and reach some of Australia’s most vulnerable children.

» <https://bit.ly/2NeJajf>

New dental clinic on Peninsula

A new outreach dental clinic aimed at providing services for Aboriginal and Torres Strait Islander people is set to open in Woy Woy following an increase in community demand.

Local Aboriginal health service provider, Yerin Eleanor Duncan Aboriginal Health Services, will expand its dental program with the launch of the new clinic on Friday, March 5.

» <https://bit.ly/3qeCjVG>

Coronavirus: Indigenous children lured into gambling as pandemic impact hits remote communities

A new report has highlighted the significant harm the COVID-19 pandemic has caused in remote Australian communities.

The coronavirus health threat has largely been contained to Australia’s major cities,

but some of the most remote and vulnerable communities have suffered devastating knock-on effects of the pandemic, according to a new report tabled in Queensland’s parliament.

» <https://bit.ly/3b3RsTw>

Healing Foundation continues telling stories of Stolen Generations survivors 13 years on from Apology

February 13 each year marks the anniversary of the National Apology to the Stolen Generations who suffered trauma because of past government policies of forced child removal.

Many of these removals occurred as the result of laws and policies aimed at assimilating the Aboriginal and Torres Strait Islander population into the predominately white communi

» <https://bit.ly/3qdZy2f>

WORD OF THE MONTH

“Malu”

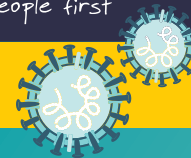
is Sea in Kala Lagaw Ya language.

Kala Lagaw Ya (also written as Kalaw Lagaw Ya) is the traditional language owned by the Western and Central islands of the Torres Strait. It is linguistically connected to the Aboriginal languages of the Australian mainland and has four distinct regional dialects derived from this language:

- Mabuyag – The dialect of Mabuiag, Badu and St Paul’s Village.
- Kalaw Kawaw Ya – The dialect of the top western islands of Saibai, Dauan and Malu Ki’ai.
- Kawrereg – The dialect of the south western islands of Kubin, Kaiwalagal, Muralag (Prince of Wales), Nurupai (Horn), Giralag (Friday), Waiben (Thursday Island), Keriri (Hammond), Maurura (Wednesday), Moa (Banks). It is also known as Kawalgau Ya.
- Kulkaigau Ya – The dialect of the central islands of Aurid (Aureed), Damut (Dalrymple), lama (Yam or Turtle-backed), Masig (Yorke), Mauar (Rennel), Naghir (Mt Earnest), Poruma (Coconut) and Warraber (Sue).

The dialects are determined geographically and developed over time with influences by traditional trade, visits, inter-marriage and kinship ties.

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 illness 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 affects 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; feeling hot all the time, coughing, a sore throat, shortness of breath, runny nose, feeling really tired, diarrhoea, vomiting or nausea, loss of smell and/or taste.

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**

What are the symptoms?



You feel hot all the time



Cough



Sore throat



Feeling really tired



Runny nose



Shortness of breath



Loss of smell



Loss of taste



Diarrhoea



Vomiting or nausea

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

#19 A&TSI PATIENT ADVICE FLYER | V4 Effective: 18/11/2020

STAFF PROFILE

A Day in the Life of Edwina Powe: Physiotherapist/Senior Project Officer, Royal Brisbane and Women's Hospital

Q1. Where are you from and who is your mob?

I'm a proud Palawa woman from North Eastern Lutruwita (Tasmania) on my father's side. I am equally as proud of my matriarchal links to my Scottish and British ancestors.

I also have strong ties to my community in Newcastle NSW where I lived for most of my life and where my brother and his family still live.

Q2. How long have you been in your role within Metro North Health and what does it include?

I am a fresh face to Metro North Health, starting in the role of Senior Project Officer for the Better Together Maternity Allied Health project in November 2020.

Guided by the priority areas outlined in the Growing Deadly Families strategy, and in partnership with the RBWH Ngarrama service, this six-month project is exploring how we can better deliver physiotherapy, social work and nutrition and dietetics to pregnant and post-natal women birthing at the Royal Brisbane and Women's Hospital.

We are excited to hear from women about how they want their health services delivered and use this to create a more accessible model of care that better targets their health priorities and gives their babies a stronger start to life.

Day-to-day life for me involves a fun mix of yarning with women in the antenatal clinic and working closely with the Ngarrama midwives, Aboriginal and Torres Strait Islander Leadership Team and my Allied Health colleagues to brainstorm how we can best co-design an improved way of delivering our maternity allied health services.

Q3. Have you faced any challenges within your role so far? If so, how did you overcome them?

The biggest challenge has been settling into a new work world, whilst ensuring the project hit the ground running.

Getting to know my new team, figuring out how to use the printer and trying not to get lost more than twice a day has certainly kept me busy!

I have relied heavily upon the people around me to ensure this transition has been as smooth as I could have hoped for. My unplanned knocking on doors hoping for a "quick yarn", and enthusiastic emails with far too many exclamation marks, have always been met with smiles and warm welcomes (and very clear directions on how to find my way back to my desk). Without such a great group of people it would have been a far rougher start!

Q4. What has been a highlight for you since working at Metro North Health?

The biggest highlight so far has been the enthusiasm for the project from all involved, and the excitement being generated about its potential long-term scope.

It's very rewarding to be able to contribute to empowering women to take an active role in their health journey, by giving them the opportunity to design a health service that prioritises their needs.



Q5. What was your role prior to working at Metro North?

I started my physiotherapy career in Newcastle, working at John Hunter Hospital before moving to North West NSW and working within the Moree and Narrabri communities. For the past three years, I was part of the wonderful physiotherapy team at Toowoomba Base Hospital working in women's health.

I continue to work clinically as a women's health physiotherapist alongside my Metro North project role.

Q6. What do you like to do outside of work?






Spend time down in Tassie with my family, dance to live music and explore delicious restaurants with my beautiful friends, read books in the sunshine and I have just started my yoga teacher training which is fast becoming my favourite hobby.

CABOOLTURE HOSPITAL INDIGENOUS MIXED TOUCH FOOTBALL CARNIVAL

Sunday 16 May 2021 | 8am to 5pm
Petersen Road Sports Grounds
220 Petersen Road, Morayfield



Registrations now open!
And best of all, it's completely free!

-  6-a-side
-  12 to 14 players per team
-  Mixed teams or individual nominations
-  Under 18s competition (15-18yrs)
-  Adult competition

For further information contact Tyler Lea on 5433 8249

Scan the QR code to register:

Registrations close:
Sunday 2 May 2021

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 Leadership Team, Metro North Health.



Metro North
Health



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Metro North Hospital and Health Service *Putting people first*

Metro North Hospital and Health Service *Putting people first*

**Better Together
Health Van**

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 to learn more 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.



Making 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. 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.

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

Please contact the Manager, Communications at the Aboriginal and Torres Strait Islander Leadership Team on A_TSIHU_MNHHS@health.qld.gov.au or phone (07) 3139 3235.



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