



# Talk-About

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

September 2021

## Heal Country, Heal Health: Metro North

## Health Virtual NAIDOC 2021 event



Metro North Health partnered with Aboriginal and Torres Strait Islander community members and organisations to deliver an educational virtual NAIDOC week event celebrating Aboriginal and Torres Strait Islander history, culture and achievements.

The virtual event was originally held in 2020 in response to the COVID-19 pandemic, in lieu of the annual Caboolture Family Fun Day. Metro North Health continued the virtual format in 2021 due to ongoing uncertainty regarding COVID-19 restrictions.

The 2021 National NAIDOC theme ‘Heal Country’ invites the nation to embrace Aboriginal and Torres Strait Islander cultural knowledge and understanding of Country as part of Australia’s national heritage and equally respect the culture and values of Aboriginal and Torres Strait Islander peoples as they do the cultures and values of all Australians.

*Continued page 6 >*



## Give us feedback

We welcome your feedback, contributions, story ideas and details on any upcoming events. Please contact Aboriginal and Torres Strait Islander Leadership Team at A\_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, Chermiside Community Health Centre, 490 Hamilton Road, Chermiside 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

After hours Ph: 3646 4154 / 3647 4183

### 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



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## A word from the Director



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

### Welcome to the September edition of Talk About.

I was pleased to see mob wearing their masks and staying home during the recent short-term lockdowns we had within the Brisbane area. I know we are all tired with the ongoing COVID-19 restrictions and that we still have a long way to go before we return to 'normal'. The best way to protect yourself and those around you is to get the COVID-19 vaccine. I'm proud to say that I have received both doses of the COVID-19 vaccine and can't believe how easy it was. I encourage you to please take the next step and book your appointment. If you have any concerns you can talk to your doctor about them.

To make it easier for mob to get the COVID-19 vaccination, Redcliffe hospital and Caboolture hospital (in the Caboolture Shopping Centre) are hosting a series of "walk-in" vaccination clinics every Saturday for six weeks where you will be supported by Aboriginal and Torres Strait Islander health workers. See over the page for details.

This year we launched our NAIDOC week 13-part film showcase which focused on the importance of Aboriginal and Torres Strait Islander people's connection to Country and its impacts on our health.

I would like to personally acknowledge Tribal Experiences, Uncle Brian Whap, Aunty Matilda Bani, Nyanda Cultural Tours, Uncle Anthony Newcastle, Koobara Kindy, Likiki Millett, Uncle Horace Nona, Uncle Mick Douglas, Uncle Alex Davidson, Aunty Moira Bligh, Aunty Ruth Hegarty, Uncle Terry Williams, Aunty Marge Grant and Aunty Minnie Mace for sharing their knowledge and allowing us to pass it on through our showcase.

I would also like to acknowledge all the Metro North Health Services staff members who sent in photos highlighting their commitment of support towards 'Heal Country, Heal Health' and those who continue to work towards improving the health of our mob.

Thank you all for joining in on the celebration and 'binge watching' the videos as we highlighted the history and culture of Aboriginal and Torres Strait Islander people. I look forward to joining all the postponed NAIDOC events later in the year.

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

Sherry Holzapfel

## A word from the Acting Chief Executive



**Jackie Hanson**  
Metro North Health  
Acting Chief Executive

Vaccination is our best defense against COVID-19. We have seen the terrible effects COVID has had in Aboriginal and Torres Strait Islander communities in other states. We have been lucky so far in Queensland but the virus isn't going away any time soon.

Metro North Health now has four community COVID vaccination clinics, including a new mass vaccination hub at Brisbane Entertainment Centre in Boondall which will eventually deliver 6000 vaccinations per day.

Aboriginal and Torres Strait Islander people aged 12 and up are welcome to register at any of our clinics for your COVID-19 vaccination. Clinic opening hours and locations are available on our website at [metronorth.health.qld.gov.au/coronavirus/vaccinations](http://metronorth.health.qld.gov.au/coronavirus/vaccinations):

- Brisbane Entertainment Centre, Boondall

- Caboolture Square Shopping Centre
- Doomben Racecourse
- Kippa Ring (former Village Wholesale Centre)
- Pinkenba
- Royal Brisbane and Women's Hospital

We are also providing dedicated walk-in clinics for Aboriginal and Torres Strait Islander people at Redcliffe Hospital and Caboolture Square Shopping Centre on Saturdays. These special clinics are staffed by Aboriginal and Torres Strait Islander staff.

Vaccination is also available through your regular GP and some pharmacies.

I strongly encourage everyone to make the choice to get a COVID-19 vaccination as soon as possible to help protect yourself, your family and friends, and your community.

Regards,

Jackie Hanson

**MAKE  
the  
CHOICE**

# “Walk in” COVID-19 vaccination clinics for mob

Bring all your mob and get the jab together. Indigenous Hospital Liaison Officers will be at the vaccination clinics on these days to help you and your family.

### Who can get vaccinated at these clinics?

People who identify as Aboriginal and/or Torres Strait Islander – or are part of Aboriginal and/or Torres Strait Islander families.

Aboriginal and Torres Strait Islander people age 12 and over are eligible for the COVID-19 vaccine, so you can bring your whole mob at the same time.

### Do I have to book?

**Booking makes the day go smoother**, but you don't need to book to get your COVID-19 vaccination at these clinics. You can just walk in.

## Dates and times:

DATE	TIMES	
	<b>Redcliffe</b> Address: Ground floor MBICC Building. Access the clinic from ANZAC Avenue	<b>Caboolture</b> Address: Ground floor of Caboolture Square Shopping Centre
21 August 2021	10.00 am – 2.30 pm	12.00 – 4.00 pm
28 August 2021	10.00 am – 2.30 pm	12.00 – 4.00 pm
4 September 2021	10.00 am – 2.30 pm	12.00 – 4.00 pm
11 September 2021	10.00 am – 2.30 pm	12.00 – 4.00 pm
18 September 2021	10.00 am – 2.30 pm	12.00 – 4.00 pm
25 September 2021	10.00 am – 2.30 pm	12.00 – 4.00 pm

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.

If you can't make it to these clinics, you can register for your free vaccine on other days:  
<https://metronorth.health.qld.gov.au/coronavirus/vaccinations>



**IDENTIFICATION:**

**IT'S YOUR RIGHT TO A**

**HEALTHIER LIFE**

HEALTH SERVICE STAFF MUST ASK YOU THE QUESTION,  
WE CANNOT ASSUME BASED ON APPEARANCE

**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](http://www.metronorth.health.qld.gov.au/better-together-van)  
or Facebook page @BetterTogetherHealthVan

Inspired by the National NAIDOC theme and acknowledging a holistic approach to Aboriginal and Torres Strait Islander health, Metro North Health celebrated with an extended theme 'Heal Country, Heal Health'.

The Metro North Health theme highlights the core of the health journey for Aboriginal and Torres Strait Islander people:

'Heal Country' represents the spiritual and emotional connection between the people and the land and sea. The conservation of land to replenish generations that come behind us means we have a place where sharing and teaching takes place.

'Heal Health' signifies the holistic approach Aboriginal and Torres Strait Islander people have towards health and wellbeing. Health is not just the physical wellbeing of an individual, but encompasses the spiritual, social and emotional wellbeing of the whole Aboriginal and Torres Strait Islander communities and our connection to Country. When we heal Country, we can improve health.

Community and staff were invited to immerse themselves in the rich history and culture of Aboriginal and Torres Strait Islander people through a 13-part film showcase released daily on the Better Together Health Van Facebook page and website.

The film schedule included a Welcome to Country, cultural and history sessions with Aboriginal and Torres Strait Islander Elders, Didgeridoo playing, Nudgee local history tour, a Torres Strait Islander blessing song and traditional dancing.

There has been great feedback from staff and consumers who enjoyed the videos: "I am so proud of my culture and who I am, especially to have both Indigenous people on the virtual NAIDOC videos. Leadership group you have done amazing work and effort." – Anonymous.

Hospitals and services across Metro North Health also found ways to celebrate NAIDOC week in a COVID-19 safe way including private flag raising ceremonies at Royal Brisbane and Women's Hospital and The Prince Charles Hospital, and NAIDOC displays in main foyers for staff, patients and visitors to view.

The deadly film showcase can still be viewed on our website: [www.metronorth.health.qld.gov.au/better-together-van/2021-naidoc-virtual-event](http://www.metronorth.health.qld.gov.au/better-together-van/2021-naidoc-virtual-event). Facebook: [www.facebook.com/BetterTogetherHealthVan](https://www.facebook.com/BetterTogetherHealthVan)

# Heal Country, Heal Health

## 2021 Metro North Health Virtual NAIDOC Celebration

# 123,609

Is the number of people our Facebook posts reached.

**"CONGRATULATIONS TO THE TEAM YOU HAVE DONE AN AMAZING JOB."**



**"I AM SO PROUD OF MY CULTURE AND WHO I AM, ESPECIALLY TO HAVE BOTH INDIGENOUS PEOPLE ON THE VIRTUAL NAIDOC VIDEOS. LEADERSHIP GROUP YOU HAVE DONE AMAZING WORK AND EFFORT, MAYBE FUTURE NAIDOC EVENTS CAN BE SHARED IN THIS PRODUCTIVE WAY FOR THOSE WHO ARE UNABLE TO ATTEND COMMUNITY LIVE EVENTS."**

# 189

People shared our Facebook posts.



**"THANK YOU FOR ORGANISING THE VIRTUAL NAIDOC EVENT. IT WAS REALLY WELL DONE. I WAS ABLE TO USE VIDEO DURING IN-SERVICE TIMES OVER THE WEEK. DUE TO COVID-19 RESTRICTIONS WE HAD TO CANCEL SOME OF OUR CELEBRATIONS IT WAS REALLY WONDERFUL TO HAVE THE RESOURCES AVAILABLE TO USE. STAFF WERE ABLE TO SPREAD OUT AND ACCESS THE VIDEOS ONLINE AND ON THEIR PHONES DURING THE WEEK."**

# 71,013

The number of times the videos were viewed



# 19,169

Engagements on our posts.



# 633

Likes on our Facebook posts.



# 49

Comments on our Facebook posts.



View the 13-part video showcase on:



[www.metronorth.health.qld.gov.au/better-together-van/2021-naidoc-virtual-event](http://www.metronorth.health.qld.gov.au/better-together-van/2021-naidoc-virtual-event)



@BetterTogetherHealthVan



# FILM SCHEDULE

Sunday 4 July 2021

## Welcome to Country / History of Welcome to Country

Tribal Experiences / Director of Metro North Health Aboriginal and Torres Strait Islander Leadership Team, Sherry Holzapfel

Tribal Experiences are a nationally and internationally acclaimed local Brisbane Aboriginal Traditional Owner group who perform Welcome to Country, education, tourism and cultural awareness sessions, traditional dancing and lots more, performing for international stars and major Australian companies. Join Shannon Ruska and his group as they perform a Welcome to Country and share with you some of our local history.

Hear from proud Yidinji woman and Director of Metro North Health Aboriginal and Torres Strait Islander Leadership Team, Sherry Holzapfel as she welcomes everyone to our Metro North Health 2021 Virtual NAIDOC Event. Sherry is a registered nurse and has experience in healthcare leadership, working for several Aboriginal and Torres Strait Islander health services from Far North Queensland, Toowoomba and Brisbane regions. Her passion is working to ensure health equality is achievable by ensuring access is culturally appropriate and health care pathways are seamless for better outcomes for mob. The NAIDOC theme Heal Country is important to her as she regularly seeks her cultural grounding by going on Country for her connection to the land and waters. Sherry's family and extend family still conducts cultural practices through song and dance, seeks the natural habits for hunting and gathering traditional foods that is shared among her Elders and families.

## Talking about Welcome to Country

Shannon Ruska, Tribal Experiences

Join local Traditional Owner and cultural delivery specialist Shannon Ruska from Tribal Experiences as he provides history, knowledge and education of 'Welcome to Country' and the significance of this practice for Aboriginal people.

Since he was 8 years old Shannon Ruska has been living the dream of bringing culture alive. His father and many Aboriginal Uncles and Aunties over the years have instilled his heritage into his heart and soul which he now uses to educate, share, entertain and pass on to future generations, the stories and culture of Aboriginal people, one of the oldest cultures in the world.



Monday 5 July 2021

## Cultural session with Torres Strait Islander Elder

Talking weaving with Uncle Brian Whap

Enjoy listening to Mabuiag Island, Torres Strait Islander Elder and Cultural tutor from Ngutana-Lui Aboriginal and Torres Strait Islander Cultural Studies Centre, Uncle Brian Whap as he shares his wide knowledge and cultural practices of weaving and use of natural resources and teaches us how he heals by staying connected to Country while living away from his island home.

## Didgeridoo playing

Thomas Coghill, Tribal Experiences

Be captivated by the hypnotising sounds of Yugera man Thomas Coghill playing one of the oldest and sacred instruments, the didgeridoo. Thomas performs on the didgeridoo with Tribal Experiences and shares some of the culture and history around the traditional musical instrument.

The didgeridoo can be used in cultural ceremonies, practices and performances assisting in sharing stories of the land, animals, dreamtime and culture that are passed down through generations of Aboriginal families.



## FILM SCHEDULE

Tuesday 6 July 2021

### Walking the Nudgee Waterholes

Nyanda Cultural Tours



Nyanda Cultural Tours

Learn about the local history of Nudgee and importance of being on Country with Madonna Thompson from Nyanda Cultural Tours as she talks about how gender plays a role in our healing and the importance of healing from our past. Madonna takes us on a tour of Nudgee Reserve and shares local traditional medicines and the importance of caring for Country which in return nourishes us.

Nyanda Cultural Tours are based at Banyo on Brisbane's Northside and provide cultural tours and experiences, developed by Jagera Daran, a long established 100% Aboriginal owned and operated cultural heritage consultancy in South East Queensland. Director, Madonna Thomson is the grandniece of the late Senator Neville Bonner, the first Aboriginal person in Federal Parliament, representing Queensland as a Liberal Party Senator from 1971 to 1983.

Tuesday 6 July 2021

### Connecting to Culture

Uncle Horace Nona, Metro North Health Cultural Capability Officer

In this film Badu Island Elder, Uncle Horace Nona shares the value of connecting with Country and how he keeps connected to his island home in the Torres Strait. He shares with us the importance of supporting Aboriginal and Torres Strait Islander people travelling to Brisbane for health issues to still feel connected to their own communities during their healing journey.



Uncle Horace Nona

Wednesday 7 July 2021

### Yarning with Elders

Local First Nations Elders

The theme for this year's National NAIDOC is Heal Country which calls for all of us to continue seeking greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction. Country is important to Aboriginal and Torres Strait Islander people who hold a spiritual, cultural, emotional and physical connection to country. It is not just a place, it is home, it is life, it is family, it is lore. We use country to heal and connect with our family and culture. Our country is sacred.

Hear from local First Nations Elders as they yarn and share stories about their history and work within the community.

### Torres Strait Islander Blessing Song

Performed by Uncle Brian Whap and Aunty Matilda Bani

Listen to the amazing Kuyku Garka blessing song of thanksgiving from their island home of Mabuig Island in the Torres Strait, performed by Uncle Brian and Aunty Matilda in their traditional Kala Lagaw Ya language.



Yarning with Elders



Torres Strait Islander Blessing Song

Thursday 8 July 2021

### Connection to Culture and Healing

Uncle Anthony Newcastle and Koobara Kindy

Natjul performer, Uncle Anthony and Koobara Kindy staff and jarjums join together to deliver cultural learning and education with fun activities for the whole family.

Listen to Uncle Anthony and Koobara Kindy staff as they yarn about connecting to culture and Country and how connection is important for the healing journey of Aboriginal and Torres Strait Islander people.



Koobara Kindy



## Singing by Torres Strait Islander Musician Likiki Millett

Enjoy the singing talents of talented Torres Strait Islander man Likiki Millett. Likiki was born on Thursday Island and raised in Brisbane with blood line of Wakaid and Wagadagam in the Torres Strait. Like many families, he is blessed with many branches in his family lineage. The young Torres Strait Islander man is a talented musician and actor and enjoys sharing his talents with family, friends and community. Likiki is excited for the opportunity to partner with Metro North Health NAIDOC celebrations to share in song and connect with community via the virtual NAIDOC event to celebrate Aboriginal and Torres Strait Islander culture.



Friday 9 July 2021

## Torres Strait Islander connection to Country

Elders Uncle Brian Whap and Aunty Matilda Bani

Being away from Country can be challenging for Aboriginal and Torres Strait Islander people. We can feel a loss of connection, loss of identity, loss of culture and family, a feeling of yearning and sadness.

Uncle Brian and Aunty Matilda share how they maintain connection to Country, culture and family while living away from their island home of Mabuig in the Torres Strait and how they help their families in Brisbane and local community members connected to Country and home in the Torres Strait Islands.



Aunty Matilda and Uncle Brian interview

## Dancing on Country

Tribal Experiences

Traditional Aboriginal dancing has been part of Aboriginal culture for thousands of years. Dancing is performed as part of sharing stories, ceremonial practices including weddings, funerals, initiations, men's and women's business, and plays an important role in the spirituality of tribes which each tribe having different customs.

Dancing tells stories of the land, animals, dreamtime and culture that are passed down through generations of Aboriginal families.

Connect with Aboriginal culture by watching the traditional dancing performed by Tribal Experiences who share local stories and culture through their dancing.



Dancing on Country with Tribal Experiences

Saturday 10 July 2021

## Commitment of support by community and Metro North Health staff towards 'Heal Country, Heal Health'

Local community and Metro North Health Staff / Song performance by Likiki Millett

A wide range of local community members and Metro North Health staff have joined together in this special video montage to show their support of this year's National NAIDOC theme Heal Country and Metro North Health's extension of this theme Heal Country, Heal Health.

We invite you to reflect on the importance of protecting our sacred land, and the enormous role and healing powers Country has for its people.

Enjoy watching this montage which is accompanied by the singing talents of Thursday Island born man Likiki Millett with blood line of Wakaid and Wagadagam in the Torres Strait.

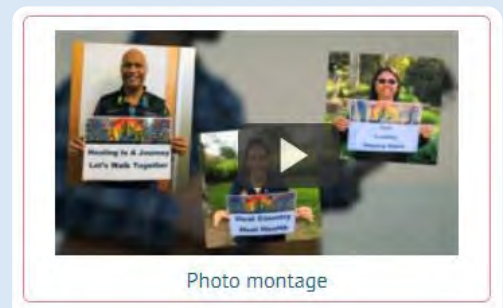


Photo montage



## Metro North Health welcomes new Deadly Start trainees

On Monday 28 June, Metro North Health held an orientation day welcoming 51 new Deadly Start trainees into the Deadly Start School-Based Traineeship program.

The Deadly Start orientation celebration was attended by the trainees and their families, Metro North Health staff, Metro North Executive staff, and the Board Chair. The trainees heard from Aboriginal and Torres Strait Islander staff working within Metro North Health and had the opportunity to build connections with staff over a well-deserved BBQ lunch.



2021 Deadly Start trainees attending orientation day

The 51 high school students have worked tirelessly over the last six months, attending a designated health hub one day a week where they have now successfully completed a Certificate II in Health Support Services and have moved into the next phase of the program.

Working across nine professional streams within Metro North Health, the students will gain valuable work experience over the next 12 months while they work towards completing a Certificate III qualification alongside their high school studies.

Congratulations to the new Deadly Start trainees and welcome to the Metro North Health team! We look forward to following your journey and supporting you to achieve your dreams.

## Ngarrama Maternity Service yarning circle

Pregnant and postnatal women under the care of Metro North Health's Ngarrama Maternity Service came together at a yarning circle held on Tuesday 18 May where they shared their Ngarrama experience with other women and mothers.

Ngarrama Maternity Service is a free antenatal and birthing service for Aboriginal and Torres Strait Islander women, and women who are giving birth to a baby of Aboriginal and/or Torres Strait Islander heritage, who choose to birth at the Royal Brisbane and Women's, Caboolture and Redcliffe Hospitals.



New mums and mums-to-be yarning about Ngarrama Maternity Service with staff

Five women and four bubs joined Ngarrama Maternity Service staff, Aboriginal and Torres Strait Islander community members and Elders as well as staff from Metro North Health's Aboriginal and Torres Strait Islander Leadership Team (A&TSILT) at the yarning circle to discuss whether the addition of physiotherapy, social work, nutrition and dietetics services to the Ngarrama Maternity Service would be a positive and well received addition to the existing model of care.

The mums and mums-to-be were encouraged to share their experience of the Ngarrama Maternity Service, as well as provide their thoughts and feedback of the service to best help physiotherapist and Senior Project Officer Edwina Powe to improve the current model of care and best meet the needs and cultural considerations of the women who engage in the service.

Having the opportunity to voice their experiences in a safe and culturally sensitive space to provide their input towards improving the existing model of care, left the women and mothers feeling empowered knowing their voices were contributing positively to the healthcare provided to Aboriginal and Torres Strait Islander women and babies in the Metro North Health catchment.

# Be ready for your COVID-19 vaccine

## Before the vaccine tell the Health team if you:

- have had a reaction from a vaccine before
- would like your vaccine done by an Aboriginal and Torres Strait Islander trained health worker, if available.

## There are very low risks

- We feel safe in Queensland, but COVID-19 outbreaks can still happen. People can still get very sick and even die from COVID-19.
- As more of us get a COVID-19 vaccine, it becomes harder for the virus to spread.
- Tests show that the vaccines are good and safe. After your vaccination, you may get a headache or feel tired and sick but these should go away after a few days. Speak to your Aboriginal and Torres Strait Islander Health Worker or GP if you are worried.
- A handful of people who receive the vaccine may develop a rare type of blood clot. It is serious but may only happen to 4 – 6 people out of every million who are vaccinated. This is a very small risk. You are far more likely to develop a blood clot in your day-to-day life like having a stroke or from smoking.
- Talk to your Aboriginal and Torres Strait Islander Health Worker or GP. They understand the risks and can help you make the right choice.

## When you get the vaccine, you will:

1. need to sign a consent form
2. be asked questions about your health to make sure you feel OK
3. get the vaccine, usually in the upper arm
4. be asked to wait 15 to 30 minutes after the vaccine to make sure you feel OK
5. get information about when you can get your second vaccine (between 3 to 12 weeks).

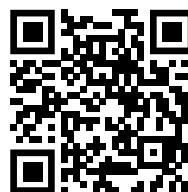
## After the vaccine

You might experience these common side effects for a couple of days:

- feeling mildly sick, like you would after a flu shot
- sore arm
- headache.

## Stay informed about your health

- Call 13 HEALTH (13 43 25 84) and speak with an Aboriginal and Torres Strait Islander registered nurse.
- Speak to your Aboriginal Health Worker or GP.
- Visit [www.qld.gov.au/covid19vaccine](http://www.qld.gov.au/covid19vaccine)



This colourful artwork is courtesy of Jedess Hudson. It represents the complexities and challenges COVID-19 brings into our lives. Jedess Hudson is a descendant from the Ewamian and Western Yalanji people of North Queensland.

## COVID-19 Vaccination matters



### Sherry

**Proud Aboriginal woman and nurse Sherry has received the Pfizer vaccine.**

“I have done this for my family. I am not only the Executive Director of Aboriginal and Torres Strait Islander Health at Metro North Health. I am also a nurse and midwife, a mother, a wife, a member of my community. I go back to Country regularly to keep close to my culture. Getting the COVID-19 vaccine is the best way to help keep the people close to me and my whole family and community safe.

Our vaccination service is amazing. I felt so at ease at The Prince Charles Hospital vaccination clinic. The waiting time wasn't too long and staff and community were given 'first class' treatment. The nurse administering the vaccine made me feel calm, kept me informed and gave me reassurance throughout the whole process, it was so easy.”



### Kirsty

**First Nations woman and nurse Kirsty has received the Astra Zeneca vaccine.**

“I kept seeing all this media coverage of people having a bad experience with Astra Zeneca and I was confused about when I was eligible. What really changed my mind was when I visited my elderly parents up north. I realised it wasn't just about me, it was about my whole family's health and wellbeing. I wanted to give my parents and myself piece of mind that we wouldn't get severely infected by COVID-19.

I was given plenty of opportunity to ask questions when I was getting my vaccine and I felt like the nurses administering the vaccine cared about me. Just be prepared to wait for a while at the clinic as you go through all the steps.”



### Tash

**Proud Dharumbal and Yiman woman Tash has had the Pfizer vaccine.**

“Working in a healthcare setting I wanted to make sure that I was vaccinated to avoid getting seriously infected with the virus and making my family who I live with sick. I don't like getting needles, so this was one of the main reasons I held off on getting my vaccine. I also wasn't quite sure which vaccine I should be getting. I spoke to a clinician to get advice about which vaccine was best for me and ended up getting Pfizer.

It was such a smooth process at the vaccine clinic when I finally got my vaccine. The nurse fully explained the vaccination and what the possible side effects could be.

I also overcame my fear of needles. I didn't even notice that she had jabbed me. I was thinking - 'is that it?'

To register for your free vaccine in the Metro North area:  
<https://metronorth.health.qld.gov.au/coronavirus/vaccinations>

Metro North locations to get a COVID-19 test:  
<https://metronorth.health.qld.gov.au/news/fever-clinics>

# IN FOCUS

## Deadly Metro North Health midwife recognised in QNMU Professional Practice Awards

Congratulations to Metro North Health nurse Sonita! Sonita is a proud Gunggari and Wakka Wakka woman and one of 12 nurses and midwives finalists nominated for the Queensland Nurses and Midwives Union (QNMU) Professional Practice Awards. Sonita was a finalist for The Aunty Dulcie Flower and Aunty Gracelyn Smallwood Award.

She has been a practicing midwife for over eight years and currently works as a Clinical Midwife at the Royal Brisbane and Women's Hospital providing continuity of care to Aboriginal and Torres Strait Islander families.

"Being able to work with our nation's first people and make a difference has been amazing. Being with my people and being a part of their journey to become parents is an honour. Statistically Aboriginal and Torres Strait Islander people have significantly worse maternal and neonatal outcomes than the non-Indigenous populations," Sonita said.

Sonita recently discovered that both her great-grandmother and great-great-grandmother were midwives in their communities before she was born.



"I was inspired to be a midwife as I have always been surrounded by pregnant family members as a child coming from a big First Nations family. I have always been a natural with newborns. My aunties couldn't keep me away from them and they shared their pregnancy journeys with me from a young age," Sonita said.

Congratulations Sonita on being recognised for your deadly work!

## WORD OF THE MONTH

**"Borrol" (Bow-roll)**

is Mountain in Yugambeh language.

The Yugambeh language is spoken between the Logan and Tweed Rivers in South-East Queensland – there are several dialects across the language Nation including Gugingin, Bullongin, Wangeriburra, Munanjali, Kombumerri, Migunberri, Birinburra and Minjungbal. Yugambeh has shared words with neighbouring languages of Bundjalung to the South, Yugara to the North and Yugarabul to the West.



## New Womens Business Shared Pathway already making tracks

Royal Brisbane and Women’s Hospital (RBWH), Metro North Health and the Institute for Urban Indigenous Health (IUIH) have partnered to support and provide Aboriginal and Torres Strait Islander women with “women’s business” health care closer to home and reducing barriers involving gynaecology and maternity care.

On average, Aboriginal and Torres Strait Islander women have a life expectancy of almost ten years shorter than the general Australian female population. Limited access to transport, experiences with lack of cultural safety, costs and past negative experiences are a few of the reasons why Aboriginal and Torres Strait Islander women can refrain from engaging with health services which leads to lack of early health concern detection.

The new ‘Women’s Business Shared Pathway’ team are already seeing improvements in medical attendance with a 40 per cent decrease in missed medical appointments by Aboriginal and Torres Strait Islander women.

This pathway provides Aboriginal and Torres Strait Islander women with a range of supports including a ‘one-stop shop’ in community for women’s related healthcare needs, transport to and from appointments, ongoing support from Aboriginal and Torres Strait Islander staff, continuity of care across health sectors and multiple referral pathways. Aboriginal and Torres Strait Islander women can also choose between three different clinic locations to receive care.

Metro North Aboriginal and Torres Strait Islander Health Executive Director Sherry Holzapfel said that there are a range of barriers to accessing medical treatment for Aboriginal and Torres Strait Islander women, particularly in relation to gynaecological and maternity appointments.

“Culturally, there can be a lot of stigma around seeking care for women’s business in the Aboriginal and Torres Strait Islander communities,” she said.

“We identified an urgent need to remove the barriers to care for these women and provide them with support from someone of Aboriginal and/or Torres Strait Islander descent who understands their culture and concerns.”

Physiotherapist, Women’s Business Shared Pathway Project Officer and proud Palawa woman Edwina Powe said that both the gynaecology and maternity pathways have seen great success since they commenced in December 2020 and April 2021 respectively.

“Across both gynaecology and maternity patients, we have seen a 21 per cent increase in appointment attendance,” she said.

“The feedback we’ve received so far from our patients has been overwhelmingly positive, with one patient recently stating that women in her family may have lived much longer if a pathway of this kind was available when they had their illnesses.”

Proud Aboriginal woman and RBWH patient Marlene Wilson has been involved with the Women’s Business Pathway team for two months and says the support provided to her has made a huge difference in her healthcare journey.

“Receiving healthcare can be a very nerve-racking experience for Aboriginal and Torres Strait Islander people like myself,” she said.

“The Women’s Business Shared Pathway team have gone out of their way to show thoughtfulness and kindness to me. They check in with me all the time to see how I am going and make arrangements, so my appointments are easier to get to, which makes the world of difference.

“I feel like I can talk to them about anything I’m feeling or experiencing now because they’ve shown an interest in me. That kind of support is so lacking in our world today. It makes me want to keep going back for my appointments.”

See over page for further information and how to access the Women’s Business Shared Pathway.



# 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**



## Keeping mind, body and spirit strong

Aboriginal and Torres Strait Islander community members who helped us with filming the Kindness, Care and Community campaign videos sat down and had a yarn with us about the campaign and keeping mind, body and spirit strong.



*“It’s very important to share messages about being healthy. There are families or mob out there who might be suffering with their health. With this campaign, we are helping to get the message out there that it’s important to get healthy and let people know where they can get help. I personally like to exercise, read a lot and listen to music. I’m sure there are other ways as well but these are the techniques that I use. Going back to Country is also important as this is where I draw my strength from. It’s important that we keep our relationships because we draw our strength from our families. If I can’t get home, I still practice my culture no matter where I am. I do my traditional cooking and get together every second weekend to sing and teach language.”*

– Aunty Rose, strong Kulkalgal woman



*“This campaign is important because it’s teaching our mob about accountability, talking to other brothers and sisters about setting goals and moving forward with getting healthier. For me, I do simple things like eating healthy and staying connected. I have a group chat with the boys to keep each other accountable. Every day we jump on there and encourage each other to go for a run or a swim for the day. We help each other to get in our 2km!”*

–Tinus, strong Ngangiwumirri, Giar Pit and Panay man



*“I think these conversations are important because mental health is one of the most important things a person can have. Without the mind, you can’t function properly. 13 years ago, I was in a car accident which resulted in a brain trauma and it took me a while to get back to being myself. It taught me the importance of sitting down and talking to people about your problems. I’ve learned to make time for things I like to do like going to 90s music concerts and going for long walks to keep my mind and body strong.”*

–Lauren, strong Gamilaraay woman



*“I think it’s important to talk about our health and it’s good to look around you for help when you need it. I like to keep in touch with my culture and be reminded of my identity to keep my spirit strong. Eating well and exercise can also contribute to keeping you strong. Something as simple as a phone call goes a long way to keeping you connected. Hearing your loved one’s voices is really powerful and strong.”*

– Likiki, strong Wakaid and Wagadagam man



Watch the videos on our website by scanning the QR code or visit [metronorth.health.qld.gov.au/better-together-van/kindness-care-community](https://metronorth.health.qld.gov.au/better-together-van/kindness-care-community)



Get involved in the conversation. Tell us how you’re staying on track with your health on our Facebook page [www.facebook.com/BetterTogetherHealthVan](https://www.facebook.com/BetterTogetherHealthVan)



# IN FOCUS

## Have you met our Indigenous Hospital Liaison Officers?

Indigenous Hospital Liaison Officers (IHLOs) are available in each Metro North Health hospital to provide support for Aboriginal and Torres Strait Islander patients, families and visitors while attending hospital. At Royal Brisbane and Women's Hospital there is a team of six IHLOs. Meet two of our Royal Brisbane and Women's Hospital Liaison Officers below:



### Bernadette Bird

**Mob:**

Butchulla on mother's side and Juru on father's side.

**My goal:**

I work at RBWH in Closing the Gap initiatives for Aboriginal and Torres Strait Islander people to make better health choices about improving their health issues and outcomes.

**My most rewarding memory**

Every day is a rewarding memory to work at the RBWH, as every day is a different outcome. I mainly work to culturally engage and advocate, and to work together in a team environment.

My duty of care is very important to me. I am culturally and holistically helping to educate Aboriginal and Torres Strait Islander people in hospital to improve their healthcare outcomes.

I work as a Cultural Indigenous Hospital Liaison Officer in Health. I work with the professional health team and the multidisciplinary team. I help encourage Aboriginal and Torres Strait Islander patients stay in hospital for their full treatment plans to get them back on track and recover from their sickness.

Seeing the patients go back home to their families after recovery puts a smile on my face.



### Sheradene Solien-Senge

**Mob:**

Yanyuwa, Garawa, and Mara from the Northern Territory.

**My goal:**

Is to ensure Aboriginal and Torres Strait Islander patients and their families feel welcome and safe throughout their journey at RBWH.

**My most rewarding memory:**

My most rewarding memory would have to be when I supported a maternity patient from a rural and remote community.

When I first met her, she was very shy and nervous about being in the big city but after getting to know her she became very comfortable with myself and the other Indigenous Hospital Liaison Officers.

This patient was in Brisbane for the duration of her pregnancy and it was so lovely to welcome her beautiful little bub after a long admission!



## Kirsty Leo striving for innovative Cultural Safety Healthcare

Kirsty Leo has been recognised as the first First Nations registered nurse to graduate the Clinical Excellence Queensland Healthcare Improvement Fellowship. Kirsty was one of 13 clinicians accepted into the program in 2020 which focuses on creating future leaders in healthcare improvement for Queensland Health. Metro North's Aboriginal and Torres Strait Islander Health Executive Director congratulated Kirsty on her inspiring achievement.

"This form of leadership is a leverage for First Nations people to achieve greater opportunities, provide stronger linkages in the system and to ensure health equity for our mob is achievable," Ms Holzapfel said.

Kirsty is a Yidinji and Australian South Sea Islander woman and caretaker to Gubbi Gubbi country. She grew up on Darumbal country where Rockhampton now resides.

While continuing her role as Aboriginal and Torres Strait Islander Leadership Team Manager of Data, Research and Clinical Governance, Kirsty undertook a personal and professional journey and reflection of cultural safety within hospitals and health services as part of the fellowship.

She spent 12 months collaborating with Queensland Health's Health Improvement Unit, Clinical Excellence Queensland and QUT Design School developing a cultural safety video addressing institutional racism within the health sector and the unconscious bias of clinicians. She hopes the video will be incorporated into Metro North Health's staff orientation program.

"It was a unique experience that produced a special video on how important it is to share the Cultural Safety Model," Kirsty said.

"I would like to extend on the video and have our First Nation consumers and communities take ownership of this model and enshrine their experiences into how we care for our diverse, evolving communities."

By completing the fellowship Kirsty hopes to encourage First Nations clinicians to take on opportunities that enable Aboriginal and Torres Strait Islander people to lead health systems from every position.

## Better Together Medication Access supporting the healing journey

The Aboriginal and Torres Strait Islander Leadership Team recently had a yarn with Kaye, a proud Kamilaroi woman who discharged from a Metro North Health facility earlier in the year. While in hospital, Kaye chose to opt into the Better Together Medication Access (BTMA) initiative, which covers all out of pocket expenses for prescribed discharge medication to Aboriginal and Torres Strait Islander people discharging from a Metro North Health hospital or health service.

Here's what Kaye had to say about BTMA:

"Earlier this year I attended the Royal Brisbane and Women's Hospital. Through the patient intake process with the nurse, I found out about the BTMA initiative available to Aboriginal and Torres Strait Islander patients discharging from a Metro North Health hospital or facility.

"Being unable to work for three months, money was limited. After all the pain and suffering, and still feeling unwell upon discharge, it was so beneficial to have the cost of my medication taken care of, and to have one less thing to worry about.

"I really appreciated having the staff listen to me. At the time of my discharge I was unable to swallow tablets. The doctors didn't hesitate to offer me a liquid form of antibiotics, which was more expensive, in place of the tablets. That thoughtful gesture made a great difference to my healing, both physically and mentally."

If you would like to learn more about the Metro North Health BTMA initiative, please speak to an Indigenous Hospital Liaison Officer or hospital pharmacy staff in one of our Metro North Health hospitals.



Aboriginal and Torres Strait Islander Leadership Team staff supporting the BTMA initiative

# IN FOCUS

## The science behind one of Metro North Health's newest pathology assistants

Sahamar Ruben, a descendant from Erub (Darnley Island) in the Torres Strait has joined Metro North Health as one of the newest pathology assistants.

Sahamar successfully completed her first year in the 2020 Indigenous Cadetship Program and rolls into her second year of the cadetship employed as a part time pathology assistant based at the Royal Brisbane and Women's Hospital.

Throughout high school Sahamar excelled in her studies. Studying Maths B, Maths C and Chemistry, Sahamar was lined up for a career in engineering. When it came time to put in her degree preferences, she found herself wanting to go down a path of helping people, which is how she discovered medical laboratory science.

Sahamar is studying a Bachelor of Medical Laboratory Science at Queensland University of Technology (QUT) and hopes to complete her degree at the end of 2022. Sahamar's transition into university was smooth, as she was fortunate to have the support of her sister, who was also a student at QUT, and the support of the Oodgeroo Unit, QUT's Aboriginal and Torres Strait Islander student support centre.

Sahamar first heard about Metro North Health's Indigenous Cadetship Program through the Oodgeroo Unit at QUT. Oodgeroo Unit host a Pre-Orientation Program (POP) week at QUT to provide Aboriginal and Torres Strait Islander students with a more intimate welcome to university including an introduction to Indigiso, QUT's Aboriginal and Torres Strait Islander society.

"At POP we had the opportunity to meet all the Aboriginal and Torres Strait Islander first years and Student Ambassadors," said Sahamar.

"I applied for the cadetship because it sounded like an amazing opportunity. To be able to work in the environment where your degree is taking you while you're still studying is incredibly rare and it has given me the most amazing opportunity to learn on the job," said Sahamar.

Recently being elected as the Sports Coordinator for Indigiso at QUT has allowed Sahamar to connect with many Aboriginal and Torres Strait Islander students on campus. Proactively seeking additional opportunities whilst studying has opened the doors to many opportunities for Sahamar, one being able to travel all around Australia, and to Taiwan for both sporting and study opportunities.



"Apply for scholarships, apply for overseas study, apply for University games, apply for social sports and apply for internships/cadetships. The opportunities at university are endless if you look for them. Make the most of them," said Sahamar.

The busy and broad workload that pathology provides is one of the many things Sahamar loves about being a pathology assistant at Metro North Health.

"My next step after graduating is to get a job as a scientist and then see where I can go from there," said Sahamar.

Drawing inspiration from her nan to pursue a career in health and expand her knowledge through tertiary education is the driving force behind Sahamar's commitment and dedication.

"My nan was only able to study up until grade 4, so I really do believe I am continuing my education for her. I am making the most of all the opportunities she unfortunately didn't have," she said.

Sahamar believes in giving every opportunity a go and not feeling pressured to decide what your future entails so early in life.

"The options are endless and there is no time limit on when you have to decide what is right for you," she said.

Metro North Health looks forward to supporting Sahamar on her journey and wish her all the best!

# STAFF FEATURE

## A day in the life of Jarrod Parter: Indigenous Patient Journey Officer, The Prince Charles Hospital

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

I was born on my grandmother's ancestral lands of Mount Isa, Queensland. I identify as Aboriginal, Torres Strait Islander (Murray Island) and South Sea Islander (Ambrym Island). My mobs are the Kalkadoon and the Pitta Pitta people.

### Q2. Can you tell me a bit about yourself?

My mother is a Parter and my father is a Smith.

Mother's side: Grandmother is a Parter/Barton born in Mount Isa and grew up in Cloncurry.

Mother's side: Grandfather is a Parter/Warcon born in Rockhampton and grew up in Joskeleigh.

Father's side: Grandmother is a Norway/Craigie born in Cloncurry.

Father's side: Grandfather is a Smith/Williams born in Cairns.

Including my father's side, I am the second eldest of seven children and we are all 'J's! I left Mount Isa at a young age and moved to Edmonton in Cairns where I attended Hambledon State School. I then moved to Zillmere, attending Zillmere State School and eventually graduated from Aspley State High School.

### Q3. In November last year, you were appointed to the role of Indigenous Patient Journey Officer. What does this role involve?

The Indigenous Patient Journey (IPJ) Officer role involves providing aid and support to Aboriginal and Torres Strait Islander patients and their families/carers that come from rural, remote and regional locations, ensuring they receive coordinated and culturally appropriate health care across the health continuum of care.

I work collaboratively with the multidisciplinary teams across The Prince Charles Hospital to ensure health services provided for Aboriginal and Torres Strait Islander patients are culturally appropriate and culturally safe. I link patients in with the Indigenous Hospital Liaison Officers as well as offering my support for future outpatient appointments, travel and accommodation requirements, coordinated through the Patient Travel Subsidy Scheme (PTSS).

During the registration of patient paperwork, I often work in consultation with community liaison officers or nurse navigators who have been assisting the patient previously, prior to attending our facility. If a patient is travelling via flight or train service, I assist with picking them up and transporting them to their accommodation – stopping to get groceries on the way if necessary.



If there is an outpatient appointment that does not require an admission, as the Indigenous Patient Journey Officer, I can recommend a preferred fly in and fly out time for the exact same day. This arrangement is beneficial if the patient has family obligations where they are unable to leave their town for longer than a day. If an outpatient review turns into an urgent admission, I am able to contact the funding PTSS hub and ask to place the return travel on hold.

### Q4. Can you share your career journey with us, and what inspired you to work in Indigenous Health?

To be honest, I never considered working within the hospital and healthcare system when I was younger. My career aspiration was to work in the mines. After graduating high school in 2011, I commenced a four-month Aboriginal and Torres Strait Islander pre-vocational program with Myuma in Camooweal, approximately 189 kilometres from Mount Isa.

The pre-vocational program consisted of theory and practical work in mining and civil construction, accredited training modules, cultural heritage training, general labouring, cleaning and operation of heavy machinery and plants. My highlights were numerous site visits such as Xstrata Mount Isa mines, George Fisher, Lady Annie, CopperChem and Ernest Henry Mines in Cloncurry.

I was offered two positions in the mining industry when the pre-vocational program had ended, however, I was unsuccessful at securing either role as I failed the physical medical exam twice within an eight-month period.

My journey with Queensland Health started in 2013 as a part time Indigenous Community Liaison Worker based in the Indigenous Acute and Primary Care Team within the Metro North Aboriginal and Torres Strait Islander Health Unit. Within the role I built on my skills and knowledge, gained firsthand experience and accomplished many achievements thanks to former colleagues Robyn Chilcott, Laurel Lincolne and Pamela Lenoy, allowing me the opportunity to start my health career within the team.

# STAFF FEATURE

In 2014, I became full time and was fortunate to be awarded a permanent position in 2016.

In 2020, I took on the opportunity to be seconded to The Prince Charles Hospital, Indigenous Hospital Liaison Service as an Indigenous patient journey officer and was successful in gaining permanency in this position last year in November.

## Q5. What has been your highlight so far working in the role of Indigenous patient journey (IPJ) officer within Metro North Health?

I am amazed at the working relationships I have developed over the past fifteen months with facility staff ranging from my own team members, executive staff, administration officers, nursing staff, patient support staff, allied health staff and medical officers. A brief conversation or a simple smile when crossing paths in the hospital makes the working environment healthy, keeps the culture positive and helps build effective teams.

Being asked to backfill in an Indigenous respiratory outreach clinic (IROC) where we travelled from Mount Isa to Winton, Boulia, Birdsville, and Bedourie was another highlight for me. The opportunity provided me with a clearer insight as to how the IROC clinics operate in community as opposed to reading about IROC online.

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

I am a first-year student with the Queensland University of Technology (QUT) Kelvin Grove studying a Bachelor of Nursing (full time) whilst also working full time. In July 2021, I will commence my second year of nursing!

Despite being busy with work and study, especially in this semester, I have managed to find a balance, and make time for family and friends, and still have a social life.

## Q7. Your message to readers:

I would like to encourage our kids who are studying and wanting to come through the hospital and health care system to please reach out for any questions and/or advice!

## Metro North Health artwork initiatives

Hospitals and services across Metro North Health have recently incorporated the stunning artwork throughout their facilities, created by Aboriginal Artist Elaine Chambers-Hegarty. Each Directorate within Metro North Health have their own designated Reconciliation Action Plan (RAP) artwork, that depicts the story of the surrounding area. These artworks, and motifs from these artworks have been incorporated into facilities to create a culturally safe and welcoming environment for Aboriginal and Torres Strait Islander people accessing Metro North Health services.

Here are some of the creative ways in which artwork has been incorporated within Metro North Health.



Above: Acknowledgement of Country display, Herston Biofabrication Institute

Below: (L-R) Indigenous Hospital Liaison Officer phone booths: Caboolture Hospital and The Prince Charles Hospital, Medical Imaging Department, Redcliffe Hospital





**STAY STRONGER**

**LIVE LONGER**

**DO YOUR BOWEL  
SCREEN TEST TODAY**

**GET IT**

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

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**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.

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**POST IT**

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

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**DONE**

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



Supported by the Aboriginal and Torres Strait Islander Leadership Team, Metro North Hospital and Health Service



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## 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.



**Metro North Health**

# 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](http://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 6621 or email [Bettersogetherhealthvan@health.qld.gov.au](mailto:Bettersogetherhealthvan@health.qld.gov.au)

The service is owned and operated by Metro North Health. The Better Together Health Van will be utilised as an extension of Metro North Health 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](mailto:A_TSIHU_MNHHS@health.qld.gov.au) or phone (07) 3139 3235.



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