



Talk-About

The official newsletter for the Aboriginal and Torres Strait Islander Health Unit

November/December 2019

Metro North Hospital and Health Service *Putting people first*



RBWH Closing the Gap with dedicated culturally safe space

L-R: Peter Buttrum Executive Director Allied Health RBWH, Haylene Grogan Chief Aboriginal and Torres Strait Islander Health Officer and Deputy Director-General, Dr Robert Stable Board Chair MNHHS, Sherry Holzapfel Director Aboriginal and Torres Strait Islander Health Unit, Jackie Hanson Acting Chief Executive MNHHS and Abbe Anderson Chief Executive Officer Brisbane North PHN attended the opening.

Queensland's largest hospital has opened a dedicated, private and culturally safe space as part of a commitment towards Closing the Gap in health outcomes for Aboriginal and Torres Strait Islander people.

Minister for Health and Minister for Ambulance Services Steven Miles has welcomed the addition of the Royal Brisbane and Women's Hospital (RBWH) Indigenous Hospital Liaison space, for patients and families to step away from the busy environment and meet with staff about their health journey.

"Our large city hospitals are often intimidating to patients from rural and remote communities, so it's important to connect those patients with staff who share and understand what they're going through," Mr Miles said.

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**Queensland
Government**



Give us feedback

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

Aboriginal and Torres Strait Islander Health Unit

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

Mail to:

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

Email to:

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

Metro North Hospital and Health Service would like to acknowledge the traditional owners and custodians of the land on which our services are located.

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

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

Contact information

Royal Brisbane and Women's Hospital

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

The Prince Charles Hospital

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

Redcliffe Hospital

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

Caboolture Hospital

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

After Hours Team

Friday and Monday 12noon to 8.30pm

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

Indigenous Acute and Primary Care / Sexual Health Team

Team Leader: Tracy Grant	Ph: 07 3492 1851
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A word from the Director



Sherry Holzapfel
Director, Aboriginal and Torres Strait Islander Health Unit



Welcome to the final edition of Talk-About for 2019. It has been a busy year for the Aboriginal and Torres Strait Islander Health Unit (A&TSIHU) and as we near the end of the year, I'd like to take the opportunity to thank all our staff for their dedication and commitment to caring for our Aboriginal and Torres Strait Islander patients, families and communities.

During 2019 we celebrated the launch of the Metro North Hospital and Health Service (MNHHS) Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022 (Better Together) at the very successful NAIDOC event at St Columban's College in July. I am also pleased to report that since the launch each Directorate has submitted their first report on implementing the four priority areas within the plan. A great achievement.

As mentioned previously, the launch of the Better Together Plan is instrumental in ensuring the ongoing Metro North commitment to align with the Council of Australian Governments' target of Closing the Gap in life expectancy of Aboriginal and Torres Strait Islander people by 2033.

Throughout the year, staff have been transitioning to new reporting lines and I would like to thank everyone for your continued support and patience during what has been an extended process. During this time your commitment to continuing to offer your best support to our community has not gone unnoticed.

Events held during 2019 included Close the Gap event (March) involving Community Elders, Reconciliation Week across Metro North facilities during May, NAIDOC at Caboolture in July which saw 1500+ visitors and 65 stall holders. Staff also attended NAIDOC at Koobara and Musgrave, a very successful community gathering supported by the Redcliffe Hospital and more recently the opening of the new Indigenous Health Liaison Office at Royal Brisbane and Women's Hospital. The Minister for Health and Minister for Ambulance Services Steven Miles and our MNHHS Board members requested a separate visit to the new office which was well received by the Royal Brisbane and Women's Hospital Indigenous Hospital Liaison Office staff.

2019 also saw a change of Directors here at the A&TSIHU. I would like to pass on my thanks to Paul Drahm, my predecessor, for his effort and dedication towards the launch of the Better Together Plan and the initial liaison with staff and Metro North Community and Oral Health in preparation for the change management implementation.

2020 will see the launch of the Better Together Van as part of the Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019 – 2022. The mobile 'Better Together' health clinic van will provide opportunistic screening measures and important health promotion messages to Aboriginal and Torres Strait Islander community members within the Metro North catchment.

I am also very pleased to advise that the A&TSIHU be supporting local health initiatives across our Hospital and Health Service through grants. The six (6) grants will be available to Metro North staff and aligned to the four (4) Key Priority Areas –

- Leadership, Governance and Workforce
- Transparency, Reporting and Accountability
- Engagement and Partnerships
- Culturally Responsive, Safe and Connected Care. Four clinical focus areas of -
 - Strong Start to Life
 - Reducing Burden of Disease
 - Crisis and Complex Care
 - Living Well and Living Longer

Keep an eye out for advertising, applications will open on 1 February 2020.

Finally, I would like to take this opportunity to wish my colleagues, staff, patients and community members a very happy festive season, I look forward to working with everyone in 2020.

Sherry Holzapfel
Director, Aboriginal and Torres Strait Islander Health Unit



Dr Robert Stable, Haylene Grogan and Sherry Holzapfel cutting the ribbon at the entrance of the new Aboriginal and Torres Strait Islander Health Liaison Service Office.

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“Indigenous Hospital Liaison Officers are integral in helping deliver culturally-appropriate care to support patients to understand and share in their own healthcare journey,” he said.

Metro North’s Aboriginal and Torres Strait Islander Health Unit Director Sherry Holzapfel said the Indigenous Hospital Liaison (IHL) program services around 400 clients at RBWH each month, and many more from rural and remote communities across the state.

“IHL Officers now have a fully dedicated space to work with our patients to improve access, incorporate cultural protocols and a social view of health, and make our health service a welcoming and far less intimidating place,” Ms Holzapfel said.

“It increases the visibility of our service and offers easier access for our patients, carers and community members in a culturally safe and welcoming environment, which is a crucial component in reducing the level of discharge against medical advice.”

By 2031, the Indigenous population in South East Queensland is projected to reach more than 133,000 – almost double that of other states - however the number of those with clinical training is extremely underrepresented, particularly in medicine.

“Metro North’s four-year Better Together plan will ensure all Aboriginal and Torres Strait Islander people accessing our healthcare services will receive high-quality person-centred care that is culturally responsive, empowers self-care and choice, and is designed to improve health and wellbeing,” Ms Holzapfel said.



Nunukul Yuggera Aboriginal Dancers performing the Water Blessing.

The new community space is located on Level 1 of the Ned Hanlon Building at RBWH and features colourful artwork by Aboriginal artist Elaine Chambers-Hegarty as a visual invitation when patients enter the hospital.

OUTandABOUT

Australian Indigenous Football Championships held across two days

The 2019 Australian Indigenous Football Championships (AIFC) were held over two days in November at the Moreton Bay Sports Complex, with players travelling from around the state and country to compete.



Above: 2019 Youth Grand Final Koala played against Platypus. Above right: Brisbane Warrigals were the 2019 men's champions

The second edition of the tournament provided an opportunity for even more Indigenous players to showcase their talent in 2019 with the addition of a youth competition in which eight teams competed, with the Platypus side defeating the Koalas in the youth Final.

The men's Grand Final resulted in a 1-1 draw at full time, Brisbane Warrigals defeated Northern NSW side Maliyans United in a thrilling penalty shootout to claim the men's AIFC title.

Maliyans United also featured in the women's Grand Final, with the side securing the women's AIFC title after recording a 6-0 win against NQ Brolgas.

In addition to the competitive matches, the tournament featured a showcase match between an Indigenous All Stars team and a Queensland Police Service side.

The 2019 AIFC saw Indigenous communities from across the country come together not only to participate in the tournament, but also to celebrate Indigenous culture and make connections with other players and communities.

All semi-finals and finals were livestreamed by SBS for the first time this year, with Craig Foster in attendance on Saturday to commentate the streamed matches and meet with those at the tournament.

Metro North Hospital and Health Service Aboriginal and Torres Strait Islander Health Unit assisted with coordinating the 14 stallholders from government, non-government and community health organisations.



Performing the Smoking Ceremony were the Muja Mundu Gubbi Gubbi Dancers.

Director of the Aboriginal and Torres Strait Islander Health Unit, Sherry Holzapfel, said the event was a good way to connect directly with community members and highlight our work through engagement and partnerships, a direct commitment in the Better Together Plan.

"Building partnerships with community groups is an integral way to understand the health needs of the communities we serve.

"The Australian Indigenous Football Championships allowed us to connect with Aboriginal and Torres Strait Islander youth locally and nationally, promoting healthy and active lifestyles," Sherry said.

The Caboolture region is a growing area for our services, with 6,918 Aboriginal and Torres Strait Islander people living in the area in 2016.

"It was very hot conditions over the two-day event, I would like to thank my team for coordinating the stallholders and giving the community the opportunity to learn about our services," Sherry said.



William Bern, Senior Project Officer took to the field with the Brisbane Warrigals during the event.



Deearne Dodd and Linda Farrugia from Indigenous Respiratory Outreach Care (IROC) were set for a busy day at the event.



Twilight Tales

On Wednesday 23 October 2019, the Indigenous garden and rotunda at Brighton Health Campus was the setting for the inaugural Twilight Tales presented by Community and Oral Health Cultural Capability Officer Horace Nona.

In the Queensland Health Aboriginal and Torres Strait Islander Cultural Capability Framework 2010-2033, 'cultural capabilities' refer to the 'skills, knowledge and behaviours that are required to plan, support, improve and deliver services in a culturally respectful and appropriate manner'.

The event was well received by those attending and it is planned to make the gathering a regular occurrence.

Feedback obtained was extremely positive, most stating the ability to sit outside gave an informal approach, offering a better opportunity to ask questions.

Others stated the need for more twilight sessions and consideration be given to having more non-Indigenous attend allowing staff a better understanding of cultural ways to improve the health for Aboriginal and Torres Strait Islander people.

Staff Excellence Award – Kim Walker

Congratulations to Kim Walker, Advanced Indigenous Mental Health Worker from the Resource Team at Cherside Community Centre who recently was highly commended for her work in Indigenous Mental Health as part of the Metro North Staff Excellence Awards.

The Staff Excellence Awards recognise the amazing work happening across the health service and the commitment staff make every day to our values – respect, teamwork, compassion, integrity and high performance.

This years' winners and highly commended come from almost 200 nominations across seven categories.



Chris Henaway Indigenous Mental Health Professional Lead, Senthil Muthuswamy Mental Health Operations Director at TPCH and Kim Walker, Advanced Indigenous Mental Health Worker at the recent Staff Excellence Awards.

Recognition for Indigenous Hospital Liaison service

The Indigenous Hospital Liaison service at The Prince Charles Hospital (TPCH) received recognition from hospital staff at a special morning tea held on October 30, 2019.

'Feel Good Wednesday' is a C1 – common good collaboration which aims to recognise the contribution that a team or teams make to the organisation.

Every Wednesday throughout 2019, a different team/s is acknowledged and celebrated for their hard work and contribution to making TPCH a great place both for patients and staff.

Congratulations to the team for continuing to deliver exceptional care and cultural support to Aboriginal and Torres Strait Islander patients across Queensland.



Indigenous Hospital Liaison Officer's Michelle Pieper (second from left) and Mark Budd (currently working on secondment with the Indigenous Cardiac Outreach Project) pictured with TPCH Medical Director Donna O'Sullivan (far left) and Occupational Therapy staff at the hospital.



Redcliffe community event



Above: Staff and Community working together at the Redcliffe Hospital's Community event at Woody Point. Above left: Elwyn Henaway Cultural Capability Officer Redcliffe and Caboolture participating in the smoking ceremony with Uncle Alan Parsons.

On Wednesday 30 November, Redcliffe Hospital hosted an Aboriginal and Torres Strait Islander Community gathering and Welcome to Country at Lahore Park, Woody Point followed by the Redcliffe Hospital Community Engagement Workshop held at the Seaspray Function Room, Belvedere Hotel.

The event acknowledged the past, created the present and inspired the future with many Aboriginal and Torres Strait Islander Elders and Community members present on the day. Discussion and workshop ideas will be instrumental in forming Redcliffe's Reconciliation Action Planning Committee's terms of reference for future meetings.



The Redcliffe Hospital Reconciliation Action Planning Committee.



NRL Stars Attend Opening of Sony You Can Centre

Australian cricket players and NRL stars Kevin Walters, Sam Thaiday, Jonathon Thurston and Allan Langer, swimmer Giaan Rooney and Channel 10's Georgina Lewis mingled with youth cancer patients at the launch of the You Can Centre funded by the Sony Foundation.

The new centre was launched on Tuesday 19 November 2019 for young cancer patients at Royal Brisbane and Women's Hospital. The centre is a social hub to bridge the gap in care.



Indigenous Staff Gathering Wrap Up

A Metro North Indigenous staff gathering was held at the Aboriginal and Torres Strait Islander Health Unit, Cherside Community Centre on Friday 27 September.

An action-packed agenda including speakers from each Reconciliation Action Plan Committee (RAP) across all the facilities within Metro North, Indigenous Mental Health, Indigenous Hospital Services, COH Referral, Assessment and Navigation - Primary Indigenous Health Team, Indigenous Outreach Programs, Indigenous Health Safety and Quality, Metro North Deadly Start Program, Indigenous Breast Screen Campaign and Indigenous Bowel Cancer Screening offered very strong insights into the work being conducted in each area.

65 attendees were welcomed to the event by Elwyn Henaway, Cultural Capability Officer from Redcliffe / Caboolture. Elwyn received a vigorous round of applause after singing a "Creation" song in the Birri Language.

Feedback from those who attended was very optimistic with numerous staff and presenters stating the ability to present and also share with everyone was very encouraging, additionally understanding and knowing the work each area is currently doing to close the gap on Indigenous health was very inspiring. It was also pleasing to see each RAP group proudly displaying their new artwork on presentation slides.

It was inspirational to hear the key achievements highlighted by the RAP Committees across Metro North who are all working hard to ensure Closing the Gap on Indigenous Health. See opposite for some of the achievements.

RECONCILIATION ACTION PLAN UPDATES



Community & Oral Health

- Cultural protocol implemented
- Acknowledgement to Country at every meeting
- Cultural support system for staff
- Yarning circles with community
- Supporting Indigenous-owned businesses through goods and services
- Participate and support significant cultural events



THE PRINCE CHARLES HOSPITAL

- Enhance cultural awareness training opportunities for staff
- Increase understanding of Acknowledgement to Country
- Provide opportunity for staff to participate in NAIDOC Week
- Develop walking map of TPC campus for culturally significant landmarks

ROYAL BRISBANE AND WOMEN'S HOSPITAL

- RBWH Close the Gap committee established
- RBWH Closing the Gap Action plan in development
- Indigenous Hospital Liaison team and Close the Gap committee members participate at RBWH Creative Strategy Initiative
- Commencement of new Nurse Navigator
- Commencement of Cultural Capability Officer

CABOOLTURE HOSPITAL

- Indigenous representative to be placed in each service line
- Improving Did Not Attend and Discharge Against Medical Advice across Hospital
- Engaging with younger people
- Staff in Emergency Department organising community cook-up events with Elders



REDCLIFFE HOSPITAL

- Discharge Against Medical Advice Plan
- Engagement with local Elders
- Cultural audits underway
- Aboriginal and Torres Strait Islander Health Steering Committee holding monthly meetings with Community Members



From wheelchair to walking: creating healthy lifestyles through community connections

Torres Strait Islander Elder, Uncle George Wano, committed himself to being able to walk again after being wheelchair bound for the past few years.

The Gannet House resident had a chance meeting with local personal trainer Kalka Mitchell at the Metro North Hospital and Health Service NAIDOC Caboolture Family Fun Day held in July.

The pair have since been training together at regular gym sessions, working towards the goal to have Uncle George walking and back lecturing at university by mid next year.

Uncle George has already seen improvements in his wellbeing and physical ability. He's lost weight and is now meeting his exercise requirements at the gym.

"When he first visited the gym, Uncle George was barely managing a ten-minute regime but in such a short time, he has more than doubled that time," Kalka said.



Uncle George's progress has drawn praise from people across Australia, especially the wider Aboriginal and Torres Strait Islander community, highlighting how regular exercise, a good diet and healthy mindset can minimise chronic disease.

"It's the first time I have felt that I can now do this and get back to healthy living, now my life has changed," Uncle George said.

Metro North Hospital and Health Service looks forward to welcoming both Uncle George and Kalka Mitchell up on stage for a full update at the annual Caboolture NAIDOC Family Fun Day on July 7, 2020.

Above: With Kalka Mitchell's help, Uncle George Wano is determined to be wheelchair free by June 2020.

BuyingBlack media channel launched

An independent media channel championing and celebrating the work, challenges and achievements of Aboriginal and Torres Strait Islander business owners was launched in October 2019.

The launch event for BuyingBlack, held at Birrunnga Gallery and Dining in Adelaide Street Brisbane, was funded by the Queensland Government's Department of Education, Small Business and Training.

The BuyingBlack website showcases and celebrates the stories of first nations business owners.

Story teller and film producer EJ Garrett, has worked tirelessly bringing these stories to us and he believes each story has a lesson for each and one of us.

"On the last day of every month we will bring you a new episode telling stories of determination, courage, resilience and entrepreneurship, here at the BuyingBlack website, and we will also share our content across the BuyingBlack social media networks.

"As a producer and director I have produced stories from many facets of life, but none has touched me or fascinated more than the stories of First Nations businesses," EJ Garrett said.

Metro North was proud to partner with EJ to produce several films at the recent 2019 Metro North Caboolture NAIDOC Week Family Fun Day. The films are part of the Accurate Indigenous Identification Campaign and will be released in the coming months.

To sign up or visit the new channel, visit www.buyingblack.com.au



Deputy Premier Jacki Trad, Mrs Mavis Garrett, EJ Garrett and Katie Kiss at the launch.

Young Black and Deadly Award



Hannah Monaei and Tamika Birch from Metro North Deadly Start program.

A huge congratulations to Hannah Monaei who was the recipient of a recent \$2,000 scholarship from Young, Black and Proud which is supported by Queensland Family and Child Commission.

Hannah, a descendant from the Wulgurakaba people, was one of the 460 applications received by the Commission and only 60 applications received funding. 57 received \$1,000 but Hannah and two other applicants received the full amount.

Hannah, who is undertaking her school-based traineeship through the Metro North Deadly Start program, sought the assistance of the Deadly Start team for mentorship and advice prior to sending off her application.

Hannah grew up in Papua New Guinea before moving to Cairns in far north Queensland with her mum and siblings in 2011. Hannah said, "My inspiration for learning, wanting to achieve comes from my mum who worked hard to keep the family together after the passing of my father".

Hannah and her siblings were placed in boarding schools in various providences in Papua New Guinea which ensured they had very structured learning.

When asked what the funding would do for her career, Hannah said "I will buy a new computer to help me with my studies.

"Originally, I wanted to be a doctor but after seeing both my mum and grandmother in hospital I could tell the real care and passion came from the nurses, so that is what I am going to do.

"I am considering being an oncology nurse and hopefully make a difference there."

Julie Franzini Identification Campaign

After waiting a few weeks, Julie Franzini, a Metro North staff member who works in Maternity and Gynaecology Outpatient Department at RBWH, was presented with an Identification shirt after making inquiries at the new Indigenous Health Liaison Office (IHLO) at the RBWH.

Julie has a keen interest in the wellbeing of Aboriginal and Torres Strait Islander patients and shared why she will be a proud champion for the campaign.

The Accurate Indigenous Identification campaign is designed to improve the health outcomes of Queensland's Aboriginal and Torres Strait Islander population.

What does it mean to you personally to be able to wear this new identification shirt?

It means that I make a statement to Australia, that I stand together as one with Indigenous Australians. I will wear it with pride and respect.

Do you expect to get asked what the significance of the shirt is?

Yes, I do. I would be more than happy to explain its significance to anyone who asked.

How can staff support the campaign across Metro North?

To recognise, accept and respect that the 'staff' working with the Indigenous Australians know how to approach, arrange and organise, the help, care and needs on all levels.



Scholarships are for young Aboriginal and Torres Strait Islander people who are looking for support with their school, university, arts or sporting dreams. Annually, there is \$1000 and \$2000 scholarships available and supported by Queensland Family and Child Commission.

To be eligible for the scholarship applicants need to be:

- of Aboriginal and/or Torres Strait Islander descent
- 25 years old or younger
- living in Queensland.

There are three categories applications can be made for: education and training (primary, secondary and tertiary), the arts and sports.

Q&A with BreastScreen Queensland

This month, we have compiled some of our most frequently asked questions and their answers.

Who is eligible?

BreastScreen Queensland provide women aged 50-74 years who are not presenting signs or symptoms of breast cancer with free mammograms (breast x-rays) every two years. This program actively encourages women 50-74 years to attend, however women 40-49 and 75-and-over can also receive free screening.

Does a family history of breast cancer guarantee I will get it?

No. Having close relatives with breast cancer can increase your risk of breast cancer, but risk factors suggest we have an increased chance only and are not a guarantee. Some other risk factors for breast cancer include being female, being 50 years and over, having specific gene abnormalities (e.g. BRCA1 or BRCA2), being overweight or obese, drinking alcohol, and having dense breast tissue.

Can you have breast cancer without showing any symptoms?

Yes. Particularly when they are new, the cancer may be too small to feel or see. These cancers can be detected via a screening mammogram (breast x-ray).

Can I get a free breast screen before I turn 50?

Yes. You can get a free breast screen every two years with BreastScreen Queensland from the age of 40.

If you are a woman over 50, or you know someone who is, call BreastScreen Queensland on 13 20 50 or visit www.breastscreen.qld.gov.au to book an appointment. Early detection saves lives.



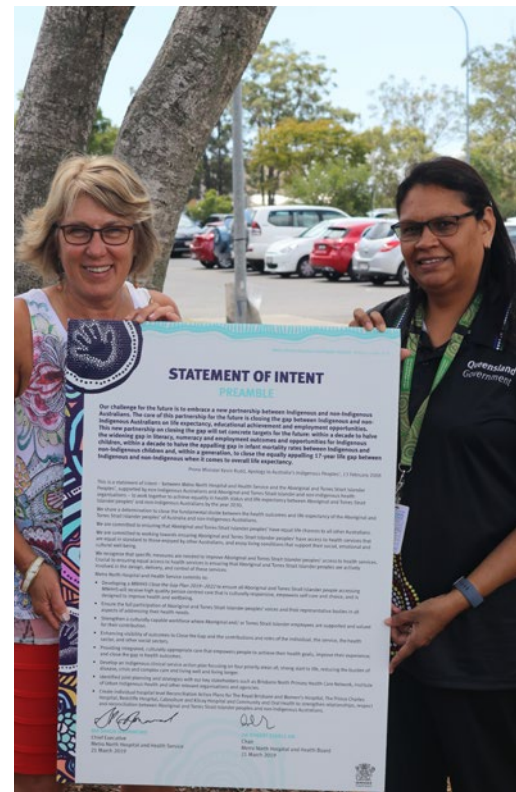
'A Woman's Dreaming' by artist Sharon McAvoy.



Leaders of new adolescent mental health centre announced

Dr Arun Pillai, Emma Hart and Ben Orford (pictured above, right to left) have been appointed to lead the team caring for Queensland young people in the new adolescent extended treatment centre at Chermside from early 2020.

The centre will provide a 12-bed residential service for young people across Queensland who are experiencing severe and complex mental health issues, and a 10-place day program. More information on the appointments is available on the Children's Health Queensland website.



Haylene Grogan Chief Aboriginal and Torres Strait Islander Health Officer and Deputy Director-General and Sherry Holzappel Director Aboriginal and Torres Strait Islander Health Unit.

Visit by Haylene Grogan Chief Aboriginal and Torres Strait Islander Health Officer and Deputy Director-General of the Aboriginal and Torres Strait Islander Health Division

The Aboriginal and Torres Strait Islander Health Unit were pleased to receive a visit from Queensland's first Chief Aboriginal and Torres Strait Islander Health Officer and Deputy Director-General of the Aboriginal and Torres Strait Islander Health Division, Haylene Grogan on Monday 14 October 2019.

Haylene took time out of her busy schedule to meet with staff and to listen to suggestions moving forward with Closing the Gap on Indigenous Health across Metro North.

Haylene promised to stay in touch with the unit and admitted being very encouraged by the work Metro North have already achieved in ensuring the better health and wellbeing of Indigenous patients accessing services within the hospitals across the catchment.

Dying to Yarn: Palliative Care for Aboriginal and Torres Strait Islander Communities

More than 200 Indigenous health professionals, Elders and community members attended the inaugural Dying to Yarn conference held on November 1 at The Brisbane Convention and Exhibition Centre.

The program featured speakers from across the country discussing holistic models of palliative care, advance care planning, grief, loss and bereavement and cultural and spiritual care with delegates enjoying the variety of presentations.

The event was organised by the Program of Experience in the Palliative Approach (PEPA) and Centre for Palliative Care Research and Education (CPCRE) to raise awareness of palliative care and a “good death”.

Queensland PEPA Indigenous Project Officer, Eliza Munro said “an undignified death leads to emotional and spiritual distress for Aboriginal and Torres Strait Islander patients, families and communities. Education and knowledge shared in this area can assist those on their end-of-life journey, ensuring it is one of comfort, dignity, cultural respect and fulfilled wishes”.

“A ‘good death’ can be defined as being free from avoidable distress and suffering, in general accord with the patient’s and family’s wishes and reasonably consistent with clinical, cultural and ethical standards,” said Aurora Hodges, Queensland PEPA Manager.

The varied speakers encouraged more yarnning amongst the community to allow one to express the preferred care for their end-of-life journey, reflect on memories, say goodbyes, attend to unfinished business and live well during their final footprints.



Janice Johnson and Louisa Tilberoo from Joyce Palmer Health Service on Palm Island with Jamal Idris at the event.



Relaxing after delivering their presentations are Community members Uncle Billy Munro from Cairns and Rev. Aunty Alex Gater and Uncle Jeff Gater from Brisbane.

One such initiative highlighted at the forum was the Advance Care Yarning App developed by the Goondiwindi Hospital, Darling Downs Health Service under the guidance from Aboriginal community representatives of Toomelah, Boggabilla and Goondiwindi. The Advance Care Yarning App allows Aboriginal and Torres Strait Islander people to express their preferred care and was based off the ‘Statement of Choices’ document.

The app started from a simple observation with health care staff noticing younger and older Indigenous people interacting with technology when they were in the hospital setting but knew there was no culturally specific resource to help in developing an Advance Care Plan.

Putting the two together, the app provides a culturally sensitive way to engage with Aboriginal and Torres Strait Islander people to gather information about family, wishes and healthcare.

Dying to Yarn is expected to be an annual gathering with plans to hold the event in a different state each year.

Staff from the Aboriginal and Torres Strait Islander Health Unit at MNHHS were among the audience, with Senior Project Officer Rayna Cowburn commenting it was ‘one of the best conferences she had attended in recent time’.

Congratulations to Aurora Hodges and Eliza Munro from PEPA Queensland and the CPCRE team for organising the gathering.

Queensland Forensic Mental Health Service, Indigenous Mental Health Intervention Project (IMHIP)

The Indigenous Mental Health Intervention Project (IMHIP) team were recently awarded “TheMHS Award” in the Psychosocial and/or Support Category at the Mental Health Service Awards of Australia and New Zealand 2019 held in Brisbane.

IMHIP is Australia’s first Aboriginal and Torres Strait Islander led, multidisciplinary, social and emotional wellbeing service for Indigenous people in custody. It provides early identification, in custody care and transitional support to connect individuals back to their community.

This priority driven service has been developed in partnership with Indigenous colleagues, communities and organisations to ensure that it’s culturally informed. In addition to its client focus, IMHIP strives to develop the Indigenous workforce and support Indigenous leadership.

The IMHIP service is developed from an understanding of Aboriginal and Torres Strait Islander views of health and mental health, including the interconnections between spiritual, social, emotional, cultural and physical wellbeing, as such, the service model is holistic and more readily accessible.

The team have incorporated a range of culturally valid outcome measures into routine practice and mental health applications delivered via Android tablet PCs. Evaluation findings indicate that the IMHIP approach is valued and that outcomes are positive and meaningful.

Opposite is a list of awards IMHIP have won over the last two years – a commendable effort:

- **2019 – The Mental Health Services (TheMHS), Awards of Australia and New Zealand**

Category: Psychosocial and/or Support category
Indigenous Mental health Intervention Program (IMHIP)
Queensland Forensic Mental Health Services won the award in recognition of the achievement of excellence, innovation and best practice in mental health services.

- **2018 – Awards for Excellence – WINNER**

Category: Queensland Health category of Connecting Healthcare
Indigenous Mental health Interventions Program, Metro North Hospital and Health Service

- **2018 – Research Excellence Awards – WINNER**

Category: Complex Health Challenges Research Award
Queensland Forensic Mental Health Services
Indigenous Mental Health in the Criminal Justice System

L-R: Assoc. Prof. Ed Heffernan Director Queensland Forensic Mental Health Service, Associate Professor the University of Queensland, Yasmin Muller Program Manager IMHIP, Penny Dale Service Development Coordinator IMHIP and The Australian Minister for Health, The Hon. Greg Hunt MP.



Referrals for hearing Appointments

Thousands of Aboriginal children have outstanding referrals for specialist hearing appointments in the Northern Territory because services have been cancelled. A six-year report into hearing health has found The Australian Institute of Health and Welfare's (AIHW) NT hearing health report analysed the success of the Hearing Health program delivered to more than 10,000 Aboriginal and Torres Strait Islander children from 2012 to 2018. <https://ab.co/34vjSBm>

Young amputee Shericka Mahoney wearing first blade prosthetic wins gold at first athletics event

Ten-year-old Shericka Mahoney only received her prosthetic running blade in June, but last week she took home a gold medal and set records for long jump and the 100-metre sprint at a national athletics event. Shericka lives in Alpururulam, a remote Indigenous town near the Queensland-Northern Territory border. <https://ab.co/37EAUic>

Cape York mayor says families are 'falling apart' from unrelenting deaths in community

A Cape York mayor says a perpetual cycle of death is having major impact upon the mental health of his community and more can be done to detect chronic diseases earlier. Lockhart River, in far north Queensland, has a population of just 700 people but the community has endured at least five funerals this year. <https://ab.co/2KZpwnl>

Potential vaccine for streptococcal infections to be trialed in two clinics in Canada and Australia

A potential vaccine for streptococcal infections is being tipped as a game changer in remote communities after a recent outbreak was detected in Cape York. Griffith University researchers, who have been developing the vaccine for more than 20 years, announced on Thursday that it would be trialed in two health clinics in Canada and Australia. <https://ab.co/33lkurO>

Torres Strait kids raise awareness of healthy skin through hip hop

Underneath the island sun, surrounded by the salty sea, children from the Torres Strait Islands are laying down hip hop tracks to educate their community about the importance of healthy skin. Children from Boigu, Saibai, Badu, Mabuag, St Pauls, Warraber, Poruma, Masig, Mer, and Erub Islands in the Torres Strait worked with Ryan Samuels, known as Trooth, to create Healthy Skin, Healthy Mepla <https://bit.ly/2DmUtxK>

Kimberley Aboriginal Medical Services drives strong mental health services forward as top priority

A trailblazer in the First Nations health space, Kimberley Aboriginal Medical Services (KAMS) is leading the way in Aboriginal self-determination in primary health by ensuring the development of safe, comfortable and consistent mental healthcare. <https://bit.ly/34syelG>

Stop racism to close the gap in healthcare, pioneering Indigenous doctor says

Australia's first and only Indigenous ophthalmologist says addressing institutional racism would narrow inequality in the healthcare system.

Kristopher Rallah-Baker also said that having more Aboriginal and Torres Strait Islander medical professionals has a tangible impact on Indigenous healthcare.

Indigenous people still have a life expectancy 10 years shorter than non-Indigenous Australians. <https://bit.ly/2OK6qTk>

Archie Roach – 'You can reach the darkest point in our life and come back, and come good'

With Indigenous suicide rates at an epidemic level, the songwriter regrets not talking sooner about his own battle with mental health. Telling his story through music, and memoir, has helped him heal – read his amazing story. <https://bit.ly/2OM36qj>



Introducing Geoff Binge Cultural Capability Officer, Royal Brisbane and Women's Hospital (RBWH)

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

I am a career public servant with Queensland Government, 36 years in fact! I have worked extensively with Aboriginal and Torres Strait Islander communities, organisations and individuals in urban regions along Queensland's east coast, remote and rural areas, and particularly at Far North Queensland, the Cape and Gulf Country and throughout the Torres Strait.

I saw firsthand the health issues and concerns at these communities. I thought, I can bring value to the Royal Brisbane and Women's Hospital with my past experiences. I can deliver cultural competence and awareness and offer education and training for staff which would benefit Aboriginal and Torres Strait Islander Queenslanders.

What are some of the health barriers you see in the Aboriginal and Torres Strait Islander communities?

A lot of the health issues are related to the provision of basic health needs. This is often the case with younger and elder members of our communities, where they may not be meeting their nutritional needs due to varying economic and social factors.

By not having the physical, mental and spiritual strength to build and maintain their health, this may lead to bigger health issues in the long term.

What do you see as obstacles in your role as Cultural Capability officer at RBWH?

One obstacle and challenge I've noticed already within my short three weeks of being here is the need for accurate identification of Aboriginal and/or Torres Strait Islander patients. I'm talking about patients who do and do not identify as an Aboriginal and/or Torres Strait Islander. Our staff must ask the all-important question when patients present at admissions or other means upon arrival.

Of course, there are many barriers to identifying, for example in unique circumstances such as if a patient is being admitted in an emergency, the question may not be captured accurately or asked.

Identification is an area I will be focusing on, as there are many benefits for both the patient and our hospital service.

What do you hope to achieve here – your goals?

My main goals are to design and facilitate development opportunities and training for all levels of staff to become culturally competent and fully aware of the health, economic, social and spiritual impact on Aboriginal and Torres Strait Islander patients, to enable the best possible care and treatment.

I also plan to develop and launch RBWH's inaugural Reconciliation Action Plan. These goals will take time and will be underpinned on building extensive and trusting relationships with our board members, executives, clinicians and administration personnel and existing Aboriginal and/or Torres Strait Islander staff.

One positive step already is the fact my role reports directly to the RBWH Hospital Executive, highlighting the importance of the Cultural Capability Officer's responsibilities and commitment to our community, patients, consumers and RBWH staff.

It allows me the confidence, access and the ability for quick decision making, and support, when proposing new initiatives and projects within the cultural capability arena.

The Metro North Cultural Capability Program is delivered online or face to face, what's your preferred style?

I have a warm spot in my heart for face-to-face training. I'm an old school teacher and I like to be able to join the discussion and witness the expressions on persons faces and respond genuinely to those 'what if' questions when raised in the training.

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

I started my career in adult education with TAFE Queensland after applying for and earning a scholarship to go to university to study and gain my TAFE Teachers' degree.

I've had a wonderful employment/study career and worked at various government departments over the past few decades. One of my career highlights was establishing the very first Aboriginal and Torres Strait Islander Work Health and Safety Program in Australia, while employed at the Department of Justice and Attorney General, Queensland. Back then, my role as Principal Advisor was to work across the State and deliver specifically designed Workplace Health and Safety training and development programs for Aboriginal and/or Torres Strait Islander Local Government Councils, organisations and employees and advise and guide the provision of services to our peoples.

My most recent role was the Principal Advisor for the Crime and Conduct Commission (CCC). This involved guiding and advising the CCC on Aboriginal and/or Torres Strait Islander issues about possible crime and corruption activities and clarifying and often defusing any misconceptions of crime and corruption among the community.

Can you tell me your personal history?

I am a proud Tuli man from the Kamilaroi people in North West New South Wales.

I maintain and value my family and cultural connections with my people in north east NSW and along the New England Mountain Range.

I have two children aged 24 and 28. Like any murri family when they were growing up, I took time from advancing my career to ensure their needs were met, family wise, culturally, socially and the give them the best education opportunities I could provide.

My wife and I have lived on the Northside of Brisbane for over 30 years and we are very much part of the local community. I am a past president of the local Men's Group, along with being an active member of many committees and, I treasure and maintain my connection with the community.

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

I am located at the ground floor of the Ned Hanlon Building. And I look forward to and invite anyone to drop by for a chat or business, or call me (07) 3646 7661 or email: Geoffrey.Binge@health.qld.gov.au

My job involves being out and about a lot across the RBWH campus, so if you see me please introduce yourself and have a yarn.

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

I have a love for old cars and motorbikes. I'm currently restoring an EH Holden, a 1963 model; it's the same model as our first family car as a child. Of course, my family's wellbeing and health is the priority and a value whatever time I get to share with them.

WORD OF THE MONTH
“Thirra”

Pronounced thee-rah with rolled 'r'. From the Muruwari language of Western Queensland – meaning 'song'

A NEW AND BETTER TEST FOR WOMEN

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



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

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

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

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



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

**Need some funds to get the
idea off the ground?**

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

Applications open 1 February 2020 and close 31 March 2020.

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



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

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Upholding human rights everyone's responsibility.

To find out more visit https://qheps.health.qld.gov.au/metronorth/legal_services



Metro North Hospital and Health Service *Putting people first*






CABOOLTURE HOSPITAL INDIGENOUS MIXED TOUCH FOOTBALL CARNIVAL

Sunday 5 April 2020 | 8am to 4.30pm

Petersen Road Sports Grounds
220 Petersen Road, Morayfield



Get a team together and register!

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

For further information or to register, contact Rob Brown on 0439 403 690 or email robert.brown2@health.qld.gov.au

Nominations close Sunday 22 March 2020.

Players of all cultural backgrounds welcome.

BRING YOUR FAMILY FOR A FUN DAY OUT

PLUS HEALTH CHECKS | ENTERTAINMENT | FOOD STALLS | JUMPING CASTLE | FACE PAINTING



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

CARING *together*
CABOOLTURE • KILCOY • WOODFORD





Join up today!

An online community for Aboriginal and Torres Strait Islander staff at Metro North Hospital and Health Service.

Join the online discussion and the cultural connection within the workplace. Search 'Metro North Staff Yarns' on QHEPS to join.

All new members signing up before 31 December 2018 will receive a welcome pack including a drink bottle, lanyard and flag pin.

For further information email
MNstaffyarns@health.qld.gov.au

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

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



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