



2023 ANNUAL REPORT



apunipima

CAPE YORK HEALTH COUNCIL



CAPE YORK
PENINSULA

QUEENSLAND

AUSTRALIA

HORN ISLAND

NEW MAPOON
UMAGICO
INJINOO

SEISIA
BAMAGA

MAPOON

WEIPA

NAPRANUM

LOCKHART
RIVER

AURUKUN

COEN

PORMPURAAW

KOWANYAMA

HOPEVALE

LAURA

COOKTOWN

WUJALWUJAL

MOSSMAN
GORGE

CAIRNS

our health in our hands



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CHAIRPERSON'S WELCOME

It's with pleasure that I welcome you to Apunipima Cape York Health Council's Annual Report for 2022-23. This is my first address as Chair after Aileen Addo chose to take a step back earlier this year. Aileen remains as a board member, and I would like to acknowledge her time and dedication as Chairperson for the last few years. I'd like to acknowledge the traditional custodians of the land throughout the Cape where Apunipima reaches, and pay respects to their Elders past, present and emerging, and we thank all communities for welcoming Apunipima onto their land to provide much needed services to their communities.

To the community of Mapoon, this year saw the opening of a new Apunipima clinic, the Thimithi-Nhii Primary Health Care Centre. While much of the toil for this project was completed in the previous financial year, the centre was officially opened in August 2022, and was welcomed by the community with open arms in an opening event attended by the community, representatives from the health industry, and the Honourable Warren Entsch MP. The modern clinic looks fantastic and I'd like to thank all the team involved for their hard work in bringing the project to completion.

Building centres and other infrastructure for service delivery is always challenging, and this year has seen some further wins towards enhanced service delivery in our communities. Apunipima has secured funding for staff accommodation in Kowanyama and Mapoon, and these buildings will ensure that our Centre Managers and FIFO staff have consistent and comfortable accommodation in these communities which is also close to our centres.

We have also secured funding for an extension and renovation of the Coen Health Centre, which will no doubt be welcomed by the staff and community to modernise the space and keep our community members and staff more comfortable in the centre.

Although "challenging" been a consistent theme throughout the COVID-19 times, this year brought its own unique challenges for the organisation, not least a cyber-security incident which saw the organisation's computer systems taken offline for a period of time in late 2022. Much was said of this incident throughout the year, but the work of the management and operational staff to secure the

systems and bring them back online after this disruption should be commended. The scale of this task both during and after the incident was profound for an organisation with our resources, and the team has done an excellent job in keeping our information up-to-date, and implementing new security measures to ensure this type of thing is prevented in the future.

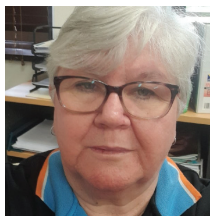
The Board has been impressed with the amount of forward planning which has been presented over the last year. In particular, the teams have been systematically utilising the Strategic Direction as a backbone for planning, with all teams working towards the same goals and outcomes for our communities. As a board, this fills us with confidence that the organisation is focused and committed to providing better health services and outcomes for our people.

We're looking forward in the coming year to securing land tenure and ultimately funding for more clinics in Cape York communities. We currently operate 6 primary health care clinics and 4 wellbeing centres, and while we will be focused on these clinics for now, we need to look to a future where we're providing more comprehensive and modern service facilities in even more Cape York communities. We also look forward to celebrating 30 years since the establishment of Apunipima in late 2024. Much of the planning for this will happen in the coming year, and discussions are well underway as to how and when we will acknowledge this important milestone.

I'd finally like to acknowledge the staff and Health Action Teams (HATs) for their tireless work this year. To our HATs, your grassroots guidance has helped to shape many of the policies and initiatives enacted in many of your communities, if not more broadly, and I thank you for your guidance throughout the year. To all our community team members and FIFO workers, and corporate support staff, you are the frontline and face of Aboriginal & Torres Strait Islander healthcare in this country, and I thank you all for your service to the community this past year, and we look forward to another year of improving the health and wellbeing of our people in Cape York.

Trevor Shane Gibson

TREVOR SHANE GIBSON
CHAIRPERSON



CEO FOREWORD

On behalf of the Board and Senior Management of the Apunipima Cape York Health Council, I present the 2022/23 Annual Report.

This past financial year has been one of reflection as we returned our focus to 'business as usual' after two long years of responding to the COVID-19 pandemic and its impacts on our organisation and the health and wellbeing of the people of Cape York.

The change to operations in meeting the mandated requirements for providing clinically safe care across our footprint in Cape York has enabled us to rethink the way we do business and work towards enhancing our services to the people of Cape York. The Board's recent review of the Strategic Plan provided an opportunity for Senior Management to review our own operational strategies and incorporate the Board's priorities more effectively into our operational planning.

Some of the key pieces of work undertaken this year to support the organisation's strategic direction and the changes required for improvement, has included:

- Finalising the review of our business and operational systems to enable the introduction of system improvements to enhance efficiency across the corporate and service units.
- Undertaking a workforce review as a precursor to the development of our Aboriginal and Torres Strait Islander Workforce Strategy to provide a focus on local community-based employment.
- Reviewing our client records management systems to enable integration of a client's Social and Emotional Wellbeing record with their clinical record thereby improving clinical and client safety.
- Building the capacity of local Health Action Teams to enhance the organisation's local community governance structures.
- Finalising preparations for the Napranum 'Partners in Care' Trial to implement a locally devised service model focussing on the principles of social prescribing.

While these projects were managed primarily through our business support staff our dedicated service operations teams continued to deliver health and wellbeing services across the Cape.

Unfortunately, the implementation of these projects and the delivery of services was significantly challenged for some months from October 2022, after Apunipima was impacted by a cyber incident in early October 2022. Our business and service operations were off-line for several weeks while Senior Managers worked tirelessly with our external support services to, not only bring everything back on-line but also,

to implement improvements to avoid, if not eliminate, a recurrence of the incident. During this time, staff had to revert to paper-based records which in itself posed further challenges and then face the additional workload of adding this data to the system when it was safely and securely back on line.

Nonetheless, our operations staff showed their dedication and resilience by rising to the challenge and ensuring that we continued to provide our health and wellbeing services across the Cape. With the support of local health care providers and partners, our service operations team were able to continue to provide health and wellbeing services, although in a more limited capacity.

Throughout the following pages of this report, a summary of the work undertaken by Apunipima teams during the 2022/23 financial year demonstrates our Board, management and staff commitment to the strategic objective and our vision of 'community controlled primary health care in Cape York'.

With 2022 being a Board election year requiring all elected Directors to stand down, we saw a change in the Board Chairperson, with the appointment of Trevor Gibson Junior to the role. The past Chairperson, Aileen Addo, while choosing not to stand for re-election remains a member of the Board. Thomas Hudson was elected to the position of Deputy Chairperson. The current elected Board members, appointed in November 2022 will hold a three (3) year term of office:

- Chairperson - Trevor Gibson Junior (Region 5)
- Deputy-Chairperson - Thomas Hudson (Region 3)
- Director - Patricia Yusia (Region 1)
- Director - Mary Yoelu (Region 1)
- Director - Aileen Addo (Region 2)
- Director - Dereck Walpo (Region 3)
- Director - Ethel Singleton (Region 4)
- Director - Maree (Donna) Henning (Region 5)

The Board also has the authority to appoint skills-based Directors, and the 2022/23 financial year saw the resignation of two skills-based Directors, Shaun Donaldson and Sophie Pettigrew and the appointment of Ilario Sabatino to one of these vacancies. John Andrejic was appointed to the other vacant skills-based position in July 2023.

2024 will see the organisation in its 30th year since establishment and we will be working with Apunipima members and community Health Action Teams to ensure that the significance of this anniversary is recognised late next year. I look forward to a productive 2023/24 working with management and staff in achieving the Board's vision.

DEBRA MALTHOUSE
CEO

THIS YEAR

APUNIPIMA HOSTS COMMUNITY REPRESENTATIVES AT FORUM IN CAIRNS

In November 2022, Apunipima hosted a forum in Cairns with representatives attending from the various Cape communities the Health Council services. The Forum was attended by staff, members of the Board, and the various community members that make up each community's Health Action Team (HAT).

Community-based Health Action Teams (HATs) are a vital part of Apunipima's model of community controlled primary health care. Health Action Teams are made up of community-based members who meet on a regular basis to discuss the health needs of their communities. The purpose of the HAT is to provide advice, guidance and support to the organisation on the delivery of comprehensive primary health care services in their community. This strengthens our communities' right to self-determination by allowing community members to control their health service and be independent and autonomous.

The purpose of the Forum was to empower the Health Action Teams to lead local community initiatives whilst also providing a regional focus on Closing the Gap in health for the Cape. This was achieved through a combination of training and discussion. The training provided was around governance and procedures between staff, the board and the local teams to ensure the model works as smoothly as possible. The discussion aspect was made up of breakout groups and workshops which also provided networking opportunities to assist in identifying and addressing

local community issues and how to turn those challenges into opportunities.

There was a great culture of sharing and learning across the event with community leadership and cultural knowledge key to the success of the event. The breakout workshops enabled a grassroots voice to support a strength-based approach to identifying and addressing local community issues. This led to plenty of rigorous discussion, brainstorming and problem solving in an interactive, collaborative and culturally safe environment.

Executive Organisational Development Manager Adelina Stanley said that all the communities participated and provided honest feedback. "It was a real privilege for our staff and some of our newer HAT members to gain a better understanding of the considerations for providing culturally safe care, and to hear first-hand from our communities how we can better support them. Some of our new HAT members in particular got a lot of information and inspiration at the event," she said.

The two-day event at the Novotel Cairns also featured a dinner on the first night with the teams shown a documentary about the evolution and essence of the HATs. This was followed by keynote speeches from special guests before an awards ceremony recognising and celebrating the achievements of HAT Members and teams concluded the festivities for the evening.

"There were some really useful training sessions which led into some fantastic discussion. I think it was really good for the HATs to build that knowledge base and grow their understanding of how they can work with Apunipima to drive progress in their communities."

- Ian Ludwick, Apunipima Learning & Development Manager



JULY 2022 - JUNE 2023



CLIENTS 4324

CLIENT CONTACTS

23,814

* Clinical Services

Community	Client Contacts
Aurukun	5909
Cairns	348
Coen	1162
Hope Vale	393
Kowanyama	1900
Laura	178
Lockhart River	198
Mapoon	296
Mossman Gorge	3448
Napranum	3748
Pormpuraaw	1027
Wujal Wujal	130

E-HEALTH

This year saw Apunipima experience a prolonged period where our entire online network was incapacitated for several months and the organisation was forced to take paper records again in a shift back to processes that hadn't been in use for many years. Once systems were back online, the eHealth team provided integral support to our clinical teams around entering these records into our electronic system as well as providing assistance to I.T. with the mammoth task of system recovery.

The eHealth team have continued to work on system enhancements within our Electronic Medical Records (EMR) and this year we have also seen:

- E-Prescribing operationalised.
- Transition commenced of Social & Emotional Wellbeing teams to an electronic data system.
- Additional technology sourced and configured for use in Telehealth sessions.
- Recalls and reminders systems updated, and training provided to all clinical teams on its use.
- Increased data use focus across the organisation.



BOARD OF DIRECTORS



REGION FIVE
HOPE VALE
Trevor Shane Gibson
Chairperson



REGION THREE
KOWANYAMA
Thomas Hudson
Deputy Chairperson



REGION ONE
BAMAGA
Patricia Yusia



REGION ONE
UMAGICO
Mary Yoelu



REGION TWO
MAPOON
Aileen Addo



REGION THREE
AURUKUN
Dereck Walpo



REGION FOUR
LOCKHART RIVER
Ethel Singleton



REGION FIVE
MOSSMAN GORGE
Donna Henning

OUR SKILLS-BASED DIRECTORS



Barbara Schmidt



Ilario Sabatino



John Andrejic



OUR COMMUNITIES

KOWANYAMA

APUNIPIMA ATTENDS YOUTH CAMP

A day trip and overnight camp for the youth of Kowanyama was recently held at Shelfo, a popular camping location near the Western Cape community. This outing was a collaborative project between Kowanyama Council and Women's Group, Kowanyama Rangers, Youth Justice and Apunipima's Sexual Health Team members Sandi Mitchell, Chloe Levers and Errol Leon.

Twenty-two youth enjoyed their time spent on country which included leisure activities, such as fishing, as well as participating in discussions focussing on Sexual Health and relationship issues. For those that hadn't been on country previously a welcome ceremony was performed by a local Traditional Owner.

The group enjoyed a dinner cooked by Kowanyama Council and damper from the open fire. Participants were then given the choice to return to community or stay the night camping with the Rangers. It was a very successful initiative and everyone is hoping this can continue as a regular collaborative event during school holidays.



WUJAL WUJAL

NUTRITION TEAM SUPPORTING NEW MUMS AND BUBS



The first 1000 days of a child's life, from conception to two years of age, is a critical foundational period which shapes their development and wellbeing. The Apunipima nutrition team collaborates with The Cooktown District Community Centre (CDCC) to provide support for Mums and Bubs in Wujal Wujal. The CDCC do a weekly Playgroup with the Mums/ Carers and bubs.

Celia, one of Apunipima's dietitian-nutritionists, does a regular session with this program to help with securing a solid nutrition foundation for these early years. According to Celia, the program presents practical ideas to provide cost effective, healthy food for the family.

"In this session we discussed the importance of a balanced diet for our bubs, with a variety of foods from the core food groups. We looked at foods with iron for brain development, protein for growth and carbs for good energy. The Mums participate in cooking quick and easy recipes and get ideas regarding how to use common foods that are available in community," Celia said.

AURUKUN

APUNIPIMA PUTS ON HEALTH EXPO

On 21st June key stakeholders in the community of Aurukun held a Health Expo to provide information and resources to the community about their health and wellbeing. The expo was requested by the community and coordinated by Apunipima, with community members having access to a wide range of health professionals to get information and assistance with their various health queries and concerns.

The Aurukun Community Centre was transformed for the day into a mini-Health Hub with exhibitors set up around the outside of the space, allowing community members to casually browse their way from one end of the expo to the other. Staff from Napranum and Cairns also made the trip to help out and there were plenty of hands on deck to put up all the marquees, set up displays, cook a huge feed and mingle with the crowd.



Apunipima and TCHHS provided resources on a range of topics including Tackling Indigenous Smoking, Nutrition, Sexual Health and Child Maternal Health and there was also a flu vaccine clinic setup for the day. Mayor Keri Tamwoy came down to the event and expressed how thankful she was for the huge effort from Apunipima.

Apunipima's Primary Health Care Executive and the coordinator of the Expo Frankie Clive, said that it was a monumental effort to put the expo together at short notice. "The Mayor asked us to put on a Health Expo at short notice and we did just that! Thanks to all the staff involved in the planning and execution, it was a great event," Frankie said.



COEN

DISCUSSING DANGERS OF GUNJA AND ALCOHOL

Our Coen team has been busy delivering info sessions to the community about the dangers of gunja (marijuana) and alcohol, with the aim of supporting improved community social and emotional wellbeing. The sessions focused on two key aspects; keeping our families healthy and strong by learning about how the brain works and the impact of substances on young people's brain development.

On Thursday 9th February, Apunipima's Social and Emotional Wellbeing (SEWB) Centre had 17 young men aged 15 - 21 attend an info session on the dangers of gunja. The following week, on the 16th of February, the Coen Wellbeing Centre



delivered a community info session focused on the impact that Alcohol has on the brain. There were 14 participants who attended the session.

These info sessions were developed in response to a request from the community for more information about how they can support their young people who are using gunja. Apunipima's Counsellor in Coen, Cate Teece has been delivering the sessions and said the community has been

very active and responsive in facilitating the sessions.

"The main messaging for the info sessions came directly from a community member who said, "Our kids will follow us wherever we walk, our footsteps and choices will change our kids' lives. Making healthy life choices is good for our family and community," Cate said.



Dignitaries from all over Queensland headed for the tiny Cape York community of Mapoon in August 2022 for the opening of Apunipima Cape York Health Council's Thimithi Nhii Primary Health Care Centre. This is Apunipima's fourth standalone Primary Health Care Centre built under the Federal Government's Rural and Remote Health Infrastructure Project and the result is a win for the community of Mapoon and Cape York communities in general.

Apunipima Chairperson, Aileen Addo thanked a long list of people before cutting the ribbon in front of the community and guests to officially open the new facility. "This is something very positive, it's been a long time coming but it's finally here. This community is growing and we have to build infrastructure to go with that growth," Mrs Addo said. According to Mrs Addo, the flow-on effects from the opening of the new centre will resonate for years to come.

"This is about more than just health, this is another strategy we've put in place to close the gap. This is about getting everything in order and seeing better outcomes like more community-based jobs, better infrastructure and community development."

By the end of the speeches, the air began to fill with the smell of roasting meat as the barbecues were fired up and local Apunipima staff and community volunteers cooked up a feast for the guests.

Apunipima has worked out of the Queensland Health clinic since 2008 with the office consisting of a small donga behind the clinic. PHC Manager Debra Jia said the team are extremely grateful to Queensland Health for the great relationship they've enjoyed but said it's a huge relief for

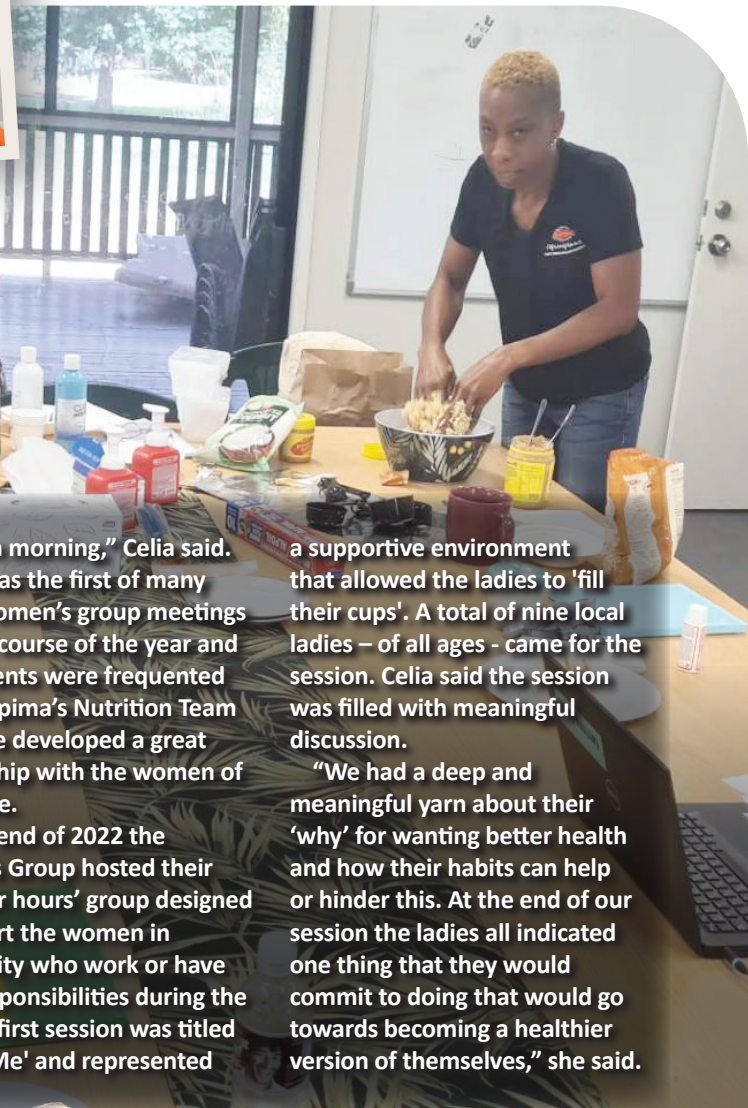
Apunipima to finally have a purpose-built space. "The donga was very compact, but being in the new centre is going to open up more avenues for health service delivery," Mrs Jia laughed.

Services available in the new Thimithi-Nhii Primary Health Centre include Medical and Allied Health services as well as Health Promotion and Prevention programs. Social & Emotional Wellbeing activities are also available through Apunipima's Men's Support programs.

MAPOON THIMITHI-NHII PRIMARY HEALTH CARE CENTRE OPENS



HOPE VALE APUNIPIMA SUPPORTING WOMEN



In August 2022, the Hope Vale Women's Group held their first event in quite some time, a meet and greet event facilitated and attended by Apunipima. Celia Innerarity from the Nutrition Team said it was a fantastic morning and everyone had a wonderful time.

"It was a lovely meet and greet for the ladies involved and I did a demonstration of how to make peanut butter banana bliss balls, a healthy and delicious snack which everybody loved! The Aunties painted while we were all yarning and it was a

really fun morning," Celia said.

This was the first of many future women's group meetings over the course of the year and these events were frequented by Apunipima's Nutrition Team who have developed a great relationship with the women of Hope Vale.

At the end of 2022 the Women's Group hosted their first 'after hours' group designed to support the women in community who work or have other responsibilities during the day. The first session was titled 'TLC for Me' and represented

a supportive environment that allowed the ladies to 'fill their cups'. A total of nine local ladies – of all ages - came for the session. Celia said the session was filled with meaningful discussion.

"We had a deep and meaningful yarn about their 'why' for wanting better health and how their habits can help or hinder this. At the end of our session the ladies all indicated one thing that they would commit to doing that would go towards becoming a healthier version of themselves," she said.

MOSSMAN GORGE USING ART AS THERAPY!

The residents of Mossman Gorge community have been exposed to an Apunipima service with a difference! Art therapy assists participants to explore their emotions and work to improve mental health using art activities and verbal interaction in a safe space. No artistic talent is needed just a willingness to explore the materials and process!

The course is run by Apunipima's SEWB Counsellor in Mossman Gorge, Susan Renwick. Sue is currently completing a Masters in Art Therapy and so when the opportunity came to implement this program, she was a natural choice! Sue says there are links between art and good mental health and already the program has proven popular.

"Art has many therapeutic benefits. For example, it's been shown that people painting what or how they are feeling onto a blank canvas and then discussing their work can be hugely beneficial for mental health. We've only really just started but so far but the early signs are that the community are enjoying it," Sue said.



LOCKHART RIVER SCHOOL HOLIDAY FUN

The Apunipima, Tackling Indigenous Smoking (TIS) Team visited Lockhart River during the school holidays to help out with some fun activities for the community's children and youth!

The TIS Team in partnership with the Lockhart River Youth Group and Puuya Foundation hosted a film launch last week showcasing the Lockhart River leg of the, 'What's Your Story, Cape York? Don't Make Smokes Your Story' campaign. The videos involved community members from Lockhart River sharing their stories about their why it's important to choose not to smoke and the benefits of making healthy choices. The team also helped coordinate a community Colour Fun Day in the afternoon before the video launch event that evening.

The community Colour Fun Day started at 3pm with the community bus and parents dropping off several loads of eager participants. Before the run started Bonnie and Fiona from the TIS team hosted a discussion about the importance of Tackling Indigenous Smoking and engaged the youth with some of the props including the unhealthy and healthy lungs, a year's worth of tar in a jar and the gangrenous foot.

After the discussion, it was time to get colourful! Adults with



the colouring powder all headed to their allocated stations and sprayed colour powder at the youth as they ran around the footy field.

With bellies full and the sun setting, the team began screening the five films, and each was enthusiastically applauded by the crowd. The videos were followed by another quick round of talks including TIS staff and community members thanking each other for all the hard work which went into the day and the entire project overall.

The final act of the day was a cultural dance from the community children and youth, performed in the headlights of the community bus. Local cultural leaders Patrick and Simon Butcher guided the performance and provided the beat with their percussion instruments.

"Yesterday was a great partnership between Apunipima and the Lockhart Shire Council in running the school holiday program. To see that many children in their white shirts, and to see community members helping with the spray bottles, and to still have them engaged for the evening, that was a great success," said Puuya Centre Director, Emma Schuh.



PORMPURA AW

MY HEALTH FOR LIFE

The My Health For Life (MH4L) program enables informal group conversations about stronger health, in a relaxed community setting, while supporting participants to make small health changes that they personally see as a priority. Participants choose their own relevant health goal and support one another as a group, over 6 fortnightly sessions. These personal goals might be related to moving more, eating healthier, achieving a healthier weight, reducing smoking or alcohol or living and coping well.

Over the past few years, Apunipima's Nutrition team has been delivering

this established state-wide program in Cape York communities with positive community participation. From February to May 2023, Community Nutritionist Sue Charlesworth led a My Health For Life program in Pormpuraaw with some of the Pormpur Paanthu Aboriginal Council staff. According to Sue, the group members enjoyed having regular quality time together across the sessions to talk about their health in a relaxed group in the community, where they could chat together and not be rushed.

"They appreciated talking about different chronic diseases and how

lifestyle factors such as what we eat, exercise, how much we smoke or drink, and mental wellbeing all affect the risk of getting a chronic disease or controlling a chronic disease better if we already have one. It was great to see how the group times also enabled the participants to support and encourage each other in their personal health journeys, as they shared their stories, successes and challenges with each other, supported by the program health information offered," Sue said.



LAURA

ACCESSIBLE FRESH FOOD AND NUTRITION

The nutrition team recently facilitated the Laura community to have better access to healthy food through the introduction of the Mayi Market service. Mayi is a not-for-profit service providing weekly boxes of fresh, healthy and affordable food to Cape York communities.

Access to affordable, nutritious food in Cape York is key to improving the health and wellbeing of our communities. For the Laura community, the closest access to a variety of fresh foods is 140km away at the Cooktown IGA, so introducing a viable alternative will have significant benefits for the community's health. There were seven families from Laura that signed up initially and this continues to increase.

"The feedback we were getting was community wanted more cooking ideas and so we have now partnered with Mayi Market to provide and teach different ways of using the food in the boxes," said Apunipima's Community Nutritionist Celia Innerarity.



Additionally, Celia hosts regular nutrition education sessions at the Laura State School, working with both upper and lower grades to improve their exposure to a wider range of fruits and vegetables.

Mayi Market boxes offer different combinations of fruit and vegetables, meats, and other groceries, at affordable prices, and is available in Hopevale, Coen, Mossman Gorge, Wujal Wujal, Aurukun and now Laura.

OUR HEALTH IN OUR HANDS

TACKLING INDIGENOUS SMOKING SMOKE-FREE WORKPLACE TOOL KITS

The Tackling Indigenous Smoking (TIS) team's health promotion work includes promoting and supporting smoke-free work environments and reducing exposure to second-hand and third-hand smoke among people working for, or accessing, Cape York organisations and businesses. Community organisations and businesses play an important role in providing smoke-free spaces and reducing exposure to second and third-hand smoke for their employees and customers.

This past year, the TIS team developed smoke-free workplace toolkits and audits to promote smoke-free work environments. The toolkits contained promotional items, no smoking signs and

stickers, information on the benefits of smoke-free places as well as quit support options.

We used community services lists and feedback from community-based staff and local managers to guide the distribution of the toolkits. The toolkits are handed out in person by TIS team members and at the same time, organisations are asked to complete a smoke-free workplace audit. The smoke-free workplace audits indicate if community organisations have a smoke-free policy in place and determine how Apunipima's TIS team can best support smoke-free workplaces in Cape York communities. Our TIS team is available to support organisations with additional



signage, to assist to develop, review and implementing smoke-free policies, and provide education on relevant topics.

From January to June 2023 the team distributed 28 smoke-free workplace toolkits and completed 26 smoke-free workplace audits in five communities. With this much interest and uptake of the kits and audits, the TIS team will continue the distribution of the smoke-free workplace toolkits into the next financial year.

TIS FILM LAUNCH IN LOCKHART RIVER & MAPOON

Over the last few years, the Tackling Indigenous Smoking (TIS) team have worked with Cape York communities to develop videos of local champions sharing their real-life quit smoking stories as part of the 'Don't Make Smokes Your Story, Cape York' campaign. This past year, Lockhart River and Mapoon became the latest communities to launch their stories win in April and May respectively.

This project has been a testament to the power of collaboration and community-driven health promotion. These stories are not just compelling but deeply rooted in the community's spirit.

The filming took place on their very own land, involving the local school and its students in creating their film, which conveyed a strong anti-smoking message tailored specifically to Lockhart River and Mapoon.

The Mapoon launch was an open-air cinema experience, drawing the community together under the vast night sky to witness these impactful narratives. Health promotion stalls and interactive activities were set up to engage families and young individuals, ensuring that the event was as informative as it was entertaining. The response from

the community and participating stakeholders was very positive and these films now stand proudly alongside a collection of locally produced films that spotlight community members and their commitment to tobacco control.

You can watch our 'Don't Make Smokes Your Story, Cape York' videos via Facebook and YouTube. Since July this year short versions of the videos are being broadcast on Imparja and NITV and Blackstar radio is sharing audio of the community videos, spreading these Cape York communities message to Don't Make Smokes Your Story.

INTEGRATED TEAM CARE SUPPORTING THOSE LIVING WITH CHRONIC CONDITIONS

Over the past year, the team behind the Cape York Integrated Team Care Program (ITC) has been working hard to significantly enhance the services it offers to the Aboriginal and Torres Strait Islander communities residing within the Cape York Region, including Port Douglas.

The program offers comprehensive support to Aboriginal and Torres Strait Islanders with chronic disease. This support includes funds for essential equipment that bolsters their health journey, care coordination to help them navigate appointments, and travel

support when required. Recent changes mean that the program can now accept referrals from all GP clinics serving the Cape York Area resulting in greater support for Aboriginal and Torres Strait Islander with chronic disease.

During the year the program welcomed two new staff to support this new approach: Zeleke Fisher in the role of ITC Program Lead, and Shawn Turpin in the role of Program Support Officer. Behind the scenes, Zeleke and Shawn have been working hard to establish new partnerships to support these

changes, while also strengthening existing relationships. On the frontline, we also welcomed a new Care Coordinator in Bertha Ropeyarn to join Lolita Hunter. The pair travel across our communities to facilitate personalised care coordination with clients and offer invaluable assistance in liaising with the various health services involved in the client's care.

This initiative is funded by the Northern Queensland Primary Health Network (NQPHN).

SOCIAL & EMOTIONAL WELLBEING

APUNIPIMA STAFF ASK R U OK?

A big day in the SEWB calendar every year is R U OK? Day. R U OK? day is about suicide prevention through having conversations with friends, family, co-workers and others in our lives to check in and see if they're doing ok. For Apunipima, the day is about much more than informing communities of how they can access our wellbeing support. It's also about empowering everyone in community to invest more time in their personal relationships, to be alert to signs of distress or difficulty from those around them and how to have a conversation that could save a life.

Every year on R U OK? Day, our SEWB staff are out in communities having conversations, educating people, talking about the topics that aren't easy to talk

about and facilitating those discussions that ensure our mob are looking out for each other. Last year in Mapoon, Men's Support staff Roderick Thompson and Eli Tabuai setup a stall outside the shop in the centre of Mapoon.

Over 100 people visited the stall that day and Eli and Roderick explained to each person how just asking someone, R U OK? can change someone's life, whether it's a friend, relative or a total stranger. The guys also cooked up a feed of sausages and burgers and gave out bottles of cold water and some R U OK? Day merchandise. Additionally, Eli and Roderick made up some laminated sheets with inspirational quotes to handout for people to read when they're having a tough day.



BETTER DATA EQUALS BETTER HEALTH OUTCOMES

This year saw work commence on the introduction of a new data reporting and collection system for the SEWB team. Following a review, data collection under the previous system was found to be too generalised to capture the specific difficulties, issues and referral trends across communities, and a more capable system was needed.

After a thorough testing process, JustCare

was selected as the operating system and work has begun to implement it into the SEWB workflow at Apunipima. JustCare, while separate to Apunipima's Primary Health Care (PHC) system, Best Practice, allows for integrated communication between SEWB and PHC services.

SEWB Management have been working collaboratively with Apunipima's E-Health team and JustCare developers to progress

this large project. During this period, the team have also been transitioning client files to a central and secure library and archive system and moving SEWB staff across to Best Practice to input all client clinical information going forward. This evolution brings SEWB in line with PHC and allows for an electronic record system which supports holistic and integrated client service delivery across the organisation.

NUTRITION

BUILDING RELATIONSHIPS

Over the financial year 2022 – 23, the nutrition team has been providing regular community nutrition services to all communities. Much of this work involved building relationships with other organisations and stakeholders for collaborative events. Celia, Kani, Aleisha and Kaylah have been providing regular nutrition education sessions for kids and parents as well as awareness sessions for everyone at the community stores.

In addition to these core community activities, the Nutrition team works across a range of priority areas including food security, behaviour change and healthy lifestyle programs, research, one-on-one dietetics support for patients and building and strengthening our own workforce capacity. Two of these initiatives are listed.



REMOTE FOOD SECURITY

Food security is a critical issue for Cape York and an ongoing research topic and area of focus for Apunipima. Research Officer Caroline Deen has continued to work with communities to share the results of the research and support efforts to translate the research findings into policy, and to support and advocate for changes at local, state and national levels.

GATHER & GROW

The Gather & Grow program which also aims to improve food security in remote communities is led by Donna Munari in Cape York and in the past year has been a focus in Aurukun, Kowanyama, Lockhart River, Mapoon, Napranum and Pormpuraaw. Donna has worked with the communities to educate about nutrition and develop community generated priority areas which have contributed to Community Action Plans for each community.

OUR PEOPLE



172
EMPLOYEES

57% IDENTIFY AS
ABORIGINAL
& OR TORRES
STRAIT ISLANDER

28% OF OUR
EMPLOYEES
ARE BASED IN
COMMUNITY

OUR WORKFORCE LEADING THE WAY

In this past year, Apunipima's Human Resources Team focused our activities on growing a highly engaged workforce, and a key pathway towards this is providing opportunities for advancement within the organisation. This year we established over 30 opportunities for current employees to be promoted, or act in a higher position. These opportunities for growth help us develop our talent to ensure quality and consistent care across our services, and advance our employees in their chosen career.

A major achievement for the year was the Enterprise

Bargain Agreement (EBA) which was approved by Fair Work and implemented in October 2022. In addition to the EBA, recruitment – community-based recruitment in particular – was a top priority as we continue to provide and develop roles for Aboriginal and Torres Strait Islander people. We participated in various careers expo across the Cape and in Cairns, promoting the services that Apunipima deliver to communities and the employment opportunities available with us from traineeships to leadership positions.

LEARNING & DEVELOPMENT

It was a busy year for Apunipima's Learning and Development (L&D) team with 208 staff undertaking further training, both internally and externally, and 98% of it being delivered face to face. Throughout the year we had staff completing 19 different qualifications ranging from Certificate II through to Masters, across 14 different Registered Training Organisations in four different states.

Primary Health Care (PHC) studies across all levels saw three staff complete their qualification, four staff continuing their course and two new enrolments. It was fantastic to see three more staff become fully accredited, as Health Workers are our core business. In particular the team would like to single out Shaniqua Burke who was named Aboriginal and Torres Strait Islander Student of the Year at the Queensland Training Awards for her efforts in attaining her Certificate III. Across other key areas of accredited health training, two other staff completed their courses, seven enrolled in new courses and another five continued with their current training.

Other highlights throughout the year include one week of intensive training for our Social & Emotional Wellbeing (SEWB) staff with Indigenous Psychologist and 2018 West Australian of the Year, Tracy Westerman, receiving a \$10k training grant from Health Workforce QLD and L&D presenting a workshop at the 3rd National Indigenous Empowerment Summit in Cairns.



THAT PROVIDE CERTIFICATE TO DEGREE QUALIFICATIONS



STAFF ENROLLED IN ACCREDITED TRAINING



INTERNAL TRAINING OPPORTUNITIES



EXTERNAL TRAINING OPPORTUNITIES

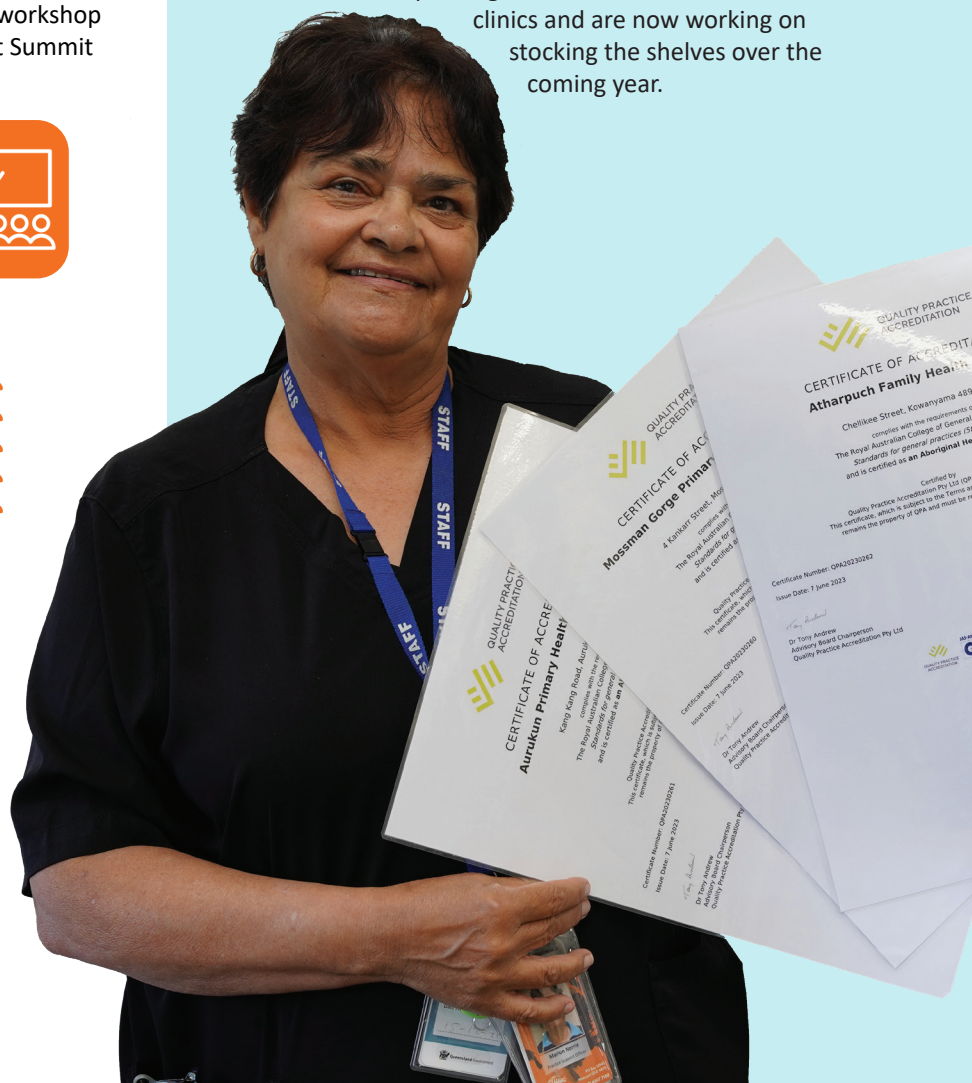
QUALITY & COMPLIANCE

The past 12 months has been massive for the Q&C team. We have completed 3 RACGP Audits across Aurukun, Mossman and Kowanyama, all of which passed with flying colours. The team also completed our full recertification audits for the Human Services Quality Standards and the ISO:9001:2015 Quality Management Standards, again without any major concerns. Apunipima remains accredited against these standards for the next three years and is looking forward to recertifying Napranum against the RACGP standards in early 2024.

The Q&C Team also manages all the funding contracts across the organisation and the funding reports required by the funding bodies and various stakeholders. Over the year we lodged almost 250 progress and financial reports to the funding bodies with over 98 percent lodged on time or with an approved extension.

The Q&C team monitor all risks across the organisation, which are split between operational and strategic risks. All identified risks are at an acceptable level of exposure and continued to be monitored closely by the Senior Management Team.

The team has also been working closely with the Clinical Compliance Officer, Support & Implementation Coordinator and the E-Health manager to have pharmacy operational across our standalone clinics. We have installed the dispensing hardware and software across all clinics and are now working on stocking the shelves over the coming year.



OUR RESEARCH

MAKING A DIFFERENCE FOR FAMILIES AND COMMUNITIES

Vision: In partnership with our communities, Apunipima leads a research agenda which improves health and wellbeing outcomes for Aboriginal and Torres Strait Islander People, empowers people to reach their full potential and strengthens research and research capacity.

HEALTHY TEETH FOR YOUNG MOB - THE SILVER FLOURIDE PROJECT

Partnership with University of Adelaide



AIMS:

There are 4 aims for this project:

1. Finding out the level of dental decay among Indigenous children and young people in 6 states and territories.
2. Determine the extent that silver flouride has on reducing levels of active dental disease in Indigenous children and young people in 6 states and territories.
3. Look at the impact in improvement of social and emotional wellbeing of children and young people who have dental decay after they have received silver flouride treatment.
4. Look at the cost of providing treatment versus the cost of dealing with the related social and health issues due to dental decay which is not treated.

Target Group:

2-18
year olds



Process: Dentist will paint teeth with a special varnish called Silver Flouride which acts like a shield stopping tooth decay in children. Oral health education will also be provided to children, young people and families along with social and emotional wellbeing support.



THE UNIVERSITY
of ADELAIDE

NEW WAY OF WORKING FOR GOOD HEALTH IN NAPRANUM

Partners in Care Project

In collaboration with local service providers and Napranum Aboriginal Shire Council, Apunipima is trialling a care coordination pathway to improve local responses to health and wellbeing needs of individuals and families in Napranum.

Pilot Study: Improving the health and wellbeing of Aboriginal and Torres Strait Islander people in Cape York through implementing an Indigenous led Social Prescribing Model of Care.



AIM:

The aim of this study is to trial the implementation of an Indigenous led, Social Prescribing Model of Care using a coordinated care approach for the community of Napranum in Cape York for a period of six months to investigate its effectiveness as a model of care for use in Cape York communities serviced by Apunipima Cape York Health Council (ACYHC).



OBJECTIVES:

1. Adapt and implement a Social Prescribing Model of Care for Napranum community.
2. Evaluate the effectiveness of the implementation for its use in Napranum and its ability to be transferred to other Cape York communities where Apunipima provides services.
3. Analyse the implementation, service and client/family outcomes and make informed decisions about the future of the Social Prescribing Model.

POWERFUL PICTURES STUDY

Partnership with Flinders University and CSIRO



AIM:

To co-design a new model of care for Aboriginal and Torres Strait Islander patients who present to the emergency departments (EDs) of the Cairns, Atherton and Weipa hospitals with symptoms of suspected acute coronary syndrome (ACS). The model of care includes objective anatomical testing for underlying coronary artery disease (CAD), utilising computer tomography coronary angiography (CTCA) testing.

RESEARCH OBJECTIVES:

Phase 1:

To co-design a culturally responsive model of care for diagnosing CAD in Aboriginal and Torres Strait Islander patients with suspected ACS using CTCA.
*current research request form application.

Phase 2:

To determine the impact of using CTCA images in health literacy approaches with Aboriginal and Torres Strait Islander patients and their healthcare providers.

Phase 3:

To evaluate the clinical efficacy, implementation effectiveness and cultural safety of the model of care in regards to medication adherence at 3 months and patient perspectives.

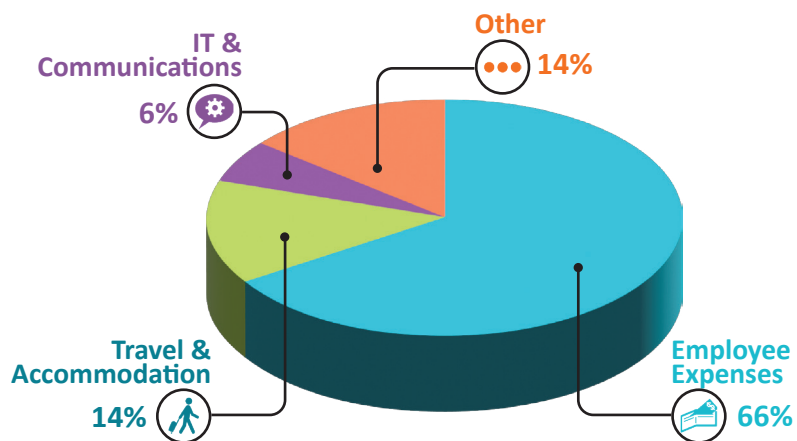
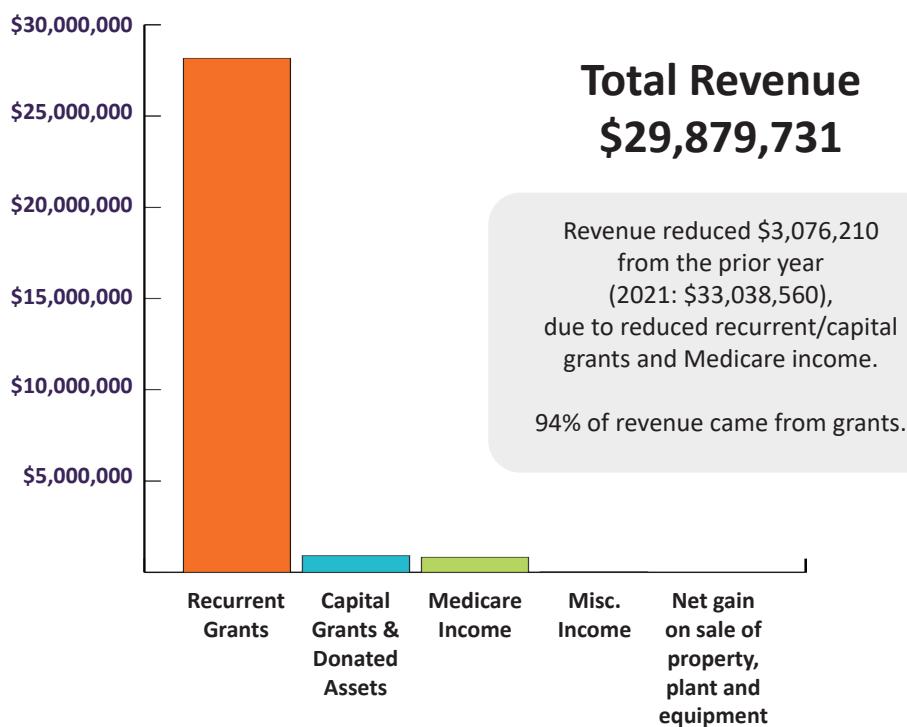


**Flinders
University**



FINANCIALS

STATEMENT OF COMPREHENSIVE INCOME

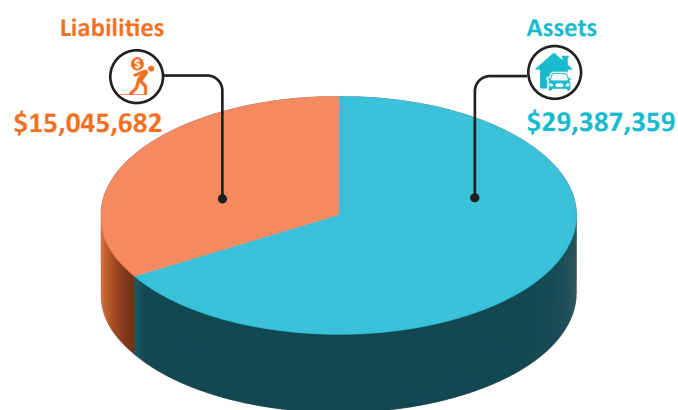


Total Expenditure
\$29,511,337

The organisation was able to keep expenditure stable compared to the prior year (2021: \$29,511,581)

Apunipima contributed \$43,954 to support Cape community events

STATEMENT OF FINANCIAL POSITION



Net Assets
\$14,341,677

Statement of comprehensive income

For the year ended 30 June 2023

	2023 \$	2022 \$
Income		
Recurrent grants	28,169,721	29,793,587
Medicare income	827,436	979,996
Miscellaneous income	31,161	36,932
Net gain on sale of property, plant, and equipment	14,207	223,683
	<u>29,042,525</u>	<u>31,034,198</u>
Expenses		
Asset purchase and repairs	284,408	428,102
Cleaning and supplies	369,148	305,066
Clinical expenditure	219,664	273,713
Consultants and professional services	441,172	219,640
Electricity	204,796	140,100
Employee expenses	19,433,949	21,140,587
Fleet costs	329,020	341,897
Governance	355,591	170,088
Grants repaid	103,923	22,650
Health promotion resources	332,202	560,970
Insurance	203,550	190,316
Insurance claims	84,206	1,000
IT expenditure	679,611	259,707
Repairs and maintenance	259,970	305,116
Staff training	396,899	185,126
Telephone and fax	979,824	1,021,550
Travel and accommodation	4,250,183	3,480,635
Utilities and facilities	243,544	171,188
Other expenses	339,677	294,130
	<u>29,511,337</u>	<u>29,511,581</u>
Results from operating activities	<u>(468,812)</u>	<u>1,522,617</u>
Finance income	486,397	78,890
Finance costs	(122,972)	(183,342)
Net finance income/(costs)	<u>363,425</u>	<u>(104,452)</u>
Amortisation – Intangible assets	29,622	28,889
Depreciation – Property, plant, equipment, and right-of-use assets	1,622,022	1,619,359
Total depreciation and amortisation expense	<u>1,651,644</u>	<u>1,648,248</u>
Net loss before tax	<u>(1,757,031)</u>	<u>(230,083)</u>
Income tax expense	-	-
Net loss before capital revenue	<u>(1,757,031)</u>	<u>(230,083)</u>

Statement of comprehensive income (continued)

For the year ended 30 June 2023

	2023	2022
	\$	\$
Capital donated asset	661,640	-
Capital grant revenue	258,185	2,234,445
Net surplus/(loss)	(837,206)	2,004,362
Other comprehensive income	-	-
Total comprehensive income	(837,206)	2,004,362

Statement of financial position

As at 30 June 2023

	2023 \$	2022 \$
Assets		
Cash and cash equivalents	13,962,672	16,408,980
Trade and other receivables	1,220,932	1,307,404
Prepayments	886,620	732,222
Long service leave receivable	122,693	-
Total current assets	16,192,917	18,448,606
Deposits - rental bond	15,583	15,583
Intangible assets	60,546	86,668
Long service leave receivable	90,416	-
Property, plant, equipment and work in progress	9,922,494	9,688,509
Right-of-use assets	3,105,403	3,755,940
Total non-current assets	13,194,442	13,546,700
Total assets	29,387,359	31,995,306
Liabilities		
Trade and other payables	2,535,103	3,752,837
Contract liability	4,760,178	5,582,971
Unexpended capital grant liability	3,758,668	2,802,468
Lease liabilities	1,177,643	1,555,890
Provisions	488,342	259,745
Total current liabilities	12,719,934	13,953,911
Lease liabilities	2,141,180	2,719,493
Provisions	184,568	143,019
Total non-current liabilities	2,325,748	2,862,512
Total liabilities	15,045,682	16,816,423
Net assets	14,341,677	15,178,883
Equity		
Retained surplus	12,778,323	11,600,124
Reserves	1,563,354	3,578,759
Total equity	14,341,677	15,178,883

Statement of changes in equity

For the year ended 30 June 2023

	Restricted Medicare funds \$	Standard reserve \$	Capital reserve \$	Retained surplus \$	Total equity \$
Attributable to the Company					
Balance at 1 July 2021	960,662	299,875	5,496,844	6,417,140	13,174,521
Total comprehensive income					
Net surplus	-	-	-	2,004,362	2,004,362
Other comprehensive income	-	-	-	-	-
Total comprehensive income	-	-	-	2,004,362	2,004,362
Transfers to/from reserves	-	280,657	(3,459,279)	3,178,622	-
Balance at 30 June 2022	960,662	580,532	2,037,565	11,600,124	15,178,883
Balance at 1 July 2022	960,662	580,532	2,037,565	11,600,124	15,178,883
Total comprehensive income					
Net surplus	-	-	-	(837,206)	(837,206)
Other comprehensive income	-	-	-	-	-
Total comprehensive income	-	-	-	(837,206)	(837,206)
Transfers to/from reserves	-	22,160	(2,037,565)	2,015,405	-
Balance at 30 June 2023	960,662	602,692	-	12,778,323	14,341,677

Statement of cash flows

For the year ended 30 June 2023

	2023 \$	2022 \$
Cash flows from operating activities		
Cash receipts from funding bodies	33,103,348	36,680,893
Cash receipts from customers	858,597	1,016,927
Cash paid to suppliers and employees	(36,480,490)	(33,828,444)
Interest received	486,397	78,890
Net cash from/(used in) operating activities	(2,032,148)	3,948,266
Cash flows from investing activities		
Acquisition of intangible assets	(3,500)	-
Acquisition of property, plant and equipment	(256,973)	(2,423,851)
Capital grants received	1,214,385	347,235
Proceeds from sale of property, plant and equipment	14,207	262,542
Net cash from/(used in) investing activities	968,119	(1,814,074)
Cash flows from financing activities		
Payment of lease liabilities	(1,247,330)	(805,337)
Interest paid	(134,949)	(144,340)
Net cash used in financing activities	(1,382,279)	(949,677)
Net increase in cash and cash equivalents	(2,446,308)	1,184,515
Cash and cash equivalents at 1 July	16,408,980	15,224,465
Cash and cash equivalents at 30 June	13,962,672	16,408,980



apunipima
CAPE YORK HEALTH COUNCIL

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our health in our hands