



APUNIPIMA

CAPE YORK

HEALTH COUNCIL

ANNUAL REPORT 2014



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CHAIRMAN'S FOREWORD

Welcome to the annual report for 2013/14. This year I am delighted to introduce a new Board to you. Elected in November last year, we have been working incredibly hard to develop a set of robust governance systems that will support us to continue to grow the organisation for years to come achieving full community control for the people of Cape York along the way.

I am pleased to report that we are again able to report sound financial management with our auditors declaring an unqualified audit. We have collectively undergone intensive governance training learning and development and have this year developed a dynamic strategic plan with clear objectives, goals and measurable outcomes supported by our comprehensive risk management framework. By setting the strategic direction of the organisation at an early stage we are already starting to see the benefits with operational focus clearly enabling people to manage their own health, be it

through education and information, promotion, intervention or improved access to services.

Apunipima has always considered self-determination to be a key to health improvement and you will see from the report that our programs and services support that philosophy, working collaboratively with community, our health action teams and locally elected colleagues we are able to deliver programs and services that make a real difference to community and their health outcomes.

We know that people are more interested in their own health and are clear about the information they want to see and have solutions to some of the issues that are faced in community regarding the health of local people.

The time is right for community control in Cape York and as Apunipima comes of age, turning 21 next year, we see that achieving community control is a reality and will be working throughout 2014/15 to make it a reality.

THOMAS HUDSON



CHIEF EXECUTIVE INTRODUCTION

Apunipima has certainly entered the national spotlight this year with requests for visits received from esteemed persons like The Governor-General, His Excellency General the Honourable Sir Peter Cosgrove, a variety of Ministers and other dignitaries; our work being recognised nationally and internationally through awards and presentation to conferences; our consistent and managed approach to quality both clinically and corporately being formally recognised through reaccreditation and our work behind the scenes in progressing the community control agenda.

As you can see throughout the report however, this spotlight and attention has not at all detracted from the services we are delivering in community. In fact, they are the reason we are in the national spotlight. The cooperation and collaboration of community members enable us to deliver some of the best programs in Australia, if not the world.

We will continue to innovate, working with community, to make sure we achieve all of our strategic objectives, particularly the improvement of health outcomes for our people and the achievement of full community control in Cape York.

CLEVELAND FAGAN

ABOUT APUNIPIMA

Apunipima Cape York Health Council was the brainchild of Aboriginal and Torres Strait Islander elders who met at a Land and Health Summit 20 years ago at Pajinka Wilderness Lodge, near Injinoo, in 1994. The summit was attended by representatives of 17 Cape York communities and associated homelands concerned about poor health status of Cape York Aboriginal and Torres Strait Islanders.

In the two decades since its inception Apunipima has evolved from a small advocacy organisation to the largest Aboriginal Community Controlled Health Organisation in Queensland with an annual turnover of over \$20 million.

Apunipima has over 150 staff and delivers comprehensive primary health care to 11 Cape York communities. Apunipima's Primary Health Care team includes GPs, Nurses, Midwives, Paediatricians, Aboriginal and Torres Strait Islander Health Workers, Diabetes Educators, Podiatrists, Nutritionists, Dietitians, Health Promotion officers, Tackling Smoking and Healthy Lifestyle officers, Exercise officers, and a Social Worker, Audiologist and Speech Therapist.

Apunipima has a range of facilities on Cape York including the award winning Mossman Gorge Primary Health Care Centre, Kowanyama's Atharpuch Mums n Bubs Family Health Centre and offices in Cooktown, Mapoon and Coen.

Apunipima adheres to a family centred model of comprehensive primary health care which sees clients as people embedded in families and communities our services are designed to improve the social, emotional and cultural, as well as the physical wellbeing of Cape York people.





OUR PERFORMANCE

Apunipima is responsible for delivering against a set of National Key Performance Indicators set by government to demonstrate improvements in health and wellbeing.

The nKPIs monitor the health services provided and the major health issues of our clients. At the moment there are 19 nKPI indicators covering:

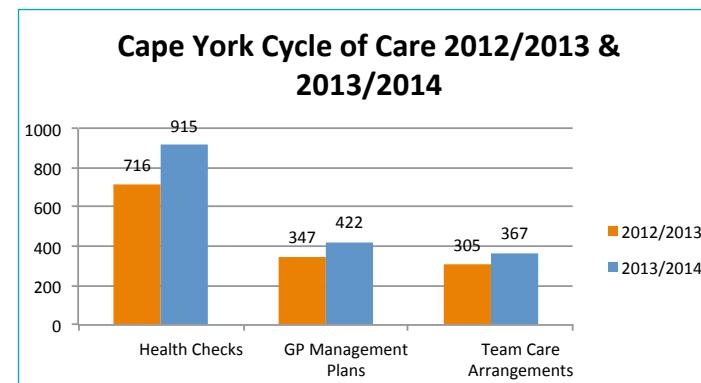
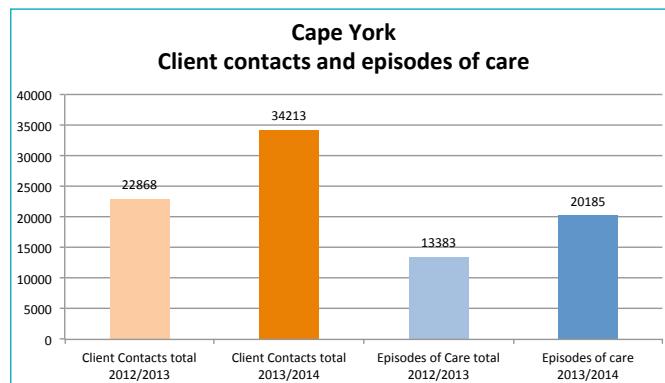
- child and maternal health
- health assessments and early detection
- Immunisation – children and adults
- the prevention and treatment of chronic disease
- risk factors that contribute to the burden of disease

Apunipima continues to improve upon its overall performance year on year. 98% of five year olds are fully immunised which is much higher than the national average of 91.5%.

There was an increase of almost 40% in the number of people accessing health services this year matched by an increase of over 40 % in episodes of care. Correspondingly there was also an increase of almost 22% in the number of health checks being undertaken.

The number of clients with a GP Management Plan increased by 17% and the number of people who are receiving care from a multidisciplinary team through team care arrangements has also increased by almost 17%.

There is a consistent increase in access to services and care management plans. We recognise there is still a long way to go and each year new initiatives are being developed to encourage more people to access services early.





INTRODUCING OUR NEW BOARD

With the resignation of the Chairman and a change in the Constitution, Apunipima held elections during the year, culminating in a new Board of Directors. The new team bring great experience and strengths to the role that they will hold for the next three years.

REGION ONE

BAMAGA, HORN ISLAND, INJINOO, NEW MAPOON, SEISIA, PATRICIA YUSIA, BAMAGA

Patricia Yusia is passionate about health and has dedicated most of her life to building community development initiatives to improve the wellbeing of Aboriginal and Torres Strait Islanders. In the past she has successfully advocated for indigenous issues through participation in many different non-government organisation boards and at a government executive level.

Demonstrating a keen interest in the health and wellbeing of our children, Patricia currently holds the position of Director of the Child Protection peak body and is also a Director for the Remote Area Aboriginal and Torres Strait Islander Child Care Program. With over 26 years' experience in health, not only as a senior health worker but also as a senior executive at Bamaga Hospital, Patricia is committed to involving community in the development of initiatives and programs designed to improve their own health.

REGION TWO

AURUKUN, KOWANYAMA, MAPOON, NAPRANUM, PORMPURAAW, WEIPA, THOMAS HUDSON - CHAIR, KOWANYAMA

Thomas Hudson was elected Chair of Apunipima Cape York Health Council in 2013 after spending a number of years as Deputy Chair. Thomas is Chair of the Kowanyama Health Action Team and has 27 years' experience working with Aboriginal and Torres Strait Islander organisations, Indigenous councils and as a health lobbyist.

For 18 years Thomas managed Kowanyama Aboriginal Shire Council's Community Development Employment Projects Program which develops skills and improves the capacity of job seekers living in remote communities.

AILEEN ADDO, MAPOON

Aileen has worked in the health service arena for over 30 years and is currently a councillor for Mapoon Shire Council, holding the position of Deputy Mayor. This experience, combined with previous Board directorships have led



| L-R Lionel Paul Gibson, Willie Clarke, Trevor Shane Gibson, Thomas Hudson, Aileen Addo and Roy Chevethan

REGION THREE

COEN, LAURA, LOCKHART RIVER, WILLIAM 'WILLIE' CLARK - LOCKHART RIVER

Willie Clark is a Justice Coordinator and Chairman of the Health Action Team in Lockhart River. Willie has worked closely with Apunipima for a number of years and has previously held a position on the Board.

Willie is proud to be a Director and believes his community work has given him the skills and experience needed to represent the health needs of his community and surrounding region.



Independent Directors: Skills Based
Directors (L-R) Prof. Robyn McDermott,
Greg Barnier and Greg Mitchell

REGION FOUR

COOKTOWN, HOPE VALE, MOSSMAN
GORGE, WUJAL WUJAL

LIONEL 'PAUL' GIBSON - COOKTOWN

A long-standing, well-respected Board Member, Paul is not afraid to challenge and provoke debate about the critical issues facing community members in his region. Paul is looking forward to taking Apunipima to the next level via its most recent Strategic Plan.

TREVOR 'SHANE' GIBSON - DEPUTY CHAIR, COOKTOWN

Trevor Shane brings a broad range of skills and experience to the position of Director. Trevor has worked as a Director of an Arts and Culture Centre, BRACS Community Radio and as a community police officer. As a traditional owner, Trevor Shane is well aware of the health issues of his people and brings community heart and spirit to the Board. Trevor Shane sees his role as standing up for the people of Mossman Gorge, Cooktown, Wujal Wujal and Hopevale to ensure they get the health services they deserve.

SKILLS-BASED DIRECTORS

PROFESSOR ROBYN MCDERMOTT

Robyn McDermott has extensive experience in health services management and clinical and public health leadership roles. Her focus on strategic research and program evaluation in health services focusing on chronic disease prevention in rural, remote and Aboriginal and Torres Strait Islander populations.

Robyn is a former Director of the Heart Foundation (Queensland) and the Royal Australasian College of Physicians and has had senior management positions on universities (Pro Vice Chancellor and Vice President, Health Sciences, University of South Australia (2004-9), and Foundation Director South Australia /Northern Territory DataLink in SA Health (2009-12)) as well as membership of the Inaugural Health Performance Council of South Australia (2007-11).

GREG BARNIER

Greg Barnier is an experienced human resources executive with a background in the public, private and not-for-profit sectors in Australia and the Pacific region. He has held various HR Director roles in retail financial services and has led a large shared services business. Greg has also managed a business providing business coaching, human resource management consulting and career transition services to senior executives, business owners and not-for-profit organisations.

Greg has been a member of the Apunipima Cape York Health Council Board as an ex-officio member and then as a director since 2007.

Greg is currently the Chief Human Resources Officer for a NSW Government Agency and is Chair of the NSW Public Sector Community of HR Professionals Advisory Board.

In addition to his extensive corporate experience,

GREG MITCHELL

Chartered Accountant and Registered Company Auditor Greg Mitchell has over 20 years of experience as an external auditor and corporate advisor. Greg undertakes all forms of statutory audits in both the public and private sectors and specialises in working with listed entities, public companies, large family businesses and not-for-profit entities.

Greg also provides corporate advisory services to a wide range of businesses. He assists clients in identifying key issues, performance indicators and monitoring financial performance. This includes financial modelling and forecasting, refinancing, cash flow management and feasibility studies.

Greg has a Graduate Diploma from the Australian Institute of Company Directors and is a member of the Australian Institute of Management.



APUNIPIMA TAKES CENTRE STAGE

During his visit to Mossman Gorge Primary Health Care Centre, the Governor-General, His Excellency General the Honourable Sir Peter Cosgrove chats to health workers Daniel Fischer and Carina Denman while Dr Doug Quarry looks on.



GOVERNOR-GENERAL'S VISIT

The Governor-General, His Excellency General the Honourable Sir Peter Cosgrove and Her Excellency Lady Cosgrove visited Apunipima and Mossman Gorge Primary Health Care Centre in May. Visiting at their request, their Excellencies spent an hour at Apunipima head office, meeting senior staff and hearing about the ground breaking work Apunipima is doing in Cape York including the award winning Pepi-pod program, the Baby One Program (a comprehensive home visiting program for mums – from pregnancy until their baby is 1000 days old) and the store badging project which helps identify healthy food choices in remote stores.

Their Excellencies then visited Mossman Gorge Primary Health Care Centre and met with Centre Manager Sharyll Ellington, Health Action Team Chair Donna Henning and Acting BBN (Mossman Gorge governing body) Chair Matthew Gibson. They toured the Centre before having a look at the community and attending a luncheon at the Gateway Visitors Centre.

Apunipima CEO Cleveland Fagan said the Governor-General expressed a high level of interest and enthusiasm for Apunipima's work.

'Their Excellencies were highly interested in the way Apunipima is making a difference to health outcomes on Cape York. Hearing from staff on the ground and seeing Mossman Gorge Primary Health Care Centre gave him and Lady Cosgrove hands on experience of community controlled primary health care in action.'

APUNIPIMA TEAM PRESENTS TO SENATE ENQUIRY INTO SPEECH SERVICES

Apunipima's Paediatrician Dr Alan Ruben, Speech Pathologist Amanda Wilson and Audiologist Kristen Wallin headed to Brisbane to talk to Senators about communication, hearing and swallowing difficulties on the Cape and the lack of speech and audiology services available to people living in remote communities. As part of their presentation they shared the story of a young girl from Lockhart River who was born with cerebral palsy and has communication and feeding challenges.

Speech Pathologist Amanda Wilson works with mum Doreen to help improve Bethany's feeding skills

Bethany is Doreen's youngest and only daughter. She is a strong five year old girl born with severe cerebral palsy along with mobility and vision problems.

Doreen and Bethany live in Lockhart River and they often have to travel to Cairns to see Speech Pathologist Amanda. Amanda is in the process of trying to improve Bethany's feeding skills but she is unable to provide an effective service because she can't get to her community regularly enough. She says that Bethany's is one of many cases in Cape York where people don't receive the necessary treatment purely because of where they live.





APUNIPIMA IMPROVING KIDS' HEALTH

Improved health outcomes for Aboriginal and Torres Strait Islander kids are the goal of the newly established National Health and Medical Research Council (NHMRC) Centre of Research Excellence for Improving Health Services for Aboriginal and Torres Strait Islander Children.

Apunipima's Paediatrician and Public Health Physician Dr Alan Ruben and Public Health Medical Officer Dr Mark Wenitong are part of the Centre's leadership group along with former Australian of the Year Dr Fiona Stanley and a range of other health experts.

The Centre has three themes:

1. Generate new knowledge that leads to improved health outcomes
2. Research transfer into health policy and practice
3. Training and capacity building of researchers

The five year program, led by Professor Karen Edmond, a paediatrician from the University of Western Australia, sees academic institutions and service providers collaborate to find new ways to improve the health of Aboriginal and Torres Strait Islander children.

"We are delighted to be taking a leading role in the Centre of Research Excellence in Improving Health services for Aboriginal and Torres Strait Islander Children," Dr Wenitong said.

"Apunipima's mandate is to improve the health of Cape York people – being able to access and commission research into children's health will give us the tools we need to change policy, practice and health outcomes."

"We welcome this investment into Aboriginal and Torres Strait Islander Health which highlight the importance of including Aboriginal Community Controlled Health Organisations in these kinds of initiatives in order to achieve culturally – appropriate, community – based solutions to endemic health problems."

L-R Apunipima CEO Cleveland Fagan, Dr Mark Wenitong, Dr Fiona Stanley and Dr Alan Ruben

INTERNATIONAL RECOGNITION OF REMOTE SEXUAL HEALTH TRIAL

Belinda Hengel, a Kirby Institute UNSW researcher based at Apunipima is part of a team trialling a new device for the detection and treatment of gonorrhoea and chlamydia, with the potential to reduce infection treatment times from two to three weeks to one day.

The study is a National Health and Medical Research Council (NHMRC) funded trial called Test Treat and Go (TTANGO) which has been underway for nine months across remote Australia.

Belinda was awarded a UNSW scholarship to present on TTANGO at the prestigious Centre for Disease Control Annual Conference in Atlanta, USA in June 2014. Apunipima's Senior Medical Officer Dr Jacki Mein said the conference was one of the world's premiere public health events.

'This is a world class infectious disease epidemiology and public health conference. The TTANGO trial has the potential to speed up treatment for infections from two to three weeks to one day which has huge implications for decreasing transmission of infections in our Aboriginal and Torres Strait Island communities which have high rates

gonorrhoea and chlamydia. We are proud to be involved in trialling potential advances in best practice care in this area.'

Belinda said TTANGO has the potential to help people in Australia and overseas.

'Sexual health is a national concern – TTANGO research has been presented at the Australasian Sexual Health Conference in Darwin, the Deadly Sex Conference in Queensland and is due to be presented at the Sexual Health and Blood-Borne Virus Applied Research and Evaluation Network (SiREN) Conference in Western Australia in April.'

'Having our paper accepted by the conference organisers shows we're doing important work; work that has positive health implications for remote Australian communities and potentially international ones as well.'

'Shorter treatment times mean reduced rates of transmission and reduced rates of health complications, such as infertility, which can occur when these kinds of conditions are left untreated. Overall, we want to increase reproductive health across remote Australia.'



APUNIPIMA MAKES A BIG IMPACT ONLINE

Apunipima launched its new website during the year. Designed and built by Cairns firm Mahi Web the site reflects Apunipima's connection to the land, sea and people of Cape York.

CEO Cleveland Fagan said the site demonstrated Apunipima's evolution from a small advocacy organisation to the largest community controlled health service provider in Queensland.

'Apunipima is a dynamic, growing and innovative organisation and required a site that reflected our unique role of providing best practice, community controlled health care to 11 Cape York communities and advocacy to another six.'

'Mahi Web's brief was to create a site that united community, clinical and corporate services in a

bright, fresh, inviting and modern template. We have a diverse range of audiences and a large geographic footprint – the challenge for Mahi was to come up with a clever, innovative design which was clean and attractive and most importantly, easy to navigate.'

'Mahi Web created an innovative template to enable all our audiences to easily and intuitively access the information they require. The response has been overwhelmingly positive.'

Mr Fagan said the new site reflects who we are – an Aboriginal community controlled health organisation providing culturally appropriate, family centred comprehensive primary care to some of the most disadvantaged people in Australia. We invite you to view our new site at apunipima.org.au.

BEST PRACTICE ACROSS THE CAPE

Apunipima has almost completed its roll out of its electronic medical record – Best Practice Over the past year the ehealth team have been out in each community training staff on how to use the system which will one day replace the paper record.

Mossman Gorge was the first community to go completely paperless as it is the only community controlled centre. In all other communities although Apunipima will record activity on Best Practice the paper record controlled by Queensland Health remains the primary record.

Apunipima now has eight teams using Best Practice – Napranum, Aurukun, Mapoon, Coen, Laura, Hope Vale, Wujal Wujal, Mossman Gorge – with teams now entering their notes, immunisations, reminders and billing onto Best Practice.

Of the roll out, Chief Executive Officer, Cleveland Fagan said, "This is a fantastic achievement, we are one of the few health organisations that are successfully rolling out an electronic medical record. Even our Queensland Health colleagues are still working with paper. The electronic record allows greater continuity of care with health professionals able to share timely information to treat clients appropriately."





AWARD WINNING

APUNIPIMA WINNERS AT LOWITJA CQI CONFERENCE

Quality and Risk Manager Roberta Newton, Public Health Medical Advisor Dr Mark Wenitong, and Health Promotion Officer Jenny Sewter attended the Lowitja Institute's 2nd National Conference on Continuous Quality Improvement (CQI) in Aboriginal and Torres Strait Islander Primary Health Care in Melbourne in March.

Jenny presented on Apunipima's collaboration with Indigenous Hip Hop Projects and shared the two videos made so far with the delegates.

Roberta delivered a workshop on 'Which Way? Better Way', Apunipima's quality process and a keynote speech on Apunipima's CQI journey. The Which Way? Better Way poster (designed by a staff member as part of an in-house competition) won the Conference poster competition.

Apunipima Midwives Win Scholarship

Five midwives have been given an opportunity to obtain a Postgraduate Certificate in Screening, Diagnostics, Pharmacology and Prescribing for Midwives from Griffith University, thanks to an \$18,750 scholarship from the Australian Government's Department of Health, administered by the Australian College of Nursing.

Midwives who successfully complete their Certificate as well as a Midwifery Peer Review process become eligible

to obtain Medicare provider numbers, prescribe limited, appropriate medicine, organise referrals and order obstetric ultrasounds for their clients.

"We are excited and honoured to have won the Nursing and Allied Health Scholarship," Apunipima Maternal and Child Health Team Program Manager Rachel Sargeant said.

"This qualification will enable us to provide a more complete service to the women of Cape York. Currently only General Practitioners and Nurse Practitioners can conduct blood tests, provide referrals and prescribe medicines. Eligible midwives can also offer these services, meaning remote pregnant women can get referrals and prescriptions regardless of whether a GP/NP is available in their community. It also contributes to continuity of care for women as they can get more services from their midwife than before."

"Apunipima is committed to the professional development of its staff as it means better care for our clients. Five of our midwives will be undertaking the Postgraduate Certificate thanks to this scholarship and we are excited about increasing our skills, enhancing our service and providing greater continuity of care to our clients."



Health Worker Tamara Little with the award winning Pep Pod

DOUBLE PEPI-POD PROGRAM WIN

Pepi Pod Team at the HESTA Australian Nursing Awards 2014 The joint Apunipima – Sunshine Coast University Pepi-pod Program team has picked up two awards this year for their innovative work in rolling out safe sleeping devices for Aboriginal and Torres Strait Islander babies on Cape York in a bid to reduce above average rates of Sudden Unexpected Death in Infancy.

The pods are being rolled out as part of a two year study led by Chair of the SIDS and Kids National Scientific Advisory Group Professor Jeanine Young from the University of the Sunshine Coast to assess the acceptability and feasibility of using Pepi-pods in Aboriginal and Torres Strait Island communities.

The two awards received are the HESTA Australian Nursing Award for Team Innovation and the National Lead Clinicians Group 2014 Award for Excellence in Innovative Implementation of Clinical Practice for Cultural Competence in Indigenous Care in Early Childhood and Maternal Health Care.

The Cultural Competence in Indigenous Care category was introduced this year to recognise innovation in improving key health outcomes for Aboriginal and Torres Strait Islander Australians. This initiative is a commitment by all Australian governments to improve the lives of Indigenous Australians and in particular provide a better future for Indigenous children.



MOSSMAN GORGE WINS REMOTE PRACTICE OF THE YEAR



Staff at Mossman Gorge proudly pose with AGPAL Award

Mossman Gorge Primary Health Care Centre was named AGPAL's Rural & Remote General Practice of the Year in a gala event in Sydney.

Mossman Gorge Primary Health Care Centre is the only community controlled primary health care centre on Cape York.

Australian General Practice Accreditation Limited (AGPAL) is the leading provider of accreditation and related quality improvement services to general practices. Accreditation is based on standards developed by the Royal Australian College of General Practitioners.

Apunipima Program Manager: Family Health Leeona West says the award was a significant milestone for Apunipima, Mossman Gorge PHCC and most importantly, the people and communities of Cape York.

'AGPAL accreditation demonstrates our ability to provide the highest quality care. This award means we are providing the highest quality of care possible in a rural and remote setting. This award is significant as we were competing against mainstream organisations from across Australia. To be recognised as the Rural and Remote General Practice of the Year sends a clear message that Aboriginal Health Organisations are providing the best care in the country.'

'The people of Cape York deserve the very best care. This award recognises that our service is providing it.'

The health picture in Mossman Gorge has changed significantly since Apunipima took over the community's small Queensland Health clinic in 2009.

'Back then, the clinic had paper records and doctors who visited the community for four hours a week. Anecdotally, health outcomes were poor with high rates of smoking, drinking and chronic disease,' Ms West explains.

'Apunipima took over the clinic in December 2009, rebuilt it to AGPAL standards by June 2010, introduced electronic records and billing and was first accredited by AGPAL in January 2011.'

'We even implemented an Aboriginal patient friendly recall system which was so successful that the Brisbane Aboriginal and Islander Community Health Service copied our system for their clients.'

INNOVATION AWARD WINNERS

Apunipima was announced the winner of the Aboriginal and Torres Strait Islander Organisation category at the fourth annual Health and Community Workforce Innovation Awards ceremony held in Brisbane in September.

The category recognises innovative efforts by Aboriginal and Torres Strait Islander organisations to improve their workforce's capacity to deliver services to their community.

"Apunipima aim to use their Enterprise Agreement and Workforce Development Strategy as a key foundation to develop a sustainable, competent and culturally responsive local health workforce," Health and Community Services Workforce CEO Wallis Westbrook said.

"Successfully developing and implementing the agreement has enabled career pathways particularly in the health worker stream with 23 traineeships already being undertaken. As a result of this success, 40% of registered Aboriginal and Torres Strait Islander Health Workers in Queensland can be accredited as coming from Apunipima."

Apunipima's workforce development goals:

- 50% of our staff to be community or regionally based by 2018
- Developing a sustainable, competent, culturally responsive local health workforce which knows and understands Cape York communities;
- Improving health for the people of Cape York;
- Continuing to change social structures

and health status through building capacity and employment opportunities in local communities;

- Increasing numbers and capacity of Aboriginal and Torres Strait Islander people entering and working in the primary health workforce, (consistent with the COAG strategy of Closing the Gap), and living and working in Cape York communities; and

- Achieving excellence in culturally appropriate service delivery

The Health and Community Workforce Innovation Awards celebrate creative and strategic efforts to overcome workforce challenges and deliver quality outcomes for communities and individuals.

"At their core, the Health and Community Services Workforce Innovation Awards are about three very simple concepts: celebration, recognition and respect," Mr Westbrook said. Apunipima CEO Cleveland Fagan said the award was an acknowledgement of the organisation's commitment to improving the lives of people in Cape York.

"We have a proud record of training, supporting and employing Aboriginal and Torres Strait Islander workers. We believe this is unparalleled way of addressing the social determinants that contribute to the health gap."

"We aim to have 50% of our workforce based in or near community by 2018. Our Workforce Development Strategy will help us achieve this."



OUR COMMUNITIES



COMMUNITIES

AURUKUN

TEAM WORK AT ITS BEST

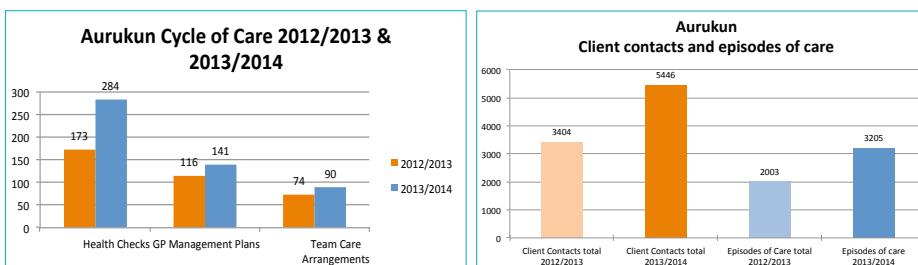
The power of partnership working was demonstrated in Aurukun during the annual School Health Check. With 44 health checks undertaken over two days, Maternal and Child Health Midwife, Marysia Skret was highly impressed with the professionalism, drive and commitment of Cape York Hospital and Health Service Family Health Unit Team who worked with her during the Checks.

I would like to formally acknowledge and recognise the outstanding contribution and support the Cape York Hospital and Health Service Family Health Unit Team exhibited at the recent School Health Checks in Aurukun.

Jenny Aspinal, Ismay Salam, Nancy Lui-Gamia and Philly Nakata-Bradley

from Weipa were extremely reliable and worked long hours over a three-day period. Not only did they ensure that the School Health Checks were physically undertaken by taking on the specific specialised assessment areas of, ears and hearing, eyes and vision and general appearance including assessments of joints and gait but also worked after hours pulling medical charts, documenting and ensuring that all areas of the Health Checks were correlated. They were all generous in their knowledge and skills.

It was a privilege to work in collaboration with the Family Health Unit Team who exhibited drive, skills and professionalism in their endeavour to improve child health outcomes.



EVERYTHING IS SWEET AS AURUKUN 'GOT SUGA'

Got Suga is an interactive, Indigenous theatrical presentation set up by Diabetes Australia Qld to improve community understanding of diabetes and the impact it can have and encourage debate and the development of solutions to common problems people have in managing their diabetes. A Got Suga workshop was held in Hopevale last year and received an extremely positive response.

This year Apunipima decided to take Got Suga to Aurukun. Apunipima's Diabetes Educator Kerry Vickers helped organise the performance which saw around 30 people become actively involved in developing health solutions to managing their diabetes.

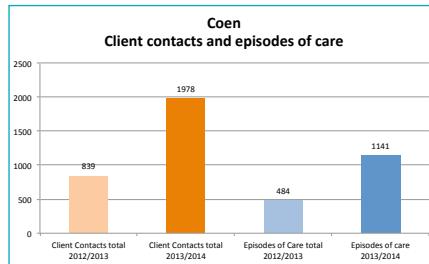
"Got Suga facilitates conversations about diabetes" Kerry explains. "Last year in Hopevale, the Got Suga team asked the audience to role play diabetes scenarios - so a woman might be the 'doctor' and her husband the 'patient'

with diabetes. The audience were asked to give the 'doctor' and the 'patient' ideas on how to manage this situation. As soon as one person made a suggestion, everyone started, 'take the pills,' 'eat healthy food,' 'don't forget to exercise.' It was great."

This year in Aurukun our focus is on educating people on the benefits of insulin," Kerry says.

"Many people are concerned about insulin - they are worried about the injections, that children might get hold of it, about hypos etc. Our message is that insulin is natural, some of us have a lot, some of us have a little. If you have diabetes and you reach the point where you need insulin, then insulin is key to managing your health. Our key message is "Insulin keeps me strong".

Got Suga will be explored some of the issues surrounding insulin use with the communities of Wujal Wujal and Aurukun



Apunipima did not have a medical officer in Coen during this reporting period so cannot provide data on cycles of care.

CIRCLE OF SECURITY PARENTING PROGRAM EMBRACED BY MUMS



Cindy Thompson was the first person to complete the Circle of Security Parenting Program in Coen this year.

The program uses a Circle of Security Map that the parent/ carer can use to identify where the child is on the circle and what the child's needs are. It teaches the parent to "Always be bigger, wiser, stronger, and

kind, where possible follow your child's lead and whenever necessary take charge." This enables the adult to be the adult and the child to be the child.

Main points of the program include not having to be a perfect parent and that it is never too late to start. That is, parents/ carers can put their learning into practice with their older children and still have great results. This program enables the children to develop into well adjusted adults who then become great parents to their own children.

Apunipima began delivering the "Circle of Security Parenting, a Relationship Based Parenting Program" late last year and Apunipima's Maternal and Child Health Worker, Kirsten Kulka said, "This is a fantastic program and parents really get a lot out of it. It gives them back an element of control. Being a parent is not easy and this program lets them see that they are not alone and none of us are perfect and you put the joy back into parenting. They really enjoy it."



Coen store badging team including a special appearance from Vegieman

HEALTHY MAYI, DEADLY TASTE, STRONG BODY

Apunipima's nutrition team in partnership with Coen food stores Armbrust & Co and Mulley's Market and Fuel have developed a Healthy Mayi (Healthy Food) store badging initiative.

The initiative sees healthy food items in the stores badged with a locally designed Healthy Mayi logo. This logo supports shoppers to select healthy product options and aims to make the healthy choice the easy choice.

At the launch of Healthy Mayi local people were invited to take part in taste tests, store tours, visit nutrition promotion stalls, take part in activities for children, indulge in the fruit and water giveaways and be wowed by the appearance of Vegieman.

Queensland University of Technology nutrition and dietetics students Lucinda

Appleton and Claire Nelson, were on a six week placement at Apunipima during the launch of Healthy Mayi.

Of the initiative Claire Nelson said, "As poor nutrition is a contributor to the development of many chronic diseases, planning initiatives that empower people to make healthier food and drink choices can have benefits for the health and wellbeing of the whole community"

The Healthy Mayi store badging project involves a whole range of elements, from local consultation, planning the launch day and developing systems for ongoing maintenance and sustainability of the project. It enables the students to work with people who live in remote areas and get a feel for the logistics of putting together a health initiative."

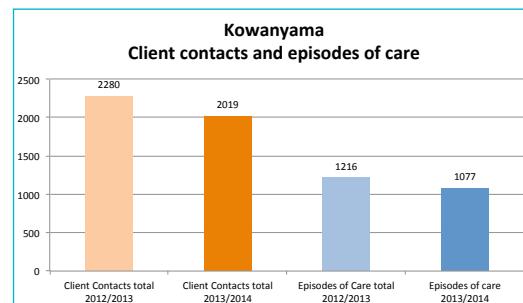
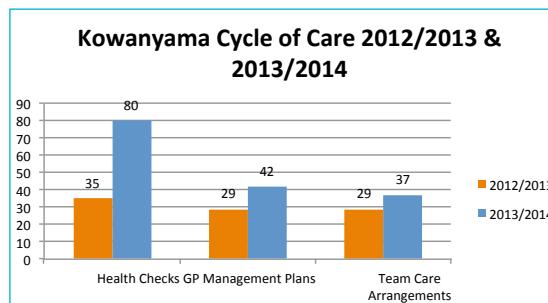
COOKING ON GAS IN KOWANYAMA

The Jimmy Little Foundation in partnership with Apunipima held a day of activities designed to promote healthy eating in Kowanyama in March.

Activities included a music and song writing workshop for kids from Kowanyama State School where the kids wrote and performed their own songs and appeared in their own music video.

There was also a healthy food cook up and nutrition sessions. The cook up featured recipes from Kukumbat gudwan daga which is available from the Kowanyama store or the Jimmy Little Foundation website.

Members of Apunipima's Healthy Lifestyle team supported the Jimmy Little Foundation music workshops, the Jimmy Little 'Thumbs Up! Good Tucker' store badging including recipe of the month cook-ups, community nutrition promotion and nutrition sessions at the Kowanyarma State School.



MENTAL HEALTH FIRST AID

Apunipima's Chair Thomas Hudson was one of seven people who participated in a two day Aboriginal and Torres Strait Islander Mental Health First Aid workshop in Kowanyama in August last year.

Kowanyama Council engaged Apunipima Men's Health Team Leader Bernard David and Queensland Health's Michael Drahm to facilitate the event.

Participants learned:

- How to provide Mental Health First Aid to people at risk of developing mental health issues or experiencing a mental health crisis;
- The signs and symptoms of mental health problems; and
- Where and how to get help.

The workshop was well received by participants and Kowanyama Council has plans to hold future workshops for staff and community members.



ATHARPUCH OPENS ITS DOORS

Kowanyama's Mums n Bubs Family Health Centre was officially opened by Kowanyama Aboriginal Shire Council Mayor Robert Holness and Apunipima's Chair Thomas Hudson. The Kowanyama Health Action Team, which liaises with Apunipima on the health needs of the community, has named the new facility Atharpuch (ART - AH - PUTCH) which means 'children'.

The event featured speeches, a traditional smoking ceremony and a barbecue luncheon and was attended by a range of health, government and community stakeholders.

CEO Cleveland Fagan said the official opening marked an important milestone for Apunipima.

"We are pleased and proud to have officially opened Atharpuch. Investment in health infrastructure in Kowanyama and the Cape is critical to improving the

health of residents and we acknowledge the contribution of the Australian Government's Health and Hospital Fund which enabled the refurbishment of Mums n Bubs building.'

Atharpuch is a former Queensland Health facility which was known locally as the Mums n Bubs Clinic. Apunipima acquired the lease in 2012 and spent a number of months refurbishing the building.

'Atharpuch has a special room for the Kowanyama Health Action Team to meet and discuss the health needs of the community and share those needs with us. This is bricks and mortar support for the principle of community control which see the community owning their own health solutions.'

Cleveland said the Centre was being opened in line with community protocol and Apunipima's Family Health, Men's Health and Healthy Lifestyles Teams would be working

with community over the coming months to ensure Atharpuch programs meet local health needs.

'Apunipima runs a range of fantastic health promotion programs including Mum n Bubs Group, Antenatal Clinics and Classes, Men's and Women's Groups, Healthy Eating and Cooking Classes, Tackling Smoking and many more. We are in the process of planning our service schedule to best meet the needs of the Kowanyama community.'

Health Worker Shane-lee Walker and Midwife Danielle Jess saw their first client in Atharpuch with the reaction from local women being very positive with most saying it was a lovely place to come for their pregnancy care.

Sharissa Charlie and her mother Melinda Charlie were the first to use the new centre. They said, 'it was real nice' and shared some of the history of the building which was

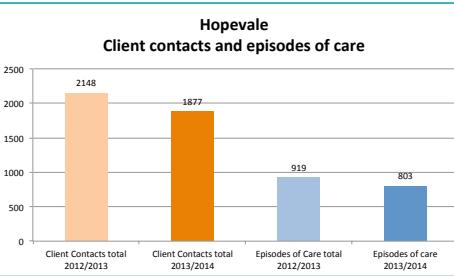
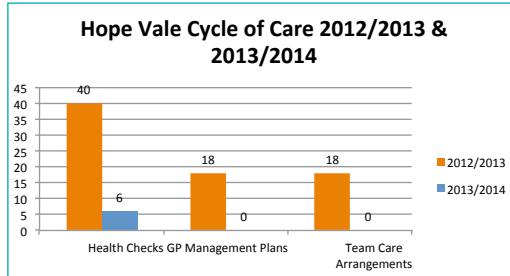


originally Kowanyama clinic and has also been used as a daycare centre.

"I'm very excited about the potential for Atharpuch and I'm proud to be a part of establishing a family friendly centre based on the needs of the community. It's lovely work space for Shane-lee and I where we can promote how to have a healthy pregnancy and healthy baby," Danielle said.

COMMUNITIES

HOPEVALE



APUNIPIMA HAS SUCCESSFULLY “BEAT IT”

Eighteen Hopevale residents graduated from the 12 week BEAT IT program run by Health Promotion Program officer Priscilla Gibson. We want to educate people to be able to self-manage their lives,' Priscilla Gibson said. "Changing old habits for new, better, healthier ones is the key to long term



Beat it glamour girls

success and well-being. The course focused on key points like improving cardiovascular fitness, strength, better flexibility and balance as well as strengthening social skills and self-motivation which are integral to success".

BEAT IT is an innovative, tailored physical activity and lifestyle program designed to assist those at risk of, or living with diabetes and other chronic conditions through awareness and physical activity in a safe and supportive environment. The BEAT IT team included qualified trainers, doctors, diabetes educators and a dietitian.'

Each week an education session is held, covering topics such as nutrition, preventing chronic disease, ways to keep active, setting SMART goals and staying motivated.

Matthew Topping and Kerry Vickers delivered an education session on nutrition at the Hopevale PCYC for the BEAT IT program. The session covered the Australian Dietary Guidelines in detail including focusing on

numbers of servings recommended for good health (food models were used to make the session more interactive and enjoyable) and FELTMAN was used to describe what happens in normal metabolism and what happens with metabolism when someone has diabetes.

Lifestyle factors such as healthy food and regular exercise are important to keep healthy and help prevent/manage chronic diseases such as diabetes. The session then focused on 'SMART' goal setting which included some of the participants sharing a goal they had recently set on walking regularly outside of the BEAT IT activity sessions.

At the end of the session one local man took centre stage to tell the group how he had lost 15kg by healthy eating and daily exercise. Another lady explained how she had experienced better health and energy levels after deciding to walk most days,

making changes to her diet, and losing weight.

Mrs Karen Gordon of Hopevale is a success story, successfully managing her diabetes through exercise, healthy eating and by attending the BEAT IT Program.

"My sugar levels were up in the twenties; I always felt lethargic and had no energy at all. Since attending BEAT IT classes I am walking and gardening and I seem to have lots and lots of energy. My blood sugar levels are now to 4-5 and I am off the insulin. I just feel so good. I will recommend this program to anyone." Mrs Gordon said.

Personal trainer Stef Reid who was part of the BEAT IT team said the program changed lives.

"This program has changed lives forever, participants achieved their goals and seeing results they had only dreamed of. With the right advice, tools and support people really can do anything".



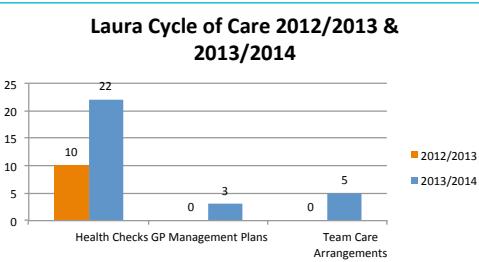
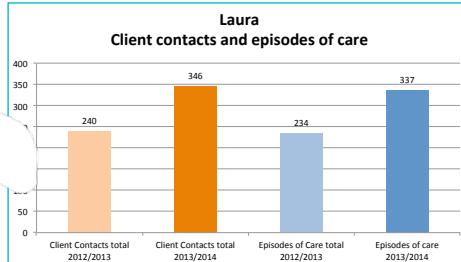
Nutrition Dietician, Matt Topping explains the benefits of a healthy diet



SAY NO TO DOMESTIC VIOLENCE

Hopevale held a Say No to Domestic Violence community event on Wednesday. Elaine McGreen and Robyn Lythall attended the event which featured a march, traditional dancing and a balloon release to symbolise letting go of violence.

COMMUNITIES LAURA



WORLD DIABETES DAY 2014 CELEBRATED IN STYLE

This year Laura was selected as the venue to host the 2013 World Diabetes Day for Apunipima. During the expo, Laura residents took part in exercise activities and were offered

screening sessions at Ang Gnarra with those taking part treated to morning tea. World Diabetes Day is a chance for everyone to come together and celebrate awareness of the symptoms and signs of diabetes and learn how early detection and treatment is the key to reducing severity of complications.

Staff wore blue shirts as part of the global day to symbolise the blue sky uniting all nations in tackling diabetes. Community members were able to meet and yarn with the Queensland Health and Apunipima chronic disease outreach team to discuss diabetes and have their blood pressure, feet and blood sugars checked.

Diabetes Educator Kerry Vickers said 'It's great to see so many people interested in their health, so much so they have invited the team back again.'

Many thanks go out to Ang Gnarra, Susie Holroyd, Joseph Lee Cheu (Snr) and Guy at Laura Primary Health Care Centre for their strong support during this event.



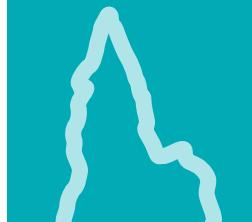
Laura turns blue for World Diabetes Day 2013



CHRISTMAS CAME EARLY IN LAURA WITH A RANGE OF SPORTING GIFTS

Margaret Ross-Kelly of Apunipima's Tackling Smoking Team played Santa as she presented Mrs Nancy Coleman of Ang Gnarra Aboriginal Corporation a range of sporting equipment designed to get Laura residents on the move. Funded through Apunipima's Community Benefits Fund, Nancy was speechless to receive equipment. The presentation was possible thanks to an application for funding developed on behalf of and for the community by Apunipima's health promotion officers Priscilla Gibson and Fiona Millard.

PORMPURAAW



AN UPLIFTING IDEA

Apunipima is putting a call out for women to donate their bras in order to encourage community women to undergo a mammogram. The Breast Screen Van is heading to Pormpuraaw in July and Queensland Health and Apunipima staff will offer each woman who has a mammogram the chance to choose a bra.

Maternal and Child Health Midwife Lisa Smith said the more bras the merrier.

"The idea is to make the day fun and encourage heaps of women to come along and have a mammogram."



PHOTOVOICE EXHIBITION LAUNCH

An exhibition of photos taken by Pormpuraaw women was launched at the Pormpuraaw United Brothers Sports Club. The photos were taken as part of the Apunipima's Photovoice project which saw women document their lives, stories and ideas through photography. The women were given digital cameras, taught to use them and then encouraged to go out and take photos.

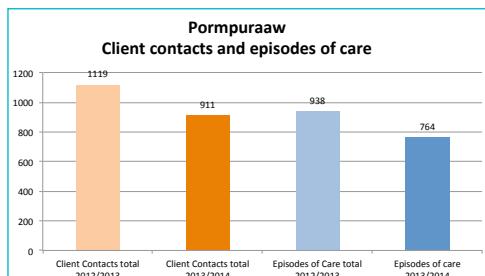
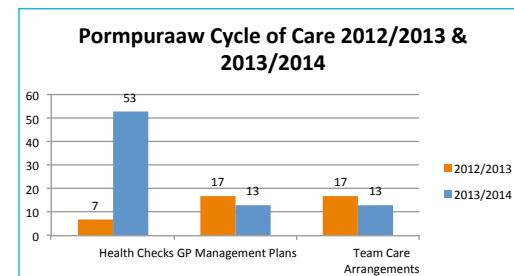
The event featured the women's photos and a short film depicting their experience of the Photovoice project.

Apunipima's Health Promotion Officer and Photovoice Coordinator Fiona Millard says the project was all about building local capacity.

"This has been a tremendous project - not only has it been loads of fun but the Pormpuraaw women have learned new skills, worked as a team and put together a phenomenal exhibition."

"The images depict nature, people, and places - all the things these women find meaningful. We have taken these images and made an exhibition so the women can see how one small act - the taking of a photo - can lead to bigger things. They have learned so much - from learning how to use a camera to staging an exhibition."

"Apunipima sees capacity building as a vital part of good health and this project focused on this from the



COMMUNITIES LOCKHART RIVER

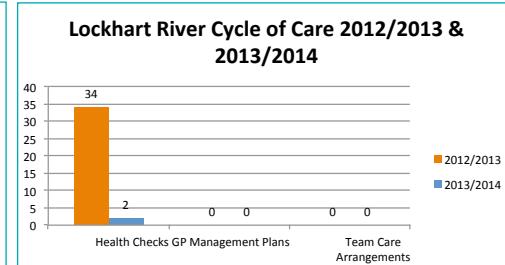
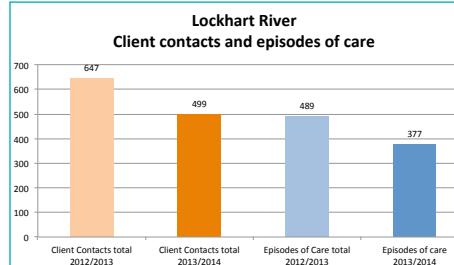


BEST FOOT FORWARD

This year saw Puuya Foundation launch their Diabetic Footwear Project at the Lockhart River Primary Health Care Centre. Apunipima's Podiatrist, Patrick Wells and Podiatry Health Worker, Sylvia Rosas have been working with Puuya for past 12 months to source sandals, size clients feet and put together Footcare Packs for our 75 Lockhart River clients. CEO of Puuya Foundation Denise Hagan acknowledged the contribution of the Apunipima Podiatry team their "great work and effort in getting these sandals to the clients". Since the launch over 40 pairs of sandals have been distributed to community members with more to be given out.



Podiatry Health Worker
Sylvia Rosas presents a
Footcare Pack to clients



LOCKHART UNLOCKS THE SECRET TO KIDS BRUSHING THEIR TEETH EVERY DAY

Since children of all ages hang out together and look out for each other, inspiring older siblings to brush their younger brother's and sister's teeth makes cultural sense. This also takes the pressure off mum and dad and busy families. We can still promote taking tooth brushing time together and then we can add this, like icing on the cake! Rassa Mariah Namok at Lockhart River knows exactly how to brush her teeth correctly. When shown how she could brush her sister Atayah Bulmer's teeth she took to the job easily and thoroughly and Atayah loved

the attention. Atayah would have enjoyed having the cleanest teeth in Lockhart that day!

If we can do this across the Cape there will be a difference, and when the young ones grow up, they will clean their own children's teeth – every night, up to 8 years. Never force the issue – if the time isn't right then wait for the right time; when it works all is good and the reward will be to do it again! Tooth brushing is a deadly health skill and builds in responsibility and great big happy smiles!

BIG EAR DAY LOCKHART RIVER

To celebrate Hearing Awareness Week, the whole community turned out for a barbecue followed by the official welcome to country by Elder Dotti Hobson. Community members received education on Hearing Awareness with a special performance by Simone Stacey who shared her story in regards to her personal experience of her journey as a young mother with a child with hearing loss. The school presented the children with reading awards and the night finished with the dancing performances. 15 activities were set up on the day: photos, listening posts with ear plugs, tissue spears – jelly funnel, face painting, nose bubble blowing, mural, rugby league, bubble and paint mirrors listening bingo Simon Says, obstacle course, video otoscope and feedback. The students had a sticker chart for each activity to be completed to identify they had participated in all activities.



LAUNCHING THE LOCKHART RIVER 'HEALING SPIRIT'

Apunipima and PCYC spent a week making a music video with young people from Lockhart River. The material for the video was developed through community workshops which focused on getting the kids to distill their thoughts about Lockhart River into song and dance.

Young people from Lockhart River attended a series of hip hop workshops which saw the young people explore culture, community and health and write and perform their track Lockhart River Love Song for the Indigenous Hip Hop crew's cameras.

The Indigenous Hip Hop crew, Apunipima and the PCYC staff worked with the locals over the course of a week to create an awesome video by filming in various locations around Lockhart River, with great support from the Lockhart Community Council Youth Program who assisted with recruitment and transport.

Cultural approval and guidance was provided by key community elders in terms of various locations that could be used and information that could be included in the video.

Advanced Health Worker, Tobacco and Healthy Lifestyles, Gerald Lasserre said the Lockhart River community enjoyed every

minute of the production process.

'The project would not have happened without the tremendous support of Indigenous Hip Hop Projects and the Lockhart River community,' Mr Lasserre said.

'The video captures young people's singing and dancing talents as well as their messages on smoking, exercise, the importance of culture and their affection for Lockhart River.'

Apunipima would like to thank Indigenous Hip Hop Projects, PCYC, Lockhart River Aboriginal Shire Council Mayor Wayne Butcher, CEO Peterson Opio, council staff, Traditional Owners, Reverend Brian Cladie, Kids Club staff, community volunteers, elders, parents, Skytrans Social Investment Community Development for making the project such as success.

'We'd also like to thank Lockhart River State School which has conducted follow up events with the children and My Pathways and the Men's Shelter who were involved in the launch,' Mr Lasserre said.

The Lockhart video follows on from Coen Central Remix and Boom Boom Boom in Old Mapoon which were produced by Apunipima and Indigenous Hip Hop Projects in 2012.





COMMUNITIES MAPOON

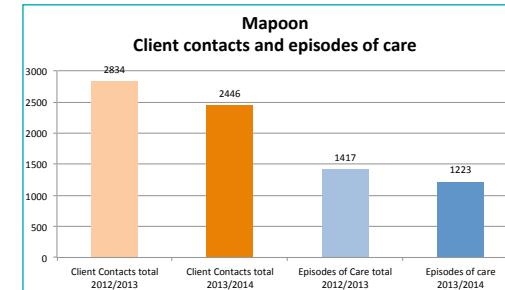
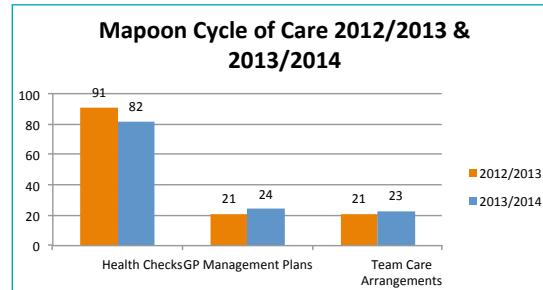
FOCUS ON INTERNATIONAL MEN'S HEALTH WEEK

Apunipima's Men's Health Team ran a stall and activities in Mapoon to celebrate International Men's Health Week in June. International Men's Health Week, focuses on valuing boys and men and their everyday successes and finding ways to engage them in looking after their own health. Men's Health Worker Michael Bowie said Men's Health Week is all about improving the physical, social and mental health of men and boys.

"Tobacco and Healthy Lifestyle Worker Zahn Dunn and I set up a health information stall outside Mapoon store this week as part of our Men's Health Week activities. The stall has information on nutrition, diet, chronic disease.

Each day after lunch we planned a get together with the boys and men and do activities that interest them. The activities are designed to improve the mental, physical, and social health of the boys and men. We work alongside them, to support them and improve our understanding of how their health is shaped by various aspects of their lives."

The week culminated in a healthy BBQ with the men of Mapoon to celebrate the end of Men's Health Week.



CHEEKY SMILES AT THE CHILD HEALTH CHECKS



School screening in Mapoon saw 29 of the 32 children have a health check. On completion of all of the health stations, each child was given a beautiful book that featured Aboriginal and Torres Strait Islander stories supporting the development of literacy and culture. An informal catch up/afternoon tea was held at the end of the school day for parents to come and have a yarn about any concerns and/or discuss their child's results. Apunipima's Child Health Midwife, Cath Coller said, "The kids were fabulous and made us all have a great time. They had competed in the cross country in Weipa the day before and they took great delight and pride in telling us about their efforts and achievements. Their smiles were priceless".

The activity was a great collaborative effort between Queensland Health (big thank you to Weipa girls) and Apunipima, the school and the families.



SCHOOL IS OUT - FUN IS IN

The kids of Napranum and Mapoon were excited to spend a day with some local heroes playing basketball, touch footy and learning about Healthy messages. Apunipima, the local PCYC along with Skytrans Cairns Taipans Indigenous Engagement Program delivered a fun active day for the kids. Kerry Williams ex player Taipans shared his basketball skills and delivered healthy life messages to the kids by practicing some drills and then a game.

The kids were also treated to an interactive stall run by Mario Assan and his Tobacco and Healthy Lifestyle Team with lots of fun and entertaining healthy lifestyle messages. Jo Garton was also on hand with her local tooth hero and oral health messages helping Brooke Searle, Nutritionist/Dietitian deliver a fun and healthy lunch for everyone. Josh Mene and Zhan Dunn our Apunipima sporting pros then got active with the kids after lunch by teaching and playing Austag.



Health Worker Sarah Barkley stars while giving out a baby basket to a mum

BABY BASKET EVALUATION

This year, Mapoon and Mossman Gorge played host to Tropic Films, a film crew shooting footage that formed part of the evaluation of Apunipima's Baby Basket Program. Sarah Barkley (Maternal and Child Health Worker Mapoon) and Carina Denman (Trainee Health Worker Mossman Gorge) played a big role in this film, showing what they do on a daily basis when visiting mums at home or at the clinic. It was great to see how much support these two ladies have to offer their clients.

Beryl Kerswell (Nurse Mossman Gorge) and Julie Salam (Care Coordinator PHC Family Health Mossman Gorge) gave a great interview on the baby basket process which includes distribution, education and clinical care. Julie also commented that she's seen more women coming to the clinic since the baby basket program started. She's also seen an increase in the number of men who come along to support their pregnant partners.

Mums in both communities shared their opinions about what they thought about the program and what support they received from our service and how the bags helped them begin their journey on becoming a mum.

The evaluation showed that at a cost of a modest

\$874 per participant, the program was considered to be good value for money. Data routinely collected from One21seventy showed that a higher proportion of antenatal visits occurred in the trial sites, compared to control sites, along with an increased frequency of antenatal visits. Pregnant women in the trial sites were also less likely to be iron deficient, were more likely to have risky behaviours (particularly smoking) detected and be provided with brief intervention on the issues of alcohol and smoking.

On surveying the women who received the baskets, nearly 80% of the women rated the baskets as 'very useful' and the majority of the respondents in the evaluation said the contents of each basket was useful.

Through Apunipima's empowering family centred approach, women were making healthy choices such as eating fruit and vegetables and quitting smoking, becoming more empowered health consumers and becoming advocates for change in their communities.

Whilst it is likely that a combination of factors, including routine maternal health services, have all contributed to the positive improvements in the trial sites, the quantitative evaluation found that it is both feasible and likely that the Baby Basket program had contributed to improvements. Qualitative findings

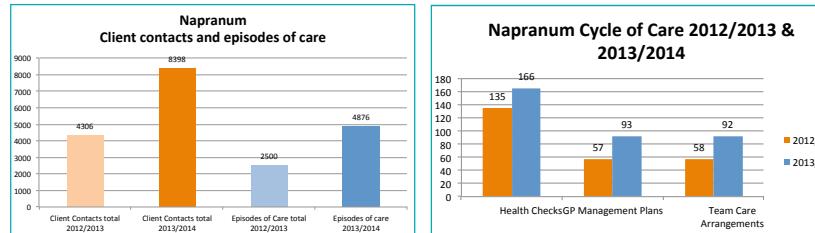
COMMUNITIES NAPRANUM

MEN'S HEALTH SCREENING

Queensland Health and Apunipima worked with the Napranum Men's Group to provide opportunistic screening to men in the community. The two day screening held in March involved collating health information from participants including height, weight, oral, nutrition, physical activity, tobacco, alcohol and social and emotional wellbeing. Health information and education displays were available for participants to access. Merchandise and resources were also provided to everyone who attended.

A healthy lunch which consisted of salads, wholegrain buns and beef patties was enjoyed by all the men. The screening was held at the Men's Group building next door to Napranum Primary Health Care Centre which made access to the screening easier and provided an environment where the men felt comfortable. It was great to work in a collaborative manner with our community and health service partners.

Acknowledgement must be given to the Queensland Health staff who coordinated the screening and provided the opportunity for Apunipima to take part of the event. One of the reasons Aboriginal and Torres Strait Islander males are more likely to suffer from preventable diseases is because they tend not to access health services. By providing screenings in partnership with health and community services we hope to improve the health of our men.



Tackling Smoking Health Worker Josh Mene spreads the tackling smoking message



Health worker Carmilla Millie takes an alternative approach to engaging young people

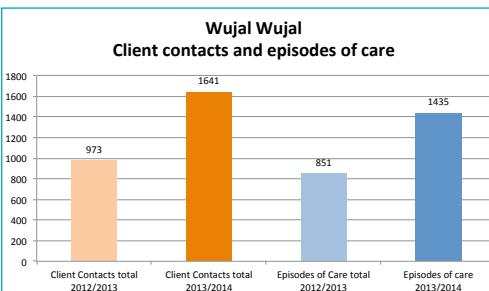
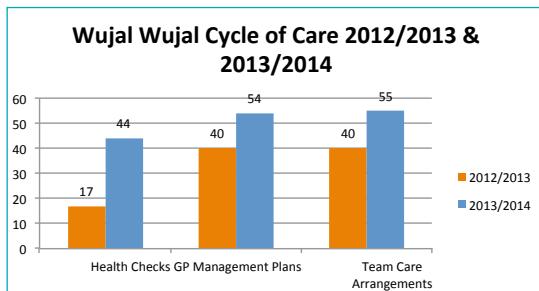
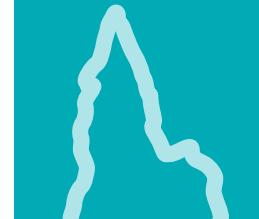
YOUTH CLINIC UP & RUNNING

Youth Clinic has been up and running for the Napranum mob on Thursday afternoons and Friday mornings. Dr Sarah and Health Worker Carmilla Millie have been going out into the community putting up posters and handing out leaflets and spreading the word! Slowly but surely the young 'uns are coming into the clinic. Dr Sarah said, "At some point, we are looking at finding a bigger space to attract more of the youth of the community who don't fancy coming to the clinic for a yarn - watch this space!"

NAIDOC DAY IN NAPRANUM

Josh Mene and Shane-Lee Walker travelled to Napranum during NAIDOC week to share Healthy Lifestyles Tackling Smoking messages during the community's NAIDOC Day celebrations. Shane-Lee and Josh were greeted by Debra Jia, Apunipima's Maternal & Child Health Worker, Gloria Wallis, Sylvia Kris and Constance Port of Queensland Health. They worked together to help promote the health messages, which consisted of Apunipima's Baby Baskets, Tackling Smoking messages and other health messages. Debra Jia showed off her skills by explaining the health issues of babies, mothers and pregnancies and also what care our organisation provides to the community.

WUJAL WUJAL



Cairns Taipan Kerry Williams with young basketball hopeful

GOT SUGA IN WUJAL WUJAL

Wujal Wujal community saw the GOT SUGA team in action during the winter. The GOT SUGA workshop was focussed on diabetes and how community members can work together to tackle diabetes.

GOT SUGA is a workshop that is facilitated by Natjul Indigenous Performing Arts, brought to Wujal Wujal with the help of Diabetes Queensland and Apunipima. Approximately 15 community members attended and participated, along with staff from various disciplines within Apunipima: Sylvia Rosas, David Nicholls, Priscilla Gibson and Margaret Ross-Kelly.

As part of the workshop, FELTMAN was used by Apunipima Diabetes Educators Kerry Vickers and Cathryn Dowey, Apunipima Dietitian/Nutritonist Cara Polson and

Queensland Health Diabetes Educator Sandy Jones to discuss what happens inside the body when someone has diabetes and what we can do to prevent diabetes, to manage the condition etc.

Participants were also requested to complete a survey to help us identify attitudes and behaviours toward insulin.

The Insulin bag and contents for commencement of insulin, designed by the Apunipima Diabetes Educators was introduced and displayed at GOT SUGA.

The challenges around tackling an attempt to advocate on behalf of community members and help the community to tackle diabetes head on. Diabetes and solutions proposed by community members will now be taken on board by Apunipima staff.



HEALTHY LIFESTYLES BASKETBALL CARNIVAL

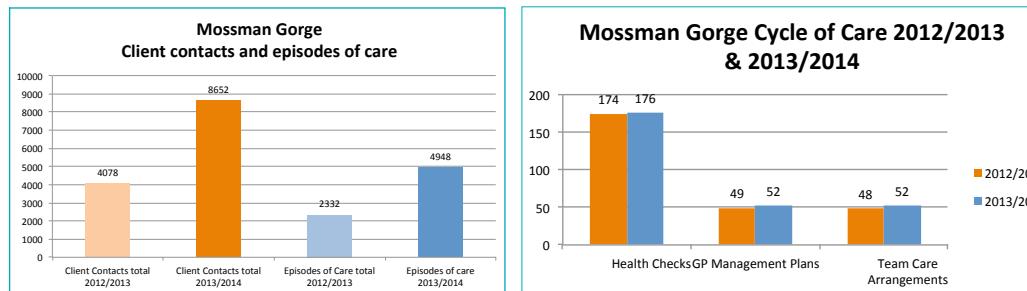
Kids from Cooktown, Wujal Wujal, Laura and Hopevale will take part in two day basketball carnival at Cooktown's PCYC. Coordinated by Apunipima, the Skytrans Cairns Taipans and Cape PCYC, the carnival will see Cape kids learn skills, drills and play games. Apunipima provided information on the importance of healthy eating, exercise and getting regular health checks while Skytrans Cairns Taipans Community Development Manager and former player Kerry Williams worked with the kids to improve their basketball skills and inspire them to work hard and play fair. "Kids love sport and it's a great way of getting health messages across to them," explained Apunipima Healthy Lifestyle Worker (Tobacco) Margaret Ross - Kelly.

COMMUNITIES MOSSMAN GORGE

MOSSMAN ACHIEVE AGPAL ACCREDITATION FOR THE SECOND TIME

Mossman Gorge clinic had their second AGPAL accreditation survey this year and received 99% success with minor improvements required. Our surveyors, Meg Leavis (Practice Manager) and Nick Hummel (Doctor) spent five hours at Mossman Gorge interviewing staff and talking about our processes and practices. All staff were on board and ready to answer questions about the deadly service that we provide in Mossman Gorge.

Welcoming comments made by the surveyors was "it was a breath of fresh air to return to Mossman Gorge and see once again the quality of care being provided", they also stated "it was fantastic to see the same faces with the retention of staff". When the team was asked by the surveyor's what we thought made our practice of such a high standard, all staff replied with the "Passion" and "Commitment" of the Mossman Gorge team. It was also noted it was our staff's connections and relationships with the Mossman Gorge community that made a real difference.



THE KURANJI CASSOWARIES AND LADY DRAGONS SHOW OFF THEIR HARD EARNED KIT



Forty members of Mossman Gorge's football teams, the Kurranji Cassowaries and the Lady Dragons, graduated from a 10 week nutrition and fitness program. Participants were required to undergo a health check and commit to attend 10 cooking classes and 10 training sessions over the course of the program.

Run by Apunipima and the Royal Flying Doctor Service, the program was designed to teach players about the benefits of good

nutrition and regular exercise.

Apunipima Healthy Lifestyle Worker (Tobacco) Margaret Ross-Kelly, who coordinated the program, said it was all about showing participants the value of moving more and eating well.

"Nearly half the men and around two thirds of the women in Mossman Gorge are overweight. Around 43% have high blood pressure compared to the Australian average of 29%. We also know

that Aboriginal and Torres Strait Islanders are much more likely to have Type 2 Diabetes than other Australians."

"For all these reasons it's important to get community members moving, eating fresh, healthy, low fat food and reducing or quitting smoking. Our program is directly combatting the overrepresentation of diabetes, high blood pressure and Type Diabetes in this community."

NEED FOR FEED

Apunipima's Tackling Smoking and Healthy Lifestyles worker Margaret Ross-Kelly and Nutritionist Cara Polson together with Mossman Gorge PCYC and RFDS collaborated to deliver the Need for Feed cooking program out of Mossman Gorge church over the school holidays.

45 KayKays from the Gorge had a chance to cook over the 2 weeks. The first week participants learnt food safety, knife handling skills, the food groups, the importance of eating healthy and implications of eating too much of foods high in fat, sugar and salt.

In the last week the Gorge KayKays cooked and served lunch for the Yarrabah mob that came to the Gorge for a sharing culture day organised by PCYC. On the last day the Gorge KayKays invited family and community organisations including Mossman Police to a lunch where they prepared sushi, pasta bolognese, fruit salad and apple crumble cups.

After sharing lunch together, Apunipima staff presented participants with certificates and goodie bags. The program has been a great opportunity to strengthen partnerships with community HAT members and local organisations including BBN, RFDS and PCYC.



MOSSMAN GRANTED \$89,000 FOR EXTENSIONS

With the help of an \$89,000 Development Grant from Tropical Medical Training, Apunipima extended Mossman Gorge Primary Health Care Centre. 'We are extremely pleased with the new extension - we have two new consulting rooms, Manager Sharyll Ellington has a new office, there's store room, a new staff loo and a new reception area. I'd like to thank everyone involved, the funders, contractors, staff and especially the community of Mossman Gorge for their patience during the build.'

Quality Manager Roberta Newton said the renovations were evidence of Apunipima's connection to the community. 'As a community controlled organisation we need to listen to what community want from their health service. They let us know the centre needed to expand and we listened. There's now a lot more room for both staff and clients and we are proud of the fact that we are able to successfully respond to community feedback and create a service that reflects their needs and priorities.'





WHAT CLIENTS HAVE TO SAY ABOUT OUR SERVICES



Patient Survey outcomes Mossman Gorge
The patient feedback survey is the official
Practice Accreditation and Improvement
Survey that is a formal survey of patients that
attend clinic. It must be undertaken annually in
order to fulfil AGPAL requirements. This survey
only applies to Mossman Gorge Clinic.

The survey features 28 questions asking about
overall satisfaction under six domains,

- Access and availability
- Information provision to patients
- Privacy and confidentiality
- Continuity of care
- Communication skills of clinical staff
- Interpersonal skills of clinical staff

It also contains questions around demographics
and invites comment from participants.

32 clients responded to the survey meaning
there was a response rate of 8.8%. This is an
increase on last year's response rate of 8.3% but
does not reach the levels of the 2011 survey when
9% of clients responded.

63% of the respondents were female, 34%
were male and 3% declined to answer. The
largest respondent age group was those aged
between 25 and 59 years at over three quarters
of all respondents, and half the respondents had
been attending the clinic for less than two years.

Two thirds of all respondents have a chronic
illness or disability and almost half speak another
language.

Those respondents aged under 25 were least

satisfied with the clinic overall compared to those
over 60 who were most satisfied.

Male respondents were more satisfied overall
than female respondents.

Respondents who had been visiting the clinic
for less than two years and those that had only
visited once were less satisfied with the clinic
than those that had visited more often and over a
longer period.

Scoring for the report is calculated on a mean
percentage basis and benchmarked against
2,399 Australian general practices.

In terms of individual responses, Mossman
Gorge Clinic scored Fair to Excellent in all
categories other than after hours satisfaction and
comfort of waiting room where one respondent
scored them as poor.

Overall satisfaction with the clinic was high
with 44% of respondents ranking the clinic as
excellent; 28% as very good and 25% as good. (1
respondent declined to score).

When benchmarked against all practices
surveyed, Mossman Gorge Clinic rated as falling
within the mid- range (50%) for telephone
access, home visiting, waiting time in the surgery,
the time available for a visit, the opportunity for
making a complaint and its reminder systems. In
all other areas it ranked in the lowest 25%.

When benchmarked against practices of the
same size with a similar GP presence, Mossman
Gorge scored in the mid-range for its reminder
systems and opportunities to make a complaint.



In all other areas it ranked in the lowest 25%. Each of the questions asked forms part of one of six domains: Benchmarked against all practices of a similar size and similar GP presence, Mossman Gorge clinic fell in the lowest 25%. Benchmarked against all practices in Australia, Mossman Gorge clinic fell in the lowest 25%.

SUMMARY OF COMMENTS RECEIVED

There were 8 comments received in total with three clear themes:

1. More doctors and increased doctor hours
2. Lack of space within the clinic
3. The commitment and dedication of staff

Doctor hours is a recurring theme and appeared strongly as an issue in the 2012 survey along with lack of space within the clinic. This however should be resolved for the next survey now that the extension is complete.

COMMUNITY HEALTH REPORTING

Community Health Reports have been produced for each community to formally feedback to community members, information about their health. All 11 communities will receive a report and feedback will be gathered from community leaders on what information they wish to see in the next report. Reports are produced annually for each community and will be developed and delivered in two phases. Phase one covers Coen, Kowanyama, Mapoon, Mossman Gorge and Wujal Wujal and Phase two covers Aurukun,



Hopevale, Laura, Lockhart River, Napranum and Pormpuraaw.

Community Health Reports for Coen, Kowanyama, Mapoon, Mossman Gorge and Wujal Wujal were produced in February. Meetings with community leaders have been held in each of the first phase communities, except Coen, with positive results.

Health literacy in community is at a higher standard than was expected prior to the report development and requests for information for the next report have been well considered, relevant and different for each community.

This individualised feedback will be used to provide data for the next report which will make it more relevant still.





QUALITY

Apunipima was recertified to the ISO 9001:2008 Standard by IHCAC (Institute for Healthy Communities) for a further three year term to 25th July 2017. Included in the scope for the first time is the Mum's and Bub's Centre - Atharpuch, located in Kowanyama. Other sites included are Cairns, Cooktown, Coen, Mossman Gorge and Mapoon. The scope of ISO 9001:2008 includes all Primary Health Care Services delivered by Apunipima to the Communities of Cape York.

The Mossman Gorge Primary Health Care Centre was reaccredited to the RACGP Standards by AGPAL for a further three year term to 22 Feb 2017.

Apunipima has been now been certified to the RACGP and ISO standards for 6 years. Showcasing Apunipima's commitment to continuous quality improvement. Presentations on Apunipima's Risk Management Framework and Continual Improvement Framework were delivered to the following conferences in 2014:

- Lowitja 2nd Continuous Quality Improvement Conference February 2014 (Melb)
- QAIHC Quality Workshop June 2014 (Gold Coast)
- NACCHO Summit June 2014 (Melb)

NETWORKING WITH KEY STAKEHOLDERS

A meeting with RACGP was attended in February 2014, which was an opportunity to provide direct feedback from Mossman Gorge Community regarding the RACGP Client Feedback Survey we request our clients to complete. Attendance at the Indigenous Health Service Accreditation Implementation Group (ISHAIG) Meeting in Canberra in March provided an opportunity to give feedback to the Group on the importance of accreditation advice and support to Community Controlled Health Organisations offered through the EQHS measure which has since been rolled back and the National Aboriginal Accreditation Officers Network.

An invitation was received to join the National Aboriginal Accreditation Officers Network (NAAON) Sub Committee on Promoting Quality & Accreditation Success Sub Committee in 2014 with the view to highlighting, sharing and promoting successful practice within the sector.

RISK MANAGEMENT FRAMEWORK

Significant development of the Apunipima's Risk Management Framework has been undertaken in the last year.

Enterprise Risks and Operational Risk have been identified, prioritised and recorded in the Risk Register.

The Board is accountable for identifying and monitoring Enterprise Risks whereas the CEO is accountable for managing and monitoring Operational Risks.

Reports for the Board and CEO have been developed enabling review of risks to occur.

Further work has been undertaken on the Risk Reporting Framework to categorise Operational Risks against the Enterprise Risk categories, providing linkages between the two.

The Risk Management Policy and Framework has been amended to reflect changes and development.

There is ongoing refinement and improvement of the Risk Management Framework at both an Enterprise and Operational level.

WORK HEALTH AND SAFETY

The total number of reported incidents for the year was 26, of which:

- 13 - injury
- 5 - incident
- 3 - near miss
- 3 - Property Damage
- 2 - Equipment Failure

There was one new WorkCover claim for 2013/2014 against the Industry comparison of five.

Workers compensation rates:
2013 Premium Rate 0.333% -
(Industry Average 0.633%)
2014 Premium Rate 0.286 -
(Industry Average 0.646%)

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Assure Programs has been the EAP provider for Apunipima since November 2013. The current annualised utilisation rate based on access YTD (from contract inception 1st November 2013) is tracking at 11.7%, compared to the contract rate of 3%. Achieved utilisation - Year to Date 11 EAP clients.



OUR PEOPLE

Over the past year our workforce has increased by a further 25.86% reflecting the confidence of our funders in our ability to deliver primary health care services in Cape York. Since 2007 our workforce has increased over 800% from 17 in 2007 to a 146 headcount at 30 June 2014 and we have a turnover rate of 14% which is well below health industry benchmarks which trend significantly higher than this in rural and remote settings.

Our workforce profile continues to exceed key Australian benchmarks. With 51.3% of our workforce identifying as Aboriginal and/or Torres Strait Islander compared with 1.6 % of the national health workforce, it reflects Apunipima's reputation amongst other community controlled health organisations, as employer of choice for Aboriginal and Torres Strait Islanders.

We are proud to boast Aboriginal and/or

Torres Strait Islander representation across all occupational groups, organisational functions and at all levels within the organisation. The age distribution of our workforce sees two thirds of our staff aged 45 or younger which strongly supports our ability to achieve a sustainable and stable workforce and a return on training investment.

Apunipima has continued to strengthen relationships and our reputation with clinical bodies and vocational training sector. Over the last year we have maintained clinical trainee placements with approved registrar training runs and registrar placements and supported further health worker qualification and registration. Our commitment to capacity building through our Capacity Building Strategy is reflected in the fact that at end of June 37.24% of staff were undertaking further study/qualification.





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