

WHICH WAY?

WUCHOPPEREN NEWSLETTER NOVEMBER 2018



Our Warriors Bring Home the Gold!

The Wuchopperen Warriors have returned home with sore muscles, a huge trophy and even bigger smiles following the completion of over 330km on their bikes for the Cairns to Cooktown Cardiac Challenge. The annual Far North Queensland Hospital Foundation event sees teams ride the gruelling track to raise money for the Cairns Hospital's Cardiac Unit.

The Wuchopperen Warriors raised \$23,000 this year, smashing their initial goal of \$10,000. Charlene Allen, Rider, Fundraising Motivator and Wuchopperen's Purchasing Officer says the event was a challenge which wouldn't have been possible without the excellent support received from the community.

'The riders get all the accolades but we had a great support team for the ride and all the support we have received in donations

from the public was a real motivator. We all looked like professional cyclists on the trip thanks to our jersey sponsors PJ Electrical and Grant Thornton Australia.

'The Wuchopperen Warriors were an absolute inspiration! It is a difficult event to complete, but each member of the team pulled through and did an outstanding job. We want to inspire young and old alike to get active and to challenge themselves, knowing they can achieve more than they thought possible,' says Charlene.

It wasn't just all fun and games from the Wuchopperen Warriors, with cardiac health at the forefront of everyone's mind.

'Raising much needed funds for the Cairns Hospital Cardiac Unit was also a big thrill for us. Cardiac health is so important and giving people access to the best possible health care in the Cairns region is important to everyone at Wuchopperen,' says Charlene.

Melissa Ernst from Wuchopperen Warriors was also selected as Pack Leader for a team featuring some first-timers and members of the Indigenous youth cycling team, 2 Deadly Treadleys.

'Being a pack leader was such a great experience, it took a lot of energy to not only look after myself, but the rest of the pack and drivers too.

It was wonderful to work with some of the younger people who had never done a big ride like this before. Being there to support the team and watch how proud they were for achieving their goal was really rewarding,' says Melissa.

Well done to the Wuchopperen Warriors and keep an eye out for the team training around Cairns!





Dr Manjunath sinks his teeth into dentistry

Our Dental Officer, Dr Manjunath Rajashekhar has been recognised by the highest dental body in Australia, Royal Australasian College of Dental Surgeons at a ceremony in Adelaide! Dr Manjunath was excited to be recognised by his peers at such an important event.

"It was a great honour to be accepted as a member into the Royal Australasian College of Dental Surgeons. Being a part of such a prestigious organisation is a great opportunity to continue to improve our dental services, and ensure we are offering best-practice dental healthcare in line with the international industry," says Dr Manjunath.

Dr Manjunath has a great passion for dentistry and wants to work with Wuchopperen clients to prevent dental issues before they have devastating impacts.

"We have been able to develop a great dentistry practice here at Wuchopperen, as we have integrated dental health into general health checks. It is a lot easier to work with a client to establish healthy dental practices than treat a client when it is too late," says Dr Manjunath.

Wuchopperen provides a wide variety of dental services for our community. To find out more about how you can see our deadly dental team ask your GP or our friendly reception team.

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Our Deadly Team Represent at Australian Public Health Conference

A number of our team presented at the Australian Public Health Conference held in Cairns in September. From dental health, to creating a research agenda, our team had a number of topics covered. The conference brought together a range of national and multi-disciplinary perspectives on public health

issues including prevention, health promotion and Aboriginal and Torres Strait Islander Health and Traditional Medicines. The Conference saw our team sharing new and innovative ideas about their key areas and how they are working to improve the quality of life for Aboriginal and Torres Strait Islander peoples.

OUR PRESENTERS INCLUDED:

DANIA AHWANG - Establishing a research agenda at Wuchopperen
DR MANJUNATH RAJASHAKAR - Something to smile about: The evolution of dental services at Wuchopperen

ANITA SEINEN - Reflections on better clinical service at Wuchopperen

CULTURAL APPRECIATION



Wuchopperen was established as a safe place for meeting the health and well-being needs of Aboriginal and Torres Strait Islander peoples and founded on the principles of:

- SELF-DETERMINATION

- COMMUNITY CONTROL; AND

- SOCIAL AND RESTORATIVE JUSTICE

What this means is that Aboriginal and Torres Strait Islander people are in charge of their own decisions, services and resources. An important part of these Principles is the close connection and positive relationships the organisation keeps with our local community and the commitment we have to delivering good strong services in a cultural way.

Wuchopperen has two Cultural Appreciation Officers, Nerelle Nicol and La-Donna Ballangarry-Kearins working on a draft Cultural Framework which will guide how the organisation operates and delivers its services, to better meet the needs of our local Aboriginal and Torres Strait Islander people.

Over the coming months, they will be talking with everyone including Clients, Community, the Board, Elders, Members, Staff and other key stakeholders to gather ideas and feedback on the draft Framework. So if you have any thoughts or suggestions on how we might build a stronger health service, based on local cultural values, knowledge, experiences and expectations, we want to hear from you. Please give Nerelle or La-Donna a call on 4080 1000 or drop in and see them during office hours Monday to Thursday at Bama House, Wuchopperen Manoora.

'Aboriginal people have legitimate concerns over the negative influence that visitors/workers can have on their families, community and culture. If you have respect and behave in a sensitive, culturally appropriate manner when visiting or working in communities - Aboriginal people will support you and your project.'

- Bilawara Lee, Larrakia Elder

MUMS CELEBRATE GRADUATION DAY

Some of our incredible mums have graduated this month from the Australian Nurse-Family Partnership Program. The Program is a home visiting initiative that supports mums pregnant with their first Aboriginal and Torres Strait Islander baby until the child turns 2 years old. Through our Nurse Home Visitors, and Family Partnership Workers, the Program provides support and a range of health and wellbeing services, along with ongoing social activities to first time mums and their families. Give us a call today to find out how you, or someone you know, can get involved.





“When I first fell pregnant I had no family living in Cairns, the support the program gave me was so amazing. They answered all my questions, helped me get to all my appointments, and were so supportive when our bub came along.”



“The support is so amazing, I couldn't have asked for a more supportive environment.”

SING, PERFORM, MAKE FRIENDS!



**Join Us for Three
Rehearsals**

**and a Concert for
Family and Friends**

**Open to Indigenous Young
People - Ages 9-15**

Rehearsals - Mondays 5, 12 & 19 November, 4-6pm

Concert for Family & Friends

Monday 19 November, 5pm

Cairns State High School

Enter via Sheridan Street and follow the signs

To join in give Alice a call or email -

0479 177 494 | alice.neldner@gondwana.org.au


GONDWANA
INDIGENOUS
CHILDREN'S CHOIR
Principal Partner Rio Tinto



DEADLY CHOICES COMES TO WUCHOPPEREN



The Deadly Choices team have been assembled here at Wuchopperen and are ready to get cracking!

The team will focus on empowering our Aboriginal and Torres Strait Islander community to make healthy choices, stop smoking, eat good food and exercise daily. The Deadly Choices team will be working mainly with our young people to start good habits early.

"The whole program is really about getting out there and talking to our kids, families, community, and countrymen about making healthy choices. We also want to see more Aboriginal and Torres Strait Islander people getting annual health checks. These checks are really essential in staying healthy and working on preventing complex health issues before they arise," says Neville Reys, Deadly Choices Program Coordinator.

Keep an eye out for the Deadly Choices team around Cairns and here at Wuchopperen talking all things

You can book in for your Health Check at Wuchopperen in Manoora or our Edmonton Clinic. A full health check can be completed by your GP, or an Aboriginal and/or Torres Strait Islander Health Worker and covers essential things like your general health, eyesight, hearing and social and emotional wellbeing and are completely free here at Wuchopperen.

healthy lifestyles. If you want to make a pledge to give up or reduce your smoking, improve your diet or start exercising, get in touch with our Deadly Choices team today!

Deadly Choices is a social marketing initiative that was started in 2010 in South East Queensland by the Institute for Urban Indigenous Health (IUIH).

CAIRNS KIDS AND ELDERS GET MOVING

The Wuchopperen team has been visiting Cairns West and Balaclava Primary Schools every week to work with over 60 children in year five on exercise sessions and making healthy life choices.

Exercise Physiologist at Wuchopperen, Myles Hardy has been getting our kids moving by tackling unhealthy lifestyle factors and making long term change for children in our community.

"There is so much research out there which shows obesity and unhealthy lifestyles in childhood carry over into adulthood, resulting in an increase in the risk of developing chronic disease, and reducing overall life expectancy," says Myles.

In Queensland alone, 27 per cent of children are overweight or obese and according to research from 2013, around 30 per cent of Aboriginal and/or Torres Strait Islander children were overweight or obese.

"We want to work with young people to establish healthy habits in the younger years. Our program will focus on exercise, but will also have other members of the Wuchopperen team working with the kids in the program on mental health, nutrition and overall healthy lifestyle factors," says Myles.

The program is now in its second week and will run until the end of the school term.

Wuchopperen also works with our Elders in the community to increase exercise and improve social and physical health outcomes, with a total of 976 sessions provided to both men's and women's groups in the last financial year.

"You're never too young or too old to make change and start living a healthier life. We see people come through Wuchopperen who have never exercised before and start training in their 60s. It is really inspiring see people take their health in their own hands at any age, but the sooner we can get people focused on living a healthy life, the easier it is to implement life-long health habits," says Myles. Get in touch with your GP today to find out how you can join our exercise sessions here at Wuchopperen.



Opening Hours

Mon, Tues, Thurs, Fri - 8am to 5pm

Wed - 8am to 1pm

Manoora

6 Moignard St, Manoora QLD 4870

PO BOX 878, Manunda QLD 4870

P: (07) 4080 1000

E: enquiries@wuchopperen.org.au

Edmonton

7 Stokes St, Edmonton QLD 4869

PO BOX 486, Edmonton QLD 4869

P: (07) 4040 3100

E: enquiries@wuchopperen.org.au

Wuchopperen acknowledges the traditional custodians of the land and pay our respects to Elders past, present and emerging, the holders of our culture, memories, tradition and hopes.