



**Bullinah Aboriginal  
Health Service  
Aboriginal  
Corporation**

**Annual Report  
2012**

**BULLINAH ABORIGINAL HEALTH SERVICE ABORIGINAL  
CORPORATION**

**2011 / 2012 ANNUAL RPEORT**

**TABLE OF CONTENTS**

About Bullinah Aboriginal Health Service .....	3
Our Values / Vision / Purpose Statement / Goal .....	4
Organisational Structure .....	6
Chairpersons Report .....	7
Board of Director Profiles .....	8
Chief Executive Officer Report .....	9
Clinical Branch Report .....	11
Finance / Administration Section Report .....	21
Regional Tackling Smoking and Healthy Lifestyle Workforce Program Report .....	23
Financial Statements .....	Attached

# Bullinah Aboriginal Health Service

---

## About Bullinah Aboriginal Health Service

“Bullinah Aboriginal Health Service is an Aboriginal community controlled primary health care service that has been initiated by the local Aboriginal community to deliver holistic and culturally appropriate health care to people within the Ballina, Byron Bay, Evans Head, Cabbage Tree Island, Wollongbar and surrounding region. The estimated Aboriginal population in Ballina and the adjacent area is 2,500 people of which 40% would be 14 years or younger. It is also estimated that for this region only 6% of the local Aboriginal population are over 55 years old compared with 29% of the entire population.

Bullinah was incorporated on the 6<sup>th</sup> June 2010 and was independently funded by OATSIH as from 1<sup>st</sup> October 2010.

## Our target population

Bullinah provides a range of health services to:

- Aboriginal people in Ballina and surrounding communities.
- Any non-Aboriginal partners of Aboriginal people, or parents of Aboriginal children.

# Values

---

We acknowledge and respect our individual community members.

We value, recognise and acknowledge Board and staff as individuals and together as a team. Bullinah operates as a community controlled organisation with respect, passion and commitment; we achieve this through:

## **Cultural Recognition**

We will promote flexible models of care that acknowledge the impact of culture and relationships.

We will maintain a welcoming environment that recognises diversity.

## **Holistic**

We will apply a holistic approach that recognises all the potential influences on individual health and wellbeing.

## **Our communities**

We value and work with our communities.

## **Partnership**

We will develop partnerships, and work closely with other agencies to ensure the best possible care and outcomes for communities.

## **Professional responsibility**

We will deliver the highest possible standards of care with a commitment to:

- Quality
- Integrity
- Trust
- Transparency
- Sustainability
- Ethics
- Respect
- Accountability

## **Wellbeing through employment**

We recognise that employment has a major influence on health and wellbeing and are committed to creating opportunities for Aboriginal employment within Bullinah.

## **Vision**

---

Better Goori Health

## **Purpose Statement**

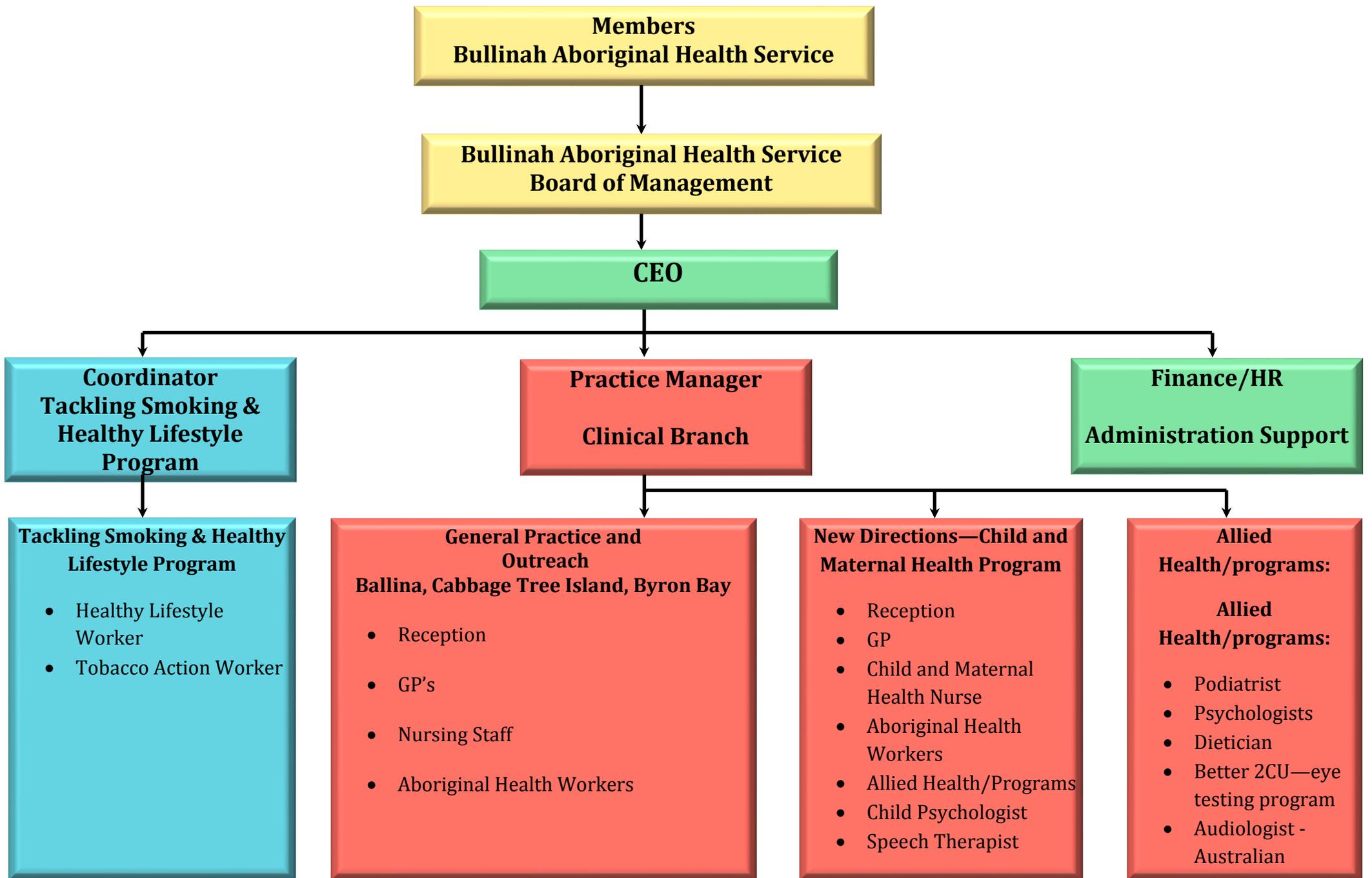
---

Working together with our communities for better health and wellbeing.

## **Goal**

---

Bullinah, as a lead Aboriginal organisation will deliver comprehensive health and wellbeing services acknowledging cultural obligations and relationships.



## **Chairperson's Report**

Bullinah has grown and delivered a needed service to our communities throughout 2012. We now operate two outreach services, one at Cabbage Tree Island and one at Byron Bay, we also have the Mums and Bubs Program as well as the main site in Tamar Street. Of course the growth and service delivery could not be without the Leadership of our CEO and Clinic Practice Manager and our dedicated staff of Doctors, Health workers, Nurses and Administration support. On behalf of the Board, I thank them all for their hard work and their belief in what we do. We have had one student doctor from the University of Wollongong who was with us for twelve months and other shorter term students, it shows Bullinah's commitment to teaching up and coming doctors and gives them an opportunity to see what life is like working in community. We welcomed the Tackling Smoking Team this year also. The Board wishes them well in their regional activities; their task is not an easy one.

If I think about all of our activities though, everyone's jobs are fraught at times and stress levels do increase. It is so important for us as community members and Bullinah staff to work together to deliver the desired outcomes in the best way possible. We all have a right to respectful interactions, to be safe at work and at home and when receiving a service.

From our reports I note that 93% of our children have been immunised, that there is a better management of diabetes within the communities and although Chronic Disease numbers are high our staff are working towards encouraging people to make better choices in the management of their illnesses and broadening Bullinah's ability to help them do that.

We are currently canvassing our communities for members of our Board and I urge you to try it out. To come forward and be part of the decision making process that does and will continue to make a change in health outcomes for all of us. There are no egos involved here, the decisions that have to be made do not allow for that.

This year the annual report format has changed to reflect the work that our Managers and staff do, which in turn should inform you, the members, of the work that occurs within the service. This is Bullinah's second year of service delivery as an independent service, I believe we have delivered a great Community Controlled Service to our communities of Ballina, Cabbage Tree Island and Byron Bay, that we have delivered it well. I know that I am privileged and I am proud to be part of that service delivery firstly as a community member and also as a Board member.

I thank Mark Charter and his firm for their support and advice with our finances and I particularly want to thank the Board of Directors for their service over the past year. I look forward to an interesting and varied 2013.

To everyone, I wish you a Safe and Joyous Christmas and a happy, healthy New Year.  
Yours in Unity - Nancy Walke

## **Board of Directors Profiles**

### **Nancy Walke**

I am a Bundjalung woman who comes from the first group of people to settle on Cabbage Tree Island. My grandfather was Benjamin Bolt. I have spent many years working in “Health” areas of various kinds and I am passionate about Aboriginal people being able to access as wide a range and type of health service as possible. We have set the basis of a friendly and efficient health service that will grow.

### **Wendy Knight**

As a proud Gamilaroi woman who has lived on Bundjalung land for nearly 30 years, I have strong ties with the local community and actively participate in community events in both my capacity as a community member and Community Services employee. I am a regional and state representative on a number of working/focus groups who work towards improving the health, safety of children and young people improve housing, education and health services for our families and community as a whole. Through the Bullinah Board I am able to advocate for the promotion, development and expansion of the provision of health and well being services through local ACCHSs/AMs to better service our community.

### **Nita Roberts**

I am a proud Bundjalung woman, born at the local hospital in Ballina and raised at Cabbage Tree Island. I have a very rewarding and productive role of working for an Aboriginal Community Controlled Organisation and I am pro-active in education issues for Aboriginal people via the Local Aboriginal Education Consultative Group. This has provided me with a solid foundation base that values our cultural identity, responsibilities and obligations.

### **Bertha Kapeen**

I am a proud Bundjalung woman who was born on Cabbage Tree Island. I worked for many years in education and with health in advisory roles and I regularly conduct cultural awareness training. I have always stood up for the community. I have used my experiences to sit on many committees.

### **Veronica Williams**

I am a Bundjalung/Birri Gubba woman whose mother was raised on Cabbage Tree Island. I am privileged to be involved in the local community. Aboriginal health has always been an interest of mine and all other aspects of aboriginal affairs. I have a strong sense of community values and it will be rewarding to be a part of the next phase of the Bullinah Health Service.

### **Tammy Kapeen**

I am a proud Worimi woman from Karuah NSW. I have three children who I love dearly and have been living in Bundjalung country since I was 11 years old so I am very lucky to have two homes. I love working in the Aboriginal community and being part of Bullinah Aboriginal Health Service so we can have a healthy community. *“Don’t get too busy making a living – you forget to have a life”.*

## Chief Executive Officer's Report

The 2011/2012 financial year marked the first full year that Bullinah Aboriginal Health Service Aboriginal Corporation has operated as an Independent Aboriginal Community Controlled Health Service.

Bullinah provided comprehensive primary health care services to the local and surrounding Aboriginal Community through its base clinic in Ballina and its outreach clinics at Cabbage Tree Island and Byron Bay. This year we also established a fully functional part time Mum's and Bubs Program which operates out of our new premises at 113 Tamar Street, Ballina. We have been able to specifically increase our client's access to Adult and Child Health Checks, GP Management Plans and the associated referrals to Allied Health and Specialist Medical and Oral Health Services.

Bullinah as an Aboriginal Community Controlled Health Service operates under the following philosophy as identified in the National Aboriginal Health Strategy 1989

**"Aboriginal Health is not just the physical well being of an individual but is a social, emotional and cultural well being of the whole community in which each individual is able to achieve their full potential thereby bringing about the total well being of their Community. It is a whole-of-life service and includes the cyclical concept of life-death-life"**

The 2011/2012 financial year also saw Bullinah selected to host a new National Initiative - The Regional Tackling Smoking and Healthy Lifestyle Workforce Program. This year the Program was in its infancy stages and we will see a full established regional program delivering services across the Northern Rivers Region in the 2012/2013 Financial Year. I welcome the five new staff employed in this Program.

In relation to planning the Board of Directors with input from staff developed their first 3 year 2011 - 2014 Strategic Plan as an Independent Organisation. This Plan identified strategies to ensure the organisation moves forward in line with our future vision.

The operational arm of the organisation also developed 3 year 2011/2014 Action Plans as required by our funding body - The Office of Aboriginal & Torres Strait Islander Health (OATSIH). These 3 year Action Plans were linked to 3 year Financial Budgets that were developed to ensure we were appropriately resourced to achieve the targeted outcomes identified in our Action Plans.

In relation to representation and advocacy, Bullinah participates as an active member of both our Sector's National peak body - National Aboriginal Community Controlled Health Organisation (NACCHO) and the State peak body - Aboriginal Health & Medical Research Council (AH&MRC). The major focus of both these peak bodies has been is to assist the Sector in improving Governance practices. Bullinah is also a member of the Many Rivers AMS Health Alliance which is a regional forum comprising the seven Aboriginal Medical Services from Taree / Forster in the South to Casino / Ballina in the North. This Alliance was also a founding member of the new North

Coast Medicare Local which will have responsibility for the delivery of mainstream primary health care services across the North Coast region.

In relation to Financial Management, our Auditor has identified that Bullinah has finalised the 2011/2012 financial year in a very sound financial position which is an acknowledgement for the good financial management practices that we have implemented and maintained.

This financial year Bullinah also undertook the OATSIH Risk Assessment as per the terms and conditions of our funding agreement. This Risk Assessment gauges Bullinah's compliance with, governance and management, financial and human resource management, workplace, health and safety and various other legislated requirements. Bullinah achieved a "Medium" risk rating which has been identified by our funding body as a good "pass" mark and ensures that do not have to undergo Annual Risk Assessments and that we will be funded on 3 year cycles.

I believe that the greatest asset any organisation has is its staff. This is particularly so when you work in a Health Care sector. Therefore, I would like to acknowledge the contribution and dedicated work of all our service delivery staff. Working in primary health care can be very sensitive, stressful and unforgiving but is always rewarding as we make small gains in improving the health and well being of our local Aboriginal community. The work of our direct service delivery areas is only possible where they have the total support of the administrative arm of the organisation. This support is integral to ensuring optimum outcomes are achieved for our clients.

Separately, I would like to acknowledge the commitment and dedication to our Health Service by all our contractors i.e. Doctors, Allied Health staff, Visiting Medical Specialists, Counsellors etc. as without their support and contribution we would not be able to operate as a comprehensive primary health care service provider.

Personally, I would like to thank the Bullinah Board of Directors for their ongoing support and recognition throughout the year for all staff and for the direction and leadership that they have given the organisation. I would also like to acknowledge the support and work of my colleagues on our Operational Management Team i.e. Practice Manager, Finance Officer and Administrative staff.

In closing, I would like to thank the local Aboriginal community members for their support and continued use of our services and facilities. Bullinah is fully aware that we must strive to improve the level of our service delivery to ensure we are meeting the community's health needs and that we also have a role in empowering our community to take a more active role in addressing their own health needs through health education and promotion.

Mark Moore

## **Practice Manager Clinical Branch Report**

Wow what a year we have had! Lots of changes, lots of growth, lots of new faces and we have said good bye to a few as well. This year we have seen nine new staff including doctors, come to Bullinah with some of our long timers moving on to new opportunities, nearly all out of the area. What this year has left us with is an amazing team of highly skilled professionals, who want to be here, and are doing a great job!

The New Directions Mothers and Babies program got on its feet with the employment of Renee Noble our mums and bubs registered nurse, with Dr Jodi coming back to us in February and the employment of Whitney our trainee receptionist and Dotty our Aboriginal health worker. *(We have a few words from Whitney and Renee in the report this year)* In 2011 we formed a partnership with the Lismore Women's Health Centre Inc. to hold the pre-natal yoga program this program has now been passed on to Bullinah to run, and we have contracted the Yoga teacher to provide the classes on Tuesdays. The pre-natal yoga group started late last year, and there have been many great outcomes from that, not to mention some resources that Bullinah is proud to have been a part of producing promoting breast feeding. Renee, Whitney and Dr Jodi have done a wonderful job on making this program what it is, and for always looking at ways to give more.

Bullinah has been involved in various projects over the year including a Chronic Disease conference where Marilyn and I facilitated a session about Bullinah entitled, Little Service - Long Arms, a Tackling Smoking conference for health service staff both being held early in the new financial year.

We have participated in several health promotion activities, including the Chronic Care for Aboriginal People program with Ballina Community Health staff. This program runs in 6 week blocks four times per year and alternated between Cabbage Tree Island and Ballina, and will do so again in the next year. We have held school screening programs at Ballina Public School, Southern Cross K-12 and Cabbage Tree Island Public again we are looking at doing this for 2012.

Bullinah saw, Matt Rice our 12 month medical student finish his university training with us through the University of Wollongong. Matt was successful in his final exams, and has gained a position at the Dubbo hospital, and he recently moved there with his family. We wish him every success. Our new University of Wollongong student Ben Hill will be starting in July 2012.

Quality is so important, quality in the care we give our clients, in the information we give out and gather and in the general experience here at Bullinah. Bullinah is involved in several quality improvement programs/processes. We are at the tail end of our second cycle of AGPAL Accreditation; our "survey" will take place towards the end of November this year, with the final accreditation being awarded in February 2013. AGPAL accreditation looks at the various parts of a

general practice clinic from a quality experience point of view and ensures that there are appropriate policies and procedures in place, that OHS for staff and clients is important and that we look at what we are doing on a regular basis by several methods one being a client satisfaction surveys and self-audits.

We have also been involved with Improvement Foundation for two different programs; one is the E-Collaborative program which is looking at two areas to improve in our medical records, 1) improvement of the listing correct diagnosis and 2) current medications listed. We have 12 cycles per year to slowly improve the way we manage these items. Ear Health and Improvement - Bullinah was chosen as one of 4 sites in this local area to roll out the ear health guidelines. Again we have 12 cycles of improvement over the 12 months that see to ensure improvement in the way we identify ear health issues/disease. Once the cycles have been completed a report will be written for each and made available to those interested.

Byron Bay Outreach clinic runs every Wednesday from 9.30am – 12.30 pm with Dr Kate Haynes, Barry and Marilyn. Since we moved from the Fletcher St Drop in Centre, our numbers of Aboriginal Clients has increased, and is becoming more regular, we are working towards a full day clinic by the end of the next financial year.

Jali Health Post is also doing well although there have been some staffing challenges over the past 12 months including ensuring a regular GP on both days throughout the year, and with the reception position being made vacant through the North Coast Local Health District, with no indication if it will be filled, ensuring a regular receptionist has been impossible. We are working to resolve this however. Even when there hasn't been a GP available Marilyn and Barry have been seeing clients, visiting the school and checking up people who have been in hospital or who might need a dressing or support. Both Marilyn and Barry have held the outreach together this year and I thank them for that.

The team at 120 Tamar St our home base, Di, Margaret, Naomi, Liam, Marilyn, Renee, Dr Dan, Dr Kayte and Dr Jodi that help to hold us all together, organise us, and provide what I think is excellent service to the community!

The challenges this year have mainly been the increasing issue of lack of space. Our rapid growth while great, has created the need for more staff and services, which has created shortage for space at the 120 Tamar St building. The staff "shuffle" is underway, and we are trying to work on a roster/room system to ensure everyone has a space all the time.

For the next year :

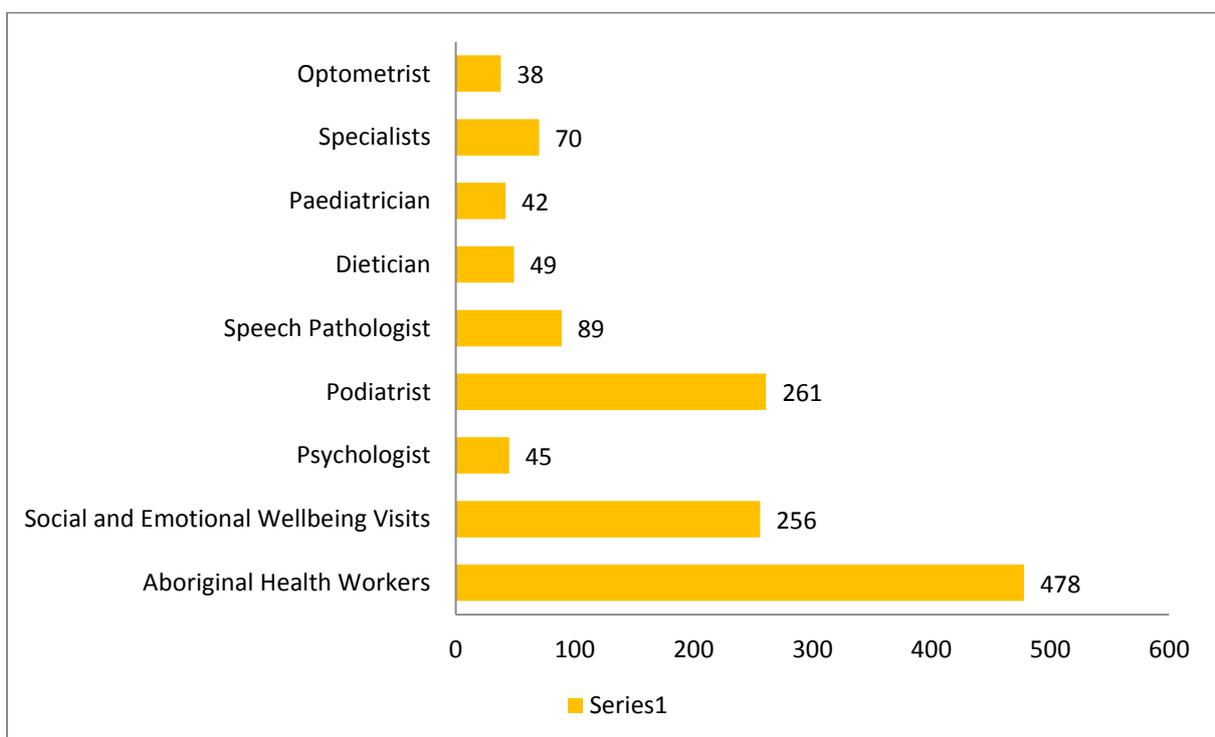
Much has been organised for the next year some of these exciting projects include. Our Men's Group which is starting up, and we hope to see some good things coming from that in the next year, and much planning is in place for the next financial year some of the exciting projects include Body Armour, a play aimed at teens about Hepatitis C and risky behaviours. Bullinah's clinical team will be running programs and events throughout the year as always.

The tackling smoking project is getting up and running now and there are new staff coming on board; the Bullinah practice will work closely with the team to provide some health promotion activities and opportunities for community. Just a reminder, Bullinah’s website is up and running so don’t forget to check it out! [www.bullinahahs.org.au](http://www.bullinahahs.org.au). I would like to take this opportunity to thank all of the staff at Bullinah for a big year – Our service gets stronger every year. Of the staff and the service I am really proud.

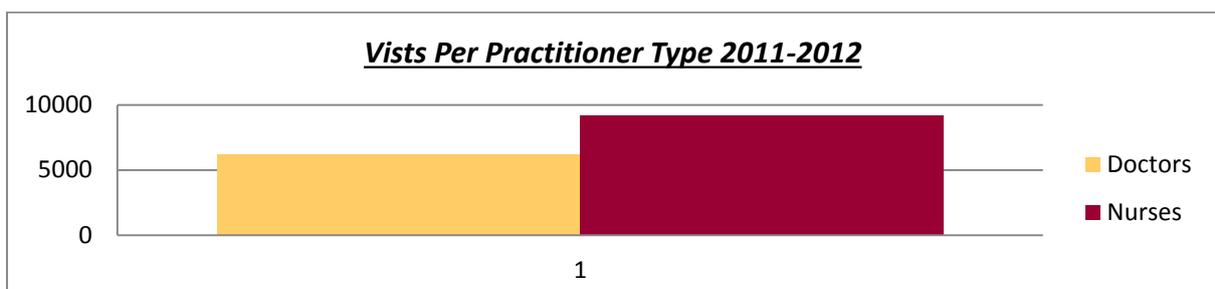
Yours in Unity - Emma

Some statistics:

Individual Clients seen this year: 1410 our (total number of current clients on our database is 1573)



**Visits by Allied Health Practitioner Type**



## **Chronic Care Nurse**

### **Yearly report 2011- 2012**

It has been a very challenging and rewarding year for me.

I have loved watching the team at Bullinah grow in the last twelve months and have embraced this growth as we are now better able to share the workload. At Cabbage Tree Island and Byron Bay we have definitely seen a growth of client numbers at both sites and work hard to maintain a healthy relationship with the community.

I continue to work at outreach within my chronic care role alongside Barry. Every Monday I attend Cabbage Tree Island School and administer first aid if needed, education and follow up for the children there. Actually I think now they only come for a yarn... and then come to see me after school at the Health Post for more conversation.

We have very positive relationships with the staff at the school and they often phone me for advice or to relay any concerns. Bullinah hosted a Healthy Kids Check day last November and it was a very successful event. With the help of the Bullinah team I have organized another one for this year. I have found that the health of the children is improving as well as their health knowledge. Emma and I attended the Chronic Care Conference in Sydney in May and not only was able to brain storm with other AMS's we had the pleasure of talking about our service and the great programs that we run such as mums and bubs, outreach, mammograms days etc.

My continuing Education has included completing a unit in my Child and Family health graduate certificate with the College of Nursing. As well as updating my CPR. Thank you so much Bullinah. My role as the Chronic Care nurse is a trying one. What obviously needs to be addressed by the chronic care nurse is that the vast majority of Bullinah clients suffer chronic illness or are at risk of developing chronic illness and have many complex and time consuming needs. Therefore, a primary healthcare approach is what is required.

I continue to try to bridge relationships with Community Health and endeavour to refer to the health team where appropriate. During this year I assisted Robyn Robinson from Community Health in gaining her Cert 3 Aboriginal Health Worker by teaching her the necessary clinical skills and I helped Dana to compile a health promotion package to assist in her implementing a hand washing program at the CTI School. I will continue to try to engage Community Health as a necessary part of our health journey.

During the twelve month period I have had 2 successful mammogram days they were lots of fun. I would love to host at least 3 a year as I have found these days to be great at identifying other concerns for women in this Community. In addition I see a gap in the 40s – 50 year old women needing more nurturing health education and would love to help implement education for these lovely ladies. We were lucky to be able to have Mark the Optometrist from Budget Eyewear attend Cabbage Tree Island School and test the children eye sight and refer two children for further testing. Mark followed up on these children to save Bullinah staff having any further workload.

So as you can see we have been busy. So what's in store for the next year? Just more of the same, but we will just be continuing to get better at doing it all of the time.

Marilyn



## **Mums & Bubs Report**

### **A nursing perspective...**

With a newly established mums & bubs team early 2012, the child & maternal health programmes now being delivered by Bullinah Aboriginal have grown from strength to strength.

Although on longer with us, Dotti Kickett our Aboriginal Health Worker, lead the way in making families feel welcome to the 'mums & bubs' service. Always greeted with a smile, a cuppa and a listening ear, Dotti helped set the scene for what this service is now known as... 'a friendly, welcoming place'.

With the appointment of myself (the ever advocating nurse) late November last year, then conscientious Dr Jodi early Jan, our gorgeous trainee receptionist Whitney in February & finally the patient Dr Mirrilee in June, our newly formed team has made significant progress towards meeting Bullinah's child & maternal health targets.

Our focus at mums & bubs has been child & maternal health. Rather than seeing great numbers of clients, our team believe in providing a comprehensive service. We allocate 30minute GP appointments (longer if needed). By allocating this time for consults, we have been able to identify many health concerns, then refer to the appropriate specialist, prioritise time to ensure follow-up and hopefully help community to feel that their health concerns have been heard. We also offer home visits by arrangement and support & advocacy to health appointments outside of Bullinah.

As a result of comprehensive health assessments being carried out, we have had many children referred to Dr Lennon (our in-house paediatrician). Dr Lennon has had to increase the length and number of clinics he runs to accommodate demand, with many of these children having significantly high health needs. Dr Lennon has been a true asset to the Bullinah team, not only does he have a wealth of paediatric experience, he has a truly welcoming presence and great deal of respect for local Aboriginal people.

Evelyn Lucas our child psychologist works patiently with families. Always calm and patient, Evelyn is a welcome addition to our Friday team over at mums & bubs.

Our newcomer working with Bullinah is Kelly Sharf Aboriginal and Torres Strait Islander youth worker for AHW Community Mental Health Tea.. Working for community health, Kelly has started using the mums & bubs rooms to see Bullinah clients. A foster mother to a family Kelly works with commented last week on how Bullinah 'is such a great service now'. She commented on how it's good to have everything under one roof (the doctor, the paediatrician, Kelly and psychologist).

Jess Rixon our speech pathologist works with children here at Bullinah, or travels to their school to carry out therapy. Jess is a great asset to our team. We had a family who were finding getting to Bullinah difficult... (Young single mum, 2 young children, getting out of the house at times proved difficult). Jess was great, initially we saw this family together in their home. After seeing the progress her child was making with speech therapy, mum eventually started making her way down to Bullinah for appointments. Jess's lovely manner and trusting nature helped make this possible.

As well as early identification and intervention of health issues, engaging with families is evidence of how well the mums & bubs team are working to improve the health of community and something I feel is unique to the way in which we choose to practice. I am a true believer that our role in health is 'to plant the seed'... every now and then life gets tough, or we become unwell... when it does we work with families, we listen to families and we 'plant seeds' or give families tools to help them tend to their own garden.

Renee



## Trainee Receptionist

Hi everyone, my name is Whitney I have family connections to Roseby Park (Jerrinja) local Aboriginal Community on the South Coast of New South Wales. I am a proud Wodi Wodi woman of the Yuin Nation. I recently moved to the area in January 2012 and I am currently completing a Medical Receptionist Traineeship and I am studying for my Certificate 3 in Business Medical Reception through the University of New England. I am employed at 113 Tamar Street, Ballina "Mums & Bubs".

My traineeship has been an incredible opportunity and it has given me wonderful opportunities to expand myself. I have had to personally challenge myself when I first began my traineeship as it was a whole new working experience for me. I had to connect with the Bullinah organization and work within the team to serve the local community. I also had to begin the transition of living "off country" and I needed to make connections within my local Aboriginal community. Since working at Bullinah I have had the ability to work within a great organization who have nurtured and encouraged me to push myself and accept new personal challenges both professionally and personally. As I reflect on a fantastic year at Bullinah I take away with me the many stories I have learnt from the many Elders whom I have come into contact with throughout this year. I love sitting and learning from them every day and I appreciate that they have accepted me into the local Bundjalung community. I am very grateful and appreciative of the year that I have had being employed here at Bullinah as it is an awesome place to work and learn.

At Mums and Bubs we have been running a number of different exciting programs throughout 2012. One of the most important and exciting programs we held over the year was the Prenatal and Antenatal Yoga classes which were funded by the Southern Cross University and worked in partnership with the local Ballina Community Health Service. This program has been an outstanding success. Due to the success of our Yoga classes, our participants have been able to access other services on offer through our organization, such as: Breastfeeding talks, Child CPR training and Baby Massage. The Yoga Classes are held every Tuesday morning from 10am - midday, please see below statistics over the year 2012.

Whitney

MONTH	ATTENDENCE	PARTNER/FRIEND	ACTIVITY
February	21	12	Yarning Circle
March	9	2	Yarning Circle
April	13	6	Bead Making
May	11	5	Babies DVD First Aid Training Engaging Dads DVD — Anthony Frank
June	8	1	Yarning Circle
July	7	4	Yarning Circle
August	6	2	Yarning Circle
September	16	1	Belly Casting Yarning Circle
October	12	4	Breastfeeding Talk Yarning Circle Belly Casting
November	3	NIL	Yarning Circle

Please find enclosed below participant feedback from one of our mums (Miss Robin Heuston) who attends our Yoga classes.

*“My Name is Robin, I have been coming to yoga since I first moved to Ballina in February with my 3 children. It was recommended to me by Katherine & Robyn (AIHMS Workers from Ballina Community Health Service) when they done the home visits for my youngest daughter whom was 3 weeks at the time. I have enjoyed both the social and physical side of the Yoga. All the people involved in the program are wonderful. Going to yoga is like going to visit your friends and family, It’s not just about the yoga but the friendship and advice that they offer. There is always someone on hand to offer advice and support with the babies. Coming to Yoga has helped me with my transition to living in Ballina it has made it feel more like home, I whole heartedly recommend the program to anyone”.*

Please find below picture of Robin Heuston and daughter Lasara Barden-Smith.



## **Aboriginal Health Worker's View**

**We started the year at the homeless shelter at Fletcher St for our Byron Bay outreach. We have now moved to the Sol offices in Middleton St and have our own clinic room.**

**There have been changes at 120 Tamar St with our building as our staff has grown, we have mums and bubs and Cabbage Tree Island.**

**I have been working with the clinical staff to do health checks at the schools, linking us into the youth both at Cabbage Tree Island and in the future of other schools in the area. Marilyn and I have been connecting with Byron Bay schools and Mullumbimby school, working towards building the Byron service.**

**We have a strong Aboriginal health service and together we travel to places with our skills to support our communities. We talk about prevention of chronic illnesses and try to change the way our community looks at its health. We have been providing programs and partnerships with different service & providers including working with Ballina Community Health and the North Coast Local Health District to provide the CCAP (Chronic Care for Aboriginal people) program 4 times 6 weeks per year.**

**I have been working on having a healthy men's group every Thursday at Bullinah. The supportive team supplies healthy living activities, referrals as well as men talking together. Our number is growing slowly and we have both young & older people. Right now we have Liam our male nurse and that's great beside me - the famous men's health worker (Barry)**

**This last year I finished my Certificate 3 in Primary Health Care and I plan to start Certificate 4 in the New Year. I've seen Bullinah grow with different staff changes, new doctors ,and nurses and we have also been adding to our allied health services over the years..**

**Barry**

## **Finance & Administration Report**

**Bullinah Aboriginal Health Service received funding from two government bodies being –**

**1. Office of Aboriginal & Torres Strait Islander Health**

**\$668 966 for the Primary Health Care Project and \$204 000 for the New Directions - Child & Maternal Health Project, (know as Mums & Bubs (M&B) within Bullinah)**

**2. Commonwealth Government**

**\$440 727 for the Tackling Smoking and Healthy Lifestyle Project**

**The Primary Health Care (PHC) and New Directions (M&B) funding is recurrent under a Multi Year Funding Agreement until June 2014. Both projects were delivered very close to the annual budget with PHC underspent by \$2 500 and M&B overspent by \$4 700.**

**The Tackling Smoking and Healthy Lifestyle Project commenced with funding in March 2012 with the balance of the 2011-12 funding deposited in June 2012. Therefore a large carry forward figure of \$427 800 is available to expend in addition to 2012-13 funding. This project is funded until June 2014 and is based upon deliverables being achieved.**

**The self generated funds increased considerably with \$62 600 deposited as facility fee payments from the contracted general practitioners, \$123 000 from general practitioner registrar's Medicare income and \$82 000 deposited from Medicare as Practice Incentive Payments. Some funds are allocated from the self generated budget to staff wages and for specific programs and events to compliment the funded projects. A significant sum of self generated funds has been deposited into a high interest bank account to ensure growth for future projects.**

**Bullinah also received nominal grants to –**

- purchase equipment and resources from the University of Western Sydney due our partnership in hosting medical students**
- to provide catering for clients attending the Healthy Living Group run by Northern NSW Local Health District.**

**Bullinah has an excellent working relationship with Mark Charter from MF Partners Accounting and to a lesser extent with Neil Rushforth from WHK Auditors. Both organisations are very approachable and offer valuable support.**

In addition to preparing and monitoring budgets, I provide monthly profit and loss reports to project officers, process payroll, process all accounts payable and receivable, reconcile bank accounts and maintain the Asset Register.

Over the past twelve months I have formalised agreements with regular suppliers by way of Memorandums of Understanding, ensuring the supplier is in full compliance with public liability and work cover insurances submitted as an addendum to the MOU.

I have created a Credentials Register for all staff, contractors and suppliers which allows me ensure all clinical registrations, insurances, licenses, national criminal history checks and working with children checks are current. The credentials and assets registers were a positive indicator to the OATSIH Risk Assessment Audit conducted in February 2012 that the organisation was on track to setting high standards for reporting and good procedural documentation was already an important issue for a young organisation.

Bullinah is in an excellent financial position to deliver all the funded projects in 2012-13. The addition of 5 new permanent staff members attached to the Tackling Smoking & Healthy Lifestyle Project is exciting. The Senior Administration Officer, Susan Walker and I have been refining the Human Resources role and all the paper work that comes with additional staff. Susan will soon commence on ensuing Bullinah's Workplace Health & Safety procedures reflect the growing organisation. Workplace Health & Safety officers will commence their training in December 2012 with an overview to be followed up by intensive training in 2013.

Jill

## **Tackling Smoking & Healthy Lifestyle Workforce Coordinator's Report**

The Australian Government is funding a National Network of Regional Tobacco and Healthy Lifestyle workers and aims to achieve national coverage over a three year period (2011-2014). The Tackling Smoking and Healthy Lifestyle workforce is led nationally by Dr Tom Calma who is the National Coordinator-Tackling Indigenous Smoking. Bullinah Aboriginal Health Service has been successful in receiving the TSHLWP funding and will be the "Host" organisation for the Regional program covering the Northern Rivers of NSW.

The tackling smoking and healthy lifestyle workforce are health promotion focussed teams who will assist Aboriginal and Torres Strait Islander communities within their region by promoting awareness of the risks associated with smoking, by encouraging activities to reduce the amount of passive smoking and by encouraging and supporting smokers to quit and non smokers to avoid uptake. The workforce will also assist A&TSI people to reduce the lifestyle factors that contribute to preventable chronic disease within their communities by promoting increased activity levels and healthier nutritional choices. Meet the Bullinah TSHL Team:

<b>Regional Coordinator:</b>	<b>Jody Irwin</b>
<b>Tobacco Action Workers:</b>	<b>Michael Roberts</b> <b>Shonnelle Post</b>
<b>Healthy Lifestyle Workers:</b>	<b>Adam Gordon</b> <b>Sasha Harrington</b>

The Bullinah TSHL team commenced in August and October 2012 and have spent the first couple of months developing networks and partnerships across the Northern Rivers Region whilst also developing specific knowledge and skills via targeting training sessions. The team are now developing collaborative formal action plans and will be fully operational in 2013

The TSHL team are passionate, enthusiastic and committed to tackling the biggest killer and cause of chronic disease for Indigenous people -Smoking!. We look forward to seeing you around the region.

Jodi

PdC

**Mums and Bubs end of program with Lismore Women's District Health Centre Inc.**



**NAIDOC 2011**





**Bullinah Aboriginal Health Service**

**120 Tamar Street**

**Ballina NSW 2478**

**Ph: (02) 6681 5644**

**Fax: (02) 6681 5912**

**Email: [ceo@bullinahahs.org.au](mailto:ceo@bullinahahs.org.au)**

**[www.bullinahahs.org.au](http://www.bullinahahs.org.au)**