

BIRIPI

ISSUE 1 | OCTOBER 2019

message stick



BIRIPI ACMC



Take a
glimpse
into our
Aged Care
Program

Staff Profile

Leonie (Leapy)
& Bre'arna

Plus

**How to Win
\$500**

+16

Useful tips
from our
Podiatrist



Letter from The CEO

Hi everyone!

Welcome to our inaugural Biripi Message Stick!

We wanted to create this magazine as a way of showing the community and Taree what great things are coming out of Biripi. It is an absolute honour for me to be working with such amazing staff and this was the way I thought was best to share to the community

Biripi has gone through a lot of change after administration, and for many Organisations the period after does require change in order for success. These changes are mandatory to make sure we satisfy the standards that are set by the government through the funding bodies, and to also meet the health and well-being needs of our community. Change can be hard but it is necessary.

Finally, Our AGM is at Purfleet on 28/10/2019 at 9am, so if you are a member please come along we would love to see you all there. Please note that only members of the corporation are allowed to attend our AGM.

We hope you enjoy the first issue and we always welcome feedback!

Robert If you can't find the sunshine,
be the sunshine

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LETTER FROM THE CEO

The Manager of Aged Care Levi Moore wants to keep you informed about what has been happening in Aged Care these past few months

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GOOD NEWS STORY:

Aged Care

The Manager of Aged Care Levi Moore wants to keep you informed about what has been happening in Aged Care these past few months

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CARER PROFILE:

Karen Dickson

A great lady with a huge heart. Check out the interview we gave BACS Carer Karen Dickson

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DEADLY ENTREPRENEURS

This issue we are showcasing MNC Concreting as the local Indigenous business

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ARTIST SHOUTOUT

Calling all local Aboriginal Artists! Win \$500 and be apart of the Biripi Brand Refresh.

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STAFF PROFILE:

Leonie (Leapy) Morcome

Check out the interview we gave to Biripis longest serving staff member Leonie (Leapy) Morcome. Very inspirational!!!

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STAFF PROFILE:

Bre'arna Hoole

The new face that greets you in Corporate Services is none other than Bre'arna Hoole. Check out her interview!

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BUDGET TIP

Coming from the glue that keeps Biripi together is the Finance Team, this issue they share a little budget tip that I am sure most people can relate to.

Page 20 | twenty

SIXTEEN PODIATRIST TIPS

Some great tips coming from our Podiatrist Alissa Stone. Alissa details the importance of looking after your feet, especially if you are a diabetic.

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BIRIPI ACMC



HEALTHSERVICES



AGED CARE



BIRIPI ABORIGINAL
CHILDREN SERVICES



PROGRAMS



Activities with *Our Elders*

Ever wondered what actually happens in aged care? Read this article by the Manager of Aged Care Levi Moore. Levi discusses some of the great things he and his amazing team are doing for our elders. This team gives us an insight into the many activities they have provided these past few months.

We have seen an increase in clients attendance to activities. We have computers on Monday mornings and sewing in the afternoons where the ladies have been making bags. Tuesdays we have had cooking days and sewing. Wednesdays is seeing more clients and attend exercise programs.



We have also shared some great experiences with the Amaroo Whale Watching in July. At this event the Elders saw a few whales up close, then went out for lunch as a group and got to relax and have a yarn with one another. The Elders also went to Riccardos strawberry and tomato farm where they were able to walk around and pick their own strawberries.

The Elders were thrilled and excited during their trip to the Billabong Zoo in Port Macquarie where morning tea and lunch were provided. They also had the opportunity to get up close with some Australian wildlife.

We had some new and exciting things happening in

the month of September with a trip to Sea Acres in Port Macquarie alongside creating our very own recipe book, and we are encouraging the Elders to come along and share their favourite recipes. We will also be creating a memory box so that the Elders can reminisce and share their beautiful memories which will be placed in their individual memory boxes.

As we continue to engage and empower the Elders to make the right decisions about their care delivery, we have successfully commenced a monthly client focused consultative meeting where we share thoughts around the table while discussing our challenges as well as come up with solutions. 🐾

Levi Moore



Carer Profile:

Karen Dickson

“

it melts
my heart
to be
called the
best
Karen in
the world

”

How long have you been a Carer?

From 1997 to 2003, then this year I started being a full time carer to 4 children with the help of Walanbaa Gaayili Children Services in Inverell (Biripis out of home care service in Inverell). I also open my home to short term respite.

What do you love most about being a Carer?

To be able to give kids a safe and happy environment to live in. It melts my heart when I'm often called "The Best Karen in the World". To provide a child with a positive family experience, and see the kids go from strength to strength and to be able to make a positive difference to the lives of children is unbeatable.

What do you find challenging about being a Carer?

It can at times be stressful to manage some children's behaviours, however with the right amount of patience, love and understanding these types of challenges are manageable.

If you could offer advice to anyone thinking about being a Carer what would it be?

Just go for it! It's worth it, just do it! If you are even just thinking about it you can start as a respite carer in the beginning and go into full time if you like it, the rewards override the challenge. It is honestly the most rewarding thing I have ever done.

Finally, can you tell us something positive about your dealings with Biripi APMC during your time as a Carer?

They are AMAZING! They are so supportive, approachable, family orientated and are there for carers every step of the way, and I could not recommend them highly enough. 🙌

Deadly



ENTREPRENEURS

Are you an Indigenous Entrepreneur?

Are you a local business that operates within the Biripi Nation?

Do you have a business you want to promote?

We are promoting local Indigenous businesses.

We will give you the opportunity to advertise to our readership, this also lets the community know what Indigenous owned businesses are happening within our own community.

If you would like to know further information regarding this please contact our Editors
anne.moodie@biripi.org.au or cherylynn.skeen@biripi.org.au

Check out this issues "Deadly Entrepreneur"

MNC Concreting



0420 495 594
www.mncconcreting.com

SERVICES



Residential Slabs

Mid North Coast Concreting have 20 years experience in residential concreting. Specialising in house slabs, shed slabs, driveways and paths. Providing quality finishes to suit all applications.



Commercial

MNC Concreting have experience in Industrial and Commercial Concreting. Including suspended decks and multi story infrastructure. All structures comply with Industry Standards with no compromise.



Tilt up Panels

Mid North Coast Concreting have experience in tilt up panels, making us one of the leading Construction Companies on the Mid North Coast.

ABOUT US

Mid North Coast Concreting is one of the leading companies in concrete infrastructure on the Mid North Coast. With experience in residential concreting, tilt up panels and high strength commercial concrete constructions. MNC Concreting are a proud Indigenous company employing local people in our community. We are qualified professionals holding current and required licences, insurances and public liability. With over 20 years experience and the reputation to match we provide quality services at competitive rates on the Mid North Coast



accounts@mncconcreting.com

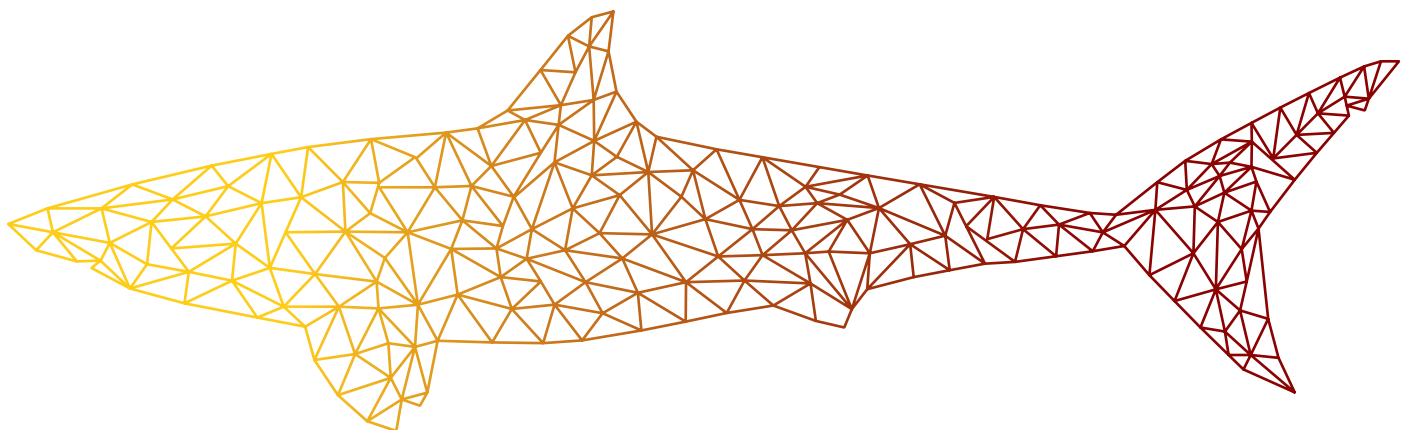
Artists

2430

WIN FIVE HUNDRED
DOLLARS



BIRIPI ACMC



**Want to be a part of Biripi APMC
brand identity?**

Are you a local Biripi?

Are you an Aboriginal Artist?

Want to Win \$500?

If you answered yes to all of the above then this may interest you!

Biripi APMC are adding to our look and we need local input. We are on the hunt to find Aboriginal art that represents the Biripi nation.

DO YOU THINK YOU HAVE WHAT IT TAKES?

If you would like more information on how you could win \$500 then simply send an Expression of Interest to our Editors:

anne.moodie@biripi.org.au or cherylynn.skeen@biripi.org.au



Did You Know

Name:

Leonie
Morcome

Age:

49

Favourite

Food:

Soup &
Damper

Favourite

Colour:

Red

Dream

Holiday:

I've been all
around
Australia &
New
Zealand
except for
Perth &
Arnhem land
which I would
like to go &
visit





Staff Profile

Leorie (Leapy) Morcome



When did you start working for Biripi?

In 1987 when I was 17 years old.

What is your current role?

Health Worker for Family Violence Prevention and Wellbeing and Cultural Officer

Have you held any other roles at Biripi?

Yes! Being the longest employed staff member at Biripi I have worked in many different sections and roles within the organisation.

I started as a Trainee Health Worker, then once my qualification in Aboriginal Health and Community Development was completed at The University of Sydney I progressed to being a Public Health Worker, at that time I was the Senior Aboriginal Health Worker.

I have worked in Clinical Health,



Aged Care, BACS and worked in partnership with numerous organisations to ensure our community gets the right access to culturally appropriate services, which ultimately leads to better health outcomes in our community

What is the best thing about your current role?

To be able to assist the individual or families that are experiencing family violence. My passion is to help families I am working with have safe outcomes when they are going through times of crisis. I can truly say that I love my job, because it's a job where I can make a difference to people in my community, be an advocate, and keep my mob safe. If you are ever a victim of family violence, need help, need advice, not sure what to do or just want a yarn give me a call on 0455 856 885. Another element of my role is Cultural Awareness training to Medical Students and GP



Registers, the purpose of this training is to ensure cultural awareness is taught.

If you could offer advice to anyone thinking about working for Biripi what would it be?

If you are interested in making our community stronger and healthier, Biripi is the place to be.



Come and join our Deadly team and be part of making a difference in delivering culturally appropriate care to our mob.

Working with Biripi will give you purpose, confidence, skills, knowledge and qualifications to get you on the right track for a long time career in Aboriginal Health, you won't regret it!

What is your greatest memory of your time at Biripi APMC?

I have 2 life changing memories:

1. I was only 17 when I first started working for Biripi, I was offered a traineeship in Biripi as an Aboriginal Health

Worker straight after I finished year 10 in High School. It took me 3 years to complete my traineeship as I was trained on the job and graduated at The Sydney University with an Associate Diploma in Aboriginal Health and Community Development. The day I received my Diploma was a proud day for myself and my family.

2. When I was nominated by the community and staff to be in the running for a Deadly Award in the Aboriginal Health Worker category, I was up against Health Workers all over Australia, and I won that award in 2013. To be recognised by my community and work colleagues for my hard work made me feel proud to be part of the Biripi team and work in my community. 🙌



Did You Know

Name:

Bre'arna
Hoole

Age:

19

Favourite Food:

Spaghetti
bolognese,
Carbonara,
Pizza

Favourite Colour:

Green

Dream Holiday:

Travel the
World





Staff Profile

Bre'anna Hoole

When did you start working for Biripi?

1 Month ago

What is your current role?

Business Administration Traineeship

Have you held any other roles at Biripi?

No

What is the best thing about your role?

The people I work with are amazing and supportive and having the chance to study at TAFE whilst I'm working is a great work / life balance for me.

If you could offer advice to anyone thinking about working for Biripi what would it be?

Do it because once you get to know the people you work with you become part of a family.

Why did you want to work at Biripi?

So that I can gain experience and qualifications for my future career path in Aboriginal Health. But the main reason I wanted to work for Biripi was to be a role model for other Aboriginal kids in the community and to also to work with my community. 🙌



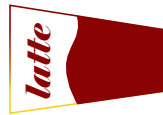
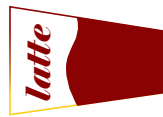
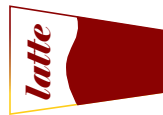
BUDGETING TIPS FROM THE FINANCE TEAM

Save money and make your own coffee at home or work!

We are all time poor and have all fallen victim to the convenience of the quick cup of coffee.. But did you know that you can save some serious money? Lets say you drink a large latte every day, check out this infographic detailing just how much money you could be wasting and what kind of savings you could make.☞

1 week \$35.70

\$5.10



\$5.10

\$5.10

\$5.10

\$5.10

\$5.10

\$5.10

\$5.10

1 month \$158.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



\$5.10



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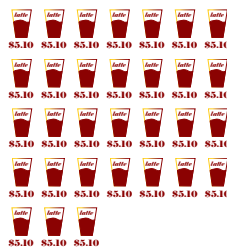
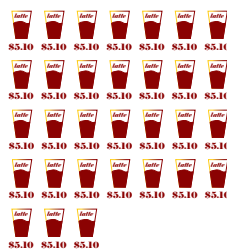


\$5.10



\$5.10

1 year \$1861.50





sixTeen Podiatrist Tips

by Alissa Stone

Read through these helpful tips for keeping the health of your feet as priority by Biripi's regular specialist Podiatrist Alissa Stone

Feet no one ever really thinks about their feet until something goes wrong. That's where I come in as your Podiatrist. So, for those of you who I have not yet met my name is Alissa Stone and I have been working with Biripi ACMC for over 3 years.

I am a local girl from Wingham I have studied and practised natural and remedial body therapies for more than 25 years. My focus as a podiatrist in our community is chronic disease such as diabetes.

At Biripi ACMC the Integrative Team Care (ITC) have conducted many successful Diabetes Awareness and education Clinics (Dr Norris was impressed when we told him on our first clinic that we had over 100% attendance more than 20 patients seen and assessed).

Busy, but fun days which would not have been possible without the ITC team or other volunteer podiatrists.

This year we had a new record-breaking clinic day which is great news. It means that people are not only thinking more about their foot health but doing something about it.

This would not happen without our team all playing an important role in the medical centre. I rely on the teams help and experience to get the best outcomes for you.

Here are a few tips for now on how to look after your feet if you do have diabetes:

one

Inspect your feet daily.

Check for cuts, blisters, redness, and swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.

two

Bathe feet in lukewarm, never hot, water.

Keep your feet clean by washing them daily. Use only lukewarm water the temperature you would use on a newborn baby.

three

Be gentle when bathing your feet.

Wash them using a soft washcloth or sponge. Dry by blotting or patting and carefully dry between the toes.

“

My focus as
a podiatrist
in our
community
is chronic
disease such
as diabetes

”

four

Moisturize your feet but not between your toes.

Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes that could encourage a fungal infection.

five

Cut nails carefully.

Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toenails. If you have concerns about your nails, consult your doctor.

six

Never treat corns or calluses yourself.

No bathroom surgery or medicated pads. Visit your Podiatrist for appropriate treatment.

seven

Wear clean, dry socks.

Change them daily.

eight

Consider socks made specifically for patients living with diabetes.

These socks have extra cushioning, do not have elastic tops, are higher than the ankle and are made from

fibres that wick moisture away from the skin.

nine

Wear socks to bed.

If your feet get cold at night, wear socks. Never use a heating pad or a hot water bottle.

ten

Shake out your shoes and feel the inside before wearing.

Remember, your feet may not be able to feel a pebble or other foreign object, so always inspect your shoes before putting them on.

eleven

Keep your feet warm and dry.

Don't let your feet get wet in snow or rain. Wear warm socks and shoes in winter.

twelve

Consider using an antiperspirant on the soles of your feet.

This is helpful if you have excessive sweating of the feet.

thirteen

Never walk barefoot.

Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.

fourteen

Take care of your diabetes.

Keep your blood sugar levels under control.

fifteen

Do not smoke.

Smoking restricts blood flow in your feet.

sixteen

Get periodic foot exams.

Seeing your Podiatrist on a regular basis can help prevent the foot complications of diabetes.

To book an appointment with Alissa, call one of our friendly reception staff on 02 6591 2400 🖐️

“

Busy, but fun days which would not have been possible without the ITC team or other volunteer podiatrists.

”



BIRIPI ACMC