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North Coast
Allied Health Association

September Newsletter 2021

Welcome to all NCAHA members

I know I sound like a stuck record, but I'm forced to acknowledge that we continue to live through extraordinary times. The pandemic has changed many things in our lives, and I guess some of these changes will be permanent alterations to how we've lived in the past. But despite the inconvenience of lockdowns, and the outright hardship and frustration for many, I thank my lucky stars that I'm not living through the hell of Afghanistan. I can't imagine the terror and deprivation that so many over there are going through. For most of us, we still live in a very lucky country.

On the local front, it's important to note that the Healthy North Coast health needs assessment for the region is now underway. This work seeks to describe the health picture of the communities from the Tweed Valley all the way down to Port Macquarie, and the services these communities receive to address their health challenges. The findings will underpin the priorities for HNC activity over the coming years, but it will also produce relevant information for all stakeholders in our region. We need to ensure as much feedback from the allied health sector as possible is represented in the assessment.

There is an article on Needs Assessment later in this Newsletter, and a link to the HNC Survey. I encourage you complete the survey and provide your perspective and information. The more allied health input, the more likely will be the opportunities to improve allied health services for the communities we serve.

Rob Curry – Exec Officer

Professional Development

- Our Zoom professional development events are continuing to take place every second month – the next is planned for Tuesday October 26th. We had an excellent forum last Tuesday on Allied Health Assistants
- Unfortunately, we are unable to conduct face-to-face professional development forums at the current time. We are planning workshops for early 2022 on Aged Care and Allied Health

NCAHA Annual General Meeting

- This event is scheduled for Tuesday 16 November 2021. There will be a couple Director positions open for nomination. More information on the AGM to follow

Mentoring for Allied Health Business

- We have only had limited interest to date in members becoming involved in the mentoring program we're offering through Sourdough Business Solutions. We are looking for AHPs with business experience willing to take on mentoring roles. Soon we will also be canvassing the membership for potential mentees looking for advice and support as they set up their new allied health businesses
- If you are interested in playing a mentoring role, or would like more information, contact Rob Curry (Exec officer) on 0429999005 or NCAHAExecutive@hotmail.com

Any suggestions for other supports/services/information you need as an AHP would be gratefully received at rob.curry1@outlook.com or NCAHAExecutive@hotmail.com

DIRECTOR'S RAP
Jacqui Yoxall (NCAHA Chair)



The official signing of the MOU between Indigenous Allied Health Australia and Southern Cross University for the Aboriginal Allied Health Academy for the North Coast

Associate Professor Jacqui Yoxall (SCU); Professor Julie Jomeen (SCU) Donna Murray (CEO, IAHA); Dr Stuart Barlow (SCU)

The Indigenous Allied Health Academy

We are all aware of the need to build an Indigenous Allied Health Workforce. Indigenous Allied Health Australia (IAHA) is the peak body for Aboriginal & Torres Strait Islander allied health professionals in Australia. IAHA supports Aboriginal and Torres Strait Islander allied health students and graduates, value adding to existing professional development, educational and cultural support structures. IAHA also supports the broader allied health workforce and organisations with expertise in improving the health and wellbeing of Aboriginal and Torres Strait Islander peoples. For more information on this important organisation, go to <https://iaha.com.au/>

In my role as Chair of Allied Health and Midwifery for the Faculty of Health at Southern Cross University, I have been focused on building opportunities for Indigenous students to complete health degrees. We are therefore very proud to have recently signed a Memorandum of Understanding with IAHA as part of a broader partnership and collaboration which will see the IAHA Academy set up at the SCU Lismore Campus, Bundjalung Country, in preparation to welcome year 11 students in 2022.

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agreement, Indigenous high school students from the Northern Rivers region will have the opportunity to complete a school-based traineeship to attain a Cert III in Allied Health Assistants, delivered at Southern Cross University. In this way, students of the Academy will become part of the University environment whilst in high school and will work alongside the SCU students undertaking courses in the Faculty of Health, and the GNIBI College of Indigenous knowledge. We hope that this ensures facilitation of a culturally safe learning environment and pathway to a tertiary degree in health. In this regard, Donna Murray (IAHA CEO) has commented:

“The IAHA National Academy provides our young people with the opportunity to take control of their futures – to believe in themselves – and to understand that they have a crucial role to play in improving the health of their people and communities”.

On behalf of Southern Cross University, I am excited to be involved in this collaboration. We believe the IAHA Academy will make a significant difference in building the Indigenous health workforce through supporting students who want to pursue a career in allied health. At the start of the 2022 school year, the Academy will have an intake of 25 year-11 students who will come on to campus a couple of days a week with a dedicated space for their learning. Then in 2023 the next cohort will begin and we'll have around 50 students across year 11 and 12, from across the Northern Rivers including Ballina, Lismore, and Casino.

Through studying the Certificate III in Allied Health Assistance, the school-based trainees will be immediately employable after graduation in a range of emerging assistance roles, such as in hospitals, medical or dental practices, schools or community health centres, where assistants will undertake further training and work under the supervision of allied health professionals. We see this as a great opportunity for our current SCU allied health students to work with IAHA Academy students to build culturally responsive practice, but also to improve understanding of scope of practice and team-working between allied health assistants and allied health practitioners.

Again, we are proud to be the first university in NSW to facilitate an IAHA National Aboriginal and Torres Strait Islander Health Academy. The future is exciting.

Associate Professor Jacqui Yoxall

Clinical Psychologist

Chair of Allied Health and Midwifery, Faculty of Health and Human Sciences, SCU

Clinical Services Director- SCU Health Clinic

- **Student Ambassador Program**

SARRAH has introduced a new Student Ambassador Program. The program will provide opportunities for outstanding rural student members to lead SARRAH's student membership and promote SARRAH amongst the student networks. The student ambassadors will work closely with the SARRAH team to further develop the **SARRAH Students Community of Practice** to be a thriving online learning space for rural and remote allied health students.

The new Student Ambassadors are Hayley Johns (Uni of Newcastle), Grace Hatch (Curtin Uni, WA), Laura Balfour (Federation Uni, Vic) and Bridie Reid (Charles Darwin Uni, NT).

If you are interested in learning more about the student ambassadors or have ideas or suggestions you would like to share with them please contact Caitlin Houghton, Project Officer at caitlin@sarrah.org.au

- **SARRAH Submissions**

To view SARRAH submissions in advocacy for rural and remote allied health, see the following

Previous submissions:

[Submission to Care Workforce Labour Market Study: Discussion Paper](#)

[Submission to Draft Recommendations of the Primary Health Reform Steering Group](#)

Forthcoming submissions

SARRAH is putting its final touches on an important Submission to the [Joint Standing Committee on the National Disability Insurance Scheme](#) (NDIS) which has been conducting an inquiry into the [National NDIS Workforce Plan](#).

SARRAH continues to engage with the current [Allied Health Assistance Training Package Product Development: Draft 2 Validation](#) process. Thanks to those of you who've provided input.

HEALTHY NORTH COAST UPDATE

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Healthy North Coast's 2021 Speak Up survey is now open — and we need you!

The Speak Up survey is conducted every 3 years. Speak Up is part of our local health needs assessment and helps us understand what's working and what's not with health and health services on the North Coast.

More than ever, it's essential we have a strong community voice at the centre of our planning and decision making. Feedback can help shine a light on what and where health services and supports are needed. It also guides us in prioritising available funding to drive better health outcomes.

But we need your help! All health practitioners and service providers are encouraged to complete the survey — every voice in the community counts — and promote Speak Up to your communities! We've made this easy to do, see below.

[Start the survey now.](#)



HNC has made it super easy for you to promote Speak Up to your community networks.

Jump onto Facebook today to [share this post](#). The more people who participate in Speak Up, the better for all. Our [digital media kit](#) has a range of great materials (images and text) you can use on your website, emails, newsletters and social media channels. Printed posters, flyers and stands are also available on request

Community organisations who help to promote Speak Up through their networks can enter a draw to win 1 of 5 \$400 gift cards. To get involved, please [visit our webpage for more information](#). Reply by email to confirm your participation and we'll add you to the draw: speakup@hnc.org.au

The Speak Up survey is open until **16 September 2021**.

Survey findings will be combined with other health data sources to form a comprehensive local health needs assessment for our region. You can find out more by visiting our [needs assessment webpage](#). You can also check out our previous [fact sheets](#) (produced after the 2018 survey).

The 2021 Speak Up survey is a Healthy North Coast initiative delivered through the [PHN Program](#).

CPD ALERT

[Self-care: How to be a Sustainable Practitioner](#)

Sustaining a healthy work life balance as a mental health care professional is difficult in the context of the long hours required, the heavy workload, the pressure to succeed, and the fear of making mistakes – all of which can ultimately lead to burnout. As well as accessing medical care when required, a self-care plan can help ensure practitioners continue their work sustainably.

With the goal of helping practitioners achieve balance both professionally and personally, this webinar will outline how to develop a practical self-care plan that includes clear outcomes and avenues for feedback from various individuals in a practitioner's life including family, friends, clients, and colleagues.

Prior to the webinar, attendees are invited to complete a short exercise comprising of four questions to reflect on their current self-care practice. After the webinar, attendees will be sent the same questions so they can reflect on their learnings and how they will manage self-care in the future.

The interdisciplinary panel of experts includes Dr Roger Sexton (General Practitioner), Hugh Kearns (Educator and Researcher) and will be facilitated by Nicola Palfrey (Clinical Psychologist).

Format:	Free Webinar
Date/Time:	Tue 07 Sep 2021, 07:15 pm - 08:30 pm AEST
Event Organiser:	Mental Health Professionals' Network
Contact:	Mental Health Professionals Network
Phone:	1800 209 031
Email:	Click here

[RSVP Here](#)

[Access for All: Disability Awareness Training for Mainstream Health Providers.](#)

Improving access to mainstream health services for people with disabilities in regional, rural and remote Queensland

- Free, interactive, two-hour online training suitable for all health service staff.
- Creates awareness of the barriers people with disabilities experience when accessing mainstream health services and provides strategies to help reduce them.
- Assists health providers understand legislative obligations for providing equitable, inclusive care for people with disabilities.
- CPD points available for most health professions.

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begin 'Access for All'.

Funded by the National Disability Insurance Agency

Further information: Alison Berigan, Senior Project Officer M: 0428 449 270

E: aberigan@checkup.org.au

[GutSmart: CPD Education Course for Dietitians](#)

GutSmart is a 15-hour CPD course for dietitians interested in providing targeted care to patients with inflammatory bowel disease (IBD).

The course is being offered by **Crohn's & Colitis Australia (CCA)**. After completing this course, you will have the opportunity to join CCA's health professionals directory, which will help promote your practice to the IBD community and make a real difference in the lives of people with a chronic inflammatory condition.

For further information visit the **GutSmart website** or email: **info@crohnsandcolitis.com.au**

OTHER RESOURCES

[SARRAH Communities of Practice \(CoP\) online forums are live!](#)

[Check out our current communities on the SARRAH Communities of Practice page in the members area of our website.](#)

Communities of Practice offer a diverse and robust learning opportunity for allied health professionals. We recognise the potential for Communities of Practice as a mechanism for professional growth and learning as well as an excellent networking opportunity with other Allied Health Professionals in throughout Australia.

These are our current Communities of Practice:

1. Telehealth Community of Practice
2. Project Management Community of Practice
3. Allied Health Rural Generalists Trainees (Level 1)
4. Allied Health Rural Generalists Trainees (Level 2)

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5:00 PM. This session is facilitated by Alan Groth, Director of Policy and Strategy, SARRAH, and will discuss and share about all things Telehealth, government and strategy.

If you're interested in joining the Telehealth Community of Practice or any of our Communities of Practice please email caitlin@sarrah.org.au

[Women's Leadership Scholarships Available for the Health Sector](#)

Women & Leadership Australia provides world-class leadership development programs for emerging, middle, and senior women leaders. Their programs bring together the latest in leadership theory and practice with a focus on applied learning and are designed to foster excellence and equity in leadership across Australia.

Scholarships are now available through Women & Leadership Australia to encourage more women to step into leadership roles and to support the further development of current women leaders in the Health Sector.

Scholarships of \$1000-5000 will support participation in one of three leadership development courses designed for emerging through to senior leaders.

Apply by 10 September 2021 or find out more by clicking [here](#).

[Two new services providing free Confidential Support for Anxiety and Stress](#)

Healthy North Coast, in partnership with Remedy Healthcare, is pleased to announce a new mental health service for the North Coast.

Remedy Healthcare is launching the **MindStep** and **Healing Minds** telephone and online services. Both are free, easily accessible, and do not require a referral by a GP or healthcare professional. Delivered by trained mental health coaches, the confidential services use evidence-based techniques that improve mental health and wellbeing.

Both services aim to reduce psychological distress and improve quality of life by helping people self-manage their mental health and wellbeing.

These free services offer one-on-one assessment, coaching and follow-up sessions. Use of the services is completely confidential and accessible to people living anywhere within the North Coast region in NSW.'

MindStep is an evidence-based, low-intensity, guided self-help service and is designed to run alongside any existing psychological care.

To access MindStep, call [1800 322 278](tel:1800322278) or visit [their webpage](#).

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To access Healing Minds, call [1800 810 255](tel:1800810255) or visit [their webpage](#).

MORE INFORMATION

If you want to

- know more about NCAHA
- be on our newsletter mailing list or
- offer some suggestions

Contact us at rob.curry1@outlook.com or NCAHAExecutive@hotmail.com

Like us on Facebook.....

NCAHA Executive Officer: Rob Curry
Email: NCAHAExecutive@hotmail.com



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