



North Coast **Allied Health Association**

December 2025

We show respect for the traditional owners across all the nations of the North Coast New South Wales and their custodianship and connection to country. NCAHA acknowledges the important role Aboriginal people have played in the health and well-being of these communities.



Current Issues

- NCAHA Membership

What's Happening at NCAHA

- NCAHA AGM
- NCAHA CPD Events

Message from the Chair

- Alira Bayndrian

Member Spotlight

- Sarah Crook on IAHA Conference

SARRAH Update

- SARRAH National Rural & Remote Allied Health Conference – Nov 2026 Call for Abstracts

CPD Alert & Upcoming Events

- Palliative Care Project ECHO
- "Moments of Choice" – Local experiences of person-centred care

Additional Resources

- New Health Pathways



NCAHA Membership

NCAHA commenced a membership campaign in August this year with the intention of substantially growing our membership numbers over the next two years. As of today, our numbers stand at just over 240, up from 180 at the beginning of July. Our ambition is to reach a figure of 500 or more by mid-2027. At this level, our membership would constitute around 20% of the total number of AHPs living and working on the North Coast. This would give NCAHA greater validity in representing the issues of allied health professionals and more power to improve the quality of, and access to, allied health services for all communities in our region.

To continue to build our membership, we know we must provide value for members, specifically "Why would I join NCAHA, what are the benefits?" For this reason, we have been working hard over the past couple of years to expand our services and activities in four main areas:

1. Advocating for better services where there are currently allied health gaps or deficiencies
2. Providing regular news and networking opportunities for North Coast AHPs
3. Offering regular high-quality CPD events across the North Coast footprint
4. Promoting better integration of care between sectors and between health provider categories

We believe we are making worthwhile progress, but our membership will always guide us in what we are doing well and where we can improve.

We value our members and their ability to support us in our growth. So if you know someone who isn't a member or want to encourage others to join us as allies in advocating for allied health feel free to share [this link](#) to join.

Thank you,
Rob Curry – Executive Officer, NCAHA



NCAHA Annual General Meeting

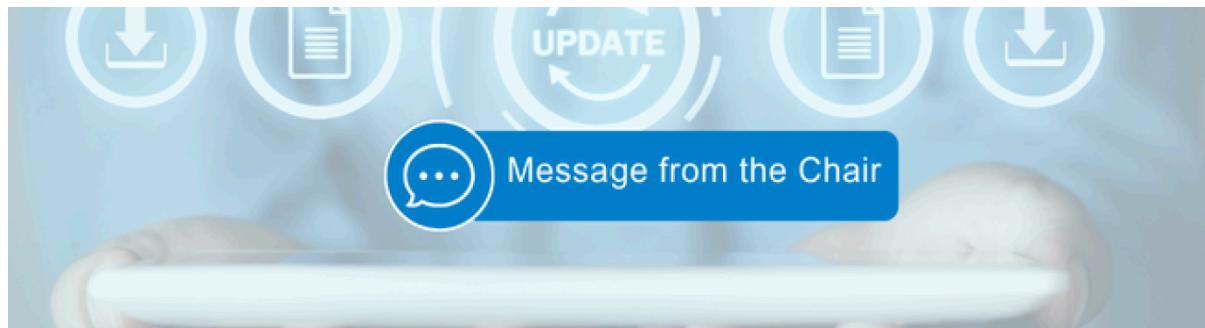
Wednesday, November 26th from 6.30 – 7.00

This year there were 2 nominations for 2 vacant Director positions, so no voting was required at the AGM, just confirmation of the nominations. We welcome both **David Goodwin** and **Kerry Hardey** back on to the Board.

NCAHA CPD Events

CPD forums on **Allied Health Management of Chronic Pain** are being planned for the new year in both Port Macquarie and Coffs Harbour regions. More information to follow.

For further details, call Rob on P: 0429 999005 or NCAHAExecutive@hotmail.com.



Message from the Chair

Alira Bayndrian presenting the Allied Health award at the HNC Excellence in Primary Healthcare Awards Night.

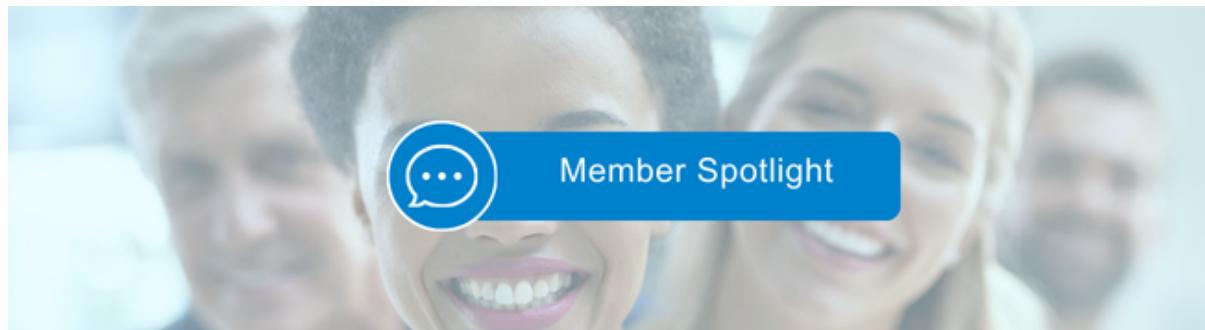


Dear NCAHA Members,

As we come to the end of another big year, the Board of Directors would like to extend our sincere thanks for your support and commitment to allied health on the North Coast. Your engagement strengthens our community and helps us continue advocating for high-quality, accessible care across our region.

From all of us on the Board, we wish you a very Merry Christmas and a safe, happy, and restorative New Year. We look forward to working with you in 2026.

Warm regards,
Alira Bayndrian on behalf of
North Coast Allied Health Association Board of Directors



Sarah Crook: Occupational Therapist, Clinical Educator, Director at NCAHA

Reporting on attendance at Indigenous Allied Health Australia (IAHA) Conference, Sunshine Coast



Sarah lives with her family on a macadamia farm in the Alstonville area. She is an occupational therapist with more than 20 years' experience working across multiple sectors, and is currently a clinical educator at the University Centre for Rural Health (UCRH) in Lismore. She is also a Director on the Board at NCAHA.

Sarah was delighted to attend the IAHA Conference held recently on the Sunshine Coast. Sarah felt the best way to introduce the Conference is in the words of IAHA itself.

“The IAHA National Conference recognises the diversity of Aboriginal and Torres Strait Islander peoples, the diversity of our membership, as well as interdisciplinary actions within the allied health sector. IAHA recognises how sustained holistic, strengths-based approaches to health and wellbeing can achieve health equality for Aboriginal and Torres Strait Islander Peoples.” (IAHA, 2025)

Key themes Sarah picked up at the Conference included: self-determination, resilience, reciprocity, allyship, community led, safety, and, of course, 'deadly'. To summarise these, Sarah has constructed the following graphic using Wordificator.

Sarah loved the relaxed and informal nature of the Conference: *"It wasn't like your usual professional forum. There was a relaxed vibe, a community feel and lots of conversation and yarning."*



created with wordificator.com

Sarah identified key takeaways from the Conference being the importance of continuing to emphasise the health inequities that still exist for Aboriginal communities, and the need for non-Aboriginal health providers to practice with cultural awareness and humility and to look for community engagement in seeking solutions to health challenges.

She noted two very special presentations: one keynote from **Karen Diver, President for Native American Affairs**, University of Minnesota, Fond du Lac Band of the Lake Superior Chippewa. The other was a presentation from **Andrea Kelly, Interim First Nations Aged Care Commissioner**. Andrea highlighted that Indigenous Australians do not access aged care at an equitable rate. Together we need to seek solutions to support older people to “age with dignity on country surrounded by family.”

In reflecting on the Conference, Sarah has some questions for NCAHA:

"Are we as an Association adequately connecting with Aboriginal organisations in our region, particularly the Aboriginal community-controlled health services?"

"Are we advocating strongly enough for improved services and better health outcomes, especially given the on-going poor health profiles of Aboriginal communities on the North Coast compared to the rest of the community?"

These appear as fundamentally important questions, and provide a challenge for NCAHA to re-double our efforts going forward.

Sarah noted an important petition that was circulating at the Conference, [Petition · Call for the Commonwealth to fund IAHA to sustainably create transformative change - Australia · Change.org](#), and she would encourage NCAHA members to sign this petition to the Commonwealth.

She also highlighted some key resources which may be of benefit to NCAHA members, as follows:

- IAHA cultural responsive training [Cultural Responsiveness Training - Indigenous Allied Health Australia](#)
- [Indigenous Allied Health Australia - Make a difference... be an allied health professional](#)

supporting workforce development, and offering career pathways for Aboriginal and Torres Strait Islander people.

- [Gayaa Dhuwi](#), the national peak body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health, and suicide prevention
- [Home Page - Australian Indigenous HealthInfoNet](#), an online resource with links to information to support evidence informed culturally meaningful supports

[Wellmob - WellMob](#), Social and emotional cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.



[SARRAH National Rural & Remote Allied Health Conference - Call for Abstracts](#)

The SARRAH 2026 Conference Scientific Committee is thrilled to invite submissions of Abstracts for the SARRAH 2026 Conference scheduled for October 2026 in Coffs Harbour.

Abstracts should address the below conference theme and subthemes.

Theme: ***A sense of place: Embracing Local Knowledge***

Subthemes:

- Cultural Responsiveness and Sustainability
- Local Wisdom in Action
- Improving Access to Care

This National Conference for Rural and Remote Allied Health is the centrepiece of SARRAH's engagement with members and all allied health professionals, service providers, academics, students, and local, state and Commonwealth governments, working to ensure equitable access to allied health services and better health outcomes for rural and remote Australians.

The 2026 theme ***A sense of place: Embracing Local Knowledge*** marks the 16th National Conference for Rural and Remote Allied Health. SARRAH 2026, to be held in Coffs Harbour, NSW, in November, will bring together health leaders with a shared vision of growing a fit-for-purpose rural and remote health workforce

committed to caring for rural and remote Australians, so that they have access to the healthcare they need to stay whole, healthy, and fully participating in society.

We encourage you to join in the conversation - be a part of the movement to nurture sustainable and resilient rural and remote communities!

Submit your Abstract by downloading the **Call for Abstracts** document [Here](#)



[Palliative Care Project ECHO](#)

Venue: Webinar

Date/Time: Tue 17 Jun 2025, 01:00 pm - 02:00 pm AEST

Event Organiser: Palliative Care Project ECHO

Contact: University of Queensland Centre for Online Health

Phone: [+61 7 3176 1685](tel:+61731761685) **Email:** [Click here](#)

Palliative Care ECHO is a series of interactive case based virtual mentoring sessions that address a range of palliative care topics. Discussion of deidentified patient cases and 10 minute lectures aim to increase palliative care knowledge, skills and confidence in primary care health professionals.

Currently, **monthly** sessions are held **via Zoom** on the **third Tuesday of every month** – **1pm to 2pm (AEST)**.

We expect additional sessions will be run in the coming months.

Sessions consist of:

- A Palliative Care Specialist presentation – topic of the month (ten minute talk)
- A de-identified case presentation by a primary care professional ([do you have a case you'd like to share? Click here](#))

What are the benefits?

- A virtual network to share palliative care knowledge & experiences
- An opportunity to connect with a specialist palliative care team
- Improve access to palliative care for communities with limited access to specialist services
- Promote choice for people with a life-limiting illness while increasing quality of life
- Increase job satisfaction and promote peer support and engagement

[RSVP Here](#)

“Moments of Choice” – Local experiences of person-centred care

Join us to celebrate International Human Rights Day in Coffs Harbour

Venue: Cavanbah Centre, Harbour Drive

Date/Time: Wed 10 Dec 2025, 04:30 pm - 06:00 pm AEDT

Event Organiser: Watipa

Contact: Lucy Stackpool Moore **Phone:** [0473159536](tel:0473159536) **Email:** [Click here](#)

Watipa is delighted to invite you to an exhibition showcasing the stories, experiences, dreams and desires for person-centred health care on Gumbaynggirr Country.

The exhibition features illustrations and creative works from communities and healthcare workers in the Coffs Harbour region of NSW, presenting practical and place-based insights aligned with the principles outlined in the Australian Consensus Statement on Person Centred Care (ASHM and NAPWHA 2023). Further details about Watipa and this project are available on the Watipa website.

The event is free, and catering will be provided.

Funding for this exhibition has been provided by a community grant from ViiV Healthcare Positive Action and the Coffs Harbour City Council.

Please [RSVP](#) by 9 December.



[Mid and North Coast Health Pathways](#)

HealthPathways is an online portal which aims to guide best-practice assessment, management of common medical conditions and local referral pathways. [Mid and North Coast HealthPathways](#) Username: manchealth - Password: conn3ct3d

[Reviewed and Updated HealthPathways](#)

[Clinical](#)

[ADHD in Children and Adolescents](#)

[ADHD Medication Co-management for Children and Adolescents](#)

[Abuse and Neglect of Older People](#)

[Aged Care Assessment \(My Aged Care\) Page](#)

[updated in line with new Aged Care Act, effective 1 November 2025](#)

[Autism Spectrum Disorder](#)

[Bowel Cancer Follow-up – Post-treatment](#)

[Certification of Death](#)

[Child or Young Person at Risk](#)

[Cystic Fibrosis \(CF\)](#)

[Developmental Concerns in Young Children](#)

[Early Intervention for Palliative Care](#)

[Emergency Contraception](#)

[End-stage/Palliative COPD Management](#)

[GP Mental Health Treatment Plan \(MHTP\)](#)

[Immunisation - Adolescent](#)

[Inflammatory Bowel Disease \(IBD\)](#)

[MyMedicare](#)

[Post Natural Disaster Health](#)

[Scheduling a Patient](#)

[Referral](#)

[Cardiac Rehabilitation Services](#)

[Non-acute ENT Assessment](#)

[Non-acute General Surgery Assessment](#)

[Sexual Health Services](#)

[Stroke](#)
[Telehealth](#)
[UTI in Adults](#)

If you want to know more about NCAHA, please contact us at rob.curry1@outlook.com
or NCAHAExecutive@hotmail.com



Copyright © 2025 North Coast Allied Health Association, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

