

bachs



Chair Report

I am excited to be writing my first chair update. A lot has been happening at BACHS over the last couple of months, including the election of several new board members at the General Meeting on Tuesday 18 December 2023.

NEW BACHS BOARD

I am pleased to introduce BACHS's newest Board members Lyiata Ballangarry, Noeline Dixon, Mary Jones, Priscilla Grimes and myself. Victor Bartley, Alister Ferguson and our two independent board members Bruce Morris and Jo McRae are continuing as BACHS Board members in 2024.

THANK YOU

While I welcome our new board members, I want to acknowledge and recognise both Pat Canty and Phil Sullivan for their time and contribution to BACHS.

BACHS has been extremely fortunate to have Pat as a long serving member, Board member and, most recently, as its Chair. Pat has dedicated herself to BACHS and the health of our community for a long time. The

work and responsibility involved as Chair of BACHS is often extensive and stressful. BACHS has been extremely lucky to have Pat as its Chair over the past two years, leading the organisation with considerable professionalism and expertise. Pat's wealth of knowledge and experience has been invaluable, so on behalf of all BACHS members, THANK YOU Pat.

Phil has also been an active BACHS member, serving on the Board for a long time, dedicating himself to our community. Phil's community and cultural knowledge, links and passionate dedication to our People has been invaluable. Being on the BACHS Board is a big responsibility, so on behalf of all members, THANK YOU Phil for your service and commitment to BACHS.





BOARD GOVERNANCE TRAINING – MEMBERS WELCOME

To support our new Board members, BACHS held a Governance Training Workshop on Friday 23 February and Saturday 24 February. Across the 1.5 day session, directors deepened their grasp of roles responsibilities and best practices essential for effective governance at BACHS. Directors bonded over their shared goal of ensuring the organisation is well governed and financially healthy for future generations. Stay tuned for valuable insights from the Board.

NEW PRIMARY HEALTH BUILDING

BACHS has recently sort further funds to support the new Primary Health Care building to make sure our vision is both budgeted for and future proofed. I will provide a more detailed update in the next newsletter on this exciting project.

I am excited to be the new Chair of BACHS, thank you for voting me onto the Board to represent you. I look forward to sharing with our community all the great things happening at BACHS.

Thanks

Pania Tahu
Chair, BACHS Board





CEO Update

I want to welcome the Bourke community to the first 2024 newsletter! You may have noticed some branding changes within this newsletter. BACHS's new brand and logo are leading us in a new direction.

In addition to this, we also have a brand-new website that you can now visit for up-to-date information about BACHS, policies, forms, and events. You can view the new website at www.bachs.com.au. We want to thank Black Logic for their support and assistance in developing our new brand and the ongoing support they will provide around PR, marketing, and communications.

I am happy to announce that BACHS is hiring new and motivated people to live, work and play in Bourke. I want to welcome and introduce our new Deputy CEO, Kwabena Ansah, who will call Bourke his home for the foreseeable future. He has made a significant contribution in the short time he has been here, and I look forward to working with him moving forward. Kwabena comes to BACHS with a wealth of leadership experience and has worked in Government, Community Advocacy and

Industry Association roles. Kwabena will ensure that BACHS as an organisation will continue its upward trajectory.

I would also like to welcome our new Practice Manager, Levina Dixon. Levina is a local Bourke woman who has recently moved back home from far North Queensland. She brings a wealth of experience from the ACCHO space with previous roles in practice management and health promotions within the Aboriginal health sector.

As CEO, I am proud of BACHS continuing to deliver Primary Health care services to the Bourke community with Aboriginal people at the core of its service activity. I encourage all Aboriginal people to continue visiting our excellent clinic with community-focused clinicians to receive your health checks.

Regarding health checks, I want to remind





the community that BACHS has a continued partnership with Deadly Choices. Jerseys are available after you receive your 715 health check. I am discussing alternative incentives for people who receive a health check and do not want a jersey with the Deadly Choices organisation, so watch this space for more updates.

Within our Social and Emotional Wellbeing (SEWB), we are committed to furthering a locally co-designed model of care (MoC). This project is currently underway with support from Larter Consultancy service. Community consultations will take place soon, and communications will be sent via multiple channels, including social media

and radio, so that you can have your say.

I want to wrap up with a reflection on last year. 2023 was a year of remaking BACHS to futureproof it for generations. We have kicked off 2024 on a positive note with exciting programs and projects like the Bourke Women's Health Week and other community-centred health promotional plans currently in development. So on behalf of the staff here at BACHS, I thank you, the community, for your continued support, and I hope to see you at one of our community events throughout the year.

John Fetuani
Chief Executive Officer





Deputy CEO Update

I am delighted to have joined Bourke Aboriginal Corporation Health Service (BACHS) as Deputy CEO.

My background started as an AP3 at the Department of Immigration, where I worked in their service centre while pursuing my music degree. Over the years, I transitioned through various roles, including a stint at the Department of Health and serving as a Policy Adviser for the Minister for Police and Emergency Services. I ventured into the realm of peak industry association bodies, spearheading campaigns, policy and research efforts. This ignited my passion for advocacy, prompting me to contribute to the local governance sphere by working for two Melbourne councils, alongside a role at a culturally and linguistically diverse communications firm during the pandemic. During this period, I furthered my education with courses in applied behavioral science from Monash University and Agile Delivery and Project Management from RMIT. Holding qualifications as an IAP2 Practitioner and having participated in numerous leadership

programs, my journey has taken me to remote outback regions, and I eagerly anticipate the new chapter ahead at BACHS.

BACHS has a storied history of delivering quality health services to the local Aboriginal community living and working in or around Bourke. It has played an essential role in leading the conversation on critical Aboriginal health issues, from chronic diseases to maternal social and wellbeing matters.

As Deputy CEO, my portfolio stretches across several areas, including operations, HR, recruitment, communications, training and finance. In the last month, I have interviewed prospective staff for roles across the clinical, social, and emotional wellbeing programs.





I look forward to introducing the talented recruits whose interest we have secured in working here at BACHS. I have a strong focus on ensuring that any recruit joining BACHS is given every opportunity to succeed in their role. That is why we have developed a planned approach for more bespoke staff training virtually and on-site.

As an insight, our administration team will begin a six-month mentoring and administration training with one of Sydney's top C-suite Personal Assistant agencies. I believe in excellent customer service for our patients, and our investment in training our staff will reap benefits for the community.

On a personal note, I have felt so welcomed to Bourke by everyone I have interacted with at events. So come say hi if you see me either at the PCYC GYM or just walking around town!

Kwabena Ansah
Deputy CEO



FROM THE CLINIC

HEART ATTACK PREVENTION IN BOURKE

Dr Shay

Cardiovascular Screening

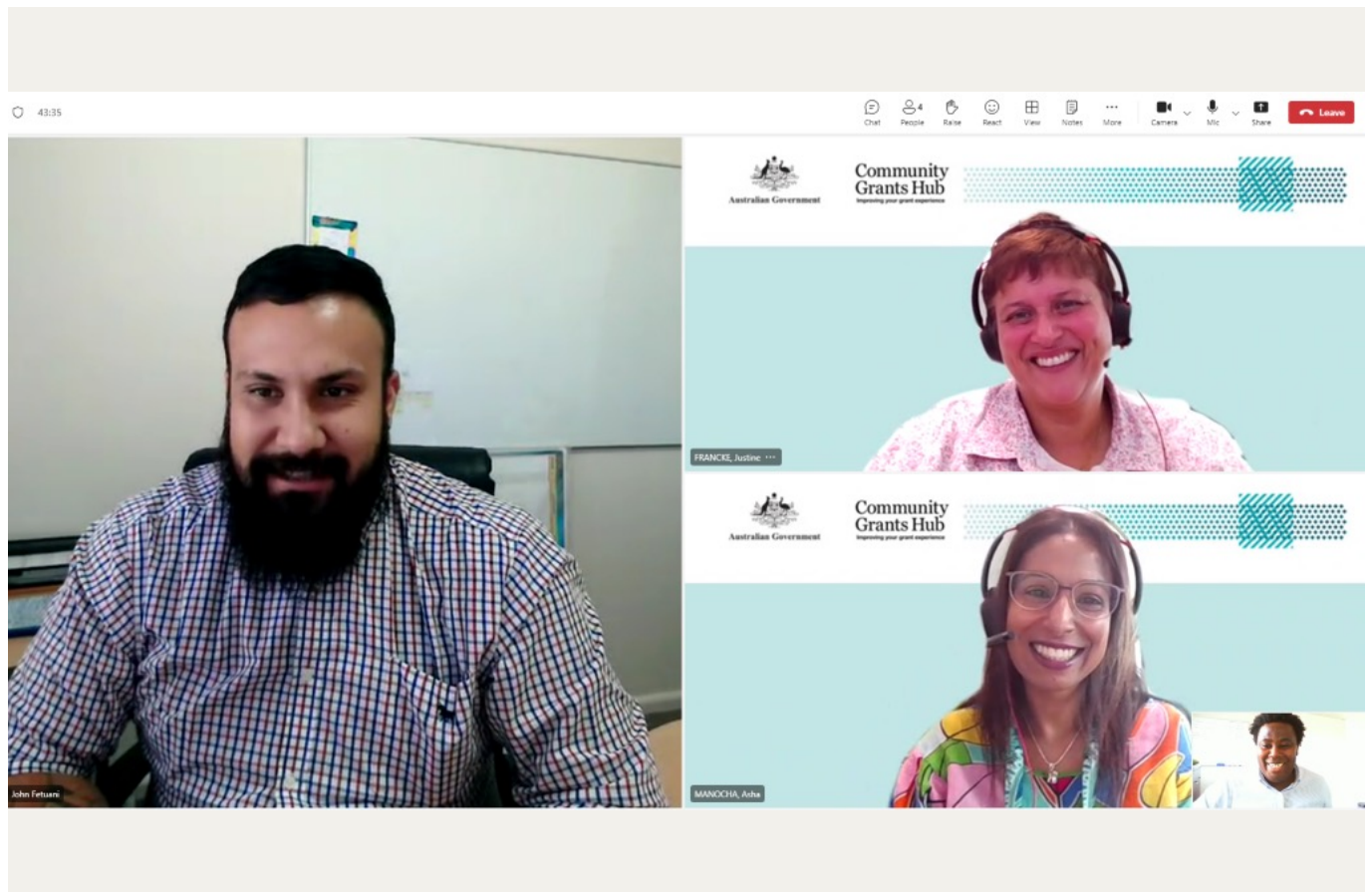
Coronary heart disease, which can lead to a “heart attack” is the leading cause of death in Indigenous Australians. Most people in community will either be personally affected by heart disease or have someone close to them who is suffering from it.

BACHS is excited to be teaming up with the Western NSW Heart Attack Prevention Team and the whole community towards dramatic heart attack reduction in Bourke. Rather than waiting for a heart attack to happen we want to find out if there is a problem early and treat it!

GOALS:

- Promote community awareness of coronary artery disease (CAD).
- Have a clinic drive offering heart health checks and addressing issues that are known to cause coronary artery disease (blood pressure, cholesterol, diabetes and smoking).
- Detect coronary artery disease before a heart attack occurs using state-of-the art equipment such as the CT truck at Bourke Hospital. We are able to get a picture of your heart vessels and find out if there is any sign of coronary heart disease which puts you at risk of a heart attack.
- Treat coronary artery disease aggressively when found.
- Reduce heart attacks and sudden death.





Communication

Our new website is live and ready for your DEADLY scroll! It has been a long road from idea to completion; however, as an organisation with a new Board, fresh leadership, a revitalised staff, and a focus on community health engagement, the new website reflects BACHS's new direction.

The website is part of a revamped communication suite. As an insight, we have purchased ad space on local radio 2CUZ FM and have already started informing the community about careers at BACHS and our new website. As our communication roll-out begins to take shape, we will be advertising a Junior Health Promotions officer shortly,

someone interested in digital communication or willing to learn should get in touch.

In January BACHS met with the Department of Health (Commonwealth) and NSW Ministry of Health to discuss programs. Key discussion points included recruitment of staff, and housing shortages in the region. The departments are aware of the issue and are working on solutions for the sector.

Finally, BACHS will be rolling out a new community engagement plan, that will help us engage better with community members about ongoing health needs. Our clinic is indeed the communities clinic and welcome everyone.





Staff Profile

Kylan – Trainee Aboriginal Health Worker (NEW)

Kylan hails from Enngonia but currently calls Bourke home and is our new Trainee Aboriginal Health Worker at BACHS. Motivated by his passion for helping others, Kylan was drawn to BACHS for its alignment with his aspirations. In Kylan's artistic pursuits, he finds inspiration in the works of Georgia O'Keefe, particularly in the realm of subjective art.

Outside of work, Kylan has a diverse array of hobbies, crafting dream catchers, fishing with his Nan, editing videos and pictures for his social media platforms, researching travel, painting and drawing. If given the opportunity to host a dinner party with anyone, alive or deceased, Kylan would pick Leonardo Da Vinci, Martin Luther King Jr. and Rosa Parks.





Visiting Specialist

MARCH

- BreastScreen Van – 1 & 4-6 March
- Jo Phillips – Women's Health Nurse
– 6th & 7th
- Australian Hearing – 20th & 21st
- William Grech – Psychologist
– 14th & 15th

APRIL

- ENT – 5th
- William Grech – Psychologist
– 11th & 12th

MAY

- Hearing Australia – 15th & 16th
- William Grech – Psychologist
– 9th & 10th

JUNE

- Hearing Australia – 11th & 12th
- ENT – 28th
- William Grech – 6th & 7th



NSW Breast Screen Van Visit

BACHS has already held a successful NSW BreastScreen van visit between 22 February to 6 March 2024.

The NSW BreastScreen van only visits Bourke every two years so we were fortunate to host the van on our site for the first time.

What that meant was that local women didn't need to travel a long distance to be screened.

We know that early detection is such a powerful tool in the prevention and treatment of breast cancer. So it was great to witness women of Bourke from 40 and above take this opportunity.

BACHS held a Women's week as part of the visit with a range of activities that was open to women to attend.

BACHS want to thank BreastScreen NSW for the partnership and all other local health services that joined in to make it a success.



Bourke Women's Health Week

During the NSW BreastScreen vans visit, BACHS is also holding a Women's Health Week from Monday 26 February to Friday 1 March 2024. Plans are well under way, with an exciting calendar of events now being advertised with the key message of self-care and early detection.

BACHS is offering Well Women Screening Checks, a great chance to have a cervical screen with one of our friendly nursing staff.

Walk in appointments for cervical screening will be available all week for women 25-75 years. So, if you haven't been screened for five years, put your health first and make an appointment now with one of our friendly nursing staff.

The Bourke Women's Health Week is all about women coming together, to have important conversations and prioritise our health. BACHS is warmly inviting all women to come along.

22 FEB - 6 MAR NSW Breast Screening van

9.00AM - 5.00PM

Day	Time	Event
MON 26 FEB	2.00pm - 4.30pm	● Women's health screening (walk in appointments)
	9.00am - 4.30pm	● Women's health screening (walk in appointments)
TUE 27 FEB	10.30am - 11.30am	● Yarn up 'Check me out' We're talking blood pressure checks, do-it-yourself cervical & breast screening, vulval self-checks and more.
	1.00pm - 2.00pm	● BBQ lunch
	2.00pm - 3.30pm	● Yarn up 'Pain drain' This yarn is all about getting you back on your feet, getting the right advice on painful women's health conditions and learning when to reach out for help
	9.00am - 4.30pm	● Women's health screening (walk in appointments)
WED 28 FEB	10.30am - 11.30am	● Yarn up 'Hello Hormones' There are a lot of myths about hormones. Today, we bring you the facts on perimenopause, menopause, premenstrual syndrome (PMS), polycystic ovary syndrome (PCOS) and more.
	2.00pm - 3.30pm	● Yarn up 'Check me out' We're talking blood pressure checks, do-it-yourself cervical & breast screening, vulval self-checks and more.
	9.00am - 4.30 pm	● Women's health screening (walk in appointments)
THU 29 FEB	10.30 am - 11.30am	● Yarn up 'Well Women's Catchup' We're talking health checks, hormones, living well and more. Let's celebrate the good bits of being a women and how we navigate the awkward bits!
	9.30am - 3.30pm	● Women's health screening (walk in appointments)
FRI 01 MAR	10.30 am - 11.30am	● Yarn up 'Check me out' We're talking blood pressure checks, do-it-yourself cervical & breast screening, vulval self-checks and more.
	11.30am - 1.00pm	● Pamper session
	1.00pm - 2.00pm	● BBQ lunch
	ENNGONIA WOMEN'S PAMPER DAY (ALL WELCOME)	

EVENT LOCATIONS: ● BACHS ● BACHS Clinic ● BACHS Boardroom



Deadly Choices 715

On 29th February, our CEO and Deputy CEO attended the soft launch of the Deadly Choices Awards Workshop, with the CEO of South Sydney Rabbitohs, Blake Solly, welcoming partner organisations. The roll-out of the campaign will be bigger and better this year, with a number of growing sporting organisations like the Australian Open joining the initiatives. However, the Rabbitohs are leading the way in NSW by jumping on as partners to help promote healthy choices.

Deadly Choices is a health promotion initiative aiming to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families

– to stop smoking, to eat good food and exercise daily. Deadly Choices also encourages our people to access their local Community Controlled Health Service and complete an annual 'Health Check'.



BACHS will be working with the Deadly Choices staff to roll out future engagements with players at the clinic – so watch this space for information on what's coming up.

Remember to book your 715 Health Check at BACHS and pick up your 2024 Deadly NRL All Stars shirt for free!



Careers

It's an exciting time to join BACHS. We are developing a fresh approach to Aboriginal health engagement, and we need motivated and talented individuals to come and make a difference within the community.

Aboriginal Health Practitioner

In this role you will be responsible for providing culturally appropriate prevention, early intervention and clinical services to ensure the achievement of agreed program performance indicators and improvement of health outcomes of clients.

KEY OBJECTIVES:

- Ensure the delivery of clinical care to in the community;
- Provide patient screening in a clinical setting;
- Plan and implement care components; and provide health education to patients and the community

To succeed in this role, you will need demonstrated knowledge, skills and experience in clinical fields and/or chronic disease related health issues.

ESSENTIAL:

- Minimum Certificate III or IV qualification in Aboriginal Health or willingness to obtain within 6 months.
- Experience working with health service agencies, non-government organisation, community groups and medical professionals at all levels
- High level of written and verbal communication skills
- Current valid driver's license, minimum of Class "C" or equivalent.
- Ability to hold all relevant security clearances including the National Police Check and Working with Children clearance.

WHAT WE ARE OFFERING:

- Ongoing training through University of Sydney, Australian Institute of Management + more
- Salary sacrificing
- 5 weeks leave and cultural holidays
- Sign on bonus and relocation cost
- Relocation cost

To find out more or request a position description please contact

Kwabena Ansah
Deputy CEO BACHS

Ph: 02 6872 3088 | **M:** 0458 894 848

kwabena@bachs.com.au

This position is identified for Aboriginal people and exemption is claimed under section 14d of the Anti-discrimination Act 1977.



Integrated Team Care

The Intergrated Team Care (ITC) program supports Aboriginal & Torres Strait Islander people with chronic (long term illness) conditions like diabetes and asthma, to name a few.

Priority is given to those who have complicated care needs and require support to manage their health conditions.

WHO IS ELIGIBLE TO ACCESS THE PROGRAM?

Aboriginal & Torres Strait Islander people who:

- Have one of the following chronic diseases:
 1. Diabetes and eye-related conditions
 2. Cardiovascular
 3. Chronic kidney disease
 4. Cancer
 5. Liver disease
- Have a current GP Management Plan (GPMP) and Team Care Arrangements (TCA)
- Have a GP referral
- Live in the western and Far West NSW region

HAVE A YARN WITH YOUR DOCTOR (GP) ABOUT THE ITC PROGRAM

Make an appointment with your GP to discuss your chronic health condition. Your GP can refer you to a care coordinator with a referral and GPMP.

GP MANAGEMENT PLANS (GPMP)

If you have a chronic condition and haven't had a GPMP done, ask reception to make a longer appointment with your GP/Aboriginal Health Worker so that they know you will be visiting for a GPMP.

WHAT ARE THE BENEFITS OF ITC?

Managing chronic conditions can be difficult and overwhelming.

The ITC Program assists people with chronic conditions who require complex care assistance from allied health and specialists services.



THE ITC PROGRAM:

- Provides access to Care Coordination support
- Provide access to Aboriginal Outreach Worker support
- Assists you to understand your health condition/s and medications
- Provides access to some medical equipment
- Links to other helpful services and programs

*Please note there are Federal Government guidelines that we must adhere to when determining eligibility and assessing access to the ITC program.

TO CONTACT YOUR ITC PROVIDER, CALL:

BACHS patients

- Bourke Aboriginal Corporation Health Service – 02 6872 3088

Non BACHS patients

- Walgett Aboriginal Medical Service Co-operative – 02 6820 3777

Transport

BACHS provides the following transport to BACHS patients:

- Local – Everyday
- Dubbo – Tuesdays & Thursdays
- Enngonia – Fridays

BACHS Transport Policy was endorsed by the Board of Directors in May, 2023 & outlines that BACHS can no longer provide transport services for personal use including weddings, funerals, sporting trips, etc.

All transport bookings are to be made through BACHS reception staff only. To book transport please phone 02 6872 3088.

