



**Galambila Aboriginal Health Service
2022 - 2023 Annual Report**



**Proudly AGPAL
Accredited**

Our commitment to
your safety and care



Australian
Charities and
Not-for-profits
Commission



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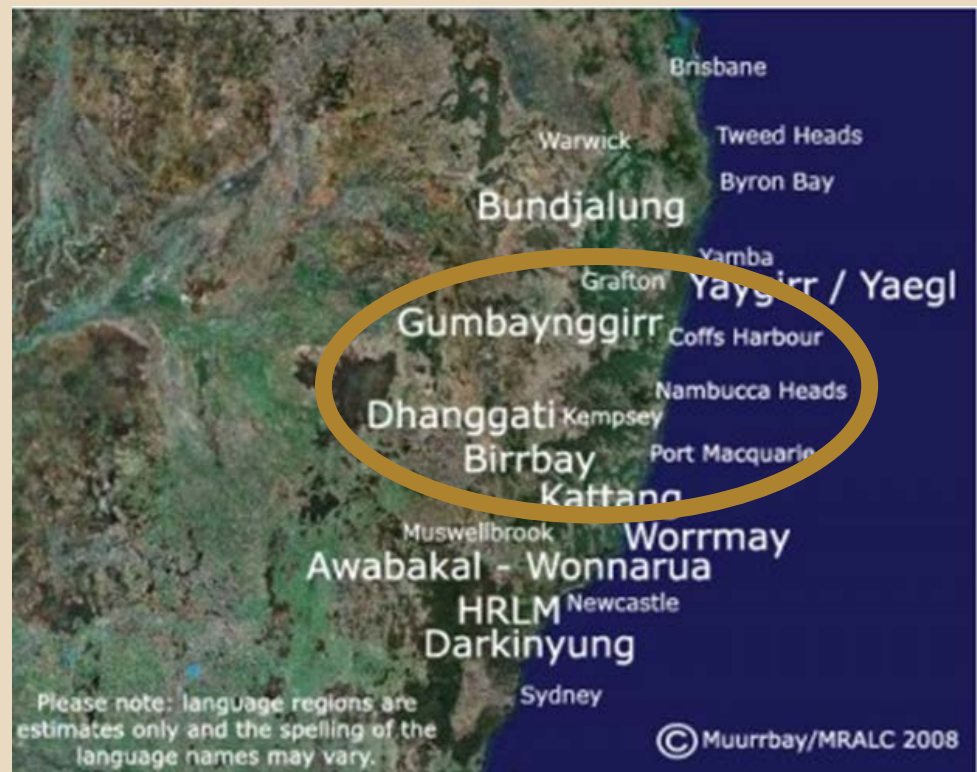
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Aboriginal and Torres Strait Islander readers are advised that this annual report may contain images and names of deceased persons.

Galambila Aboriginal Health Service acknowledges the Traditional Owners and Custodians of the lands that we operate and deliver services from, the Gumbaynggirr, Dhanggati and Birpai people.

We acknowledge our Elders past and present. The coming of age of those who are our knowledge holders of our history, our communities. Our story tellers of our journey of resilience. We say thank you for their guidance and continued support of Galambila.

We acknowledge and pay respect to our clients and community members who have gone before us and recognise their contribution. We recognise the important role of our young Leaders to inform what we do today for their future.



JOURNEY OF HEALING

The design shows the journey of the people traveling across the Coffs Region to Galambila for healing.

Those paths are intersected by the tracks of kangaroo and emu on their way.

There are middens across the centre and medicine leaves radiating out from the central gathering.

Brentyn Lugnan 2017



Brentyn's Journey of Healing artwork that wraps around the front of Galambila's building.

GALAMBILA LOGO

The pictorial representation of the logo means the following:



Teal : Which represents the pigmentation to the creek and beach of our community.

Red : Represents Aboriginal people's spiritual relationship with the land and blood lines lost as a result of colonisation that continues to impact on the health and wellbeing of Aboriginal people and community.

Black & White Tree: is the River Oak Tree. The Gumbaynggirr word for River Oak tree is "garlaamga" and this is where Garlambirla (Coffs Harbour) is derived. In the logo the tree represents ancestral ties to the country and surviving within two worlds.



Terry Keighran Chairperson

Hi, my name is Terry Keighran. I am a Gomeri man born in Narrabri on the banks of the Namoi river. I have been very fortunate in being brought up on beautiful Gumbaynggirr land and have been living here in Coffs Harbour for approximately 50 years.

I am passionate about being a part of the development of Galambila and the services that can be offered to our community and I look forward to the next few years working with Galambila Staff, the Board and the Community.

The last 12 months has been challenging with many successes to share with you all. Firstly, our community continue to actively utilise our services with over 3,600 individual clients receiving primary health care support at Galambila.

The increased demand for our services has presented some challenges as the wait times have increased to around a 3-week wait for non-critical appointments with preferred clinicians. The Board has continued to focus on our organisational strategic priorities through the efforts to embed our Aboriginal Health Workers at the centre of the client journey.

We continue to invest in our Aboriginal Health Workers and supporting our staff to obtain their primary health qualifications and become registered as a health professional with the Australian Health Practitioner Regulation Authority.

We are continuing to support the training with 5 staff continuing to pursue their qualifications. We continue to build on their clinical skills through additional training and 3 Aboriginal Health workers now can support our community with blood collections. Last year our staff completed nearly 1,400 health assessments for clients. This will continue to be our focus for mob – improving our health and closing the gap starts with a comprehensive quality health assessment

Since 2013 Galambila have managed the local regional tackling Indigenous smoking team across Gumbaynggirr, Dunghutti, and Birpai lands. The READY MOB (Really Evaluate And Decide Yourself, Make Ourselves Better) team undertook health promotion activities across our communities, identifying local champions, and providing referrals supporting individuals to access support to stop smoking. Our READY MOB team were active across the community attending smoke-free community events. The Bowraville Memorial Cup is one such event. Our READY MOB team supported this event from 2016 and subsequent years was bigger and better than the last. Changes to the funding meant that our READY MOB team officially ended in June 2023. Whilst our READY MOB team has concluded we were successful in a joint submission with Awabakal Aboriginal Health Service and Bullinah Aboriginal Health Service so we look

forward to a new partnership and program next year.

And finally, on behalf of the the board a thank you to the dedicated staff of Galambila who delivered our critical services to our community. Until next year!

Terry Keighran
Chairperson



BOARD OF DIRECTORS



Kelly Gittins
Deputy Chairperson

Hi, my name is Kelly Gittins and I am a proud Gumbaynggirr woman with family ties to the Ballangarry and Donovan mob.

I joined the Galambila Board of Directors as my mother was one of the community members that worked so hard to ensure our community got an Aboriginal Medical Service.

Being on this Board gives me an opportunity to give back to community and to Galambila for supporting myself and many others with their Health and Well-being.



Aunty Christine Robinson
Director

Hi, my name is Christine Robinson I am a proud Gumbaynggirr woman. My maiden name was Davis and I come from a huge family of 10 children.

I first became interested with Galambila when Lisa Naden and I noticed the building was empty. So, we worked together on getting people interested and we meet with the local Aboriginal people and organised to reopen the building as Galambila Medical Centre, with assistance from Durri Medical Service.

I have been a Board Member since 2000.

Ashley Craig

Secretary, Nov to Jun

Hi, my name is Ashley Craig and I am a proud Gumbaynggirr woman from Coffs Harbour with connections to Bundjalung country through my grandmother and Yaegl country through my grandfather.

My background is in Funding Agreement Management with experience in compliance and monitoring, risk management and assessing financial statements.

I am passionate about working with Aboriginal and Torres Strait Islander peoples and communities to build a better future for mob.



Jamie Walker

Treasurer

Hi, my name is Jamie Walker and I am a proud Bundjalung man who has lived in Coffs Harbour for the past twelve years with more than 20 years' experience working in the Public Sector and abroad.

My strengths are in communication, collaboration and leadership abilities. My achievements to date are as a direct result of a positive attitude and abilities to identify needs by active listening, and my capacity to implement appropriate solutions to resolved carriers and manage conflict resolution.





Aunty Kerrie Burnet
Director
Former Secretary, July to Nov

My name is Kerrie Burnet, and I am proud to be a long-term board member of a stable, great governance and transparent organisation.

I have passion and respect for my community and committed interest for the aims and goals for Galambila moving forward.

I look forward to a promising year for the Galambila Staff, the Board of Directors and the Community.



Diane Anthony
Director

Hi, my name is Diane Anthony and I am a proud Gomerai woman from Wee Waa. My family connections are the Simms and Tindall's.

I have been working at Kulai Preschool Aboriginal Corporation for over 22 years as the Cook and relief Bus Driver.

I'm passionate about health and nutrition for our Goori children. I am a founding member of Manam Gurrilma Guyunggan Elders Group and work tirelessly for the elders in our local community.

Aunty Angela Cowan
Director, July to Nov

Hello, my name is Angela Cowan. My mother is a Dunghutti woman and my father is a Bundjalung man. I was born and raised in Coffs Harbour in Gumbaynggirr country and love residing here.

I have been involved with Galambila for several years now as a parent and as a Director and have gained a wealth of knowledge in the medical sector.

I try to give back to the community in different ways by being a director of another organisation.



Aunty Julie Carey
Director, July to Nov

Hi, my name is Julie Carey, and I am a proud Gumbaynggirr and Bundjalung woman whose mob includes the Webb, Olive, Skinner and Walker family blood lines.

I am the Director of Kulai Preschool Aboriginal Corporation and also on the NSW Aboriginal Early Childhood Support & Learning Inc. (AECSL) which is a peak body for Aboriginal Early Childhood.

The cultural safety Galambila provides is integral to the community's well-being.





Belinda Jackson
Director, Nov to June

I am a proud Aboriginal woman from the Eora/Bundjalung Nations. I have now lived in Coffs Harbour, Gumbaynggirr Country for the last 23 years.

In 1985, I was employed as an Aboriginal Health Worker with Community Health in Redfern, so began my lifelong journey in Aboriginal Health.

I have a high commitment to serve the Aboriginal people in my community and have by no means finished working and will continue to support our Mob.



Kristy Pursch
Director, Nov to June

I am a proud Aboriginal and English woman, with family ties to the Butchulla and Darumbal Nations of Southeast and Central Queensland.

I believe in Aboriginal communities being empowered toward local decision-making and self-determination, enabling communities to create local opportunities and build the capability of our People.

It is my honour to serve our community as a Director for Galambila Aboriginal Health Service.

Our Vision

Greater choices for our Mob to improve health for all stages of life

Our Purpose

Culturally appropriate care that ensure the best possible health and wellbeing outcomes for those on Gumbaynggirr land

Our Values



Compassion

Ngalanambaygal

Garla-Ngarraynggi



Respect



Empowerment

Balmuuna

Yilaminda girruaawa



Inclusive



Accountability

Gaarla-Gayigam



Tracy Singleton
CEO

This last financial year has been extremely busy for our service which has presented some challenges and many opportunities.

Firstly, our successful and popular Spring Into Shape Program was highlighted at the 3rd International Indigenous Health and Wellbeing Conference in Cairns by our Aboriginal Health Worker, Karen Roberts and University of Newcastle Researcher and Dietitian Lisa Urquhart.

Starting in the Spring Into Shape Program clients have a health assessment and during the 20 week program clients undertake regular exercise, cooking classes, and regular health and wellbeing monitoring

We have introduced a new community program into our service with additional funding from Newcastle Permanent for the Deadly Kids Program.

The Deadly Kids program runs for 9 weeks engaging with our families on developmental milestones for our little people.

We have received some great feedback from our first two groups that participated in the program. We have also received continued funding for our Disability Liaison Support that is aimed at helping individuals understand and access NDIS services.

Our READY MOB team finished off the year and did the program proud with the final campaign Smoking and Vaping is not a part of our Culture. Our current and past team members can be proud of the health promotion activities over the years.


Finally, our primary health services continue to provide a vital and quality service to our community. We continue to support Registrars with their training on becoming qualified General Practitioners. Last year we have had four Registrars work within our service and two of those will continue to work for us into the next year.

Our transport staff travelled nearly 54,000 kilometres safely transporting clients for their primary health care needs. We continue to work in collaboration with local service providers in particular the Local Health District to improve client's admission and discharge from the hospital.

We have begun our reaccreditation process as a General Practice providing comprehensive primary health care services and we were recognised by our state peak body the Aboriginal Health and Medical Research Council for our outstanding contribution to continuous quality improvement in data management. Our staff have been able to keep things running even through challenging times.



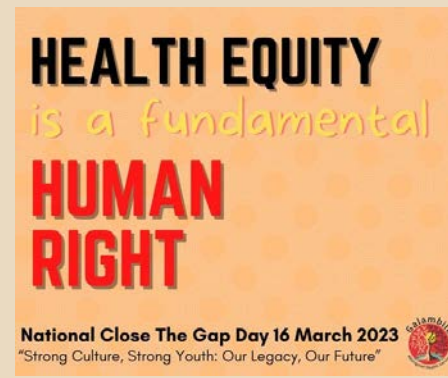
Spring into Shape
presented at the
3rd Indigenous
Health and Wellbeing
Conference
in Cairns



Deadly Kids...
Healthy Mob
Program
is a success in our
community



Transport staff
drove almost 54,000
kilometres for our
clients to attend their
appointments on
and off-site



Bowel screening
If you are 50+ years & then every 2 years

Cervical screening ('pap')
If you are 25+ years & then every 5 years (& you can DIY now and self-collect!)

Breast screening
If you are 50+ years & then every 2 years

1 in 3
cancers can be prevented by cancer smart lifestyle choices

World Cancer Day 4 February

Galambila

NATIONAL SORRY DAY 2023

26 year Anniversary of the 'Bringing Them Home' Report

Galambila

Happy Wear It Purple Day!

Galambila

Womens Business Made Easy

GALAMBILA ABORIGINAL MEDICAL SERVICE INVITES YOU TO ATTEND CERVICAL SCREENING INFORMATION SESSION

THIS SCREENING SESSION AIMS TO PROVIDE INFORMATION RELATING TO CERVICAL SCREENING AND THE PREVENTION OF CERVICAL CANCER.

TUESDAY 21ST MARCH 2023

10AM - 1PM

morning tea & lunch provided

NYAMI CAWBARRI
14 TOORMINA PL, TOORMINA
(OPPOSITE TOORMINA CENTRO AT THE LIGHTS)

FOR MORE DETAILS OR TO BOOK TRANSPORT PLEASE CONTACT:
MADDIE OR JO @ GALAMBILA AMS : 6652 0800
MADALENE.DUROUX@GALAMBILA.ORG.AU

Galambila NSW Health Nyami & Kawkawi Women's Community

World Kidney Day
9th March 2023

Don't Waste a weel!

Have you had your Health Check?
This includes a Kidney Health Check!

KIDNEY HEALTH FOR ALL

4 STOP SMOKING

SMOKE FREE COMMUNITY

1 in 3 cancers can be prevented by cancer smart lifestyle choices

World Cancer Day 4 February Galambila

FOR OUR ELDERS

NAIDOC ART COMPETITION!

OPEN TO AGES 0 - 21 YEARS

SEND IN YOUR ARTWORKS CELEBRATING OUR GUMBAYNGIRR ELDERS AND THEIR STORIES!

We want our young local mob to send in an artwork that they made in celebration of our Gumbayngirr Elders and we will be choosing our favorite to become a screen printing t-shirt design for NAIDOC week!

All you need to do is send your artwork in to admin@galambila.org.au or Galambila Facebook with your name, age, contact number and a bit about your artwork & you will be in the draw to win a \$250 Rebel Sports voucher!

WIN A \$250 REBEL SPORTS VOUCHER!

COMPETITION OPENS 01/06/2023 AND CLOSSES 15/06/2023

FLU AND COVID-19 VACCINATION

WEEKLY ABORIGINAL VACCINATION CLINICS

12 September to 18 September

For more information contact: 0428 526 186

AMS CLINICS

DURRI
Daily walk-in/bookings
8.30am - 5pm
Flu shot available

GALAMBILA
Monday to Friday
Bookings required
8am - 5pm

WEBIN
Thursdays only
Bookings required

Remember to bring your Medicare card

Keep Our Mob Strong NSW Health

Have you had your yearly Health Check with #TeamGalambila?

1 in 3 cancers can be prevented by cancer smart lifestyle choices

World Cancer Day 4 February Galambila

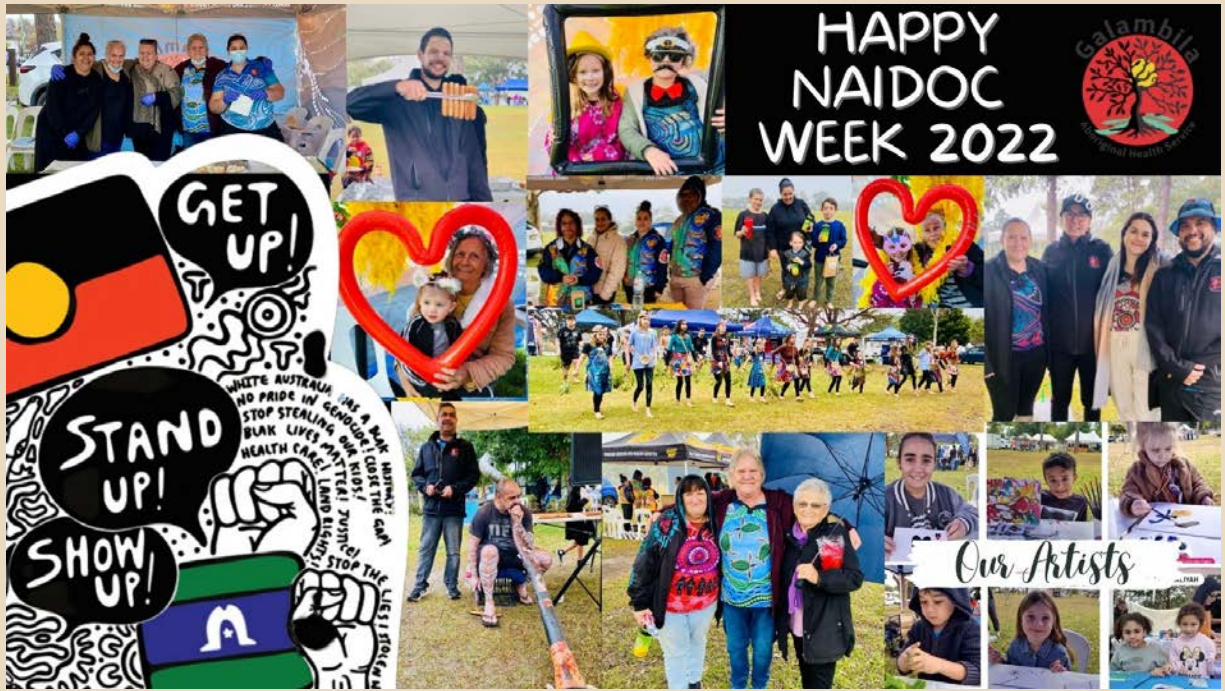
IF YOU NOTICE A CHANGE IN YOUR BODY OR SOMETHING ISN'T QUITE RIGHT FOR YOU ...

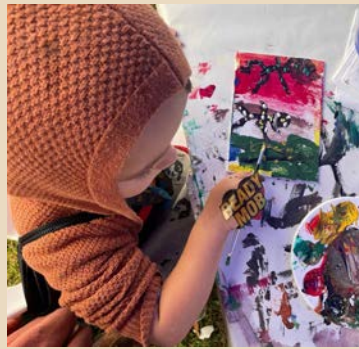
PLEASE GET IT CHECKED OUT WITH YOUR DOCTOR!

#Act Early for our Mobs Health

World Cancer Day 4 February Galambila

Galambila





GALAMBILA FAMILY FUN DAY
 Celebrating NAIDOC 2022

JUMPING CASTLES LUNCH PROVIDED
 ARTS & CRAFTS LIVE MUSIC
 NATIVE BUSHTUCKER PRIZE GIVEAWAYS

TUESDAY 5TH JULY 2022
 9AM-2PM
 BRELSFORD PARK, COFFS HARBOUR

Open for All Community Members

Galambila **READY MOB** GET UP! STAND UP! SHOW UP!
 3-10 JULY 2022



What a year the last 12 months has been. Over the year our staff had over 47,000 contacts with clients. A quick breakdown of our client contacts:

- Aboriginal Health Workers / Practitioner had 12,700 contacts
- Nurses had 6,400 contacts
- Social Worker had 880 contacts
- Pharmacist had 1,300 contacts
- General Practitioners had over 20,000 contacts

That makes for a very busy clinic with these contacts occurring for our individual clients of more than 3,600. In addition to our regular workforce, our clients were also supported by visiting specialists and allied health professionals including Paediatricians, Psychiatrist, Endocrinologist, Occupational Therapist, Psychologist, Speech Therapist, Exercise Physiologist, Dietitian, Optometrist, Audiologist, Podiatrist, and Dentist.

Last year we increased our health screening for clients with our Aboriginal Health Workers/ Practitioners checking in with clients on aspects that can be changed which can help improve an individual's overall health and wellbeing. These aspects include smoking, nutrition, alcohol, physical activity, and emotional. Our Aboriginal Health Worker / Practitioners are able to talk to clients, provide health information that makes sense and support clients in identifying personal goals.

What sets Galambila apart from other primary health care providers is we put the Aboriginal Health Worker / Practitioner at the centre of our clients health and wellbeing journey. Last year our Aboriginal Health Practitioner ranks increased by 1, with Des completing his training and being registered with the Regulation Authority for health professionals. We are excited as we have 5 staff nearing completion of their training.

Our continued development of our Aboriginal Health Workers is continuing, and this year we are pleased that Deakin, Des, and Michelle are now trained in taking bloods and other collections, so our clients are able to have their pathology test completed at Galambila reducing the need to go elsewhere for critical testing.

This year we continued to review our practices in line with our accreditation requirements. One important aspect is our client survey. Given the length of the client survey we broke the survey into two distinct aspects the client experience (how welcoming and accessible Galambila is), and the clinician experience (how individual clinicians make you feel when providing a service). Overall, the clients surveyed were quite satisfied with their client experience.

There were some areas for improvement identified around client wait times for an appointment, being able to see their preferred clinician, the amount of time clients waited

while in the service (such as a doctor or other health professional running late), and privacy within the waiting room. We have made several improvements to address the feedback from community on the client experience. In relation to the clinician experience, the clients surveyed were extremely satisfied with how they have been treated while accessing our services by our health professionals. In particular clients felt our clinicians were excellent at explaining the purposes of tests and treatment, involving clients in decisions, discussing personal issues, and accepting decisions to seek alternative treatment or alternative therapies. Further clients felt that our clinicians cared about them as a person, allowed time for clients to talk about things that were important to them, and treated clients with respect.

We will be continuing with client surveys and feedback, so please take a moment to complete specific surveys and general feedback for Galambila.

HELP US IMPROVE!

WE WANT YOUR FEEDBACK
PLEASE FILL OUT ONE OF OUR CLIENT SURVEYS TO HAVE YOUR SAY

WE VALUE YOUR SAY!

5 X \$200 GIFT CARDS UP FOR GRABS!

You can either fill out a form here or you can use the QR code to access the survey on your phone

Congratulations TO THE WINNERS

Five Clients each received \$100 Coles Voucher

Following the finalisation of the 2022 Galambila Client Experience community survey
The 2023 Galambila Experience with the Clinicians will be released in coming days.

Brooke Tanya

Feona P.
Stephen K.
Lorayma P.

I'm happy to give feedback, it helps you now what's working and what isn't.

We need to give feedback to improve the service



I would like to say thank you to all Galambila staff. My experience with all staff has always been professional and supportive

Clients were very satisfied with the care provided by our clinicians and felt supported accessing our services.

An area for improvement identified by 25% of clients is wait times for available appointments

Always friendly and thorough. I appreciate how the kids are treated well each time.



CEO's from AMS's in the Many Rivers Alliance met at Galambila in Dec 2022.

L-R Fay Adamson (CEO Werin Aboriginal Corporation Medical Clinic) Debbie McCowen (CEO Armajun Health Service Aboriginal Corporation) Scott Monaghan (CEO Bulgarr Ngaru Medical Aboriginal Corporation) Tracy Singleton (CEO Galambila) and Jody Irwin (CEO Bullinah Aboriginal Health Service).

AH&MRC of NSW presented our CEO Tracy the "Outstanding Contribution to Quality Management Practice Award in Data" for an Organisation that has made a significant and lasting contribution to quality improvement activities in data management.



Quality improvement - continuing to learn, improve and strengthen what we do - is a very important part in providing the best service we can for our community. This vital work happens all the time, though much of it 'behind the scenes'. It takes *all* of #TeamGalambila to make it happen though a special shout out to our Aunty Sue Tomkins - our Quality and Strategic Development Officer - for all the important work she does in this key area.



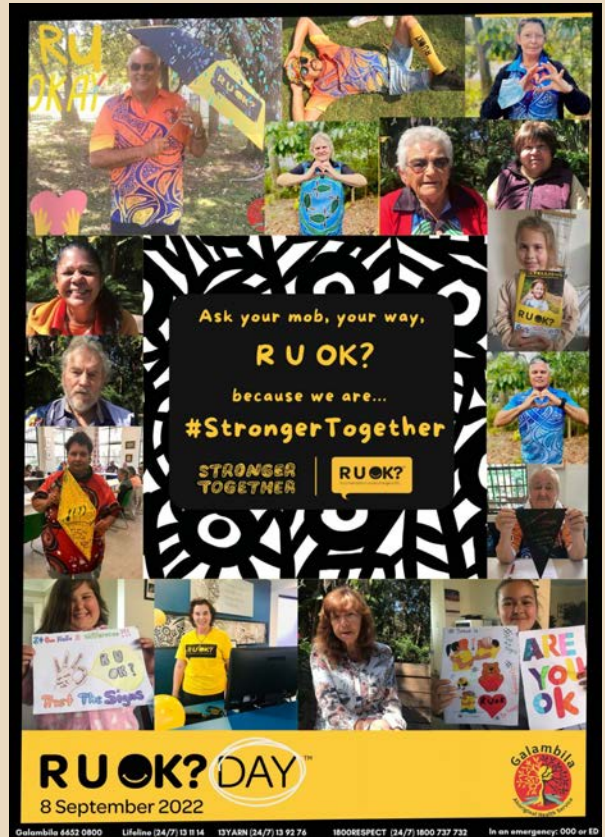
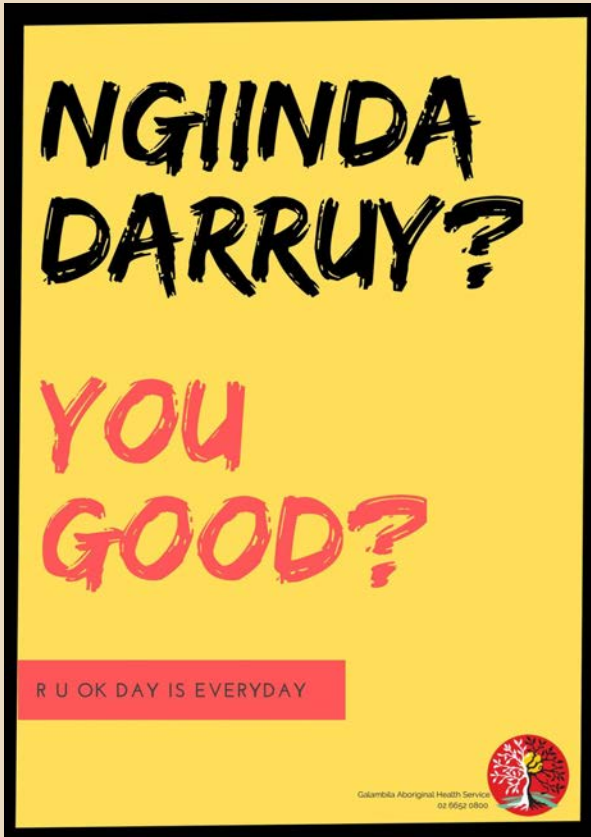
Our Deadly Board had Board Governance Training at Opal Cove in May 2023. This was facilitated by the Australian Indigenous Governance Institute

Des, Michelle and Deakin - from our Aboriginal Health Worker & Practitioner team - who have now completed their training and certification in blood collection! Congratulations!



Congratulations to Jessie Bayliss! He completed his studies to get awarded his Certificate IV in Accounting and Bookkeeping!
He also got a special award for tax accounting! Great work, Jessie

R U OK?



National Aboriginal and Torres Strait Islander Children's Day



Galambila has secured some more funding to help support a Youth Wellbeing & Development Program.

This is fantastic news because of the positive difference it will make to the lives of our local young people - it's an opportunity to bring youth together to do work around life skills, healthy relationships, sexual health and mental health, for example.



L-R: Mel Fajerman, Sharon Lauri, Brian Bolt, Gurmesh Singh, Tyson Morris and Tracy Singleton



L-R: Tracy Singleton, Gurmesh Singh and Tyson Morris

Galambila's Strengthening Connections: Child and Family Hub has received \$249,681 in funding.

This project will allow for the repurposing of administration space at Galambila Aboriginal Health Service to create a multi-purpose clinic space which is culturally appropriate and accessible, providing family focused early intervention and prevention health services.

The space will be used by the Mid North Coast Local Health District Aboriginal Maternal Infant Health Service team, Galambila's early childhood nurses, Aboriginal Health Workers, General Practitioners and visiting medical specialists.

FLOOD RECOVERY SUPPORT FOR OUR ABORIGINAL COMMUNITIES:

Aboriginal communities on the Coffs Coast impacted by flooding throughout 2022 received additional mental health support to continue their recovery journey.

Galambila Aboriginal Health Service will receive \$388,000 over two years to design and implement culturally appropriate, community-led activities to support flood-impacted Aboriginal community members. The funding boost will also help to build resilience in preparation for future natural disasters.



Gurmesh Singh and Tracy Singleton



L-R: Tyson Ferguson, Gurmesh Singh and Tyson Morris

Galambila Aboriginal Corporation has been recognised for its extraordinary work delivering food and care hampers to community members on the Coffs Coast during the 2021 COVID lockdown.

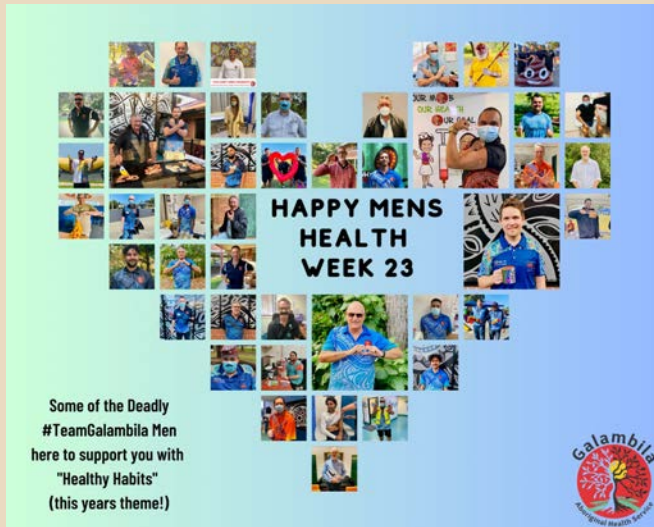
Galambila received \$30,000 to recoup costs incurred when preparing and distributing food, essential items and relief packs during the lockdown.

Galambila supported our community by delivering as many as 218 hampers and relief packs to isolated residents in need of extra support across the Coffs Coast during the lockdown. Galambila played such a vital role in ensuring people were cared for - this included supporting the community in all aspects of their health and wellbeing, in particular providing more than 5000 vaccinations to protect the community.

Mens Health Week



CLINICAL SERVICES



November



This financial year (July 2022 to June 2023), Senior Aboriginal Health Worker Practitioner, Jim Hurley and Aboriginal Health Practitioner, Des Ahoy were busy undertaking hearing and vision screening in the schools.

Screening children within schools are conducted to reach children who may not have the resources to attend Galambila for the hearing and vision screen, as most clinics are run during school times.

Aboriginal Health Workers attending schools ensures children can have their hearing and vision screened for early intervention.

Total number of children screened – 331 indigenous children screened within schools.

Children found with Middle ear pathology were referred and supported at Galambila by Australian Hearing.

Jim and Des had also attended OMAD, (Otitis Media Awareness Day), at the Coffs Harbour Plaza where they built connections and rapport with community as well as other services such as Australian Hearing, MNCLHD Hearing and NSW education department. 65 kids both Indigenous and non-indigenous were seen on the day.



Our Deadly Duo of Jim and Des providing ear health checks out and about at the Plaza in June 2023! They were supported by our visiting medical students - Amy & Victoria! They were with us for a few weeks!

Spring into Shape program delivered over a 20-week period twice per year.

Each intake, participants have an initial assessment with our Aboriginal Health Practitioner, dietitian and an exercise physiologist.

Clients reported the following improvements: more energy, reduced aches and pains, diabetes control and losing weight. Also feeling more energised, motivation, and reduced anxiety and depression.

Clients say they like to come and have a yarn in the group. It makes them feel good. Clients report they are happy that Spring into Shape keeps going.

Improvements in my mental health and physical health

Look forward to exercising together and helps my motivation

Spring into Shape helps me get up and out of bed in the morning and gives me something to look forward to.



Being in a supportive group environment



Karen Roberts and Lisa Urquart

Highlight:

We presented our abstract at the Lowitja Conference in Cairns in May 2023. The presentation was entitled Collaborative Yarning and collage to co-interpret lifeworld qualities that sustain an Aboriginal wellbeing program.

This was well received including lots of comments afterwards from attendees wanting to know more about our program and the research we have completed.

Our READY MOB team were active in the community over the past 12 months attending and hosting numerous events and school visits. A snapshot of events included:

- East Coast Tribal League
- Yamba Women's Knockout
- Indigenous Men's Ambrose Knockout
- NAIDOC Golf Day
- Mid North Coast Youth Vaping Taskforce
- Clontarf Carnival and
- Clontarf Footy Day

The team got creative and refreshed our annual messaging with the focus for the last 12 months "Smoking and Vaping is not a part of our Culture". Updated promotional materials were prepared for community use.

Our team worked hard to get community members to pledge to a Smoke and Vape free home and car. All community members that pledged to have their home and car 'smoke and vape' free were entered into the draw to win an iPad.

Our team were also able to support individuals wanting to quit with referrals to the local Aboriginal Health Service and the Koori Quitline.

Finally our team worked across the region to identify local champions and developed new promotional materials that identified personal and community priorities for being smoke and vape free. Messages from individuals included their own quit journey, and how they were supported in becoming a non-smoker.

A massive thank you to our current and past staff for making getting the READY MOB message out across the local areas and across our communities.

Capturing some deadly moments here at the Indigenous Men's Ambrose Knockout Tournament.

Proudly Supported by Galambila's Ready Mob team.



Results of the Draw for the Indigenous Men's Ambrose Knockout Tournament, who are Proudly Supported by Ready mob and Galambila Aboriginal Corporation.

The Two Day event was held at the beautiful Nambucca golf course from Sunday 11th to Monday 12th of June.

Thanks everyone involved that helped make this happen!

TWO-PERSON INDIGENOUS MEN'S AMBROSE KNOCKOUT DRAW

Nambucca Island Golf Club, Sunday 11th June and Monday 12th June 2023

Dunggirr	V	Nunguu
Jerrinja	V	Team Manton
2 Odd Sock	V	Wellington
Silverbacks	V	Deadly Az
Yanggaay	V	Team Lynwood
Sea Dogs	V	Team Spencer
Gilgranda	V	Team Knox
Old Timers	V	Real Deal
Tingah	V	Toomelah
Wirriiga	V	Team Hoskins
Big Boys	V	Jungaar

Proudly Supported By:  

 working towards a Smoke Free and Vape Free Community

SMOKING AND VAPING ISN'T A PART OF OUR CULTURE

How to start your Quit Journey? Contact the Koori Quitline on 13 78 48 or contact your local GP, Nurse or Aboriginal Health Worker for Support!



Brekkie is Ready! for World No Tobacco Day



Big Thankyou to Emma Tonegato and Jada Taylor!
For attending our Sharks NRLW day. you are a great inspiration to a healthy lifestyle as we work towards our smoke and vape free community



Congratulations to our winner of the smoke free home and car iPad giveaway, Cameron Blair!

Well deserved Cameron for paving the way to a smoke free community.



Vehicle maintenance

Constant upkeep of our fleet of vehicles. This includes cleaning, deep cleans, organising service, rego ready.

One bus for transport

One bus for transporting program participants such as SIS and Deadly Kids Program

8 Galambila cars

2 Ready Mob cars onsite

2 Ready Mob cars offsite - Kempsey and Port Macquarie

New Fire Warden Caps and Vests

- These caps replace the out of commission red hard hats
- Put in place 17th February 2023
- They are in the same locations i.e., clinic floor in right wing hallway and downstairs on top of the bookcase, next to printer
- Mick Farrell and Tyson Morris are attended three-day Fire Safety Officer (FSO) training in June 2023.
- Other staff will be selected for Fire Warden Training, and these will assist the FSO's



Pressure cleaning takes place on a regular basis

- Top car park
- Footpaths for safer walkways
- Clean areas for programs and events

Garden maintenance

- Maintaining our veggie and herb garden
- Compost bin
- Hedging and trimming of pathways



Re-varnishing our outdoor furniture

- Completed:
- Yarning Circle at the back of Galambila
- Outdoor seating in the staff lunch area



Decluttering, auditing and organisation of storage spaces

- The decluttering, organisation and auditing of our three storage spaces is now complete
- Ready Mob storage container is decluttered, and contents audited
- Green storage shed is now organised into team areas
- Under building storage is now cleared out and more accessible to our maintenance tools and equipment



Child and Family Building Renovations

- 7 consult rooms in the building are now fitted out with sinks
- New floors now scrubbed with our floor polisher & doodle-bugged
- Internal painting throughout the building has been completed
- Artwork by Brentyn Lugnan was installed on Saturday 3rd June 2023
- Supporting frame built offsite and put together onsite

Evacuation Diagrams

- Updated evacuation diagrams installed in clinic (x5), downstairs offices (x4) and Child & Family Centre (x2).
- Each evacuation diagram indicates where you are in the buildings / floor
- Green arrows showing the closest exit route
- Exit points of the building
- CO2 and H2O fire extinguishers marked, along with fire hose reel, where applicable
- First Aid and AED defibrillator marked out, where applicable
- In the event of fire prompts / link
- Real time photo of outside emergency assembly point



Meet our deadly team



MICK FARRELL
Supervisor



SHANE TORRENS
Maintenance



BRENDAN PERKINS
Maintenance



BOB MAHER
Maintenance



LUEY BALE
Transport



CURLY MORRIS
Transport



ANDREW LENNIS
Transport

STAFF

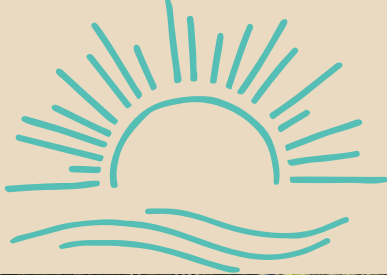




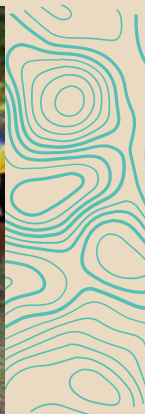
STAFF

Sincerest apologies to staff who were missed, some image/s unavailable at time of print.

STAFF DEVELOPMENT DAY



STAFF DEVELOPMENT DAY



5351 COVID VACCINES GIVEN

800 FLU VACCINES GIVEN

PLEASE GET #VAXXEDTOTHMAX TO PROTECT YOURSELF & YOUR COMMUNITY

WINTER BOOSTERS AVAILABLE TO EVERYONE FROM 20 YEARS & OLDER IF IT HAS BEEN 3 MONTHS SINCE YOUR LAST BOOSTER OR COVID INJECTION. FLU SHOTS CAN BE GIVEN AT THE SAME TIME!

IF YOU HAVE ANY QUESTIONS OR TO BOOK, PLEASE PHONE: #TEAMGALAMBILA QN 6652 0800

COVID VACCINE UPDATE

THE NEW COVID "OMICRON" VACCINE NOW ALSO AVAILABLE FOR YOUR BOOSTER AT GALAMBILA (18+)

#VaxxedtotheMax
#DoitForMob
#StrongerTogether

GALAMBILA FAMILY FUN DAY
Celebrating NAIDOC 2022

JUMPING CASTLES LUNCH PROVIDED
ARTS & CRAFTS LIVE MUSIC
NATIVE BUGHTUCKER PRIZE GIVEAWAYS

TUESDAY 5TH JULY 2022
9AM - 2PM
BRILSFORD PARK, COFFS HARBOUR

Open for All Community Members

INTERNATIONAL WOMEN'S DAY

Happiness is connection

Happy International Day Of Happiness

Be Mindful. Be Grateful. Be Kind

SELF LOVE

HAPPY VALENTINES DAY!

EASTER COMPETITION!
PLEDGE TO A HOME & CAR IS SMOKE / VAPE FREE

Join the pledge to keep smoking/vaping a part from our culture.

ReadyMob is asking our communities (Wagga, Dungahilly, Gungahgung) to join the pledge to make your home and cars smoke/vape free. Everyone who completes the pledge will have the chance to win tickets to the Easter Show of your choice (Mackay - 14 and 15 April, Kempsey - 18 and 19 April, Macksville - 21 and 22 April).

Your personal details will be kept by the ReadyMob team as part of our growing community who agree that smoking/vaping is not a part of our culture with your pledge to keep your home and car smoke/vape free.

Your pledge is voluntary. If you want to know more about the impacts of smoking or vaping, or want some information about how to quit you can reach out to the ReadyMob team for a confidential chat by email: ReadyMob@galambila.org.au.

Please click next to start your pledge and go into the draw to win a family pass to the show of your choice. Pledges will remain open until 12pm Tuesday, 11 April.

Scan the QR Code to complete the survey on your phone. Thank you.

SMOKING AND VAPING ISN'T A PART OF OUR CULTURE

How to start your Quit Journey?
Contact the Koori Quitline on 13 78 48 or contact your local GP, Nurse or Aboriginal Health Worker for Support!

READY MOB Quitline 13 78 48

PYJAMA DAY 22ND JULY

HEALTHY BONES WEEK 2022

Get your yearly health check to yarn about what YOU need to do to help keep your bones healthy!

Eat enough calcium!

Keep active!

If you are 70 years+, speak with your doctor about a free bone density test! (you might need one earlier if you have other medical conditions)

Get some safe sun for vitamin D

If you smoke, stop!

Limit or avoid alcohol

Notice to Members Galambila's 2022 AGM

Notice is hereby given that the Annual General Meeting of Galambila Aboriginal Health Service will be held on:

Where: Conference Room
Galambila Aboriginal Health Service
9 Boambee St

When: Wednesday 23rd November 2022 from 4pm

Due to COVID-19 restrictions you must:

- Be a member.
- Wear a mask, and
- Register to attend (Zoom option available).

For more information or to register to attend please contact Jen Blackburn on 6652 0850 or by email jblackburn@galambila.org.au

Elders Health Days 2023

Come and join us for a yarn about your health journey

Lunch and health education provided

Once a month Wednesdays - 10am - 1pm at the North Coast Botanic Gardens

31st May
28th June
26th July
30th August
25th October
29th November
13th December (Christmas Party)

Ring Karen Roberts for more information and to book transport

6652 0800

3 months

Notice Custom Sign

Galambila

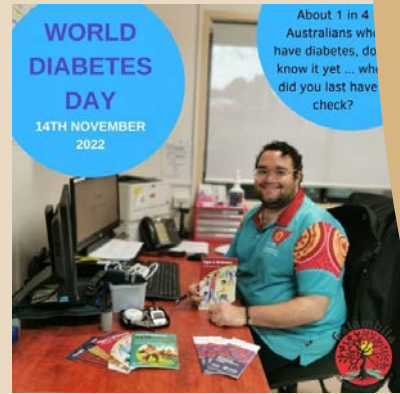
FEEL LIKE GETTING SEXY?
MAKE SURE YOU GET K.J.E.S. WITH THAT!

CONSENT IS:

1. FREELY GIVEN
2. REVERSIBLE
3. INFORMED
4. ENTHUSIASTIC
5. SPECIFIC

SHARK ATTACK

BLISSING FROM LEFT PUSH HARD HALFWAY BETWEEN HIPS & BITS



FINANCIAL STATEMENTS

**GALAMBILA ABORIGINAL CORPORATION
ABN 23 584 198 987**

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023**

Your directors present their report on the company for the financial year ended 30 June 2023.

Directors Information

Directors

The names of the directors in office at any time during, or since the end of, the year and the period that each director has been in office:

Directors Name	Position	Period as Director
Terry Keighran	Chair	Appointed 14 October 2019
Kelly Gittins	Deputy Chair	Appointed 23 April 2021
Jamie Walker	Treasurer	Appointed 20 May 2022
Kerrie Bumet	Director	Appointed 29 August 2017
Dianne Anthony	Secretary	Appointed 29 August 2017
Christine Robinson	Director	Appointed 29 August 2017
Ashleigh Craig	Director	Appointed 17 December 2021
Lloyd Lynwood	Director	Appointed 8 August 2022
Kristy Pursch	Director	Appointed 16 December 2022
Belinda Jackson	Director	Appointed 22 November 2022
Angela Cowan	Director	Appointed 29 August 2017 Resigned 30 November 2023

**DIRECTORS REPORT
 FOR THE YEAR ENDED 30 JUNE 2023**

Meetings of Directors

During the financial year, 4 meetings of directors (including committees of directors and special meetings) were held, a further 2 meetings were called but a quorum was not met. The attendances by each director during the year were as follows:

	Directors' Meetings	
	Eligible to attend	Number attended
Terry Keighran	5	5
Kelly Gittins	5	5
Kerrie Bumet	5	3
Dianne Anthony	5	4
Angela Cowan	1	-
Christine Robinson	5	-
Ashleigh Craig	4	4
Jamie Walker	5	4
Lloyd Lynwood	-	-
Kristy Pursch	3	2
Belinda Jackson	3	1

Principal Activities

During the financial year, the principal activities of Galambila Aboriginal Corporation consisted of:

1. Provision of holistic primary health care service and supporting programs;
2. Promote and advocate access by Aboriginal and Torres Strait Islander people to health services.

Significant Changes

No significant changes in the nature of the company's principal activities occurred during the financial year ended 30 June 2023.

Operating Result

The operating deficit from ordinary activities for the year ended 30 June 2023 was \$127,701 (2022 surplus \$2,115,790)

Auditors' Independence Declaration

A copy of the auditor's independence declaration as required under section 339-50 of the Corporations (Aboriginal and Torres Strait Islander) Act 2006 is attached to these financial statements.

Signed in accordance with a resolution of the Board of Directors:



Terry Keighran
 Chairman



Jamie Walker
 Treasurer

Dated: 20 October 2023



Crowe Audit Australia
ABN 13 969 921 386
107 West High Street
Coffs Harbour NSW 2450 Australia
PO Box 8
Coffs Harbour NSW 2450 Australia

Tel 02 6653 0850
Fax 02 6651 4301
www.crowe.com.au

**AUDITORS' INDEPENDENCE DECLARATION
UNDER SECTION 339-50 OF THE
CORPORATIONS (ABORIGINAL AND TORRES STRAIT ISLANDER) ACT 2006
TO THE DIRECTORS OF
GALAMBILA ABORIGINAL CORPORATION
ABN 23 584 198 987**

I declare that, to the best of my knowledge and belief, during the financial year to 30 June 2023 there have been:

- (i) no contraventions of the auditor independence requirements as set out in the Corporations (Aboriginal and Torres Strait Islander) Act 2006 in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.

CROWE AUDIT AUSTRALIA

Kylie Ellis
Partner
Registered Company Auditor (ASIC RAN 483424)
107 West High Street
COFFS HARBOUR NSW 2450

Dated: 20 October 2023

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
 FOR THE YEAR ENDED 30 JUNE 2023

STATEMENT OF PROFIT OR LOSS

	Note	2023 \$	2022 \$
Revenues	2	8,958,649	9,144,753
Interest revenue calculated using the effective interest rate method	2	96,486	5,815
Employee expenses		(6,452,169)	(6,711,092)
Motor vehicle expenses		(133,148)	(136,563)
Information technology and communications		(735,698)	(884,731)
Operational costs		(708,401)	(654,671)
Support costs		(725,984)	(535,270)
Rural doctors network		(321,324)	(370,649)
CCSS funding		(106,112)	(141,802)
Deficit before income tax expense		(127,701)	(284,210)
Income tax expense	1(b)	-	-
Deficit after income tax expense		(127,701)	(284,210)
		-	-
Other comprehensive income for the year, net of tax		-	2,400,000
Total comprehensive (deficit)/surplus for the year		(127,701)	2,115,790

STATEMENT OF FINANCIAL POSITION
AS AT 30 JUNE 2023

	Note	2023 \$	2022 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	4	5,051,769	3,714,822
Trade and other receivables	5	40,809	158,691
Other assets	6	4,123	-
TOTAL CURRENT ASSETS		5,096,701	3,873,513
NON CURRENT ASSETS			
Property, plant and equipment	7	6,335,568	6,314,341
TOTAL NON CURRENT ASSETS		6,335,568	6,314,341
TOTAL ASSETS		11,432,269	10,187,854
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	8	719,172	661,260
Borrowings	9	4,563	7,803
Employee benefits	10	768,930	845,661
Contract liabilities	11	1,929,432	478,450
TOTAL CURRENT LIABILITIES		3,422,097	1,993,174
NON CURRENT LIABILITIES			
Employee benefits	10	49,913	106,720
TOTAL NON CURRENT LIABILITIES		49,913	106,720
TOTAL LIABILITIES		3,472,010	2,099,894
NET ASSETS		7,960,259	8,087,960
EQUITY			
Reserves		4,295,440	4,295,440
Retained surpluses		3,664,819	3,792,520
TOTAL EQUITY		7,960,259	8,087,960

STATEMENT OF FINANCIAL POSITION

Galambila Aboriginal Health Service

Proudly providing culturally appropriate health services to the Coffs Harbour and Bellingen Aboriginal & Torres Strait Islander Community



**Galambila Aboriginal Health Service
(02) 6652 0800**

**Cnr Harbour Drive and Boambee Street
(PO Box 4186)
Coffs Harbour NSW 2450**

www.galambila.org.au

www.justgiving.com/galambila

**Opening Times
Monday to Friday
8.00am to 5.00pm**



