

# LEAP PjetUpe

No4 |May 2020

Welcoming 2020

Hello and welcome to our start-of-year

data translation. Kris and Talah both feel very honour works with such a great team on a project that is services led and supports community empowerment.

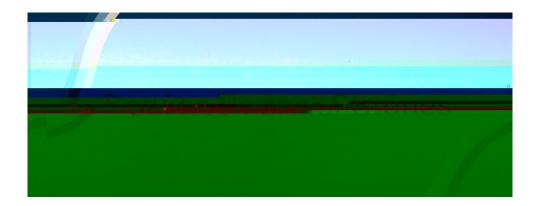
Pictured left to right: Kris Vine, Nalita Turner, Talah Laurie, Veronica Matthews & picture taken by Michelle Redman-MacLaren

How the LEAP Team is doing our bit, to stop the spread & flatten the curve

With the COVID-19 virus makingglothanges to how the LEAP team planned to undertake 2020, we are doing our part to stop the spread by working from home, practicing sociistancing whilsotut, ceasing our community visits, and postponiting annual LEAP Face-2-Face meeting with the project ervice partners.



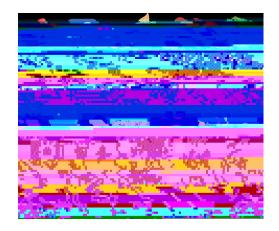
Especially since we work with remaboriginal communities, we fellatt travelling would be a large risk of



The LEAP team are so grateful to be working alongservices who provide greater and learnings with LEAP, one of our service partners TAIHS (TownsvAlcoriginal and Islanders Health Services) has shared their story of dealing with CDVID-19 pandemic, from a commutary health service perspective.

#### **TAIHS Story**

"Heather Lee from TAIHS reports that things have been really challenging at the service, with a huge amount of effort going into preparedness, and keeping the community (especially elders) and vulnerable staff members safe from potential infection. A COVID screening tent is operational, and although some COVID testing of potential cases has taken place, no positive cases have been recorded, which is fantastic. Lots of health promotion messages have been going out &com



#### Self-Care tips during COVID-19

The impact that COVID-19 hat on the way people work, live and study has been challenging.

Self-care is now more important ever with everyone spending more time inside working, studying and caring for family and less time outside to socialise and connect with people and places.

Here are some common tips on boosting mental health and wellbeing during this pandemic;

- 1. Limit your exposure to media and only rely on the faulian Government or reliable health organisations news.
- 2. Maintain your connections withry fortends, family and work colleagues.
- 3. Keep routine where possible
- 4. Maybe even join some groups on social media.

Tips on self-care during COVID-19 >>

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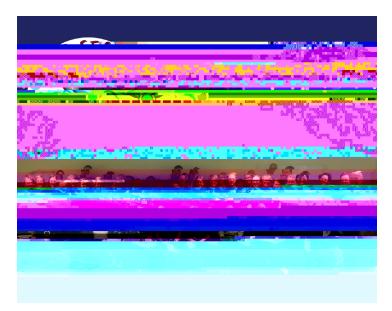
A new cultural safety portal for health professionals now available at HealthInfoNet.

The National Indigenous Australians
Agency (NIAA) have pulled together a great

Centre of Research Excellence in STRengthening systems for InDigenous health care Equity (CRE-STRIDE)

The LEAP project is a CRE-STRIDE linked project. For more information on CRE-STRIDE please visit the link below.

You will be able to watch **LEAP Storyboard** video at <u>CRE-STRIDE Storyboard</u> on YouTube!



Pictured is the CRE-IQI/CRE-STRDE collaboration October, 2019.

UCRH CRE-STRIDE Information >>



### Photo Spot

Karen Carlisle came down to meet our new researchers in person, we loved having Karen come to visit us in Lismore.

She is a data wiz and haseen sharing invaluable knowledge with our new team members.

Pictured left to right: KarCarlisle, Kris Vine, Talah Laurie and Veronica Matthews

If you have a photo you would like to share with the LEAP project pamers please do email us at leap@jcu.edu.au

Thank you!

## Responding to COVID-19 with the gift of music

East Arnhem Land's gifted singers and musicians came theogetto put on a live show in response to COVID-19. The Facebook live streamed video included a serboof songs showcasing there best of Arnhem Lands

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musicians, their stories and passion for driving connection, whilst at the same time amazing an audience of

Click to view >>

over 53,000 viewers.

The link to this article and clips are below, enjoy!

