



Welcoming 2020

Hello and welcome to our start-of-year

data translation. Kris and Talah both feel very honoured to work 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 making changes to how the LEAP team planned to undertake 2020, we are doing our part to stop the spread by working from home, practicing social distancing whilst out, ceasing our community visits, and postponing the annual LEAP Face-2-Face meeting with the project service partners.



Especially since we work with remote Aboriginal communities, we felt that travelling would be a large risk of



The LEAP team are so grateful to be working alongside services who provide great care and learnings with LEAP, one of our service partners TAIHS (Townsville Aboriginal and Islanders Health Services) has shared their story of dealing with COVID-19 pandemic, from a community 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 to com*



## Self-Care tips during COVID-19

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

Self-care is now more important than 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 well-being during this pandemic;

1. Limit your exposure to media and only rely on Australian Government or reliable health organisations news.
2. Maintain your connections with friends, 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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**UReS Fris**

**CS**

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

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

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## 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 [CRE-STRIDE Storyboard](#) on YouTube!



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

[UCRH CRE-STRIDE Information >>](#)



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### 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 has been sharing invaluable knowledge with our new team members.

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

If you have a photo you would like to share with the LEAP project partners please do email us at [leap@jcu.edu.au](mailto:leap@jcu.edu.au)

Thank you!

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


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

musicians, their stories and passion for driving connection, whilst at the same time amazing an audience of over 53,000 viewers.

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

[Click to view >>](#)





The LEAP Project is a partnership between:

