



Kambu Health Newsletter

Kambu Communique

A MESSAGE FROM THE CEO

It is with heavy heart I share the news that Uncle Archie Roach has passed. For all First Nations people and I hope all Australians and many around the world, Archie brought the secrets of this country's history to life in song. He sang about the stolen generation, and the impact this had directly on him and many, many other Aboriginal peoples, families, and communities.

I know he will be sadly missed, and I encourage everyone to get online and look at his life story, life's work, and song book.

God bless Archie and God's speed; he will now join the love of his life Ruby Hunter who passed in 2010. He leaves behind two sons. RIP Archie Roach 08.01.1956 - 30.07.2022.

The Board and Executive team are committed to continuously improving our employee experiences at Kambu Aboriginal and Torres Strait Islander Corporation for Health (Kambu Health) and as a result a staff engagement survey is being introduced to ensure everyone's voice is equal and heard.

The survey will be facilitated bi-annually as this allows the organisation a period to address the outcome/s of the survey; that is make improvements and or changes as highlighted by staff feedback during this process.

The survey is confidential we cannot identify any staff member through their participation.

Staff should have received an email through Employment Hero, with more instructions, inviting you to share your feedback. Please take this opportunity to participate.

In closing, I would like to make a special mention regarding National Association of Aboriginal and Torres Strait Islander Health Workers and Health Practitioners (NAATSIHWP) Day celebrated on 7 August 2022.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health we appreciate and acknowledge the achievements of Kambu Health Aboriginal and Torres Strait Islander Health workers and Health Practitioners and thank each of our deadly team members for their commitment to providing exceptional care to our mob!

Simone Jackson Chief Executive Officer

In this month's news:

About Us | Welcome to our new staff members | Clinic News | Elder Profile | Staff Profile |

What's On | Health Focus | Deadly Choices Quick Good Tukka Recipe | 13YARN | August Events

Staff Profile

JESSICA WIMBUS CHILDREN AND FAMILY CENTRE MANAGER



Each month we will introduce you to one of our Kambu Health team members, so in this section you can get to know us and why we do what we do.

For August we're asking Jessica Wimbus, Children and Family Centre Manager, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about herself.

What's your most-used productivity hack at work?

Music! I like to listen to music it keeps me calm, happy, centered, and productive.

What motivates you at work?

My passion to help and inspire others. Seeing my team happy, and productive, contributing to community in a meaningful way motivates me to go the extra mile and be the reason someone smiled that day.

I feel motivated when I know what I do and how I make a difference in the personal and professional lives of those around me.

What is something you are proud of?

What I have overcome in life to be who am today and the incredible strength I have.

My ability to see and meet people where they are at and always remain positive and see the good in others.

I am proud of the way I overcome adversities and trials in my life.

Who inspires you?

My family drive everything I do. My son inspires me, aunts, and uncles inspire me as they model strength, resilience, and determination to be the very best version of themselves. This inspires and reminds me I have the same strength and determination to make a significant difference in this life.

When you were a kid, what did you want to be when you grew up?

I wanted to be a Teacher, Wedding Planner, and famous singer. I achieved the teaching career.

In this job I get to plan events, and the singing that is reserved for my career in Karaoke on Friday nights.

What kind of music do you like?

Growing up from a musical family and playing instruments myself - I have learnt to appreciate all types.

However, I am currently listening to Reggae, Country and 50s Rock n Roll.



ACKNOWLEDGEMENT TO COUNTRY



Kambu Health would like to acknowledge the custodians of the Jagera, Yuggera and Ugarapul lands on which we have the privilege to work.

We recognise their continued connection to the land and waters of this beautiful place.

We pay our respects to the Elders of this land, past and present and we extend that respect to all First Nations people.

We acknowledge the opportunity to work on traditional lands, we are very fortunate to have Jagera, Yuggera and Ugarapul peoples working with us teaching and assisting us to protect culture, lands, and waters.

Goodbyes & Hellos



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WELCOME!

We are pleased to welcome the following staff who have started in key roles across Kambu Health over the past month:

- Lisa Hyde – Medical Receptionist

FAREWELL!

This month we say goodbye to the following team members as we wish them all the best in their new endeavors:

- Joel Munt – Community Liaison Officer
- Katishe Wright – Early Childhood Teacher – Kindergarten
- Benjamin De Araugo – Family Wellbeing Practitioner
- Sarah Sawyer – Practice Support Officer

KAMBU EMPLOYMENT OPPORTUNITIES

Are you looking for a rewarding career within a supportive environment?

Grow your skills with Kambu Health.

Kambu Health currently has multiple vacancies on offer across our Ipswich and Laidley clinics and services.

- Early Childhood Educator - Children and Family Centre
- Early Childhood Teacher - Kindergarten
- Early Childhood Teacher - Long Day Care Centre
- Early Childhood Assistant Director
- Family Wellbeing Practitioner

Successful candidates are offered an interactive and supportive working environment within a positive and professional team along with great work-life balance and excellent training and career development programs.

If you'd like more information about these vacancies or other available positions, please check our website - www.kambuhealth.com.au/about/careers

Ipswich Clinic - New Opening Hours

To better serve our mob, Ipswich Clinic is pleased to announce we are now open from 7.00am - 7.00pm Monday to Friday, and 8.00am - 4.00pm, Saturday. We also offer walk-in appointments, no booking needed.

FREE Flu shots available

- FREE for all Aboriginal and Torres Strait Islander people six (6) months and over
- Available at all Kambu Health Clinics by walk-in or by appointment

Winter Booster recommended for all adults aged 50 and over

All adults aged 50 and over are now recommended to receive a winter booster (second booster) of a COVID-19 vaccine. This booster should be administered at least three (3) months after your last COVID-19 vaccine or most recent COVID-19 infection.

FREE Rapid Antigen Tests available

Ask at reception for your free Rapid Antigen Test (RAT).

Home Visits available

We can provide home visits for mob who experience difficulties getting to and from our medical centres. Terms and Conditions apply - call our friendly team to see if you qualify!

BOOK INTO A KAMBU HEALTH CLINIC NOW



LAIDLEY CLINIC

School Health Assessment

As part of our service, Kambu Health offers an annual Aboriginal and Torres Strait Islander Health Assessment (referred to as a 715 or a Health Check). These ensure our mob are healthy, looking after themselves and that any health concerns are discussed with a GP as soon as possible

LAIDLEY BOOKINGS PH: 5465 3541



IPSWICH CLINIC

Pediatric Occupational Therapist (OT) is now available - bookings essential.
COVID carpark testing - assessment by nurse or GP, testing, and treatment available.
Please call to secure your designated parking space for your carpark COVID test.

IPSWICH BOOKINGS PH: 07 3810 3000

School Health Check



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As part of our service, Kambu Health offers an annual Aboriginal and Torres Strait Islander School Health Assessment (also referred to as a 715 or a Health Check).

These ensure our mob are healthy, looking after themselves, and that any health concerns are discussed with a GP as soon as possible.

If your child is under the age of 15, a parent/guardian must be available to attend the appointment with your child.

Students can have a School Health Assessment at a participating school campus, or in one (1) of our clinics. Make a booking today or reach out for more information:

Ipswich Clinic PH: 3810 3000

Laidley Clinic PH: 5465 3541

(or enquire at your child's school)



NEW OPENING HOURS

KAMBU HEALTH IPSWICH CLINIC

MONDAY - FRIDAY

7.00AM - 7.00PM

SATURDAY

8.00AM - 4.00PM

**WALK-IN APPOINTMENTS
NO BOOKING NEEDED**

PH: 38 10 3000



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Dental Week

1 - 7 August 2022

BOOK NOW



07 3810 3000

KAMBU HEALTH DENTAL SERVICES AVAILABLE:

- emergency treatment for toothache, trauma, and wisdom teeth, appointment required
- routine dental check-ups and screening
- fillings and extractions
- root canal treatment
- wisdom teeth extractions
- dentures and crowns (referral)
- mouthguards and splints (referral)
- specialist referrals
- scaling and cleaning with oral health promotion
- regular recalls and follow up



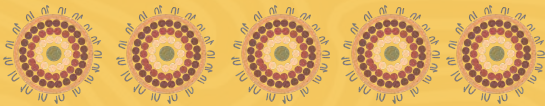
1-7 August 2022
dentalhealthweek.com.au

There are no fees for general dental care provided the eligibility criteria is met.

What's on?

We offer a range of community wellbeing groups, including our Men's and Women's Groups. The groups are a great opportunity to come together and yarn with other members of our Kambu Health communities.

Light refreshments are provided.



RSVPs are essential.

If you are interested in attending, call us to register - see below for details!

FAMILY WELLBEING SERVICE

MONDAY

Women's Group
10.30am - 12.30pm

TUESDAY

Kambu Play Group
10.00am - 11.30am

WEDNESDAY

Art Group
10.30am - 12.30pm

THURSDAY

Circle of Security Parenting Program
11.00am - 12.00pm

FRIDAY

Men's Group
10.30am - 12.30pm

SOCIAL HEALTH GROUPS PHONE 07 3810 3000 OPTION 4

Ipswich Elder's Group

When: Monday

Time: 10.00am – 12.00pm

Leichhardt One Mile Community Centre
1-17 Denman Street, Leichhardt

Ipswich Women's Group

When: Tuesday

Time: 10.00am – 12.00pm

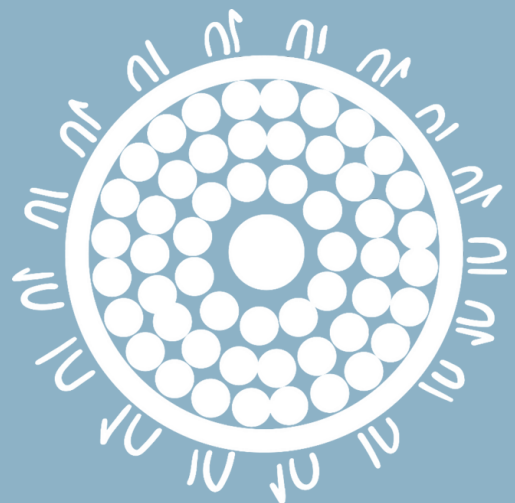
Riverview District Community Centre
138 Old Ipswich Road, Riverview

Ipswich Men's Group

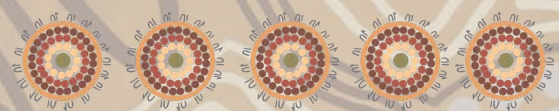
When: Friday

Time: 10.00am – 12.00pm

Leichhardt One Mile Community Centre
1-17 Denman Street, Leichhardt



**PHONE 07 5465 3353
TO REGISTER**



FOCUS ON YOUR HEALTH

NATIONAL STROKE WEEK 8 - 14 AUGUST 2022

An Australian will
have a stroke

**EVERY
19
MINUTES**



More than

445,087



Australians are living
with the effects of

STROKE

Stroke costs the
Australian economy

**\$6.2
BILLION**



Regional Australians are

**17 PERCENT
MORE
LIKELY**

to suffer a stroke
than metro

Learn the F.A.S.T. signs of STROKE



FACE
drooped?



ARMS
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000.

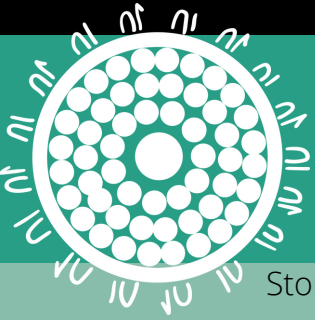
If you see any of these signs
Act FAST call 000 (triple zero)



IPSWICH CLINIC 3810 3000

LAIDLEY CLINIC 5465 3541

FOCUS ON YOUR HEALTH



Stroke!

What is it? What would it look like?

What are the risk factors?

Story 1: Imagine you are watering a garden, and the water pressure is perfect.

The garden is getting the nutrients it needs to grow and blossom.

Story 2: Imagine now that you are watering your garden, but now the water pressure is very bad.

Now the garden isn't growing or blossoming because it doesn't have the nutrients it needs.

Story 3: Imagine now that you are watering your garden, but now you have too much water (high pressure) killing the garden. Therefore, the garden is not growing and blossoming.

Meaning of Story 1:

The garden is your brain, and the water is the blood traveling through your vessels to your brain, which carries the nutrients. Therefore, if you have a good blood supply to your brain, your brain will be functioning well.

Meaning of Story 2:

The garden is your brain, and you can see here that there is less water (blood with nutrients) going to your garden (brain). Therefore, parts of the garden will not grow well and blossom and may die. This is called an 'ischaemic stroke' whereby less blood and nutrients are going to a part of the brain through the vessels.

This is the most common type of stroke occurring in about 80% of people who have a stroke.

Meaning of Story 3:

The garden is your brain, and you can see here that the water pressure (blood pressure) in the garden (brain) is too high. Therefore, it is causing damage to that part of the garden (brain) and could kill some of that part of the garden (brain). This is a 'haemorrhagic stroke' and occurs in about 15-20% of people who have a stroke.

What would it look like?

Think of the above stories of not having enough water going to the garden or having too much water going to the garden, which both harms and can kill some of the brain. Therefore, depending on what part of the brain is harmed, will depend on what a stroke may look like. Some of the more common symptoms are:

weakness of one side of the body, speaking issues, like slurring of the speech, vision loss, losing consciousness, dizziness and falls.

However, stroke can present in many different ways,

if you are unsure, please ring your doctor or health service provider (e.g. Ambulance 000)

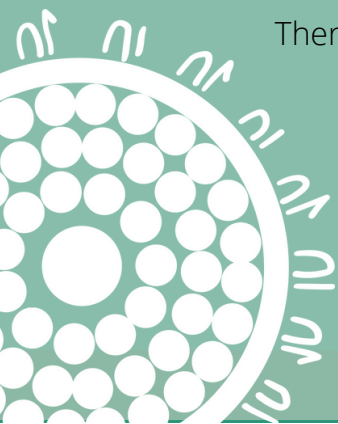
What are the risk factors?

There are many risk factors that can increase the risk of having a stroke.

Below are some of the common things:

- High blood pressure
- Smoking and other drugs
- High cholesterol
- Diabetes
- Previous heart issues

Please talk to your doctor for more information about stroke.



Act FAST to enjoy precious moments

National Stroke Week 8 - 14 August 2022



Learn the F.A.S.T. (Face, Arms, Speech, Time) signs of stroke to keep enjoying life's precious moments.



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#strokeweek



MAJOR PARTNERS

abbvie



SUPPORTING PARTNERS



CHICKEN & VEGETABLE SKEWERS

INGREDIENTS

- 2 Chicken breasts
 - 1 Zucchini
 - 1 Punnet of cherry tomatoes
 - 1 Capsicum
 - 1 Onion
 - 1 Pineapple (optional)
- Serves 16 skewers



EQUIPMENT

- Mixing bowls
- Sharp knives
- Chopping boards
- BBQ/frying pan
- Long wooden skewers

METHOD

1. Chop chicken breast into small bite sized pieces.
2. Chop all vegetables into bite sized pieces.
3. Heat pan or BBQ up ready for cooking with half a tablespoon of oil.
4. Place all chopped ingredients onto skewers carefully.
5. Place on pan or BBQ until cooked.
6. Serve.

EVENTS IN AUGUST

**National Aboriginal and Torres Strait
Islander Children's Day**
4 August 2022

**National Association of Aboriginal
and Torres Strait Islander Health
Workers & Health Practitioners Day**
7 August 2022

**International Day
of Indigenous Peoples**
9 August 2022

International Youth Day
12 August 2022

World Breastfeeding Week
1 - 7 August 2022

Dental Health Week
1 - 7 August 2022

National Stroke Week
8 - 14 August 2022

Red Nose Day
12 August 2022

Daffodil Day
25 August 2022

Kambu Amaro Early Years Precinct

Our community garden is being well received by our Kambu Health community.

Fruit, vegetables, and bush tukka is starting to take shape and grow.

The garden welcomed a Bunnings representative who educated our jarjums in garden worms.



Kambu Children and Family Centre

Deadly Mums has started again each Monday and the participants are really enjoying connecting with each other, and creating various items each week such as pillows, clothes, scrunchies, and of course enjoying some time out.

Kambu Kids held every Friday, where we have Sammy from Space 2 Grow join us. Sammy is our yoga instructor who is educating and supporting the parents and their children about how childbirth can affect the body of mum and bub.

Yoga can also help to regulate moods and hormones between families and bubs.

Kambu Kids class ends with a drumming circle, which the jarjums enjoy, learning about sounds, awareness, and rhyme.

The CFC Transition Team recently attended the Ipswich Early Years Network Meeting to liaise and build relationships with schools and early years services in our community. The facilitator for Partnerships, Donna Ward from the Department of Education, unpacked the 2021 Ipswich Community AEDC Profile (Australian Early Development Census) assisting in the identification of trends in our community, including how well our community supports our children in their first five (5) years across the five (5) key domains closely linked to child health, education and social outcomes.

The trend shows that the number of Ipswich children on track is increasing, and the number of children at risk or vulnerable is decreasing. So that's wonderful news!

The meeting also allowed teachers to share their transition to school practices and strengthened the connections between education services for more networking opportunities. The Department of Education are very keen to promote our wonderful services and spread the important message about the critical years of development and learning from 0-5 years.

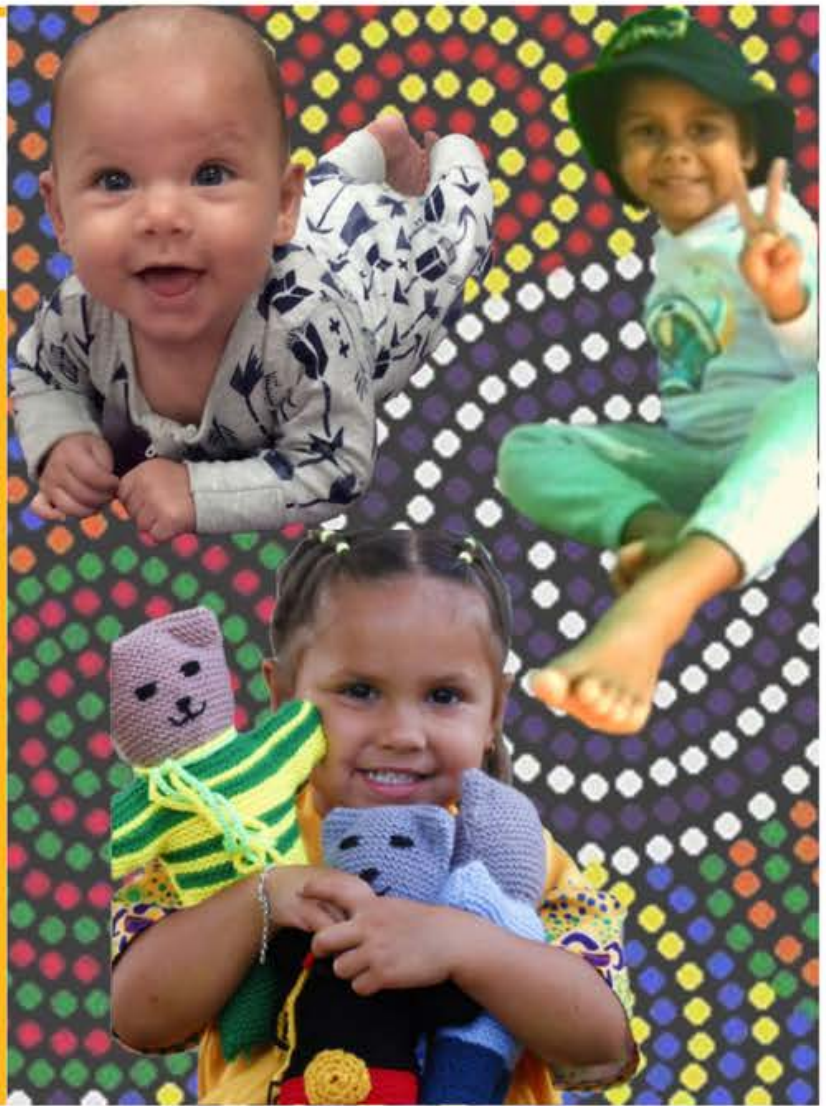


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**KAMBU
AMAROO
KINDERGARTEN
AND LONG DAY
CARE CENTRE**

LOCATED IN SILKSTONE

**JAGERA, YUGGERA &
UGARAPUL COUNTRY**



REGISTER TODAY

**Kambu Amaroo Long Day Care Centre
PHONE US: 3812 2258**

**Children and Family Centre
PHONE US: 3810 3010**



CALL US!

REGISTRATION INCLUDES:

- Healthy (Allergy free) nutritious meals and snacks
- Nappies
- Sunscreen and sun safe hat
- Educational Aboriginal and Torres Strait Islander care activities for 0-8years old and parents/carers

**Kambu Amaroo Kindergarten
4 Madden Street, Silkstone**

**Kambu Amaroo Long Daycare
4 Madden Street, Silkstone
PH: 3812 2258**

**Children and Family Centre
85 Lobb Street, Churchill
PH: 3810 3010**

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY 4 AUGUST 2022



National Aboriginal and Torres Strait Islander Children's Day (Children's Day) is the national day dedicated to celebrating our children.

National Aboriginal and Torres Strait Islander Children's Day is a time for Aboriginal and Torres Strait Islander families and communities to celebrate the strength and culture of our children.

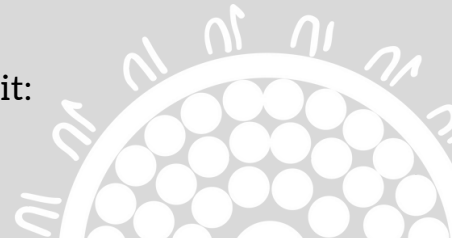
In August, all Australians have the opportunity to show their support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial role that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child.

Children's Day 2022 theme "My Dreaming, My Future" - Aboriginal and Torres Strait Islander children are born into stories of their family, culture, and Country. They carry with them the songlines of their ancestors and culture, passed down by generations.

Their Dreaming is part of our history, while their futures are their own to shape.

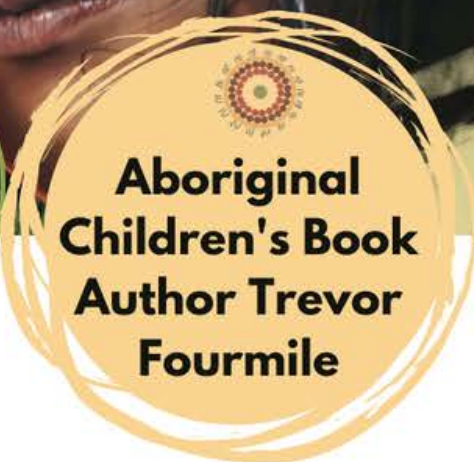
To get involved with Children's Day, or for more information, visit:

<https://www.aboriginalchildrensday.com.au/>





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National Aboriginal & Torres Strait Islander Children's Day 2022

Come along and celebrate with Yidinji Children's Book Author, Trevor Fourmile and Celebrity Chef Alastair McLeod (Erub Descendent). Join us for storytelling "*How the Crocodile got its Teeth*" and a cooking demonstration on healthy lunchbox ideas for your jarjums.

Space is limited so to register or for more information call our office and speak to Angela:

(07) 3810 3000

Thursday 4 August 2022

9:30 am - 1:00pm

Kambu Health

27 Roderick St, Ipswich

www.kambuhealth.com.au

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

The International Day of the World's Indigenous Peoples is celebrated globally on 9 August.

This year's theme:

“The Role of Indigenous Women in the Preservation and Transmission of Traditional Knowledge”.

Indigenous women are the backbone of indigenous peoples' communities and play a crucial role in the preservation and transmission of traditional ancestral knowledge.

They have an integral collective and community role as carers of natural resources and keepers of scientific knowledge.

Many indigenous women are also taking the lead in the defence of lands and territories and advocating for indigenous peoples' collective rights worldwide.

You can find more information here:

<https://www.un.org/development/desa/indigenouspeoples/international-day-of-the-worlds-indigenous-peoples-2022.html>



#Kambu_Health #Indigenous #Aboriginal #TorresStraitIslander #WeAreIndigenous #Mob

Children and Family Centre



Transition Support Program

Educators supporting children's learning and development from Playgroup to Prep!

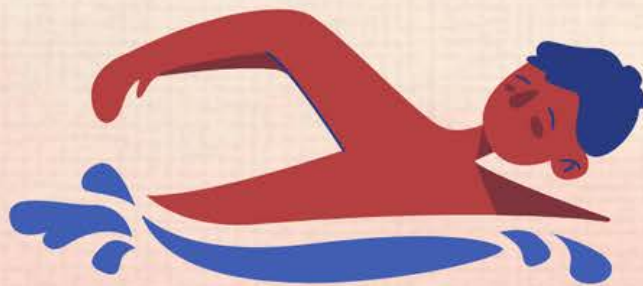
Family Support Programs

- Deadly Mums Sewing Group
- Deadly Parent Craft Group
- Parenting courses include:
 - Circle of Security
 - Parents Under Pressure
 - Bringing Up Great Kids
 - Triple P

EARLY YEARS PROGRAMS

- Swimming
- Playgroups
- Performances
- Cultural Activities
- Sing and Grow
- Yoga

For Aboriginal
and
Torres Strait Islander
children 0-8 Years
and parents/carers



For more information contact us today on
PH: 3810 3010

Elder Profile

An Elder is defined as "someone who has gained recognition as a custodian of knowledge and lore, and who has permission to disclose knowledge and beliefs". Elders provide support to their communities in the form of guidance, counselling, knowledge, health, physical, social, and emotional and ensuring they are sharing culture, so it continues for millennium.

This month we would like to introduce you to Aunty Jill Davidson.

Who is your mob?

My tribal connections are from the Ipswich & surrounding areas which are my Mother & Grandmother's side the Yuggera peoples and the Thargomindah/Eulo areas which are the Kullili tribal of my Father's tribal area.



Where did you grow up?

I grew up in Ipswich Queensland and still reside in Ipswich.

Ipswich is my great Grandmother's country which is Yuggera country. My great Grandmother is a Thompson, and we have strong connections and ties to our beautiful country on which we stand upon today.

What do you love about Ipswich and West Moreton?

I love Ipswich as I have a strong connection to the land and this area as this is the area of my Yuggera peoples.

Ipswich has always had great services and opportunities for our community to receive the best health care, education & housing. We have a lot of great support services in the Ipswich & West Moreton areas that we can access instead of going into Brisbane where it is too busy. Hopefully, these important services can expand and grow so we can ensure our people receive the best services available to them when needed.

What is your favorite bush tukka?

Kangaroo because my Father Keith used to cook this for us when I was younger.

What is your favourite song?

Wiyathul (Longing for Place) – Geoffrey Gurrumul Yunupingu and
Freedom – Yothu Yindu



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SEEKING VOLUNTEER MENTORS

If you are interested in becoming a volunteer mentor to support young Aboriginal and Torres Strait Islander people navigating complex challenges, speak with our Youth Cultural Mentoring Coordinator today.

KAMBU HEALTH YOUTH CULTURAL MENTORING PROGRAM

27 Roderick Street Ipswich QLD 4305

Phone: (07) 3810 3000

Fax: (07) 3812 5177



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Kambu Family Wellbeing Services

Art Group

**Wednesday Mornings
FWS Shed, 155 Patrick St Laidley
10:30am to 12:30pm
Call (07) 5465 3353
for more information**

Refreshments provided



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Men's Group



Kambu Family Wellbeing Service

When: Every Friday Morning

Where: 155 Patrick St, Laidley

Time: 10:30am - 12:30pm

Contact: (07) 5465 3353

For more information or to register

Refreshments provided



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Kambu Family Wellbeing Service **Kambu Playgroup**



Come along for fun, games and story time at Kambu Family Wellbeing Service.

**Open to all families with children 5 years and younger.
Learn, grow and play alongside your little ones.**

**Tuesday Mornings
FWS Shed, 155 Patrick St Laidley**

10:30am to 11:30am

(07) 5465 3353

Contact us to register or for more information

www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

"We're here to help, call us for a yarn"

13 92 76

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.



Culturally Safe Space



Available 24/7 across Australia from any phone



We listen, without judgement or shame