

## *Kambu Communique*

### **A MESSAGE FROM THE CEO**

Winter has officially started and as we all know Winter brings with it the flu, so with this in mind we must raise vaccination rates for our mob. We hosted a Pop-Up Flu Vaccination Clinic on June 11, at our Ipswich Clinic, which was well attended with over 130 flu vaccinations administered. Thanks to all the staff and volunteers who ensured this event was a success. Be sure to continue to spread awareness and encourage your mob to get their flu vax.

The event was so successful, we will be hosting the 2022 Deadly Origin Campaign at Ipswich Clinic on June 25, 2022.

Visit Facebook, Instagram, and LinkedIn to stay up to date with this and any future Kambu Health initiatives, our website is updated regularly so be sure to visit: <https://www.kambuhealth.com.au/>

National Reconciliation Week (NRW) held 27 May to June 3, was an opportunity for each of us to reflect on our ancestors, the Stolen Generation and how we can Close the Gap. I was proud to host "a cuppa and a bite" and share a very comprehensive presentation on our history. You can view the full presentation on our website: <https://www.kambuhealth.com.au/community-news/national-reconciliation-week-27th-may-3rd-june-2022>

During NRW we asked seven (7) deadly Kambu Health team members to share "What Does Reconciliation Mean to Me" all seven (7) are shared on our Social Media Platforms and I have to say, I shed some tears while I read the answers each member shared so I would like to thank to the following team members for actively following the NRW mission... "Be Brave. Make Change." Thank you, Dr Marjad Page, Stacey Caton, Nyoka Fetoa'i, Rhiannon Cash, Serraya Strangways, Margaret Browne and Waylon Bekue, each of you have inspired us all with your thoughtful messages.

The end of NRW was celebrated with National Mabo Day on 3 June, which is such an important day to remember for every one of us. Eddie (Koiki) Mabo is an inspiration, and his story should be shared far and wide.

In 1982, Koiki and four other Murray Islanders started a land rights action in the High Court of Australia. They claimed their land rights had not been extinguished when the Islands became a colony of Queensland in 1879.

Ten (10) years later, and sadly six (6) months after Koiki died the High Court handed down the groundbreaking judgement that gave rise to the Mabo Decision and the Native Title Act 1993. The Act recognised land ownership, officially acknowledging the rights of Aboriginal and Torres Strait Islander people in Australia to own and use the land on which their families had lived for millennia.

On behalf of the Board of Directors, the executive team and all staff at Kambu health we honour and pay our respect to the legacy of Eddie Koiki Mabo (29.06.1936 – 21.01.1992)

Simone Jackson Chief Executive Officer

**MABO**



### **In this month's news:**

About Us | Welcome to our new staff members | Clinic news | Pop-Up Flu Vaccination Clinic  
What's on | Health focus | Deadly Choices Quick Good Tukka Recipe | NEW - Elder Profile

# Staff Profile

## MICHAEL SHEEHY COORDINATOR, CONTRACTS AND FUNDING



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 June we're asking Michael Sheehy, Coordinator, Contracts and Funding, Kambu Aboriginal and Torres Strait Islander Health to tell us about himself.

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

Scheduling my workflow so I know what's coming up, by when and who I need to include to make sure that the work is completed appropriately. I have different excel spreadsheets to remind me of the timeframes for the different contracts and workflow processes.

What motivates you at work?

Having people around me that share the same values I do. Knowing that what I am doing is contributing to a better service and that the people that I work with are seeking to do the same thing.

What's something you're proud of?

This is difficult because there are a number of things, I am proud of, I am proud of my son who is turning 13 this year and is a remarkable young boy showing the nurture and compassion for other people that both Sarah and I have tried to show him over the years. For me though it is the fact that I am ok being back at work again following a prolonged absence and struggling with mental health and for getting the support needed to be in the workplace again.

Who inspires you?

Lots of different people for a whole bunch of different reasons. My mentors that taught me so much, my family that rise through the different challenges being thrown at them and the people that support them while going through their own health issues, especially my brother-in-law who is living proof of the 'I will be there in sickness' part of his vows to my sister.

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

I remember being asked this as a child in Primary School and the standard answer was always the same, Policeman, Fireman, or Farmer. Obviously, none of them ever eventuated, but somewhere in High School / growing up I wanted to be in a job that could help people.



### 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



**kambu**  
Aboriginal and Torres Strait Islander  
Corporation for Health

## WELCOME!

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

- Cassandra Malady – Medical Receptionist, Laidley
- Jacob Vandermolen – Executive Support Officer (Education Services)
- Angela Dowling – Executive Support Officer (Program and Community)
- Maxine Arnold – Community Support Worker
- Trevor Fourmile – Social and Emotional Wellbeing Officer
- Benjamin De Araugo – Family Wellbeing Practitioner
- Kristy Messer – Family Participation Program Practitioner
- Astrid Freeman – Early Years Educator
- Jodie Barton – Early Years Educator

## FAREWELL

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

- Lindsay Bayles
- Krystal Mayor
- Athol Goltz
- Janet Guy
- Kiesha Schiro

## 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 West Moreton clinics and services.

- Assistant Director position located in Silkstone
- Early Childhood Teacher position located in Silkstone

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 at Kambu Health, please check out our website or Seek.

[www.kambuhealth.com.au/about/careers](http://www.kambuhealth.com.au/about/careers)

[www.seek.com.au/kambu-health-jobs](http://www.seek.com.au/kambu-health-jobs)

# Clinic News

## Influenza Campaign 2022

Your influenza vaccination is particularly important this year. With the easing of international and domestic public health measures arising from the COVID-19 global pandemic, a resurgence of influenza is expected in 2022. Our Aboriginal and Torres Strait Islander community is potentially more vulnerable to the virus this Winter.

## Flu shots available

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

## 715 health checks

Kambu Health is pleased to offer you a health check if you haven't already had one this year. Phone your nearest Kambu Health clinic and make an appointment today!

## Booval services

Booval Respiratory Clinic is now offering 2 GP (male and female) face-to-face services.

- GP and vaccination services Monday - Friday 9:00 am to 2:00 pm
- COVID testing, assessment, and treatment services Monday - Friday 2:00 pm to 4:30 pm

## Flu shots available

BOOK INTO A KAMBU HEALTH CLINIC NOW



### LAIDLEY CLINIC

Have you had your  
**715 - HEALTH CHECK?**

w/1  
We have available  
appointments.  
Call to book now!

**Phone 07 5465 3541**

### BOOVAL RESPIRATORY CLINIC

COVID-19 testing and vaccinations are available. Check if you're eligible.

Monday to Friday  
8:30 am – 4:30 pm

1:00 pm – 4:00 pm each day  
is dedicated to COVID-19 testing only

**Phone 07 3436 5680**

### IPSWICH CLINIC

To make an appointment call our clinic receptionists on 07 3810 3000. We'll make every effort to book your appointment at your chosen time. If you have a preferred practitioner that you'd like to see, ask for them when you make your appointment.

Remember, you can ask for a longer consultation if you think one may be needed.

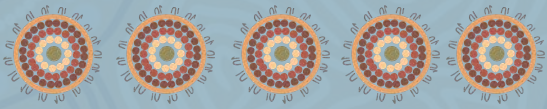
**Phone: 07 3810 3000**





# What's on?

We offer a range of community betterment 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 snacks are provided.



## RSVPs are essential.

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

## FAMILY WELLBEING SERVICE

### Lockyer Valley Women's Group

When: Mondays

Time: 10 am

Where: Family Wellbeing Service Laidley

### Lockyer Valley Men's Group

When: Fridays

Time: 10 am

Where: Family Wellbeing Service Laidley

### Lockyer Valley Art Group

When: Wednesdays

Time: 10 am

Where: Family Wellbeing Service Laidley

**PHONE 07 5465 3353  
TO REGISTER**

## SOCIAL HEALTH GROUPS

### Ipswich Women's Group

When: Tuesdays

Time: 10 am – 12 pm

Where: Riverview Community Centre

### Ipswich Men's Group

When: Fridays

Time: 10 am – 12 pm

Where: Leichhardt Community Centre

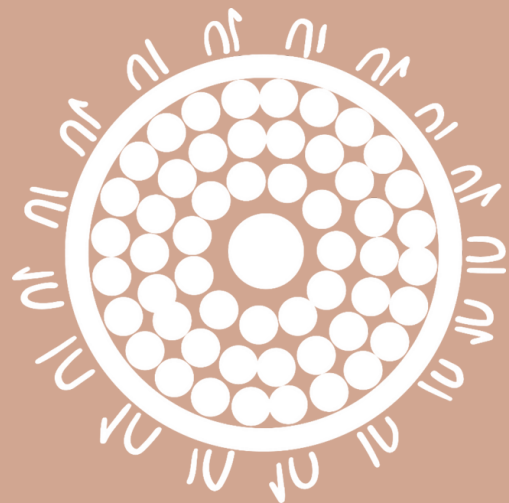
### Ipswich Carers Group

When: Mondays

Time: 10 am – 12 pm

Where: Leichhardt Community Centre

**PHONE 07 3810 3000  
ASK FOR SOCIAL HEALTH  
TO REGISTER**



## EXCEEDING EDUCATION AND CARE

We have come a long way in less than 12 months. We recently underwent an assessment from the Department of Education and we can announce we have achieved an EXCEEDING rating of our Kindergarten.

The Amaroo Director and the educating staff at Amaroo Kindergarten and Education Transition, have been instrumental in achieving great things when providing a quality education and care program.



Kambu Amaroo Director – Caroline Baum  
the Early Childhood Teacher – Katishe Wright and  
the Early Years Educator Vicki (MILLIE) Tighe.

## COMMUNITY GARDEN OPENING

Monday 4 July 10am-12pm.



### “ SNAKE LIFT ”

Our resident serpent at Kambu Amaroo has had a ‘snake lift’. The serpent is looking bright and new, including the colours of the Aboriginal Flag black, red and yellow. The jarjums love walking along the snake to their classroom.



## EVENTS IN JUNE



Bowel Cancer Awareness Month

**HELP BEAT BOWEL CANCER**

**Bowel Cancer  
Awareness Month**

**UN Global Day of the Parent  
1 June**



**MABO**



**MABO Day  
3 June**



**International  
Mens Health Week  
14 - 20 June**



**National  
Pride Month  
LGBTQIA+**



**JUNE 15  
WORLD ELDER ABUSE  
AWARENESS DAY**

**World Elder Abuse  
Awareness Day  
15 June**

**FOR MORE EVENTS INFORMATION VISIT:**

**[www.kambuhealth.com.au](http://www.kambuhealth.com.au)**



# FOCUS ON YOUR HEALTH

## BOWEL CANCER AWARENESS MONTH

June is Bowel Cancer Awareness Month to raise awareness of Australia's second most fatal cancer, dedicated to prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer.

Bowel cancer claims the lives of 101 Australians every week (5,255 people a year) but it's one of the most treatable types of cancer if found early. While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young & old.

Bowel Cancer Australia recommends participating in screening appropriate to your personal level of risk, for people at average or near average risk of bowel cancer, Australian medical guidelines recommend screening using a faecal immunochemical test (FIT) every 2 years between ages 50-74.

The guidelines also state GPs can offer a faecal immunochemical test every 2 years to people aged 45-49 who request it, after being fully informed of the benefits of testing

Talk to your GP at Kambu Health today about BowelScreen Australia

You can also order a screening test online or by calling 1800 555 494

## *Deadly Choices* GOOD QUICK TUKKA RECIPES

### THIS TUNA MORNAY RECIPE IS GREAT COMFORT FOOD FOR A COOL WINTERS NIGHT

#### INGREDIENTS

1 onion  
2 zucchinis  
1-2 carrots  
1 packet salt reduced spring onion soup mix  
425g can tuna drained  
1/2 cup brown lentils  
1/2 can light evaporated milk  
1 tablespoon seeded/wholegrain mustard  
1 tablespoon dried mixed herbs

Serves 4 - 6

#### EQUIPMENT

Chopping board  
Baking tray/oven tray  
Saucepan  
Mixing spoons  
Large bowls  
Grater  
Sharp knives

#### METHOD

1. Pre heat oven to 180C.
2. Cook the rice in the microwave, rice cooker or boil with water.
3. Spray/grease baking dish.
4. Place all of the ingredients (except the cheese & rice) in a large bowl and combine. Add the drained rice once cooled.
5. Transfer the mixture to the baking dish and smooth out.
6. Sprinkle grated cheese over the top.
7. Bake for about 20-30 mins or until golden on top.



# 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 Uncle Jeffrey Williams.

## Who is your mob?

I have connection with the Wakka Wakka, Wulli Wulli and Gunggari Nations.

## Where did you grow up?

My earliest childhood memories are of Barambah mission now known as Cherbourg from there the rest of my years were spent in Eidsvold.

## What do you love about Ipswich and West Moreton?

I love meeting with the other Elders in the community and sharing and listening to our stories.

## What is important to you?

Family values and ensuring that I pass on my knowledge through stories, boomerang making and shadow boxes to our younger generation.

## What is your favorite bush tukka?

Budburra (Porcupine)

## What is your favourite song?

Plains of Peppimenarti from Slim Dusty



UNCLE JEFFREY



# NOMINATE AN ELDER



Kambu Health would like to acknowledge and pay respect to our local Elders each month so please nominate your Elder so we can share and learn our stories together.

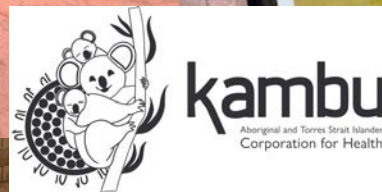
Nominate your Elder by emailing: [comms@kambuhealth.com.au](mailto:comms@kambuhealth.com.au)



# LAIDLEY BBQ LUNCH SPONSORED BY THE BOARD OF DIRECTORS



# IPSWICH BBQ LUNCH SPONSORED BY THE BOARD OF DIRECTORS





# NATIONAL RECONCILIATION WEEK CEO HOSTED A CUPPA AND A BITE





# POP-UP FLU VACCINATION CLINIC 11 JUNE 2022

