

# Kambu Health Newsletter

## *Kambu Health Communique*

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

Welcome to the April edition of the Kambu Health Communique.

Sadly, this week Australia recognised the sad passing of Senior Yolngu lore man and Gumatj clan leader, Yunupingu. Yunupingu, one of our most respected and influential Indigenous leaders and a champion for indigenous rights. Prime Minister Anthony Albanese has called Yolngu Elder Yunupingu a "man who stood tall in his beloved country and worked to lift our entire continent in the process" in a touching tribute to the Indigenous land rights leader. "Yunupingu walked in two worlds with authority, power, and grace, and he worked to make them whole - together," Albanese said in a statement.

Yunupingu passed away aged 74 in north-east Arnhem Land in the Northern Territory following a long illness. Our thoughts are with his family and loved ones during this difficult time.

The Kambu Health community has had much sadness over the last couple of weeks with the passing of two people. As we do, we have wrapped our hands and hearts around those families and supported them through these difficult times. Kambu Health takes a moment to reflect on sorry business and remember the need to tell those near and dear we love them, and we are here for them.

On behalf of the Board, CEO, and all staff we remember the loved ones of those in our community, friends, family, colleagues and we send our prayers.

As we approach Easter, I wanted to take a moment to reflect on the significance of this holiday and its message of hope and renewal. Easter represents a time of new beginnings and a fresh start, and it's a reminder of the resilience and strength of the human spirit. It reminds us that no matter how dark and difficult our circumstances may be, there is always the promise of a brighter tomorrow.

I encourage each and every one of you to take a moment to spend time with your loved ones and reflect on what this holiday means to you. Whether it's through attending church services, participating in traditional Easter activities, or simply taking a quiet moment to reflect, I hope that you find joy and peace in this special time. Kambu Health ask that everyone takes care on the road this Easter Holiday period.

Simone L. Jackson  
Chief Executive Officer



## OUR ACKNOWLEDGEMENT TO COUNTRY

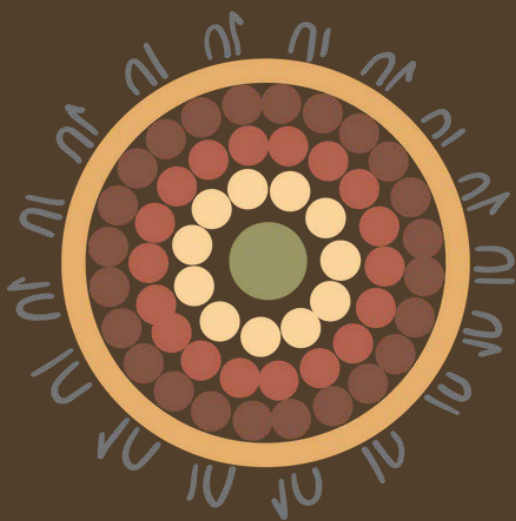
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

We recognise their contribution to the health of this place, their custodianship of the lands, waterways, skies, and all that live in it.

We recognise their footprints and how their journey has provided our future.

We also recognise all nations - those with historical connections to this region and those who find themselves here now and off country.

We walk proudly in this place together with our culture.



*"The land is my backbone...  
I only stand straight, happy,  
proud, and not ashamed  
about my color because I still  
have land... I think of land as  
the history of my nation."  
– Galarrwuy Yunipingu AM*

**In this month's news:**



# LET'S KEEP OUR MOB SAFE FROM FLU

2023 INFLUENZA VACCINES AVAILABLE



The **INFLUENZA** vaccine is **FREE** for all Aboriginal and Torres Strait Islander people aged 6 months and over



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Corporation for Health



 **National Immunisation Program**  
A joint Australian, State and Territory Government initiative



# - Clinic News -



## 366 CLIENTS DID NOT SHOW UP FOR THEIR APPOINTMENTS LAST MONTH!

We advise that in March, 366 clients could not be seen because 366 clients who booked appointments did not show up!

Please make the time to cancel – don't put yours or someone else's' health at risk by not turning up!

If you fail to show three (3) times in a row – you will not be prioritised for appointments or referrals – so don't be slow and ensure you go go go to your appointment!

If you can't make your appointment, please reach out to our deadly team and re-schedule as early as possible.

CLINICS	
ALLIED HEALTH	79
DENTAL	46
SPECIALIST	29
GP	212
TOTAL	366



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Corporation for Health

**Ipswich Clinic**

**PH: 3810 3000**

**7.00am - 7.00pm, Monday to Friday**  
**8.00am - 4.00pm, Saturday**

**Laidley Clinic**

**PH: 5465 3541**

**8.00am - 4.00pm, Monday to Friday**







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Corporation for Health



# YOUTH CULTURAL MENTORING

If you know an Aboriginal or Torres Strait Islander young person aged 10-17 years, who is at risk of entering or is currently involved in the Youth Justice System; speak with one of our deadly team members !!

[youthculturalmentoring@kambuhealth.com.au](mailto:youthculturalmentoring@kambuhealth.com.au)



**CONNECTING  
YOUNG PEOPLE  
WITH POSITIVE  
AND  
CULTURALLY  
APPROPRIATE  
MENTORS**



**PROGRAMS AND  
ACTIVITIES THAT  
PROVIDE SAFE  
SPACES FOR  
YARNING AND  
ENHANCING THE  
WELLBEING OF  
YOUNG PEOPLE**

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



# - Meet our team -

*This month we feature  
Kambu Amaroo Kindergarten and Long Day Care Centre*



Kambu Amaroo Kindergarten caters for 25 children and the Long Day Care Centre is a 45-placement centre, offering quality early years education and care for children aged zero (0) to five (5) years.

The centre also takes the hassle out of family's busy morning routines by providing chef prepared snacks and lunches, and nappies.

Director, Kambu Amaroo Long Day Care and Kindergarten, Natasha heads up a deadly team of staff to care for our jarjums.

**CALL US TODAY: 3812 2258**





# FROM THE CEO DESK

Tomorrow, 7 April 2023, marks two (2) important occasions: Good Friday and World Health Day.

Good Friday is a significant day for Christians around the world as it marks the crucifixion of Jesus Christ. It is also a time for reflection, gratitude, and spending time with loved ones.

I encourage all employees and clients to take the time to celebrate this special occasion with their families and loved ones, in whichever way is meaningful to you.

Friday 7 April 2023 is also World Health Day, so let us also take a moment to focus on our physical and mental well-being.

This year's theme is "Health For All," which emphasizes the need to address health inequities and inequalities that exist within our communities, especially for Indigenous peoples.

Kambu Health has a responsibility to ensure that Aboriginal and Torres Strait Islander peoples have access to culturally appropriate healthcare and resources to maintain a healthy lifestyle. It is our responsibility to promote a culture of health and well-being that recognizes and respects the unique needs and experiences of Indigenous peoples.

Let's celebrate Good Friday and World Health Day and commit ourselves to building a fairer and healthier world for everyone, and a world that recognizes and addresses the health inequities faced by Indigenous peoples.

I would also like to take this opportunity to express my sincere gratitude and appreciation for Kambu Health employees who work tirelessly on the frontlines at our clinics, their selflessness, dedication, and commitment to healthcare and well-being is truly inspiring and deserves recognition.



**SIMONE L. JACKSON**  
**CHIEF EXECUTIVE OFFICER**





# FAMILY WELLBEING SERVICE

**155 PATRICK STREET LAIDLEY QLD 4341**  
**TELEPHONE: (07) 5465 3353**

The Kambu Health, Family Wellbeing Service team delivers integrated, innovative, and culturally safe services, in response to family and community needs.

We can provide in-home support and connect you with services that can help with the challenges of raising a family.

Family Wellbeing Service also host a variety of programs each week including: Art Group, Women's Group, Men's Group and Homework Group.

Family Wellbeing Service, Manager, Stacey heads up a deadly Kambu Health team to support local Laidley mob.

Reach out to Family Wellbeing Service today!!



## FAMILY WELLBEING SERVICE WEEKLY SCHEDULE

**MONDAY**  
**ART GROUP**  
**10.30AM - 12.30PM**

**TUESDAY**  
**WOMEN'S GROUP**  
**10.30AM - 12.30PM**

**WEDNESDAY**  
**ART GROUP**  
**10.30AM - 12.30PM**

**THURSDAY**  
**HOMEWORK GROUP**  
**3.30PM - 4.30PM**

**FRIDAY**  
**MEN'S GROUP**  
**10.30AM - 12.30PM**







# Children and Family Centre School Term Timetable 2023



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Corporation for Health



## MONDAY

10:00am - 12:00pm

### PARENTS SEWING

Adjunct Care

9:45am - 12:00pm

85 Lobb St, Churchill

\*Food Provided\*

1:30pm - 2:30pm

### KAMBU KIDS

Playgroup

85 Lobb St, Churchill

\*Food Provided\*

## TUESDAY

10:00am - 11:30am

### KAMBU KIDS

Playgroup

85 Lobb St, Churchill

\*Food Provided\*

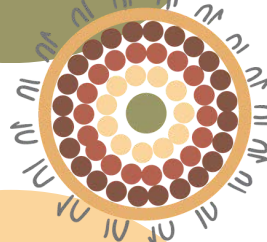
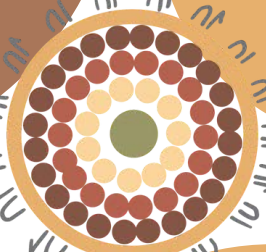
## THURSDAY

11:30am - 12:00pm

### WATER SAFETY

AT THE

*pool*



## FRIDAY

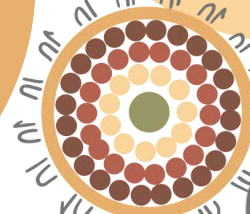
9:30am - 11:00am

### Community Playgroup

Leichhardt One Mile  
Community Centre

\*Food Provided\*

**For Aboriginal and  
Torres Strait Islander  
children 0 - 8 years  
and their  
parents/carers/families**



**Please contact CFC for information:  
TELEPHONE: 3810 3010**

**\*Groups Subject To Change**



# CHILDREN AND FAMILY CENTRE

## 4-YEAR OLDS BIRTHDAY PARTY

We invite all Aboriginal and Torres Strait Islander children turning four (4) this year and their parents/carers to a birthday party to celebrate this special age !!

*Let's eat*  
**CAKE!**

**WEDNESDAY**

**19 APRIL 2023**

**9.30AM - 11.00AM**

**85 LOBB STREET CHURCHILL**

**RSVP - PH: 07 3810 3010**



**GAMES**

*Food*

**FUN**



# Kambu Health Social Health Groups



Our social health program runs weekly activities and foster healthy discussions around social and emotional wellbeing.

## **Elder's Group**

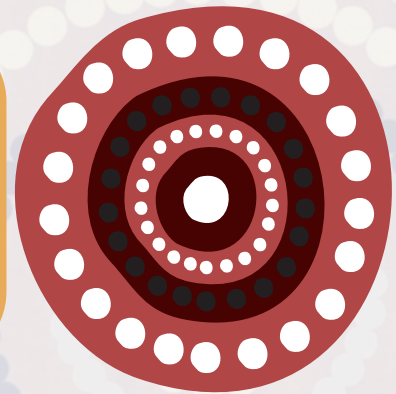
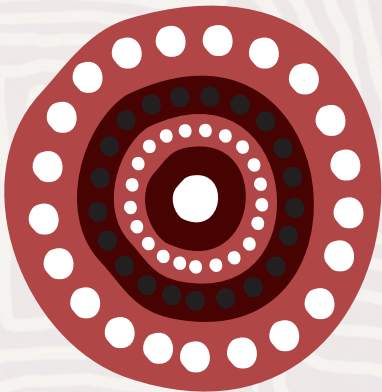
Monday 10am -12pm  
Every fortnight  
during school term

## **Women's Group**

Friday 10am -12pm  
Every alternative fortnight  
during school term

## **Men's Group**

Monday 10am -12pm  
Every alternative fortnight  
during school term



Groups are held at Kambu Health, Jacaranda Room:

27 Roderick Street, Ipswich

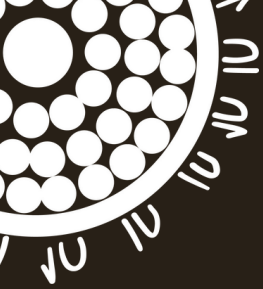
Transport and light lunch provided

**Call to book transport**

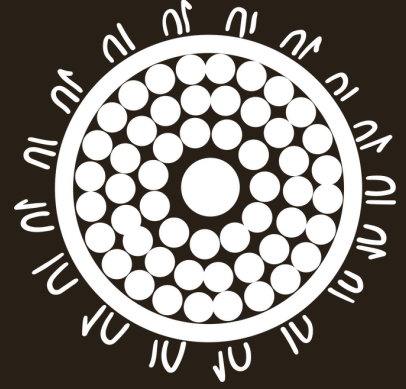
Phone: 3810 3000 (option 4)

Email: [socialhealth@kambuhealth.com.au](mailto:socialhealth@kambuhealth.com.au)



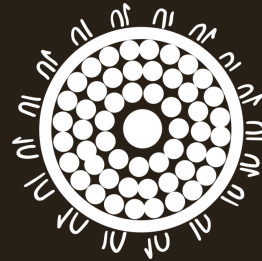


# Hellos and Goodbyes



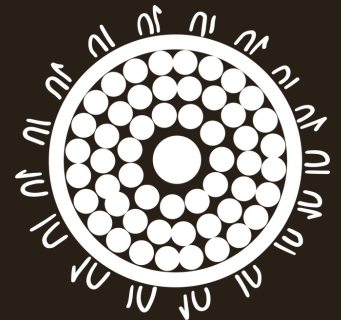
We are pleased to welcome the following staff who have started in key roles across Kambu Health over the past month:

- Rebecca Ainsworth
- Ethen Massey
- Thuan (Mandy) Phan
- Natasha Opdam
- Beverley (Faye) Williams
- Dr Sandhli Sharma
- Tayla McQueen



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

- Dr Daniel Henderson
- Telesha Nowlan
- Rebecca Hines
- Cassandra Malady
- Jodie Barton



## Kambu Health Employment

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:



### • Positions Vacant

• Medical Receptionist, Ipswich

• Family Wellbeing Practitioner, Laidley



[\*\*APPLY HERE\*\*](#)



# Aboriginal and Torres Strait Islander Guide to **Healthy Eating**

Eat different types of foods from the five food groups every day.



Drink plenty of water.



Use small amounts



Only sometimes and in small amounts







# Queensland Services Contact Numbers

Services that can assist you and or your family in times of need  
(sorry business, depression, other worries, and concerns)

Ambulance/Police .....	000
Kids Help Line .....	1800 55 1800
Crisis Care Line .....	13 11 14
13 HEALTH .....	13 43 25 84
Beyond Blue .....	1300 224 636
Wesley Mission .....	1300 541 623
Alcohol Drug Service.....	3825 6060
DV Connect .....	1800 811 811
Sexual Assault Line .....	1800 010 120
Child Safety .....	3513 3700
Homeless Hotline .....	1800 474 753
Mob Link .....	1800 254 354

