

# Kambu Health Newsletter



## Kambu Communique



### A MESSAGE FROM THE CEO

As the CEO of Kambu Health, I couldn't be any prouder of our team. We have achieved 100% Covid 19 vaccination for all staff. That's including the booster!

To celebrate, we will enjoy pizza as a team and recognise our commitment to keeping ourselves and our Kambu Health community, including patients, clients, children and families safe.

Well done, team!

The weather has changed, there is ever so slightly a cooling off as we move into autumn. The Easter Bunny will visit soon, and I wish everyone a safe and peaceful Easter period.

Enjoy the break with your loved ones and for those with children don't eat too much chocolate.

### \$2.5 million Labor investment in health and family

The Labor Government has recognised the growing demand for greater health care in our region and promised \$2 million to help Kambu Health build new, fit-for-purpose health facilities.

Kambu Health's Children and Family Centre which includes our kindergarten and long daycare facility will also receive \$500,000 for relocation purposes.

The funding couldn't come at a better time with our region being the fastest-growing Queensland local government area and our local Indigenous population predicted to exceed 130,000 within eight years.

Labor's investment will ensure Kambu Health clients receive the health and family services we need.

### In this month's news:

Public Holiday Clinic Closure Dates | Welcome to our new staff members | Labor \$2.5 million promise | Flu reminder | Meet the young local artist who designed our new logo | See what our Jarjums have been up to!

# Easter Clinic hours

All Kambu Health clinics will be closed over the Easter long weekend  
15-18 April 2022.

This closure allows the Kambu Health team some much needed time with their families during the public holidays. If you need to see a GP or think you may run out of any necessary medication during that time, please book in advance to be seen before the holiday closure period.

For any health issues during the closure please call 13SICK (13 74 25)

For any COVID-19 related issues please call Mob Link (1800 254 354 )

For any emergencies please call 000

We wish you, your loved ones, and the community all the best over the long weekend.



## ACKNOWLEDGEMENT TO COUNTRY

Kambu Health would like to acknowledge the custodians of the Jagera, Yuggera and Ugarapul land 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 wonderful opportunity we have to not just run our organisation on the traditional lands, we are also very fortunate to have Jagera, Yuggera and Ugarapul peoples working with us teaching and assisting us to protect the culture, lands and waters.

## WE LOVE FEEDBACK



### WHAT CAN YOU EXPECT?

We will assess your feedback for action.

We may contact you for more information.

We will acknowledge your feedback within five working days and aim to respond within 15 working days.

For complex issues, such as human rights complaints, this may take up to 45 working days. We'll keep you informed if needed.

### WE WILL:

Listen to you and communicate openly and honestly.

Ensure your concerns are heard fairly and objectively.

Respect and protect your human rights.

Protect your privacy and confidentiality.

Ensure your feedback leads to improvement.

### SHARE YOUR THOUGHTS WITH US!

Speak to a Manager at any Kambu Health office or clinic.  
Call 3810 3000 (8 am to 5 pm Mon–Fri AEST excluding public holidays).

Use the online feedback form at:

[www.kambuhealth.com.au](http://www.kambuhealth.com.au) or you can write to

Compliments and Complaints

27 Roderick St, Ipswich QLD 4305 or by email to

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

# 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:

- Natalie Day – Executive Support Officer
- Aurora Smith – Educator
- Karah MacKenzie – Social Worker
- Christina Ryan – Education Transition Officer
- Michael Smith – Aboriginal Health Practitioner
- Sohel Kashem – General Practitioner
- Ramali Randeni Mudiyansele - Educator
- Sidney Williams – Community Support Worker (Social Health)



Please make them feel welcome if you see their friendly faces around the office or out in our community.



## FAREWELL



This month we farewelled one of our longest-serving employees - Lindsay Johnson.

After 10 years here at Kambu Health, Lindsay has made the tough decision to follow a new adventure.

Since Lindsay joined Kambu Health he has been a valuable and well-respected member of our team. His dedication to Kambu Health is greatly appreciated.

Valued by his co-workers, Lindsay will be missed around the office. We wish him all the best in his new endeavours!



## Why do medical appointments run late?

There are several reasons your appointment could be running late. And it doesn't help if you're the type of person who arrives early at everything. So, you may already have been waiting 15 minutes before your scheduled appointment time and then if your doctor runs 10 minutes over with the previous patient, you can be waiting 25 minutes before your name is called.

### Urgency

Doctors would love to run on time but one of the problems they face is urgency. They must treat the patient's problem as it presents. A bloody nose, severe bellyache, or underlying depression symptoms aren't going to wait until next week. They must be treated immediately.

### Unpredictability

Unpredictability is another reason, especially in health clinic care. While our receptionists take the utmost care to schedule an appropriate amount of time for an appointment a patient's symptoms can change quickly. A headache that was thought to be related to mild seasonal allergies, could be something much worse. Scheduling the right amount of time for an appointment is a challenge.

### Everyday reasons your doctor could run late.

1. Seeing a brand new patient. A new patient requires a different appointment process and even though extra time is allotted for this type of appointment often things crop up that weren't expected. As the doctor examines the new patient, other symptoms may become evident and they need investigating.
2. Seeing a patient as a follow up from their hospital stay. Our doctors need to peruse the hospital notes and decide what next steps to take for their patients. This may include scheduling multiple specialist visits (physiotherapy, speech therapy, occupational therapy neurology) and our doctor needs to submit referrals for each of them.
3. A patient who has high blood pressure presents with depression symptoms. A doctor can't simply treat high blood pressure without delving further into the patient's wellbeing in other areas.
4. More than one patient. A mum with a few children is going to take them all in with her. Maybe one child is presenting as sick but our qualified doctor can see symptoms in the other jarjums. What was scheduled as a 20 minute appointment for one child can quickly blow out to 40 minutes when the doctor needs to examine three children.

## What you can do to help

### Cancelling your appointment

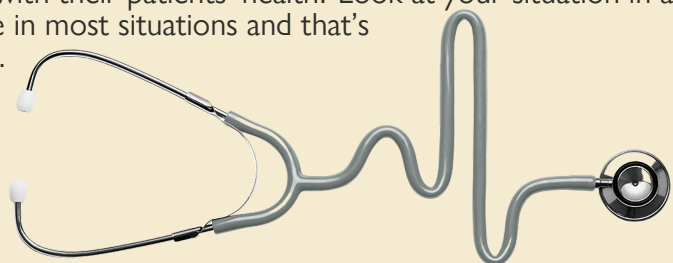
It would be a big help to the clinic staff and other patients if you would cancel your appointment if you no longer need it or are unable to attend.

### Tips for your wait

We all must wait at some time. For a bus, for a taxi for a hairdresser or medical appointment. It helps to be prepared, bring a few things with you. A book or magazine, snacks, your favourite crossword puzzle, or a notepad and a pen.

### Remember

Getting upset about long waiting room wait times doesn't help anyone. Isn't it good that your doctors care enough to take the extra time with their patients' health? Look at your situation in a different light. It's possible to see the positive in most situations and that's better for your overall health in the long run.



## Changing seasons and your health!

It's Autumn!

Our days are getting shorter and the temperatures are starting to drop. Winter is around the corner and it's time to prepare for the cooler season and the impact to our health.

### Don't let the cooler months affect your health.

1. Colds and flu will be on the rise. Make sure you book in for your flu shot.
2. You may need more sleep. Be kind to yourself, try to go to bed earlier during the winter months.
3. Look for nutrient filled recipes that can be made in one pan or the crock pot.

## Flu shots available in April

**BOOK INTO A KAMBU HEALTH CLINIC NOW**

### LAIDLEY CLINIC

COVID-19 has kept us from living our normal lives, but there are some normal things COVID-19 shouldn't stop you from doing such as getting your

### 715 - Health Check

We have available appointments, so call to book now!

**Phone 07 5465 3541**

### BOOVAL RESPIRATORY CLINIC

We offer COVID-19 testing and vaccinations to all people, both Indigenous and non-Indigenous.

Check if you fit the criteria.

#### Booval Respiratory Clinic Open

Monday to Friday

**8:30 am – 4:30 pm**

PLEASE NOTE:

**1:00 pm – 4:00 pm each day**

is dedicated to COVID-19 testing only

**Phone 07 3436 5680**

### IPSWICH CLINIC

Don't forget the Public Holiday closures. Make an appointment now before Easter.

**Phone: 07 3810 3000**

All Kambu Health clinics will be closed over the Easter long weekend 15-18 April 2022.

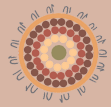
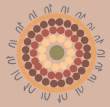
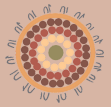
**For health issues call 13SICK (13 74 25)**

**For COVID-19 issues call Mob Link (1800 254 354 )**

**For emergencies call 000**

# 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: Fridays

Time: 10 am

Where: Family Wellbeing Service Laidley

### **Lockyer Valley Men's Group**

When: Mondays

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 Young Women's Group**

(Ages 18 – 35)

When: Tuesdays

Time: 12 pm – 2 pm

Where: Riverview Community Centre

### **Ipswich Men's Group**

When: Fridays

Time: 10 am – 12 pm

Where: Leichhardt Community Centre

### **Ipswich Young Men's Group**

(Ages 18 – 35)

When: Fridays

Time: 12 pm – 2 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**

**DID YOU KNOW THAT WE ALSO  
HOLD HOLIDAY PROGRAMS IN  
THE LOCKYER VALLEY EVERY  
SCHOOL HOLIDAYS?**



# CHILD AND FAMILY CENTRE (CFC)

The Education Service took time to celebrate two special events in March.

## CLOSING THE GAP DAY

The children were treated with fresh fruit and listened to an Indigenous story from a local author. Barry and Leonard from Hearing Australia attended and read the book 'Can you hear the spirit of the sound' to the captivated audience of jarjums.

## HARMONY WEEK

Harmony Week was opened with a celebration at Kambu Amaroo Monday 21 March 2022, ensuring Everyone Belongs. Jarjums loved the face painting, bubble blowers and character dress-ups.

## RELOCATION

The Ipswich CFC has relocated to 85 Lobb Street, Churchill. We welcome all parents/carers of Aboriginal/Torres Strait Islander jarjums, 0-8 years. We offer parenting programs, fun activities for the children and lots more.

## APRIL NEWS

The Easter school holiday program will be fun for all Aboriginal/Torres Strait Islander jarjums, 0-8 years and their families. Holiday activities will commence Monday 4 April through until Thursday 14 April 2022. Watch out for all the activities on our Facebook page.

## ENROLMENTS

Enrolments are also open at Kambu Amaroo for education and care for children 0-6 years. Please contact Director, Caroline Baum by phone on 07 3812 2258.



## Upcoming Events



**Queensland Youth Week**  
1 - 11 April



**World Health Day**  
7 April

**EASTER PUBLIC HOLIDAYS**  
Good Friday 15 April  
Easter Monday 17 April



**Aboriginal Deaths in Custody Royal Commission Final Report**  
15 April



**ANZAC Day**  
25 April

FOR MORE EVENTS INFORMATION VISIT:

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

# EMPLOYMENT OPPORTUNITIES



**Are you looking for a rewarding career within a supportive environment while growing your skills and opportunities?**

Kambu Health currently has a variety of jobs on offer across our West Moreton clinics and services.

Of particular note are our vacancies of:

- **Family Wellbeing Practitioner**
- **Family Participation Practitioner**

The Family Wellbeing Practitioner role is based in Laidley while the Family Participation Practitioner role is based in Ipswich. Applications for both roles close 14 April 2022.

Successful candidates are offered an interactive and supportive working environment within a positive and professional team along with:

- Great work-life balance
- 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)  
or [www.seek.com.au/kambu-health-jobs](http://www.seek.com.au/kambu-health-jobs).

## WHAT IS MOB LINK?

Mob Link is a connector service initiated by IUIH to support Aboriginal and Torres Strait Islander people living in SEQ by linking them with health and social services.

**Mob Link is designed to help you with:**

- Support and guide you through the hospital system
- Connecting you with Health and social services in and out of the home.
- COVID care support services such as:
  - Booking community events to discuss COVID.
  - Bookings for vaccination events.
  - Booking an appointment to be vaccinated at an Aboriginal Medical Service (AMS).
  - Organise care for someone who has contracted COVID.
  - Support for mob experiencing hardship due to isolation.

Mob Link also connects care for Mob transitioning from hospital to clinics and into the community including GP Services, Mums and Bubs team for antenatal and post-natal services, Aged Care services including Regional Assessment Service (RAS) registration and assessment and Allied Health Services.

Mob Link is a 1800 number available 7 days a week from 7am to 7pm.

Mob Link is also available as an app



*Call 1800 254 354*



# YOUNG LOCAL ARTIST DESIGNS KAMBU LOGO

**Artwork, whether it is paintings, artefacts or even stories, is a way of connecting to my culture. It is a way of sharing with not only other Aboriginal peoples but also those who aren't Indigenous. It's a way to share our history and our stories.**

**Thaikeem Leedie**

Kambu Health launched our new logo last month. This month we introduce you to the local young artist responsible for giving us our brand new image.

Thaikeem Leedie is a Kingaroy born artist based in the Brisbane and Ipswich areas. His tribal connections are Wakka Wakka and Kullila.

Growing up, Thaikeem was raised with his five other siblings by a single mum. He felt that he never really understood his culture and history as his father wasn't around to pass on that knowledge. Later, in his teens and throughout school he started to connect by reaching out to other Indigenous peoples through school. He became inspired to learn his family's history and the stories of his ancestors.

His passion for Indigenous artwork came after he completed school. He was playing football for his local Goodna club, and it was during a NAIDOC Week round that he decided to paint his boots with my own personal design. Ever since then his passion and love for art, culture and history grew.



## **Ipswich Clinic**

27 Roderick Street Ipswich QLD 4305  
Phone: (07) 3810 3000  
Fax: (07) 3812 5177

## **Laidley Clinic**

2/235 Patrick Street Laidley QLD 4341  
Ph: (07) 5465 3541  
Fax: (07) 5465 3156

## **Booval Respiratory Clinic**

3/160 Brisbane Road Booval QLD 4304  
Phone: (07) 3436 5680  
Fax: (07) 3282 1901

## **Family Wellbeing Service**

1&3/155 Patrick Street Laidley QLD 4341  
Phone: (07) 5465 3353

## **Family Participation Program**

4 Wilson Lane Ipswich  
Phone: (07) 3810 3030

## **Child and Family Centre (CFC)**

85 Lobb Street Churchill QLD 4305  
Phone: (07) 3810 3010

## **Kambu Amaroo Long Daycare & Kindergarten**

4 Madden Street Silkstone QLD 4304  
Phone: (07) 3202 1920

**kambu**  
HEALTH