



Kambu Health Newsletter



Kambu Health Communique

A MESSAGE FROM THE CEO

There are many announcements in our October newsletter, and I am thrilled to share this information with you. This communique also provides an opportunity to promote our Board, who don't often get the recognition they deserve. The Board are pleased to announce our 2022 Community Children's Christmas Carnival. This year we highlight a change of venue and hours, all of which will contribute to a wonderful day for our jarjums and families.

This event and the significant contribution required to bring it to life is a testament to our Boards commitment that Kambu Health is a community-controlled organisation in the business of giving back to the community of Ipswich and West Moreton.

Kambu Health Children's Christmas Carnival 2022 will be held at Ipswich Turf Club on Sunday, 18 December 2022 from 3.00pm - 8.00pm. Join us for this wonderful community celebration.

When driving around Ipswich, be sure to keep your eye out for our advertising campaign on the back and side of an Ipswich City Council bus, look out for our very own Dr. Marjad Page.

The advertising campaign is highlighting our Ipswich Clinic and Long Day Care Centre and Kindergarten.

On a sadder note, we also recognize Robert Holt a previous Kambu Health Board member. Sadly, Robert passed and on behalf of all at Kambu Health we acknowledge his contribution to our community-controlled organisation.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health, I thank all staff for their ongoing commitment to our wonderful organisation and remember each one of you makes a difference every day in the lives of our First Nations community in Ipswich and West Moreton.

Simone Jackson, Chief Executive Officer

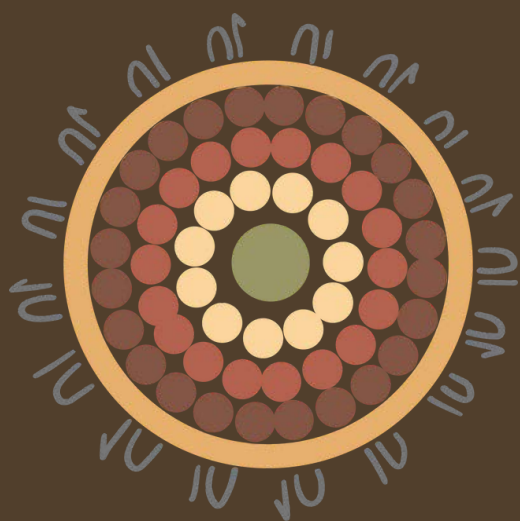
OUR ACKNOWLEDGEMENT TO COUNTRY

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.



*"Move forward.
Good things are
up ahead."*

In this month's news:

Queensland Mental Health Week | Clinic News | Elder Profile | Education News |
What's On | Health Focus | Deadly Choices | Quick Good Tukka Recipe | October Events |

NEW OPENING HOURS

KAMBU HEALTH IPSWICH CLINIC

MONDAY - FRIDAY

7.00AM - 7.00PM

SATURDAY

8.00AM - 4.00PM

**WALK-IN APPOINTMENTS
AVAILABLE**

PH: 38 10 3000



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FOCUS ON YOUR HEALTH



8-16 October 2022



Awareness



Belonging



Connection



www.qldmentalhealthweek.org.au

#QMHW

Artwork: 'Stronger connection creates strong health' by Leah Cummins. Bunya Designs

MENTAL ILLNESS CAN AFFECT ANYONE.

ABOUT HALF OF ALL AUSTRALIANS EXPERIENCE IT IN THEIR LIFETIME, AND ABOUT ONE IN FIVE EXPERIENCE A MENTAL HEALTH ISSUE IN ANY ONE YEAR.

QUEENSLAND MENTAL HEALTH WEEK (8-16 OCTOBER 2022)

PROMOTES THE IMPORTANCE OF MENTAL HEALTH AND WELLBEING, TO REDUCE ASSOCIATED STIGMA, AND TO CELEBRATE THE SERVICE OF MENTAL HEALTH WORKERS.

DURING MENTAL HEALTH WEEK YOU CAN GET INVOLVED, FIND EVENTS, AND ACCESS RESOURCES AND HELP FOR YOURSELF AND OTHERS.

FIND OUT MORE FROM THE QUEENSLAND MENTAL HEALTH WEEK WEBSITE.

[CLICK HERE](http://www.qldmentalhealthweek.org.au)



FREE



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RAPID ANTIGEN TESTS

FOR PATIENTS ATTENDING APPOINTMENTS
PLEASE DISCUSS WITH RECEPTIONIST

AVAILABLE AT RECEPTION AFTER CONSULT

27 RODERICK ST IPSWICH
2/235 PATRICK ST LAIDLEY



IPSWICH CLINIC 07 3810 3000
LAIDLEY CLINIC 07 5465 3541



WWW.KAMBUHEALTH.COM.AU



- Clinic News -



239 CLIENTS COULD NOT GET APPOINTMENTS LAST MONTH!

We are sad to advise that in September, 239 clients could not be seen because 239 clients who booked appointments did not show up!

Forgetting to cancel your appointment if you no longer need it prevents others from being seen.

Please be sure to always attend your scheduled appointment, and if for some reason you cannot attend, please reach out to our friendly team and re-schedule.



Deadly Choices

**PATHWAYS
TO QUIT
TOBACCO**

CLICK HERE



Institute for Urban Indigenous Health (IUIH) recently visited Kambu Health Ipswich Clinic to yarn with mob about the pathways to help you quit smoking!

[CLICK HERE TO READ MORE](#)



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 Darryl Palmer

Who is your mob Uncle?
Bunthamurra. (Quilpie, Queensland)

Where did you grow up?
Nundah.

What do you love about Ipswich and West Moreton?
The people are friendly.

What is your favorite bush tukka?
Kangaroo.

What is your favourite song?
Hallelujah.



*Hello
and Goodbyes*

Welcome

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

- Natasha Billy
- Vivienne Naylor

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

- Jacob Vandermolen
- Kerryn Brown
- Pearl Heke



Kambu Health Employment

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

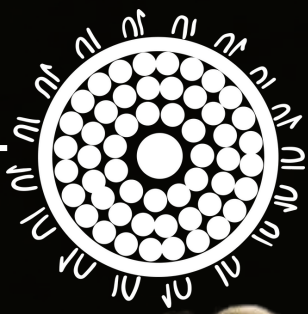
Grow your skills with Kambu Health.

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

Positions Vacant

- Family Wellbeing Practitioner
- Practice Manager
- Early Childhood Teacher/ Director
- Early Childhood Teacher

APPLY HERE



FROM THE CEO DESK



SIMONE JACKSON

CHIEF EXECUTIVE OFFICER

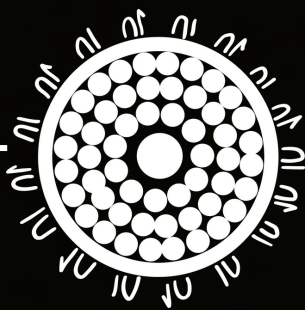
Congratulations to our CEO, Simone Jackson, and Deputy Chairperson, Lee-Ann Roch for successfully completing NAACHO Governance Training during September 2022

NAACHO GOVERNANCE



LEE-ANN ROCH

DEPUTY CHAIRPERSON



STAFF UPDATES



CAROLINE
CENTRE DIRECTOR

Congratulations Caroline for completing UIH Network Executive Development course.

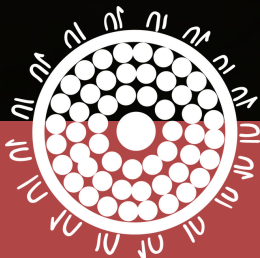
This outcome further strengthens the depth and qualifications of our team.

Early Childhood Educators



Pheness, Joanne, and Jabina recently gained their diploma qualification in Early Education and Care.

[Read more](#)



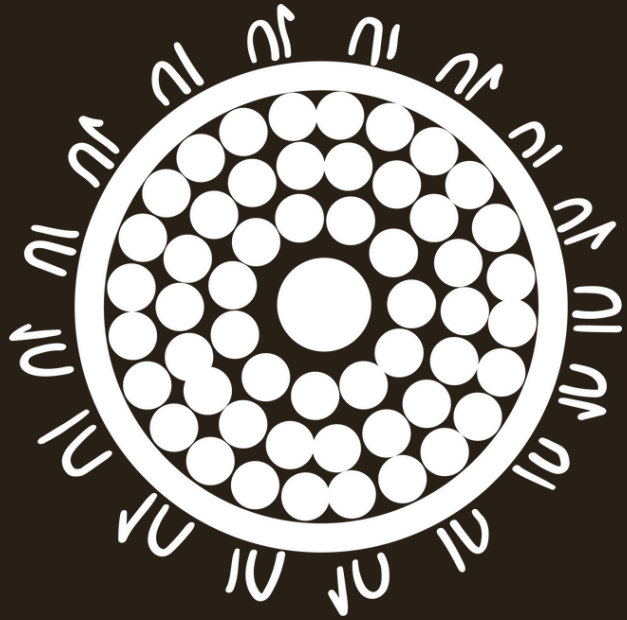
- Good tukka -

RECIPE KINDLY SHARED BY CRYSTAL
KAMBU HEALTH FAMILY WELLBEING SERVICE

ZUCCHINI SLICE

INGREDIENTS

375 grams zucchini, finely grated
1 large onion, finely chopped
3 rashers bacon, finely chopped
1 cup grated cheddar cheese
1 cup self-raising flour
1/2 cup vegetable oil
5 eggs
Salt, Pepper
Parsley sprig, to garnish



METHOD

1. Preheat oven to 180°C (160°C fan-forced).
2. In a large bowl, combine zucchini, onion, bacon, cheese, sifted flour, oil, and lightly beaten eggs.
3. Season with salt and pepper.
4. Pour into a well-greased lamington tin (16cm x 26cm).
5. Bake for about 30-40 minutes, or until well browned.
6. Cut into squares and garnish with parsley, if desired, before serving. ENJOY!



What's Happening October 2022

Breast Cancer Awareness Month

World Teacher Day - 5 October

World Smile Day - 8 October

Queensland Mental Health Week - 18 - 16 October

World Mental Health Day - 10 October

Pink Ribbon Day - 21 October

Children's Week - 22 - 30 October

BREAST CANCER AWARENESS MONTH

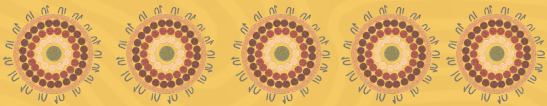
OCT  BER

[READ MORE AT OUR WEBSITE WWW.KAMBUHEALTH.COM.AU](http://WWW.KAMBUHEALTH.COM.AU)

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

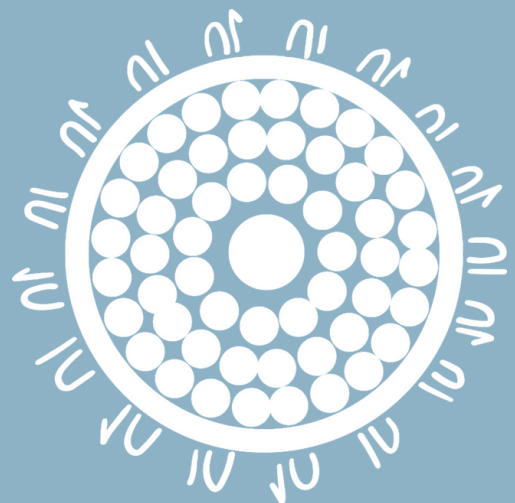
Riverview District Community Centre
138 Old Ipswich Road, Riverview

Ipswich Men's Group

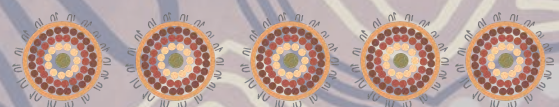
When: Friday

Time: 10.00am – 12.00pm

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



**PHONE 07 5465 3353
TO REGISTER**





SATURDAY, 19 NOVEMBER 2022 | 8AM-5:30PM
WHITES HILL RESERVE, 258 BOUNDARY RD CAMP HILL

REGISTER YOUR TEAM FOR THIS YEAR'S DEADLY CHOICES TOUCH CARNIVAL!

Divisions include U10's, U12's, U14's, U16's, Over 35's and Opens.
Once registered, send your team lists and health checks to Rick Bird at rick.bird@iuih.org.au
Registrations close Friday, 4th November.

**TO REGISTER
(SCAN HERE)**



All participants must have an up to date 715 Health Check.
This is a smoke, alcohol & sugar free event.



Carer's Morning Tea Meet and Greet

Tuesday 20th October
10:30am - 12pm

Leichhardt Community Centre
1 Denman St, Leichhardt QLD

Loneliness and social disconnection are a hidden health risk factor.

More Australians than ever before report experiencing loneliness, as a symptom of a more disconnected society and compounded by pandemic restrictions.

HealthWISE and the Darling Downs West Moreton Primary Health Network (DDWM PHN) are collaborating to support older people in the community experiencing social isolation and loneliness due to the pandemic.

To RSVP and advise of any dietary requirements, please contact Lee Ann Roch,
LeeAnn.Roch@healthwise.org.au,
or call (07) 3050 4438.

In partnership with

phn
DARLING DOWNS
AND WEST MORETON

An Australian Government Initiative

KAMBU AMAROO EARLY YEARS PRECINCT

Early Educators Day, 7 September 2022



Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

Gifts were exchanged and lovely food was shared to appreciate the hard work our educators do each day.



Congrats!

**ABBY A.
AND
RACHEL N.**

CELEBRATING THREE (3) YEARS WORKING WITH
KAMBU AMAROO EARLY YEARS PRECINCT

Community Garden Update

The community garden is growing fast, and we have harvested our first crop of veggies.

Silver beet, parsley, and carrots. The zucchini is coming along nicely too, as are the strawberries, blueberries, and the lemon tree.

The Kindy children will be growing some seeds next week to put into the garden, can't wait to see what they grow!





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Kambu Health Education Services

Contact us Today!

Children & Family Centre PH: 3810 3010

Kambu Amaroo PH: 3812 2258

Kambu Amaroo
Long Day Care
Centre
Ages 0-5 years

C&K
Kindergarten
Ages 3-5 years

Free Kindy 2023
*Conditions Apply

Children &
Family Centre

Playgroup
Parent Groups
Education Support
Family Support



CFC NEWS!



This month, we celebrated Book Week and Indigenous Literacy Day, we connected our Jarjums with learning and reading with CFC families joining the Amaroo Community at the Long Day Care and Kindergarten. Lauren Appo an Indigenous book club owner was an invited guest to share her knowledge of books with our Jarjums. She engaged in culturally appropriate songs and games to encourage reading and listening practices. We also had the pleasure of Tara from Sing and Grow invited to sing songs with us. The jarjums had a wonderful time immersed in enriched learning experiences and the parents and families enjoyed sharing these experiences with their Jarjums.



CHILDREN AND FAMILY CENTRE



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Ipswich Children and Family Centre

Monday

10.00am - 12.00pm

DEADLY MUMS SEWING

Adjunct Care from 9.45am - 12.00pm

Tuesday

9.30am - 11.30am

KAMBU KIDS PLAYGROUP

Sing and Grow starts at 9.45am

Wednesday

10.00am - 12.00pm

DEADLY PARENTS YARN AND CRAFT

Adjunct Care 9.45am - 12.00pm

Thursday

11.30am - 12.00pm

WATER SAFETY

The Swim Factory

Friday

9.30am - 11.30am

KAMBU KIDS PLAYGROUP

Yoga and Drumming starts at 9.30am

Family Support Services

Parenting courses available include:
Triple P, Parents under Pressure,
Bringing Up Great Kids, and Circle of Security.

Contact the CFC on 3810 3010 at 85 Lobb St Churchill