



Kambu Health Newsletter



HAPPY NEW YEAR 2023

Kambu Health Communique

A MESSAGE FROM THE CEO

Welcome to the January 2023 edition, Kambu Health Communique.

I take this opportunity to wish you HAPPY NEW YEAR and I hope 2023 is everything you wish for.

You will find in this month's communique, an invitation to our Kambu Amaroo Kindergarten Open Day tomorrow, Thursday, 12 January 2023, 2.00pm- 4.00pm.

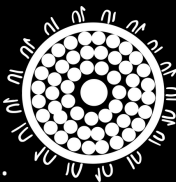
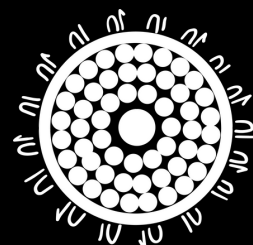
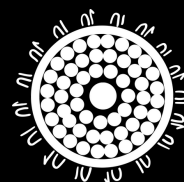
Kambu Health welcomes all First Nation parents and those that provide care for any Aboriginal and/or Torres Strait Islander child aged between 4 – 5 years to tour our centre. Please share this invitation with friends and family.

River 94.9FM will be on site with free giveaways.

January allows for us all to reset and commence the new year with a sense of bigger, for what will no doubt be a very busy 2023.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health, we hope 2023 brings you good health, happiness, and prosperity in whatever form you seek.

Simone L. Jackson
Chief Executive Officer



OUR ACKNOWLEDGEMENT TO COUNTRY

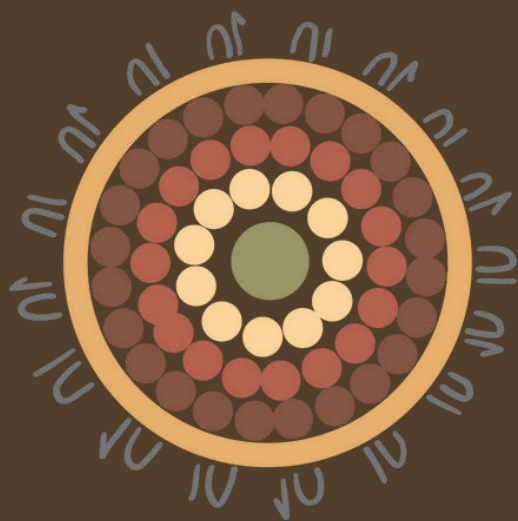
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

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.



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

In this month's news:

MURRI CHRISTMAS CHILDREN'S CARNIVAL 18 DECEMBER 2022



Kndergarten
Approved Program



Queensland
Government

OPEN DAY

KAMBU AMAROO KINDERGARTEN

4 MADDEN STREET SILKSTONE

THURSDAY

12 JANUARY 2023

2.00PM - 4.00PM

***FREE KINDY 2023**

***CONDITIONS APPLY**

 **C&K** Childcare &
Kindergarten
Early Learning since 1907

river
THE BEST MUSIC MIX



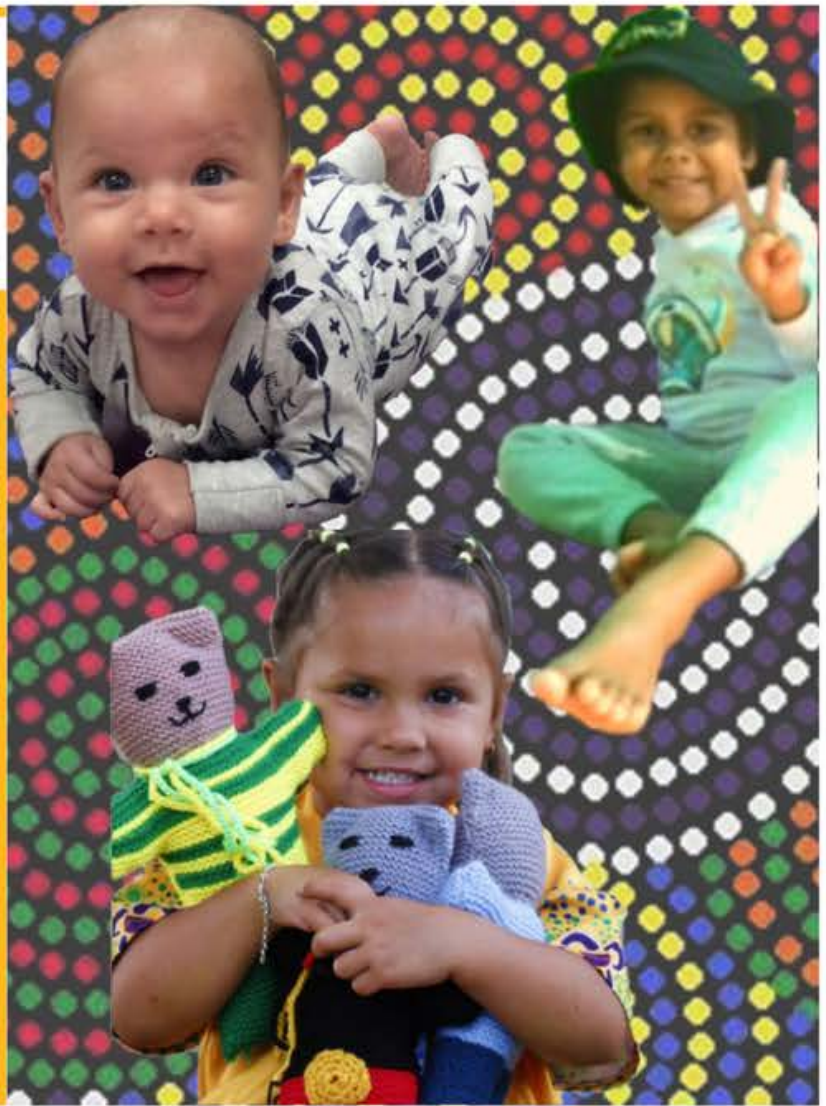


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Aboriginal and Torres Strait Islander
Corporation for Health

**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

<p>Kambu Amaroo Kindergarten 4 Madden Street, Silkstone</p>	<p>Kambu Amaroo Long Daycare 4 Madden Street, Silkstone PH: 3812 2258</p>	<p>Children and Family Centre 85 Lobb Street, Churchill PH: 3810 3010</p>
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- Clinic News -



272 CLIENTS DID NOT SHOW UP FOR THEIR APPOINTMENTS LAST MONTH!

We advise that in December, 272 clients could not be seen because 272 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	64
DENTAL	40
SPECIALIST	27
GP	141
TOTAL	272



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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



I once asked a dermatologist friend why she chose to become a dermatologist.

She thought about it really carefully and said, "Well, it wasn't a rash decision."

HA
HA
HA

Hellos and Goodbyes

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

- Sheenal Chand – Practice Nurse
- Ian Powles – Senior Finance Officer
- Danielle Elton – Director Kambu Amaroo
- Telesha Nowlan – Medical Receptionist

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

- Wendy Stenner
- Dr Munmun Afrose
- Janelle Holt
- Trevor Fourmile
- Margaret Russell
- Jaceeta Williams



Kambu Health Employment

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

Grow your skills with Kambu Health.

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

-
-
-
-
-
-

Position Vacant

Early Childhood Teacher

[**APPLY HERE**](#)

- Staff Profile -

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 January we're asking Kyla Barnard, Paediatric Coordinator Nurse, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about herself.

INTRODUCING KYLA BARNARD

What's your most used productivity hack at work, Kyla?

Always smile and keep a positive mind no matter what situation you walk into throughout the day.

What motivates you at work?

My co-workers here in the clinic they are an awesome bunch and are very supportive and help you out when you call out 😊 Also our clients who come in when you make their day or can help them with a problem they are facing!

What's something you're proud of?

My Kids they give me so much joy and just watching them grow into the little crazy people they are makes me more and more proud every day.

Who inspires you?

My parents they are both hard working people who have sacrificed everything so we could have a better lifestyle and future here in Australia.

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

Honestly, I wanted to be a professional Soccer player who was a doctor as well, so I would be able take care of my team mates if they got injured.

What kind of music do you like?

80's, 90's, hip hop, and R&B.

What show are you currently binge-watching?

Coco Melon and The Wiggles hahahaha!



FROM THE CEO DESK

SIMONE JACKSON
CHIEF EXECUTIVE OFFICER

TAFE Queensland has confirmed a list of 84 courses that are completely fee-free for QLD residents in 2023!

These include Cert III & Diplomas in Business Administration, Health, Early Childhood, Disability, and Mental Health, plus many more. Please [click here](#) to access the courses.

Please note, there is an eligibility criteria for Fee-Free TAFE - [click here](#) for further info.



Kambu Health Acknowledges

Celebrating
— 10 YEARS —



Angela
Aboriginal Health Worker



- good quick tukka recipes -

LEMON MYRTLE BUTTER BISCUITS

INGREDIENTS

250g sifted self-raising flour
2 teaspoons dried lemon myrtle
180g butter, slightly softened
125g sugar

Makes 30 biscuits

EQUIPMENT

Mixing bowl
Baking tray
Mixing spoon
Sifter
Cookie cutter

METHOD

Preheat oven to 180 °C.

Sift flour and dried lemon myrtle into a bowl, then rub in the butter until it resembles breadcrumbs.

Add sugar and beaten egg and mix into a stiff dough.

Turn out onto a floured surface and knead gently until smooth.

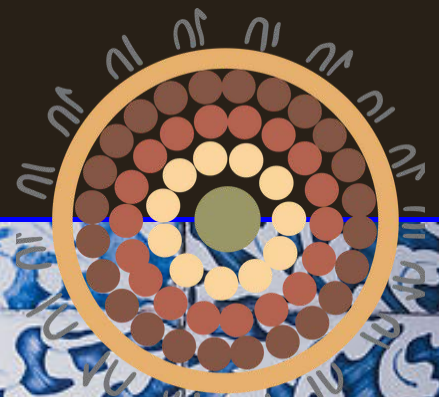
Wrap in plastic wrap and chill in the fridge for about 30 minutes.

Roll out onto a floured surface about 5mm thick and cut into about 30 biscuits.

Place on a greased baking tray and place in oven for 12-15 minutes until golden.

Cool on tray.

Store in an airtight container.



What's Happening January 2023

New Year's Day, 1 Jan

Kambu Amaroo Kindergarten Open Day, 12 Jan

Chinese New Year, Year of the Rabbit, 22 Jan

Australia Day, 26 Jan

Murri VS Koori Interstate Challenge, 28 Jan



2023

READ MORE AT OUR WEBSITE WWW.KAMBUHEALTH.COM.AU

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MURRI v KOORI INTERSTATE CHALLENGE

SATURDAY, 28 JANUARY | BILL NORRIS OVAL, BEENLEIGH



WOMENS RUGBY LEAGUE TEAM



Open Women | **Brisbane Natives v Dunghutti ConneXions** | 4.15pm

Children - Free | Adults - \$10 | Seniors/Pensioners - \$5
This is a smoke & alcohol free event.



AH&MRC
Aboriginal Health & Medical
Research Council of NSW



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MURRIVKOORI INTERSTATE CHALLENGE

SATURDAY, 28 JANUARY | BILL NORRIS OVAL, BEENLEIGH



Open Men | **Erub United v Newcastle All Blacks** | 6pm

Children - Free | Adults - \$10 | Seniors/Pensioners - \$5
This is a smoke & alcohol free event.



AH&MRC
Aboriginal Health & Medical
Research Council of NSW



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

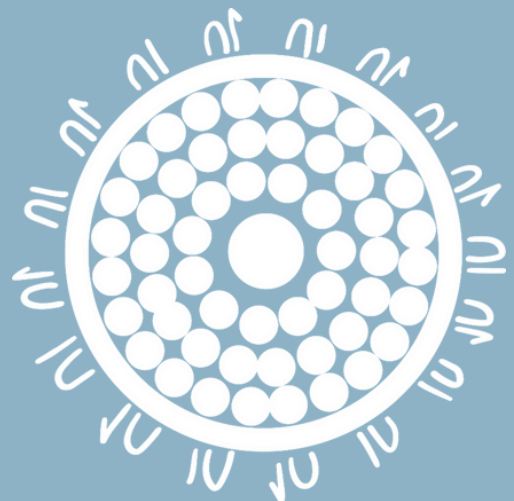
Riverview District Community Centre
138 Old Ipswich Road, Riverview

Ipswich Men's Group

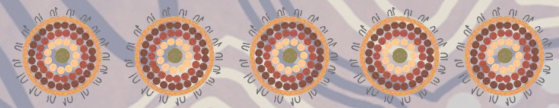
When: Friday

Time: 10.00am - 12.00pm

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



PHONE 07 5465 3353
TO REGISTER



IPSWICH CHILDREN AND FAMILY CENTRE



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Corporation for Health

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.

PH: 3810 3010

85 LOBB STREET, CHURCHILL