



Kambu Health
Newsletter

www.kambuhealth.com.au

December 2022

MURRI CHRISTMAS

Kambu Health Communique

A MESSAGE FROM THE CEO

Welcome to the December edition of the Kambu Health Communique! Our final communique for 2022!

It is indeed beginning to look a lot like Christmas, with only three (3) weeks to go!

I appreciate not all of us celebrate Christmas, regardless the season allows us all some very deserved down time, to reflect, refresh, and spend time with loved ones.

It provides the opportunity to join together to celebrate culture, community, love, and joy!

You will find in this month's communique, we have included your invitation to our annual Kambu Health Community Children's Christmas Carnival that will be held on Sunday December 18, 2022, at Ipswich Turf Club from 3.00pm - 8.00pm.

Kambu Health welcome all First Nations community members including our Torres Strait Islander families and all Kambu Health members to join us for this FREE community celebration.

As mentioned previously, 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.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health, we wish you good health and good times this Christmas 2022 and New Year 2023.

December is the final communique for 2022 – we will return January 2023.
Take care till then!

Simone Jackson, Chief Executive Officer

*Merry
Christmas*

OUR ACKNOWLEDGEMENT TO COUNTRY

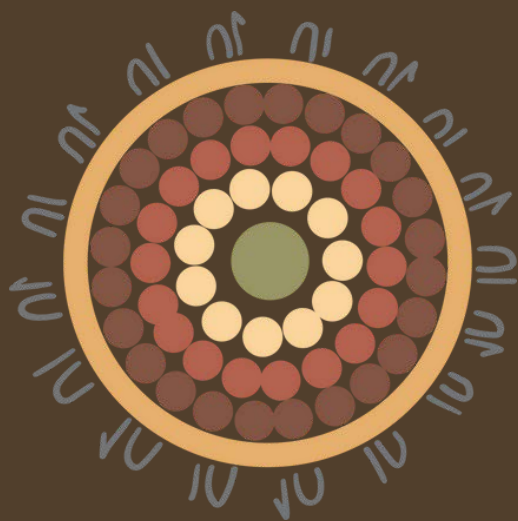
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

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:

Christmas Closures 2022 | Clinic News | Elder Profile | Staff Profile | Education News |
What's On | Health Focus | Deadly Choices Quick Good Tukka Recipe | December Events |



MURRI CHRISTMAS CHILDREN'S CARNIVAL

**SUNDAY 18 DECEMBER 2022
3.00PM - 8.00PM**

**IPSWICH TURF CLUB
219 BRISBANE RD, BUNDAMBA**

Kambu Health welcome all First Nations community members including our Torres Strait Islander families and the broader Ipswich and west Moreton community to join us for this FREE community celebration

**FREE
RIDES**

**FREE
FOOD & DRINK**

**FIREWORKS
7.45PM**



kambu

Aboriginal and Torres Strait Islander
Corporation for Health



Kndergarten
Approved Program



Queensland
Government

OPEN DAY

KAMBU AMAROO KINDERGARTEN

4 MADDEN STREET SILKSTONE

WEDNESDAY

14 DECEMBER 2022

9.30AM - 11.30AM



***FREE
KINDY 2023**

***CONDITIONS APPLY**

**TELEPHONE
07 3812 2258**

- Clinic News -



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

We advise that in November, 376 clients could not be seen because 376 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 as early as possible.

CLINICS	
ALLIED HEALTH	92
DENTAL	36
SPECIALIST	40
GP	208
TOTAL	376



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Aboriginal and Torres Strait Islander
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

An old female patient complains to her doctor.

“Doc, when I touch my left shoulder it’s painful, when I touch my abdomen it’s painful, when I touch my head it’s also painful!

What do you think it is ?”

**The doctor replies,
“I think your index finger is broken.”**

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

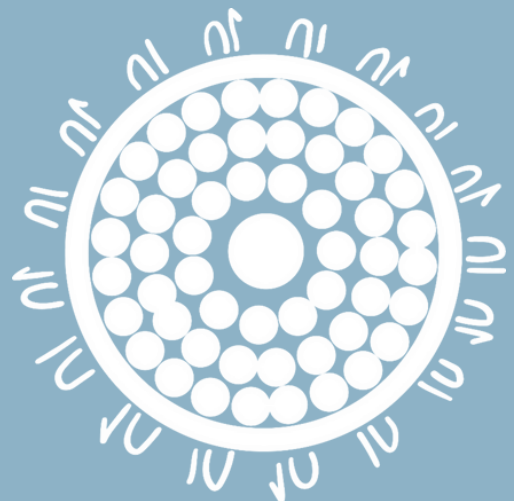
Riverview District Community Centre
138 Old Ipswich Road, Riverview

Ipswich Men's Group

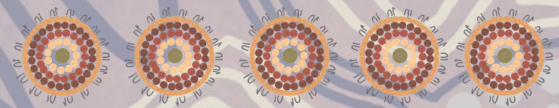
When: Friday

Time: 10.00am – 12.00pm

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



**PHONE 07 5465 3353
TO REGISTER**



What's Happening December 2022

World AIDS Day, 1 Dec

International Day of Persons with Disabilities, 3 Dec

Volunteers Day, 5 Dec

Laidley Elders Christmas Party, 7 Dec

Kambu Amaroo Kindergarten Graduation, 7 Dec

Ipswich Elders Christmas Party, 9 Dec

Kambu Amaroo Early Years Precinct Christmas Party, 9 Dec

Kambu Amaroo Kindergarten Open Day, 14 Dec

Family Wellbeing Service Christmas Celebrations, 16 Dec

Kambu Health Children's Christmas Carnival, 18 Dec

Christmas Day, 25 Dec

Boxing Day, 26 Dec

New Year's Eve, 31 Dec



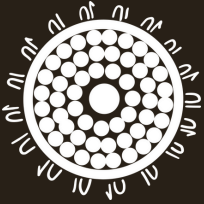
★
We
WISH YOU
A
MERRY
Christmas



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

- Christmas Closures -

Ipswich Clinic



CLOSED - Friday 23 December

CLOSED - Saturday 24 December

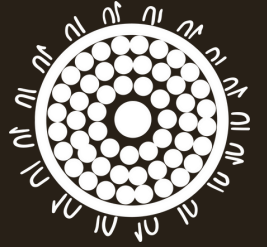
CLOSED - Monday 26 December

CLOSED - Tuesday 27 December

CLOSED - Friday 30 December

CLOSED - Saturday 31 December

CLOSED - Monday 2 January



Laidley Clinic

CLOSED - Friday 23 December

CLOSED - Monday 26 December

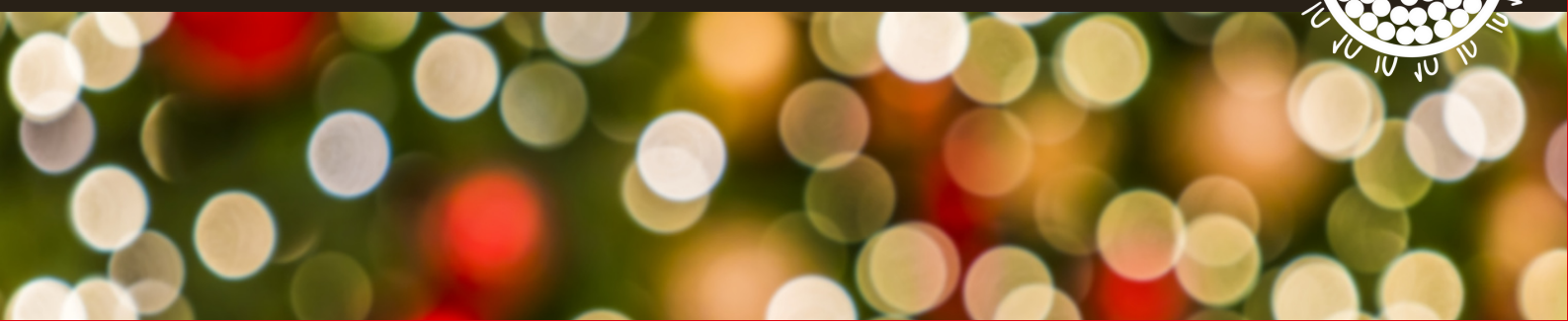
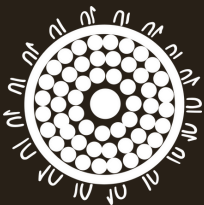
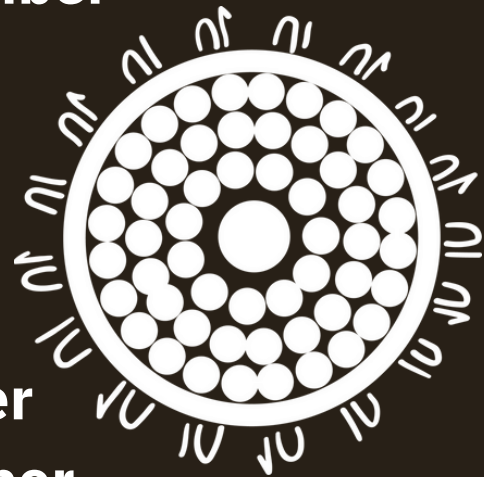
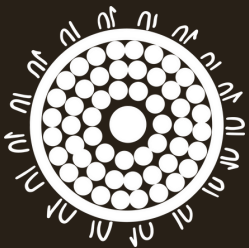
CLOSED - Tuesday 27 December

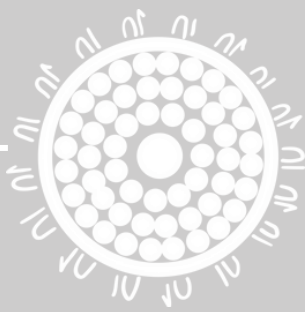
CLOSED - Wednesday 28 December

CLOSED - Thursday 29 December

CLOSED - Friday 30 December

CLOSED - Monday 2 January





FROM THE CEO DESK

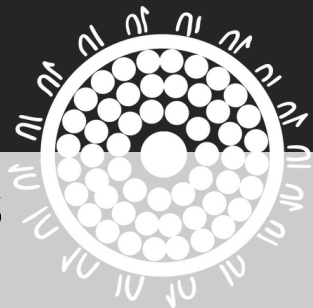
SIMONE JACKSON
CHIEF EXECUTIVE OFFICER



We not only listen to feedback, we action feedback, so share your feedback with us!

Recently it came to my attention that our Elders stated there was not enough catering provided for our Elders Games, so Kambu Health has now committed additional funds to ensure the catering is sufficient.

Reach out to: ceo@kambuhealth.com.au



Kambu Health Acknowledges

Celebrating
— 10 YEARS —



Pamela
Medical Receptionist

- 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 Patrick Condon

Who is your mob Uncle?
Gamilaraay.

Where did you grow up?
Grew up everywhere but majority of my life was in Boggabilla.

What do you love about Ipswich and West Moreton?
Different mobs living together in the Ipswich Region.

What is your favorite bush tukka?
Fish (Yellow belly bass).

What is your favourite song?
Uncle Archie Roach and Glenn Skuthorpe.



FAMILY WELLBEING SERVICE COMMUNITY BARBEQUE

Family Wellbeing Service Laidley hold a Community BBQ on the last Friday every second month for all community members.

Kambu Health Laidley Clinic and our Family Wellbeing Service work together to invite as many clients as possible.

The last BBQ for 2022 was on 25 November - focused on aged care.

Each BBQ has a different focus, with local services invited to have informal yarns with community members about their service.

Previous BBQs have covered legal, disability and personal wellbeing.

The first BBQ for 2023 is on 24 February - focused around early childhood.

SAVE THE DATE AND JOIN US ON 24 FEBRUARY 2023



FAMILY WELLBEING SERVICE
PH: 5465 3353

IPSWICH CHILDREN AND FAMILY CENTRE



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Aboriginal and Torres Strait Islander
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

- 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 November we're asking Wayne Mackenzie, Work Health and Safety Officer, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about himself.

INTRODUCING WAYNE MACKENZIE

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

I like to plan the night before, so I have a good idea of what's required on the day, given the dynamics of our industry, this doesn't always go to plan. I love my post-it notes, lots of jobs get written down on these when I'm on the fly and can't afford to forget.

What motivates you at work?

Wanting to make a difference to all those I work with. Having that sense of community and positive interactions with both staff and our clients is always a plus.

What's something you're proud of?

I am very proud of my 3 children. To watch them grow through the years and develop into young adults, become independent, always puts a smile on my face.

Who inspires you?

I believe life itself. Surrounding yourself with good friends, family, and down to earth people helps develop many forms of inspiration, this allows you to look at the many options presented and use what's right for you to grow through life.

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

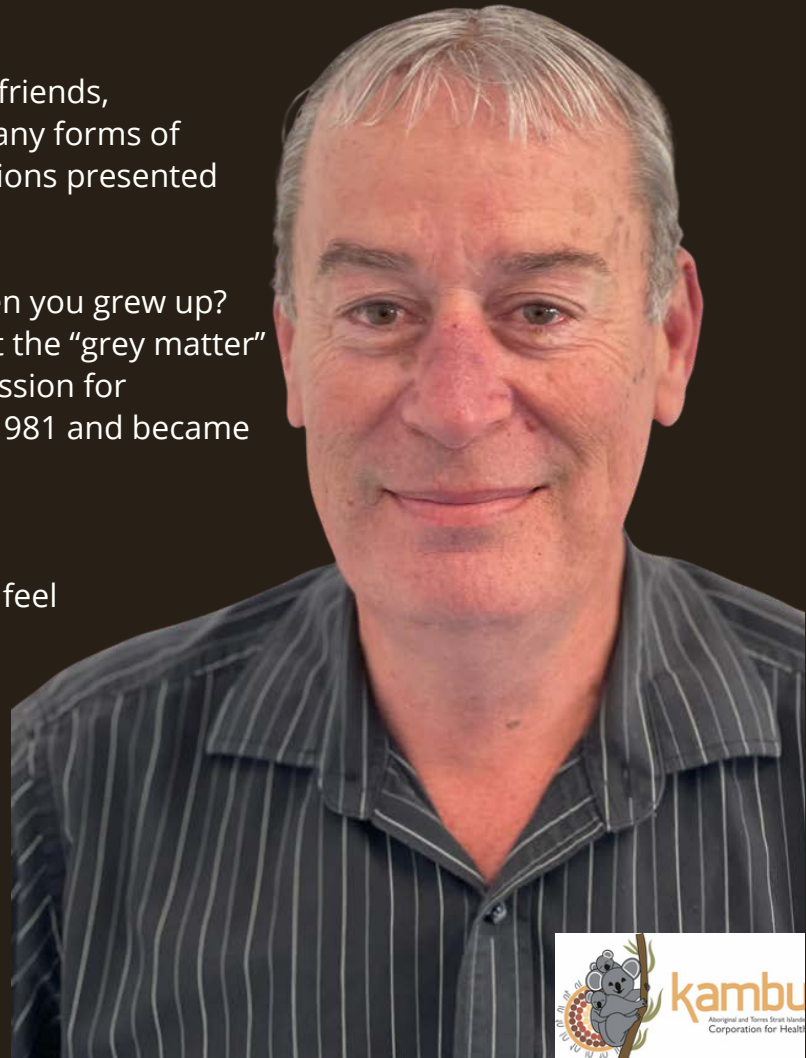
I have always loved military planes, and still do, but the "grey matter" wasn't up to scratch to be a pilot. I also had real passion for cooking from a young age, so I joined the RAAF in 1981 and became a chef, winning National and International awards.

What kind of music do you like?

I'm an absolute nut for the 70's - those around me feel I'm still trapped in this era but it's the best music in my world.

What show are you currently binge-watching?

I love watching car shows, especially Kindigit Designs and Martin Brothers.



Welcome

Hellos and Goodbyes

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

- Sian McQueen – Community Liaison Officer
- Chelsea Widgell – Family Participation Program Practitioner
- Lee Moniz – Medical Receptionist
- Rejen Cabili-Hayes – Indigenous Youth and Family Worker
- Rebecca Hines – Assistant Director Amaroo

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

- Caroline Baum
- Liam Crawley
- Dr Nahida Saeed
- Dr Sohel Kashem
- Suzan Chapman
- Jessica Wimbus
- Lisa Hyde
- Kimberly Reynolds
- Joanne Baker
- Patricia Scott
- Katrina Leard

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:

-
-
- Early Childhood Teacher
- Program Manager - Multiple Vacancies
-
-
-
-

Positions Vacant

[**APPLY HERE**](#)



Deadly Choices[®]

- good quick tukka recipes -

San choy bow is a great summer recipe.

INGREDIENTS

500g Pork mince
1 capsicum
1 onion
1 cup mushrooms
1 carrot
1 teaspoon crushed garlic
1 teaspoon crushed ginger
Chinese 5 spice
1 tablespoon soy sauce
1 cup cooked vermicelli noodles
1 lettuce

EQUIPMENT

Cutting Boards
Knives
Frying pan
Bowl for noodles

METHOD

1. Dice up onion and capsicum. Thinly slice or roughly chop up mushrooms.
2. Grate the carrot.
3. Over medium/high heat fry onion, garlic, and ginger until onion is transparent.
4. Add mince and cook until brown. While waiting for that, cook noodles according to package directions, or place in hot water until soft and transparent.
5. Add Chinese 5 spice and soy sauce, mix through, then add capsicum, mushroom, and carrot, cook until vegetables are soft. Now add the noodles and stir though.
6. Pull off lettuce leaves to use as a cup to serve the mixture.
7. Spoon mixture into lettuce cups and enjoy.

