



Kambu Health Newsletter

Kambu Health Communique

A MESSAGE FROM THE CEO

September brings with it Spring, and after a cool Winter, I am sure we are all looking forward to warmer weather ahead.

Spring a time of renewal, birds chirping, warm weather, a hint of longer days and all those good things we love.

September also signifies National Child Protection Week. This is an annual event starting on the first Sunday of September.

This year's theme, 'Every child, in every community, needs a fair go' aims to spread the message that to treat all of Australia's children fairly, we need to make sure every family and community has what children need to grow up safe and supported.

I encourage everyone to visit <https://www.napcan.org.au/ncpw-theme/> to educate themselves on how each of us can ensure 'Every child, in every community, gets a fair go'.

Check out the Children's Art Activity which asks children what they think is most important in a child-friendly community <https://www.napcan.org.au/art-activity-ncpw-2022/>

Kambu Health also acknowledges and supports Dementia Action Week, 19-25 September 2022.

Our Executive Director, Health Services, Dr. Anthony Bates has created a very informative article; once again I encourage everyone to educate themselves and take the time to read to this article to better understand the signs and symptoms, and treatments available for dementia.

Dementia affects almost half a million Australians and Aboriginal and/or Torres Strait Islander people experience dementia at a rate 3 - 5 times higher than the general population.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health, I wish you a wonderful start to Spring 2022. I look forward to serving our community with you this season!

Simone Jackson Chief Executive Officer

In this month's news:

About Us | Welcome to our new staff members | Clinic News | Elder Profile | Staff Profile |
What's On | Health Focus | Deadly Choices Quick Good Tukka Recipe | September Events |

NATIONAL CHILD PROTECTION WEEK
4 - 10 September 2022



Every Child, in Every Community, Needs a Fair Go

National Child Protection Week is all about how we can all work together to build communities that support children and families.

Children are safest when they are listened to, respected and believed.

All adults can play a part by 'tuning in' to children in everyday situations about small worries. This strengthens and builds trust and they are much more likely to feel comfortable telling us if something big is wrong.

Talking with children about safety:

- Support children to identify trusted adults (both within the family and outside) they can talk to, if they are upset, or don't feel safe. Ensure these adults know they are on your child's list.
- Remind children that they can talk to you or a trusted adult about anything, no matter how big or small their worry might be.
- Talk to children about how they know when they feel safe or unsafe. Help them to listen to their early warning signs (how their body feels) and to trust their feelings and instincts.
- Use everyday activities as opportunities for conversations (e.g. preparing meals and snacks, going for walks, playing, shopping). If children are used to having lots of communication, it can make it easier to talk when big or tricky issues come up.
- Be open to talking about all kinds of feelings, including anger, joy, frustration, fear and anxiety. This helps children to develop a 'feelings vocabulary'.

National Child Protection Week is a great time to start conversations with children and families about feeling safe.

#Kambu_Health #Indigenous #Aboriginal #TorresStraitIslander #WeAreIndigenous #Mob

Staff Profile

ANGELA BOND TRAINEE ABORIGINAL HEALTH WORKER



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 September we're asking Angela Bond, Trainee Aboriginal Health Worker, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about herself.

What is your most-used productivity hack at work, Angela?
Common Sense and Communication.

What motivates you at work?
Having a duty of care for the clients, especially the Elders.

What is something you are proud of?
I am proud to be a strong Ku Ku Yalanji and Kabi Kabi woman. These are the areas of Mackay, North Queensland, and Sunshine Coast, Glasshouse Mountains. Purchasing a brand-new 2013 car off the red carpet and owning it outright within four (4) years and in 2016 purchasing a home and having a roof over my head.

Who inspires you?
My Mother. Growing up and seeing what my Mother went through in a domestic violence marriage. My Mother took us away for a holiday and this is where she met our Step Father, Harold. I cared for my Mother before, during, and after her battle with an aggressive cancer. My Mother was a strong-willed person that loved her children and taught us right from wrong. Family was her strength and she instilled this into her children.

When you were a kid, what did you want to be when you grew up?
Working with Elders as this is where we learn from.

What kind of music do you like?
Old Country Music (George Jones, Freddy Fender, Jim Reeves, Freddy Hart).
60s & 70s Music
Black Fullah Music

What show are you currently binge-watching?
I have been watching the Commonwealth Games. I love watching food shows on SBS Food Channel, My Kitchen Rules, Home and Away, Bold and the Beautiful, and crime shows.



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.

Staff Update

COURTNEY CARDOW
A/CHIEF OPERATING OFFICER, CORPORATE SERVICES

Congratulations to our A/Chief Operating Officer, Corporate Services, Courtney Cardow for completing her Graduate Diploma in Business.

Courtney is on her way with only a couple of modules remaining for her MBA.

Well done, Courtney. This outcome further strengthens the depth and qualifications of our Executive Leadership team.



CASEY BOSGRA
FAMILY PARTICIPATION PROGRAM INTAKE OFFICER

Congratulations to Casey Bosgra, Family Participation Program Intake Officer, on the arrival of her baby girl.

Esther Revalli Amato, born 6 pounds 10 ounces, 51cms.

Both Mum and bub are doing well!

Casey wants to say, a big thank you for the gifts! She is incredibly grateful to work for Kambu Health, especially in FPP. She always tells her family how great it is to work with Kambu Health.

Special mention to Jaceeta – the balloons were incredible!



TREVOR FOURMILE
SOCIAL AND EMOTIONAL WELLBEING OFFICER

Kambu Health would like to acknowledge Trevor Fourmile, our Social and Emotional Wellbeing Officer for his contribution on Children's Day, sharing traditional stories with our jarjums.

Trevor is from the Yidinji people from northern Queensland.

Trevor is the Author of "How the Cassowary got its Helmet" and "Bajirriga the Turtle".

Stories based on the coastal rainforest told in traditional style and illustrated by his mother, Lillian Fourmile.



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 Kambu Health over the past month:

- Grace Chong – Intake and Administration Officer

FAREWELL!

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

- Alanah Stortelder – Communications Officer

KAMBU EMPLOYMENT OPPORTUNITIES

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

Grow your skills with Kambu Health. Kambu Health currently offers multiple vacancies across our Ipswich and Laidley clinics and services.

- Early Years Educator, Education Services
- Assistant Director Kindergarten, Education Services
- Youth Cultural Mentoring Coordinator, Community and Programs
- Practice Support Officer – Ipswich, Health Services
- Family Wellbeing Practitioner, Community and Programs
- Administration Officer, Community and Programs
- Early Childhood Educator – CFC, Education Services
- Director, Health Services and Clinical Governance, Health Services
- Practice Manager, Health Services
- Early Childhood Teacher/ Director – Kindergarten, Education Services
- Early Childhood Teacher - Long Day Care, Education Services

Successful candidates are offered an interactive and supportive working environment within a positive and professional team along with great work-life balance and excellent training and career development programs.

If you'd like more information about these vacancies or other available positions, please check our website - www.kambuhealth.com.au/about/careers

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 ensure they are sharing culture, so it continues for millennium.

This month we would like to introduce you to Uncle Ernest Chong

Who is your mob Uncle?

Wakamin/Wakaman

Where did you grow up?

Cape York area. Chillagoe, Normanton, and Mareeba.

Grew up as a stockman moving cattle.

What do you love about Ipswich and West Moreton?

I like the people here, and it's a place I call home.

What is your favorite bush tukka?

Kangaroo (Tail)

What is your favourite song?

Anything with Slim Dusty.



Elder Update



Kambu Health is pleased to formally advise that our Board Member, Ms. Jill Davidson, Traditional Owner, local Yuggera woman, will lead all Kambu Health internal and external Welcome to Country activities.

Kambu Health acknowledges and supports our Traditional Owners recognising their contribution to the future we all enjoy.

Ipswich Clinic - WALK-IN APPOINTMENTS AVAILABLE

To better serve local mob, Ipswich Clinic offer walk-in appointments.
7.00am - 7.00pm, Monday to Friday, and 8.00am - 4.00pm, Saturday.
Bulk Billing. All patients welcome.

Laidley Clinic - WALK-IN APPOINTMENTS AVAILABLE

To better serve local mob, Laidley Clinic offer walk-in appointments.
8.00am - 4.00pm, Monday to Friday.
Bulk Billing. All patients welcome.

FREE Rapid Antigen Tests available

Ask at reception for your free Rapid Antigen Tests (RAT).

Home Visits available

We can provide home visits for mob who experience difficulties getting to and from our medical centres.
Terms and Conditions apply - call our friendly team to see if you qualify!

BOOK INTO A KAMBU HEALTH CLINIC NOW



LAIDLEY CLINIC

School Health Assessment

As part of our service, Kambu Health offers an annual Aboriginal and Torres Strait Islander Health Assessment (referred to as a 715 or a Health Check). These ensure our mob are healthy, looking after themselves and that any health concerns are discussed with a GP as soon as possible

LAIDLEY BOOKINGS PH: 5465 3541



"For the hundredth time, no, I don't know how much longer I'll be working remotely."

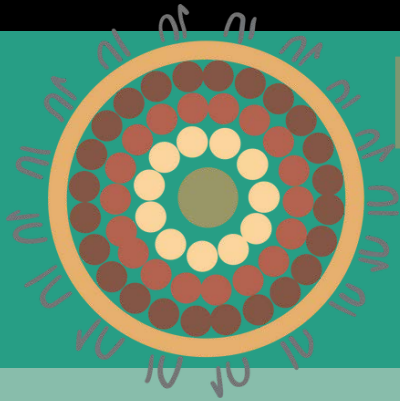
IPSWICH CLINIC

Pediatric Occupational Therapist (OT) is now available - bookings essential.

COVID carpark testing - assessment by nurse or GP, testing, and treatment available.

IPSWICH BOOKINGS PH: 07 3810 3000

FOCUS ON YOUR HEALTH



DEMENTIA WEEK

19 - 25 SEPTEMBER 2022

DEMENTIA AFFECTS ALMOST HALF A MILLION AUSTRALIANS AND ABORIGINAL AND/OR TORRES STRAIT ISLANDER PEOPLE EXPERIENCE DEMENTIA AT A RATE 3 - 5 TIMES HIGHER THAN THE GENERAL POPULATION.

THEY ARE ALSO MORE LIKELY TO DEVELOP DEMENTIA AT A YOUNGER AGE.

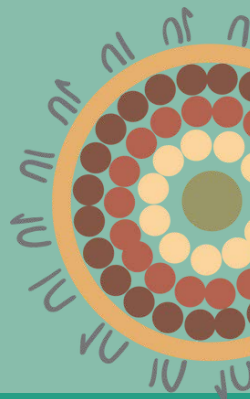
But what is dementia exactly?

Most people think of dementia as having a problem with memory, but it can also affect your way of thinking, language, attention, mood, daily function, and behaviour.

Dementia is a broad term that describes a syndrome which causes a decline in memory, thinking, and behaviour.

There are many causes of dementia but the most common include:

- Alzheimer's disease (50 to 75% of cases)
- Vascular dementia (20 to 30%)
- Frontotemporal dementias (up to 10%)
- Dementia with Lewy bodies and Parkinson disease dementia (up to 10%)



The following things can help reduce our risk factors and reduce our chances of developing dementia in our lifetime:

- Book regular GP check-ups for blood pressure, blood glucose levels and cholesterol
- Eat a healthy diet
- Stop smoking
- Reduce alcohol intake
- Remain mentally and socially active
- Protect the head from injury (such as wearing a helmet when cycling)
- Prevent hearing loss (wearing high-quality earplugs or earmuffs when exposed to loud noise)
- Exercise regularly
- Practice good sleep hygiene
- Maintain a healthy weight

IPSWICH CLINIC 3810 3000

LAIDLEY CLINIC 5465 3541



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

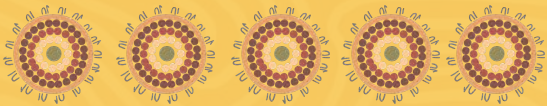


kambu
Aboriginal and Torres Strait Islander
Corporation for Health

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

**PHONE 07 5465 3353
TO REGISTER**

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

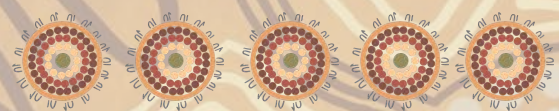
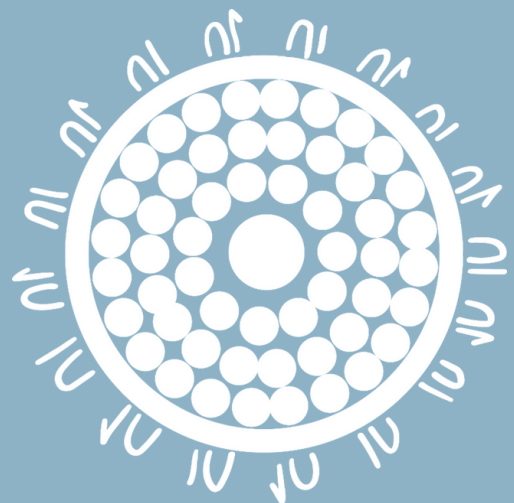
Riverview District Community Centre
138 Old Ipswich Road, Riverview

Ipswich Men's Group

When: Friday

Time: 10.00am – 12.00pm

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



STEAMED FISH WITH GINGER & LEMONGRASS

INGREDIENTS

4 white fish fillets
2 teaspoons vegetable oil
1 teaspoon of minced ginger
1 teaspoon of lemongrass paste
4 spring onions
Serves 4 - 6

SOY GARLIC SAUCE

60mls (1/4 cup) soy sauce
1 tablespoon peanut oil
1 & 1/2 teaspoons fish sauce
1 teaspoon of crushed garlic

EQUIPMENT

Sharp knives
Chopping boards
Mixing bowls
Saucepan/Wok
Steaming Basket
Plate

METHOD

1. Put approx. 5cm of water into the saucepan/wok that you are using to steam the fish and bring it to the boil.
2. While you're waiting, rub both sides of the fish with a little salt and then the sesame oil.
3. Mix the ginger & lemongrass & rub half the mix onto the plate.
This plate will be put in the steaming basket to cook the fish.
4. Place the fish on the plate then sprinkle it with the remaining ginger, lemongrass mix and spring onions.
5. Place the plate of fish in the steaming basket, then sit the basket on the saucepan/wok.
6. Reduce the heat to medium-high so the water is boiling gently.
7. Steam for 8-10 minutes, or until the fish is just cooked through, and remove the basket from the saucepan/wok.

When you serve the fish, spoon over the juice that has collected on the plate during the steaming process along with the soy garlic sauce. ENJOY!

EVENTS IN SEPTEMBER 2022



**Prostate Awareness
Australia**

National Child Protection Week
4 - 10 September

Dementia Action Week
19 - 25 September

Father's Day
4 September

World Alzheimer's Day
21 September

Indigenous Literacy Day
7 September

Queensland Murri Carnival
27 Sept - 2 Oct 2022

R U OK? Day
8 September

World Sexual Health Day
29 September

FOR MORE EVENT INFORMATION VISIT: www.kambuhealth.com.au



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

LAIDLEY EVENT



QUEENSLAND
**CHILD
PROTECTION
WEEK**



"Every child in every community needs a fair go"

2022 CPW Theme

Join us for a day of
activities, workshops and
fun in the park.

Protecting children is

EVERYBODY'S

BUSINESS

Tuesday
6 September 2022

Lions Park/ Narda Lagoon,
Laidley

10:00am - 1:00pm

Contact us for more
information:

Kambu Family Wellbeing
Service

(07) 5465 3353



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

COMMUNITY *Sausage Sizzle*



**KAMBU FAMILY WELLBEING
SERVICE IS HOSTING A
COMMUNITY EVENT - WELLBEING
AND DISABILITY QUESTIONS WILL
BE ANSWERED**

FRIDAY 30 SEPTEMBER 2022

2:00PM - 4:00PM

155 PATRICK STREET, LAIDLEY

CONTACT: (07) 5465 3353 FOR MORE INFORMATION

SOCIAL HEALTH PROGRAM

MEN'S RETREAT BUNYA MOUNTAINS

Four (4) day event focused on social and emotional wellbeing with many activities, guest speakers, workshops, and deadly yarns

RETREAT INFORMATION

- WHERE** Bunya Mountains Cabins
- WHEN** 7:00 am Saturday 19 November 2022 to
5:00 pm Tuesday 22 November 2022
- WHO** Indigenous men in the local government areas of
the City of Ipswich, Somerset, Scenic Rim, and
Lockyer Valley Regions
- COST** **FREE EVENT:** Transport, food, accommodation
& activities provided
This deadly event is drug and alcohol free

PHONE TREVOR FOURMILE
TO REGISTER
0458 013 855
3810 3000 (OPT 4)



kambu
Corporation for Health



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

TOOGOOLOWAH EVENT



QUEENSLAND
**CHILD
PROTECTION
WEEK**



**"Every child in
every
community
needs a fair go"**

2022 CPW Theme

Join us for a day of
activities, workshops and
fun in the park.

Protecting children is

EVERYBODY'S

BUSINESS

Thursday
8 September 2022

Lions Park, Cressbrook Street,
Toogoolawah

10:00am - 1:00pm

Contact us for more
information:

Kambu Family Wellbeing
Service

(07) 5465 3353

FOCUS ON YOUR HEALTH



Starting on **Monday 5 September**, we'll be sharing with you weekly exclusive and engaging content, webinars and tips on ways to enhance your mental health and wellbeing based around our six pillars of wellbeing:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Emotional and work	Relationships and health	Home & family and financial	Work and health	Financial and relationships	Emotional, home and family

Register below and get ready to *be mentally healthy every day!*

To help you get the most out of the program be sure to download [Wellbeing Gateway](#).

Register now

Kambu Amaroo Early Years Precinct

Dental Week 1 - 8 August 2022

Kambu Amaroo Early Years Precinct

special guest visitors from Kambu Health Dental Clinic

Sean Hsu (Oral Health Therapist) and Basseyy (Dental Assistant)





kambu
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.

Contact the CFC on 3810 3010 at 85 Lobb St Churchill



kambu

Aboriginal and Torres Strait Islander
Corporation for Health

SEEKING VOLUNTEER MENTORS

If you are interested in becoming a volunteer mentor to support young Aboriginal and Torres Strait Islander people navigating complex challenges, speak with our Youth Cultural Mentoring Coordinator today.

KAMBU HEALTH YOUTH CULTURAL MENTORING PROGRAM

27 Roderick Street Ipswich QLD 4305

Phone: (07) 3810 3000

Fax: (07) 3812 5177



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

Kambu Family Wellbeing Services

Art Group

**Wednesday Mornings
FWS Shed, 155 Patrick St Laidley
10:30am to 12:30pm
Call (07) 5465 3353
for more information**

Refreshments provided



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

Women's Group

The Social Health Groups run weekly activities and foster healthy discussions around social and emotional wellbeing

When	Tuesday Morning
Where	Riverview and District Community Centre 138 Old Ipswich Road, Riverview
Time	10:00am - 12:00pm
Contact	(07) 3810 3000 or 0458 013 855
Info	Transport & refreshments provided. Please call to book in.





1800 254 354

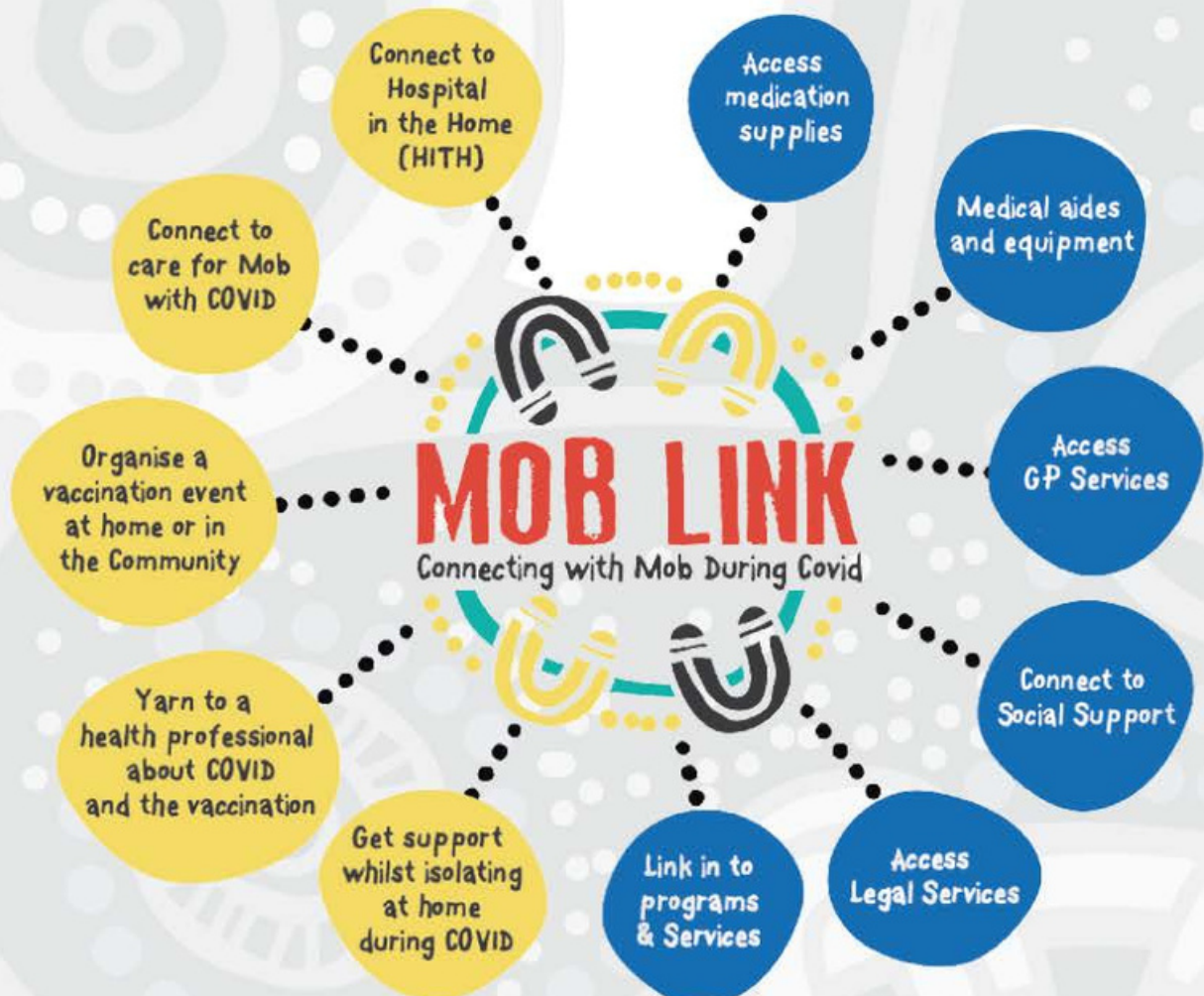
Mob Link is a connector service - there is no wrong door - we can help navigate to the service and care needed.

What is Mob Link?

Mob Link is an initiative of the Institute for Urban Indigenous Health to support Aboriginal and Torres Strait Islander people living in SEQ by linking Mob to the services they need – when they need.

Mob Link is a 1800 number available 7 days a week from 7am to 7pm. Mob Link is also available as an app.

Mob Link incorporates IUIH Connect Plus services. You can call the same number to reach to the IUIH Connect Plus Team.





1800 254 354



Mob Link is a connector service - there is no wrong door - we can help navigate to the service and care needed.

Who can refer to Mob Link?

- Aboriginal and Torres Strait Islander People and Families can contact Mob Link directly - no referral needed
- Any mainstream GP Service
- Any Health Care Provider
- Staff from any HHS
- Other Government Agencies
- Other Community Organisations

What services can people be linked to?

Mob Link provides COVID Care support services such as:

- Care for someone who has contracted COVID-19
- Support for individuals and families who are experiencing hardship due to being in isolation.
- Support navigating the hospital system
- Health and social support services in and out of the home
- Yarns to talk through the benefits of getting vaccinated and booking a vaccination event or appointment

Mob Link 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.

AVAILABLE ON

