



Kambu Health

# Newsletter



## *Kambu Health Communique*

### **A MESSAGE FROM THE CEO**

Welcome to the November 2022 edition of the Kambu Health Communique!

We officially announce that the federal budget has confirmed \$2.5 million for Kambu Health to refurbish the Roderick Street site and build a Children and Family Centre at our Madden Street site, delivering a 0-8-year education precinct. We will keep our members and community updated as this work progresses.

In this month's communique, we have included information and pathways available to quit smoking, as we raise awareness for Lung Cancer during November each year. We also celebrate Movember during November and International Men's Day on 19 November 2022, therefore the theme this month is men's wellbeing – we've curated a range of resources to support our men.

On a sadder note, we acknowledge and pay respect to the memory and family of Cassius Turvey, a 15-year-old Noongar boy who was deeply loved by his family and community. Cassius was allegedly brutally attacked on 13 October 2022 whilst walking home from school in his school uniform, he was presented at hospital only to be discharged and return hours later. He was then placed in an induced coma, finally losing his life on 23 October 2022.

We cannot be silent, we must talk about anything unjust, we have a responsibility to remember Cassius and ask for justice.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health, I have included below the details of the GoFundMe page for the family of Cassius if you would like to make a donation:  
<https://gofund.me/87dc6f07>

Simone Jackson, Chief Executive Officer

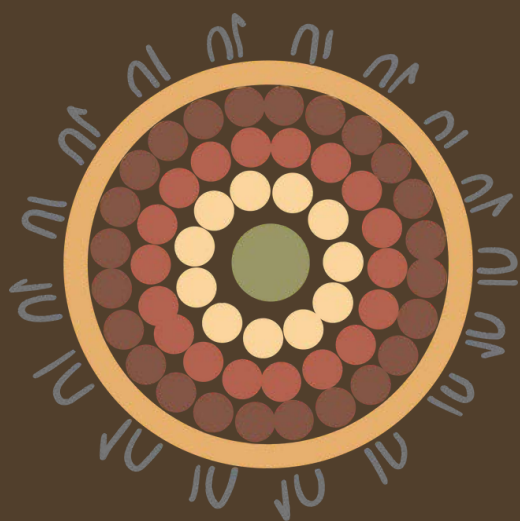
## OUR ACKNOWLEDGEMENT TO COUNTRY

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:**

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



# Making a Difference for Men and Boys

● INTERNATIONAL  
**MENSDAY**  
November 19

**MORE INFO**



[www.internationalmensday.com](http://www.internationalmensday.com)



# FOCUS ON YOUR HEALTH



## LUNG CANCER AWARENESS MONTH NOVEMBER

If lung cancer is found at an earlier stage, there is more chance of a better outcome.

It's important to know the symptoms of lung cancer as although lung cancer occurs mostly in people aged 60 and over, it can affect people of any age.

New and constantly evolving treatments such as immunotherapy are likely to continue to improve outcomes for people affected by lung cancer.

What are the symptoms?

- coughing up blood
- hoarse voice
- weight loss
- loss of appetite
- a new or changed cough that doesn't go away
- chest pain and/or shoulder pain or discomfort
- trouble breathing or shortness of breath
- chest infection that doesn't go away
- tiredness or weakness

Please note many conditions can cause the above symptoms, not just lung cancer.

Anyone can get lung cancer, even if they have never smoked.

If you have any of these symptoms and they are persistent, talk to your doctor at Kambu Health.

[MORE INFO](#)



# Time To Quit Smoking!

Lung cancer is the most common cause of cancer death in our mob

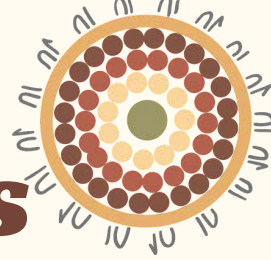


Our Families  
Our Business

**PATHWAYS  
TO QUIT  
SMOKING**

**CLICK HERE** 

# World Diabetes Day



14 November 2022

Living Healthy with Diabetes

**Kambu Health hold monthly diabetes education and resources meetings.**

- Special Guest Speakers
- Yarning Circle
- Morning Tea

**Join us on the third Wednesday every month, from 10.00am – 11.30am.**

Kambu Health Ipswich Clinic  
27 Roderick Street, Ipswich

**Please call Suzan, PH: 3810 3000 for further details.**



## ***Let's yarn about diabetes!***

If you or anyone you know wants to have a yarn, make an appointment with Kambu Health TODAY to get tested, treated, and supported.

**IPSWICH CLINIC PH: 3810 3000**

**LAIDLEY CLINIC PH: 5465 3541**





# BreastScreen Queensland

**14-30 NOVEMBER**

KAMBU HEALTH IPSWICH CLINIC  
27 RODERICK STREET, IPSWICH, 4305

**FREE MAMMOGRAM SCREENING**

**ABORIGINAL AND TORRES  
STRAIT ISLANDER WOMEN  
40+ ARE STRONGLY  
ENCOURAGED TO MAKE AN  
APPOINTMENT.**

**WOMEN 40 AND UNDER WILL  
NEED A GP REFERRAL.**

**CALL KAMBU HEALTH TODAY**

 **3810 3000**



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Aboriginal and Torres Strait Islander  
Corporation for Health



# - Clinic News -



## **210 CLIENTS DID NOT SHOW UP FOR THEIR APPOINTMENTS LAST MONTH!**

**We are sad to advise that in October, 210 clients could not be seen because 210 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.**







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# IPSWICH CLINIC

**MONDAY - FRIDAY**

**7.00AM - 7.00PM**

**SATURDAY**

**8.00AM - 4.00PM**

**WALK-IN APPOINTMENTS  
AVAILABLE**

**PH: 38 10 3000**



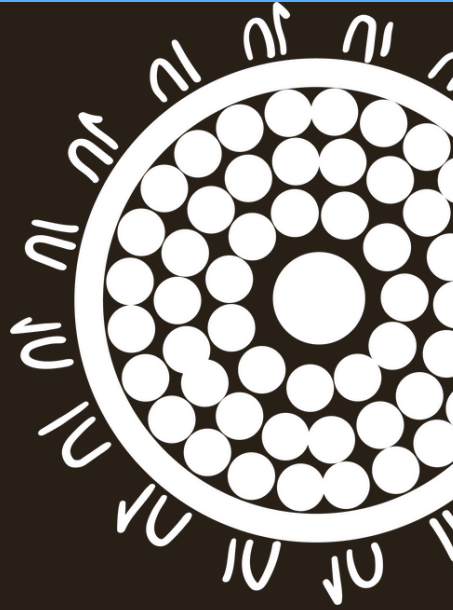
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# - Contact our Clinics -

**ALL WELCOME!**

**BULK BILLING**

**WALK IN APPOINTMENTS**



**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.**





# - 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 Dr. Munmun Afrose, General Practitioner, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about herself.*

## DR. MUNMUN AFROSE

What's your most used productivity hack at work Dr. Munmun?

I spend 3-5 minutes reviewing a patient's file before calling them into the consultation room which gives me a lot of information about the patient and helps me engage with them without any interruptions and help to formulate plan of management according to their needs and priorities.

What motivates you at work?

Gratitude and appreciation from a patient before leaving the consultation room.

What's something you're proud of?

Honesty, simplicity, and my natural ability to listen more than I talk.

Who inspires you?

My grandfather, who was a political leader spent all his life to serve people till his last breath. He wanted and always inspired me to study medicine.

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

Aircraft pilot. In my childhood there was only one female aircraft pilot back home. My dream was to be the second one!

What kind of music do you like?

Mostly classical.

What show are you currently binge-watching?

Recently watching TV show Shooter

*BOOK an appointment  
with Kambu Health*

**Kambu Health      Kambu Health**  
**Ipswich Clinic      Laidley Clinic**  
**PH: 3810 3000      PH: 5465 3541**



# FREE



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Corporation for Health

## 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](http://WWW.KAMBUHEALTH.COM.AU)





# - 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 Aunty Delma Roe.*

Who is your mob Aunty?  
Gooreng Gooreng.

Where did you grow up?  
Born in Mackay and live in places in between Mackay and Rockhampton.

What do you love about Ipswich and West Moreton?  
Regional town and not a big city.

What is your favorite bush tukka?  
Bush herbs and spices - Lemon Myrtle.

What is your favourite song?  
All kinds of music but favour RnB.





*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:

- Levi Moore – Manager, Governance, Risk, and Compliance
- Rachel Tanerau-Love – Youth Cultural Mentoring Coordinator
- Kim Norris – Administration Officer FWS
- Hannah Oke – Family Wellbeing Practitioner
- Wendy Stenner – Early Childhood Teacher



## Kambu Health Employment

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

Grow your skills with Kambu Health.

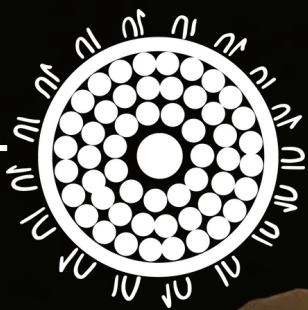
Kambu Health currently has multiple vacancies on offer across our Ipswich and Laidley clinics and services.

## Positions Vacant

**APPLY HERE**

- General Practitioner
- Early Childhood Educator
- Early Years Educator
- Early Childhood Teacher/  
Director - Kindergarten





# STAFF UPDATES



**NATASHA**

**EXECUTIVE SUPPORT OFFICER,  
HEALTH DIVISION**

**Congratulations Natasha for completing your Bachelor of Business Administration from the University of Technology Sydney.**

**This strengthens the depth and qualifications of our team.**

## CONGRATULATIONS

**Congratulations to Gary, Director, Strategic Projects, celebrating one (1) year with us at Kambu Health.**



**GARY**

**DIRECTOR, STRATEGIC PROJECTS**

# Deadly Choices<sup>®</sup>

- good quick tukka recipes -

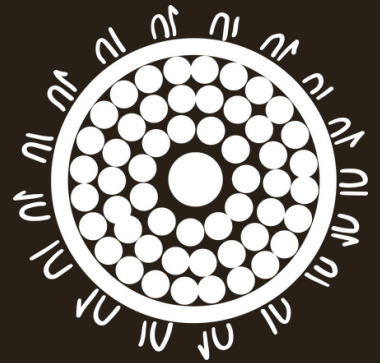
## Corn, Carrot, and Zucchini Fritters

### INGREDIENTS

1 & ½ cups wholemeal self-raising flour  
1 large can of corn kernels  
2 carrots  
2 zucchinis  
1 cup low-fat cheese  
4 eggs  
1 cup of low fat milk  
Cooking spray  
Serves 16

### EQUIPMENT

1 Large bowl  
1 Small bowl Grater  
Cup measurements  
Fork  
Knife  
Chopping board  
Mixing spoon Tablespoon  
Fry pan  
Egg flip or spatula



### METHOD

1. Grate carrots and zucchini into large bowl and add cheese, flour, and corn.
2. Crack eggs into small bowl and beat. Then add milk.
3. Combine all ingredients into large bowl and mix.
4. Lightly spray fry pan.
5. Pour spoonful into hot pan.
6. Cook until golden both sides or mixture is cooked through.





# *What's Happening November 2022*

November

Lung Cancer Awareness Month

Perinatal Depression & Anxiety Awareness Week, 6 -12 November

Remembrance Day, 11 November

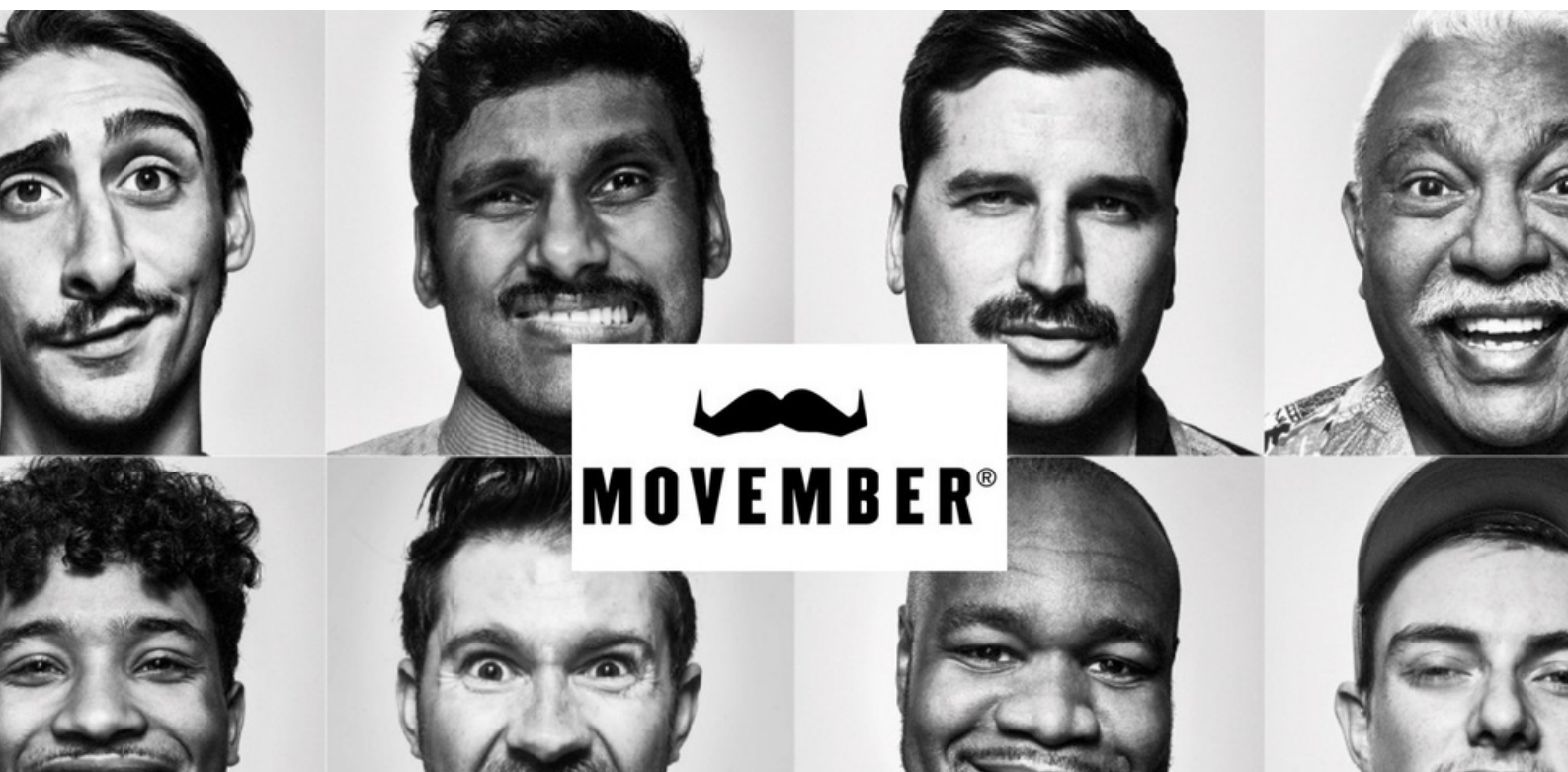
World Diabetes Day, 14 November

National Cervical Cancer Awareness Week, 7 - 13 November

White Ribbon Day, 18 November

World Antibiotic Awareness Week, 18 - 24 November

International Men's Day, 19 November

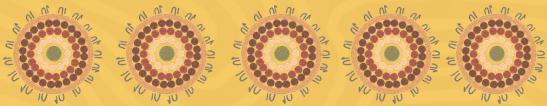


[READ MORE AT OUR WEBSITE WWW.KAMBUHEALTH.COM.AU](http://WWW.KAMBUHEALTH.COM.AU)

# What's on?

Kambu Health 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 mob.

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

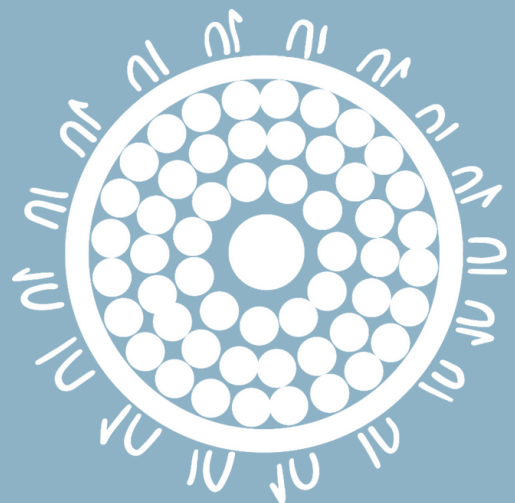
Riverview District Community Centre  
138 Old Ipswich Road, Riverview

### Ipswich Men's Group

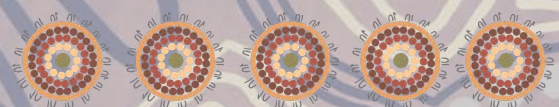
When: Friday

Time: 10.00am – 12.00pm

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



**PHONE 07 5465 3353  
TO REGISTER**





# - Kambu Health Men's Group -



## Hey you Mob!

Just a quick update from our Social Health Program Men's Group.

We meet every Friday 10:00am at Leichhardt One Mile Community Centre.

Our deadly staff Trevor Fourmile and Gavnish Singh support our men around all things social and emotional wellbeing.

Recently, our Men's group have been yarning, creating art works, having deadly feeds, getting one another motivated to have 715 health care checks, and doing woodwork.

One of our focuses at Men's Group has been group planning for the upcoming Men's Retreat which is being held in November.

Another focus aims to restore cultural knowledge, sharing of stories, provide meaningful activity to empower our Indigenous men.

If you are a man, aged 18 and over, and live in the West Moreton Region please come along and connect in with us.

If you would like to yarn about our Men's Group, please call Trevor Fourmile on 0458 013 855 or call our friendly social health team on 3810 3000 (option 4).

## Catch you fellas soon!







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Corporation for Health

# **COMMUNITY** *Sausage Sizzle*



**KAMBU FAMILY WELLBEING  
SERVICE IS HOSTING A  
COMMUNITY EVENT - AGED CARE  
RESOURCES AVAILABLE, AND  
QUESTIONS WILL BE ANSWERED**

**FRIDAY 25 NOVEMBER 2022**

**2:00PM - 4:00PM**

**155 PATRICK STREET, LAIDLEY**

**CONTACT: (07) 5465 3353 FOR MORE INFORMATION**





**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](mailto: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.





# 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

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**FREE  
RIDES**

**FREE  
FOOD & DRINK**

**FIREWORKS  
7.45PM**

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# KAMBU AMAROO KINDERGARTEN AND LONG DAY CARE CENTRE



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Corporation for Health

*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



**4 MADDEN ST, SILKSTONE  
PH: 3812 2258**



# 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.

**85 LOBB STREET, CHURCHILL**  
**PH: 3810 3010**



# CFC NEWS!



This month at CFC we had our Holiday program. Families went to Currumbin Wildlife Sanctuary to learn about Australian native wildlife and experience them for themselves, connecting with nature to learn and play. We had a lovely day at Lobley Park for children and parents to take part in sports and outdoor play create attachment with their children.

The lovely Lauren Appo returned to CFC to do some traditional story telling from Indigenous authors and artwork which was created with the children.

Our Deadly mum's sewing group wanted to sew library bags for the Kindy children graduating in Amaroo Kindy this year as their graduation present from our community.

What kind hearts our mothers have at CFC! Thank you to all whom contributed.







## YOUR RIGHTS

- The right to an individualised service.
- The right to privacy and confidentiality.
- The right to decide if information can be shared with others.
- The right to freedom from abuse, intimidation, exploitation, or discrimination.
- The right to the development of the service through feedback.
- The right to use an advocate.
- The right to complain if you are unhappy with the service or your worker.
- The right to withdraw from Family Support and to have help accessing other services.
- The responsibility to always treat staff with respect.



(07) 3810 3010 

kambuhealth.com.au 

cfc@kambuhealth.com.au 

85 Lobb Street Churchill QLD 4305 



## IPSWICH CHILDREN AND FAMILY CENTRE

## FAMILY SUPPORT

This Program is funded by the State Government and NIAA



## WHAT FAMILY SUPPORT OFFER:

- Case Management Plans.
- Parenting Programs including skill building
- Circle of Security - Supporting & Strengthening The Parent-Child Relationship.
- Triple P - building skills for strong family relationships, managing misbehaviour and preventing problems.
- Parents Under Pressure - Assisting parents who are facing difficulty with a child's behaviour, to create a settled, stable, and safe environment for their child/children and family.
- Bringing Up Great Kids (BUGK) - Supporting parents to interact with their children to promote respectful interactions and positive self-identity



## WHAT CAN FAMILY SUPPORT DO FOR YOU:



### CULTURALLY APPROPRIATE SUPPORT

Aboriginal and Torres Strait Islander parents/carers or family members caring for Aboriginal and/or Torres Strait Islander children aged 0 - 8 years living in Ipswich / West Moreton region.

## WE ADVOCATE FOR YOU!

Referring and linking families to services, agencies, and organisations throughout the Ipswich and West Moreton region. These may include:

Health checks | Dental services  
Accommodation | Housing  
Domestic & Family Violence | NDIS  
Food Relief | Budgeting  
Family Participation Program | Social Health  
School and Education support

## HOW CAN YOU ACCESS IT?

### REFERRAL OR SELF-REFERRAL



You can self-refer by calling us or be referred by another service or agency.

If you are not already a client of Kambu Aboriginal and Torres Strait Island Corporation Health we will support you through the process.



**FOR FURTHER INFORMATION OR TO BOOK AN APPOINTMENT, PLEASE CONTACT US!**

**TELEPHONE: (07) 3810 3010**

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





## Corporate

# Children's Health Queensland invites you to become a deadly cadet



Above (left to right): Katelyn Gane, Speech Therapy Cadet, Jamira Kelly, Social Work Cadet and Taliah Kemp, Physiotherapy Cadet.

Children's Health Queensland is committed to Closing the Gap through recruitment, workforce and development opportunities for Aboriginal and Torres Strait Islander students.

Children's Health Queensland is offering corporate Aboriginal and Torres Strait Islander cadetships in 2023.

The cadetship offers Aboriginal and Torres Strait Islander students who are studying a full-time tertiary qualification (minimum of 60CP) in various corporate roles with the opportunity to gain practical work experience that develops essential workplace skills in your chosen field. Cadets work under the delegation and supervision of a professional within their work area.

Under s105 of the *Anti-Discrimination Act 1991*, as an equal opportunity measure, candidates must be of Aboriginal Australian and/or Torres Strait Islander descent; and

identify as an Aboriginal Australian and/or Torres Strait Islander to be eligible for a cadetship under this program.

## Become a corporate cadet for 2023

Corporate cadetships are available across Children's Health Queensland with positions being offered in marketing, communications, legal, human resources, finance.

Cadets are employed by Queensland Health as temporary part time employees and gain experience over 12 weeks (equivalent to 60 days or 456 hours) of placement.

These hours are scheduled to fit around each cadet's full-time study commitments during the calendar year.

Cadets receive a salary for the 12 weeks of placement work. Corporate cadets receive \$28.04-\$32.54, depending on prior experience and qualifications. Cadets also receive a study and equipment allowance of \$13,000 through our government partner, AFL Sports Ready.

## Further details and how to apply

For more information about the positions, please contact Alisha Lawton, Project Officer, CHQ Footprints by emailing [CHQ\\_footprints@health.qld.gov.au](mailto:CHQ_footprints@health.qld.gov.au)

To find out more about the application process and eligibility, please contact Chenille Chandler from AFL SportsReady on 0457 772 600 or [chenille.chandler@aflsportsready.com.au](mailto:chenille.chandler@aflsportsready.com.au)

Submit your application via the Smart Jobs website <https://smartiobs.qld.gov.au/jobs/QLD-H22CHQ450602>



Children's Health Queensland pays respect to the Traditional Custodians of the lands on which we walk, work, talk and live. We also acknowledge and pay our respect to Aboriginal and Torres Strait Islander Elders past, present and future.



Queensland  
Government



## Nursing

# Children's Health Queensland invites you to become a deadly cadet

Children's Health Queensland is committed to Closing the Gap through recruitment, workforce and development opportunities for Aboriginal and Torres Strait Islander students.

Children's Health Queensland is offering Aboriginal and Torres Strait Islander nursing cadetships in 2023.

The cadetship offers Aboriginal and Torres Strait Islander students who are studying a full-time tertiary qualification (minimum of 60CP) in nursing with the opportunity to perform a range of clinical support activities and develop their skills on the job. Cadets work under the delegation and supervision of a registered nurse to provide effective patient care.

Under s105 of the *Anti-Discrimination Act 1991*, as an equal opportunity measure, candidates must be of Aboriginal Australian and/or Torres Strait Islander



Above: Sarah Evans, Nursing Cadet.

descent; and identify as an Aboriginal Australian and/or Torres Strait Islander to be eligible for a cadetship under this program.

## Become a nursing cadet for 2023

Cadets are employed as temporary part time employees and gain experience over 12 weeks of (equivalent to 60 days or 456 hours) placement. These hours are scheduled to fit around each cadet's full-time study commitments during the calendar year.

Cadets receive a salary for the 12 weeks of placement work. Nursing cadets receive \$30.41-\$30.81, depending on prior experience and qualifications. Cadets also receive a study and equipment allowance of \$13,000 through our government partner, AFL SportsReady.

## Further details and how to apply

For more information about the positions, please contact Alisha Lawton, Project Officer, CHQ Footprints by emailing [CHQ\\_footprints@health.qld.gov.au](mailto:CHQ_footprints@health.qld.gov.au)

To find out more about the application process and eligibility, please contact Chenille Chandler from AFL SportsReady on 0457 772 600 or [chenille.chandler@afllsportsready.com.au](mailto:chenille.chandler@afllsportsready.com.au)

Submit your application via the Smart Jobs website <https://smartjobs.qld.gov.au/jobs/QLD-H22CHO451095>



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Queensland  
Government