

Kambu Health Newsletter



Kambu Health Communique

A MESSAGE FROM THE CEO

Welcome to the second edition of the Kambu Health Communique, February 2023.

Happy February – can you believe it is February already, Christmas and New Year now a distant memory.

A matter that has been the cause of much discussion lately is the right for Kambu Health staff to seek to confirm all patients and client's identity. That is asking for our patients and clients to confirm their First Nation status. Kambu Health is an organisation that was proudly established to assist Aboriginal and Torres Strait Islander people to access health care. The intent was to ensure access to equitable and quality health care for Aboriginal and Torres Strait Islander people or in Ipswich and west Moreton community. From very humble beginnings the organisation has grown. It is my role as the Chief Executive Officer to maintain the parameters of our service provisions as aligned with all funding we receive. We are proud of our organisation and the range of services and programs we deliver.

Kambu Health clinics offer General Practitioners (GPs) for everyone. You do not have to be Aboriginal and or Torres Strait Islander to see a General Practitioner. If you are not indigenous but the partner of an Aboriginal and or Torres Strait Islander person, you are considered as indigenous, and all services are afforded to you and any children of this partnership.

If you are not Aboriginal and or Torres Strait Islander our General Practitioners will provide a referral for any specialist, you will however be referred to specialists outside of Kambu Health.

Kambu Health Communique

A MESSAGE FROM THE CEO (continued)

Health care is a fundamental human right, and it is our commitment to this that ensures we are open for all to utilise our General Practitioners and to ensure if you require any other health services this requirement is met via a referral to a suitable specialist.

I ask that you are respectful to staff when they ask a qualifying question and understand that if there is not sufficient proof of your Aboriginality that only a General Practitioner appointment will be offered. You can provide the proof later, and when received all records will be updated to reflect your status.

With regards to Aboriginality and confirmation of same (CoA), please note Kambu Health will not consider and or approve any applications that don't establish that you are from Ipswich and or west Moreton, known to the Board or community and that you have proof such as a family tree. If you are from another state, town, and or region, then you must return to your home of origin to seek the confirmation. For clarity if you are from New South Wales do not apply for Confirmation of Aboriginality (CoA) with Kambu Health as it will be rejected.

Kambu Health will also be applying these enhanced measures to all our events. Kambu Health via the Board of Directors contributes a significant amount of funding for large scale community events annually and moving into 2023 we will be ensuring that those who benefit are Aboriginal and Torres Strait Islander peoples and our members. This approach ensures we are supporting those we are established to assist and that we have impactful engagement and activities with our mob.

Please understand the reasons for asking you to confirm your identity and do not take any frustrations out on our staff. If you are unhappy with being asked you are welcome to submit an email directly to: Ceo@kambuhealth.com.au

Many members, clients and patients have been engaged and are supportive of this initiative.

In closing, this month as we focus on the 'Apology', Stolen Generation and that 2023 will be the year of the referendum. This is a real opportunity for Australia to set right their relationship with Aboriginal and Torres Strait Islander people.

On behalf of the Board of Directors, the Executive team, and all staff at Kambu Health, we hope February provides an opportunity for greater understanding and reconciliation. As Aboriginal and Torres Strait Islander people we want to take our place, have a voice, and be respected and acknowledged for our contributions and sacrifices.

Simone Jackson
Chief Executive Officer

OUR ACKNOWLEDGEMENT TO COUNTRY

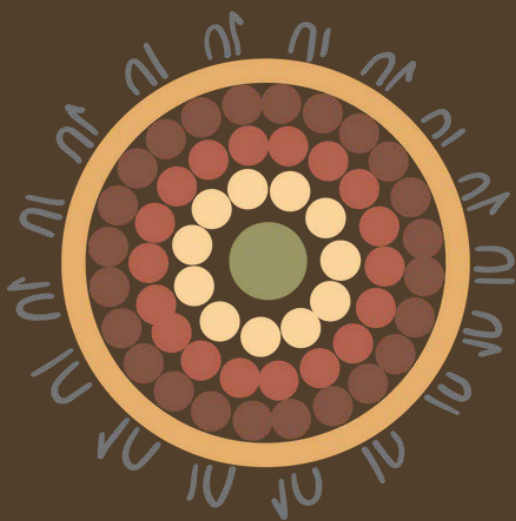
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

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.



“Traveler, there are no paths. Paths are made by walking.”

In this month's news:

| [Clinic News](#) | [Meet our Team](#) | [Staff Profile](#) | [Education](#) | [What's On FEBRUARY](#) | [Deadly Tukka Recipes](#) |

Apology 15th 2023 Anniversary

Monday, 13th February 2023
10am – 12noon
Concert Hall Foyer,
Queensland Performing Arts Centre
Cnr Grey & Melbourne Streets,
South Brisbane



RSVP
contact@link-upqld.org.au
or 07) 3638 0411



Australian Government

National Indigenous
Australians Agency



Queensland
Government



HealingFoundation

Strong Spirit • Strong Culture • Strong People



QUEENSLAND
PERFORMING
ARTS CENTRE

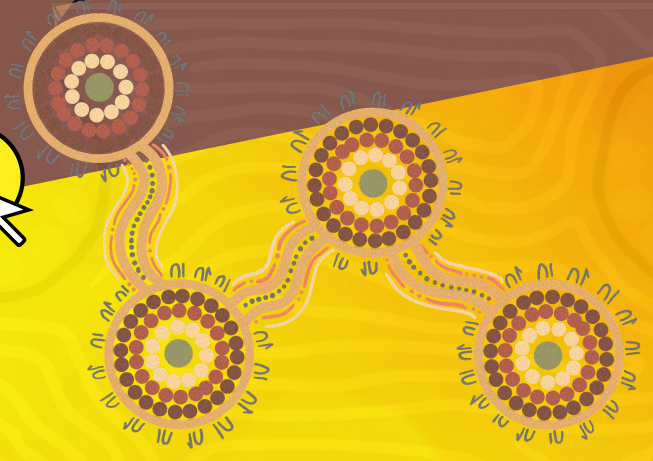


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MEN'S RETREAT 2022

[CLICK HERE](#)



Last year, Saturday 19 November to Monday 21 November 2022, Kambu Health organized a men's retreat in the Bunya Mountains on Wakka Wakka Country.

The retreat aimed to enhance the social and emotional wellbeing of First Nation men in the west Moreton region, with the goal of preventing suicide through shared cultural community connection.

The men's retreat funded by Darling Downs and west Moreton Primary Health Network and made possible through the volunteer efforts of staff from Kambu Health medical clinic, West Moreton Health, Indigenous Institute for Urban Indigenous Health, Dhuwa Coffee, and Diabetes Queensland.

29 First Nation men took part in cultural and collaborative workshops over the course of three (3) days. This included activities such as artifact and art painting with KHJ Arts, bushwalking, yarning circles, identity workshops, didgeridoo workshops with Rhan Hooper, and presentations by guest speakers such as Adam Williams from DHUWA coffee and diabetes cultural education. Unfortunately, the retreat was disrupted by a severe storm on Sunday night that resulted in the loss of power for over 12 hours, leading to an early conclusion of the retreat by one (1) day.

Despite this, the participants yarned, shared experiences, learnt together, and created strong connections with one another. Kambu Health social health is working hard to ensure future retreats are an ongoing option for men and women.



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MEN'S RETREAT 2022





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KAMBU HEALTH MEN'S RETREAT 2022 SPONSORS



- Clinic News -



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

We advise that in January, 295 clients could not be seen because 295 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	101
DENTAL	24
SPECIALIST	20
GP	150
TOTAL	295



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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



“It's good that you're eating more fresh fruit and vegetables, but be careful to chew more thoroughly.”

FROM THE CEO DESK

SIMONE JACKSON
CHIEF EXECUTIVE OFFICER

We are pleased to share with you the photos from our Community Children's Christmas Carnival held at Ipswich Turf Club on Sunday 22 December 2022.

Click the link below to take you to the photos!

CLICK HERE



Services that can assist you and or your family in times of need (sorry business, depression, other worries and concerns)

Ambulance/Police	000
Kids Help Line	1800 55 1800
Crisis Care Line	13 11 14
13 HEALTH	13 43 25 84
Beyond Blue	1300 224 636
Wesley Mission	1300 541 623
Alcohol Drug Service.....	3825 6060
DV Connect	1800 811 811
Sexual Assault Line	1800 010 120
Dept. Of Child Safety.....	3513 3700
Homeless Hotline	1800 474 753

- Meet our team -

*This month we feature
Kambu Amaroo Kindergarten and Long Day Care Centre*



Kambu Amaroo Kindergarten caters for 25 children and the Long Day Care Centre is a 45-placement centre, offering quality early years education and care for children aged zero (0) to five (5) years.

The centre also takes the hassle out of family's busy morning routines by providing chef prepared snacks and lunches, and nappies.

Director, Kambu Amaroo Long Day Care and Kindergarten, Danielle heads up a deadly team of staff to care for our jarjums.

CALL US TODAY: 3812 2258



What's Happening February 2023

Ovarian Cancer Awareness Month

Wear Red Day, 3 Feb

World Cancer Day, 4 Feb

Feed Tube Feeding Week, 5 - 11 February

15th Anniversary, National Apology Day, 13 Feb

Valentine's Day, 14 Feb

Kambu Health Diabetes Support Group, 15 Feb

International Mother Language Day, 21 Feb

Kambu Health Family Wellbeing Service BBQ, 24 Feb



HAPPY

Valentine's

Day

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



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COMMUNITY *Sausage Sizzle*



**KAMBU HEALTH FAMILY
WELLBEING SERVICE IS HOSTING A
COMMUNITY EVENT - WELCOME
BACK 2023**

FRIDAY 24 FEBRUARY 2023

2:00PM - 4:00PM

155 PATRICK STREET, LAIDLEY

CONTACT: (07) 5465 3353 FOR MORE INFORMATION

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

Art Group

10.30am - 12.30pm

TUESDAY

Women's Group

10.30am - 12.30am

WEDNESDAY

Art Group

10.30am - 12.30pm

THURSDAY

Homework Club

3.00pm - 4.30pm

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

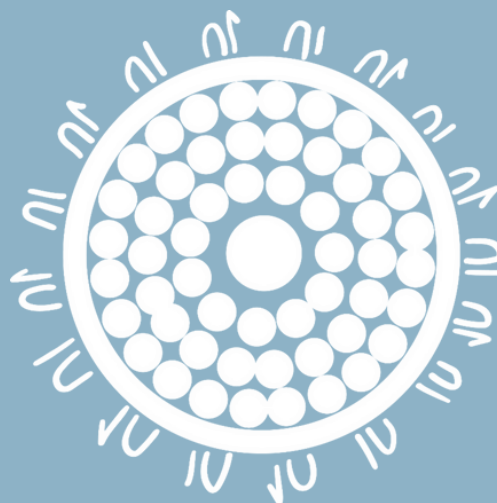
Ipswich Men's Group

When: Friday

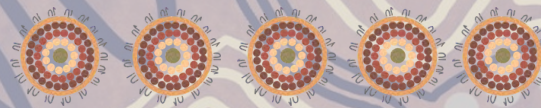
Time: 10.00am - 12.00pm

Leichhardt One Mile Community Centre

1-17 Denman Street, Leichhardt



PHONE 07 5465 3353
TO REGISTER



- 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 February we're asking Natalie Day, Business Support Officer, Corporate Services, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about herself.

INTRODUCING NATALIE DAY

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

Utilising Outlook for reminders / scheduled tasks.

I also utilise a diary on my desk where I will set out my tasks for the day.

What motivates you at work?

The people I work with motivate me. I also am happy to help out if anyone is needing assistance with any tasks.

What's something you're proud of?

I am very proud of my three children. I have 22 year old twins and a 14 year old.

My twins suffered a lot of adversity growing up and are now flourishing in their adult lives.

Who inspires you?

My Dad inspires me.

He always offers the best advice when I am in need.

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

I wanted to be a Primary School Teacher.

What kind of music do you like?

I tend to listen to a wide variety of music.

My son is an avid keyboard player so I absolutely love listening to his music creations.

What show are you currently binge-watching?

I have just finished binge-watching the series on Stan "Black Snow", I loved it!



Hellos and Goodbyes

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

- Bernadette Grassby, Early Childhood Teacher
- Elizabeth Pickmere, Practice Nurse
- Dr. Narendra Singh, General Practitioner
- Jaide Southee, Director, Corporate Services
- Caprico Erwin, Practice Manager
- Grace Mews, Medical Receptionist
- Dr. Lindsay Davidson, General Practitioner

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

- Dr Umme Kulsum
- Pankita Patel
- Rejen Cabili-Hayes
- Waylon Bekue

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:

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Positions Vacant

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[**APPLY HERE**](#)

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- Deadly tukka Recipes -

Mabu Mabu, celebrates Aboriginal and Torres Strait Islander communities through food.

Nornie Bero is a chef and author of Mabu Mabu.

Originally from Mer Island in the Torres Strait, Nornie has been a professional chef for over 20 years and is on a mission to put First Nations ingredients in kitchens across Australia.

'Mabu Mabu' itself is a saying in the Torres Strait, that means 'help yourself'.

You can check out Mabu Mabu recipes online, or pick up a copy of her deadly cookbook:

Ipswich City Council Library, Nicholas St, Ipswich QLD 4305.

<https://www.ipswichlibraries.com.au/>

Laidley City Council Library, 9 Spicer St, Laidley QLD 4341.

<https://library.lockyervalley.qld.gov.au/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

