

Kambu Health Newsletter

Kambu Communique

A MESSAGE FROM THE CEO

We have had an extremely busy past month with National Sorry Day, National Reconciliation Week, and now we celebrate NAIDOC Week, 3 - 10 July 2022 which has a variety of events in our local area for mob.

Our Kambu Health Vaccination Hub and our Kambu Amaroo Early Years Precinct and Community Stalls, promoting the many services we offer including Kambu Amaroo Kindergarten and Kambu Amaroo Long Day Care Centre, Kambu Family Support Services and Kambu Health Ipswich Medical Clinic were well attended at both the Laidley NAIDOC and Ipswich NAIDOC celebrations.

We are pleased to announce that to serve our mob better, we have extended our Ipswich Clinic Hours from 7.00am - 7.00pm, Monday to Friday and Saturday 8.00am - 4.00pm.

We now offer walk-in appointments with no booking needed Monday to Friday 7.00am - 7.00pm so if you need to see a Doctor - no need to book ahead, just come in and we will get you seen by a Doctor &/or Nurse.

We also offer convenient COVID-19 car park testing for those on the go, but you will need to book for car park testing due to limited car space availability, please call - PH 3800 3100.

Our increased hours of operations will ensure more mob can access services.

In July we observe National Diabetes Week, 10 - 16 July 2022.

This National Diabetes Week theme is "let's yarn about the real impact diabetes stigma can have on a person's mental and emotional wellbeing". If you or anyone you know wants to have a yarn reach out to Kambu Health via Ipswich Clinic PH 3800 3100, Laidley Clinic PH 5465 3541.

On behalf of the Board of Directors, the Executive team and all staff at Kambu Health let NAIDOC Week remind us all to Get Up! Show Up! Stand Up! during July and beyond.

Simone Jackson Chief Executive Officer

In this month's news:

About Us | Welcome to our new staff members | Clinic news | NAIDOC Week 2022 |
What's on | Health focus | Deadly Choices Quick Good Tukka Recipe | Elder Profile |

Staff Profile

TREVOR FOURMILE SOCIAL AND EMOTIONAL WELLBEING OFFICER



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 July we're asking Trevor Fourmile, Social and Emotional Wellbeing Officer, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about himself.

What's your most-used productivity hack at work?

Listening to music and listening to motivational quotes from Gavnish (my colleague).
Set goals for myself. Have a to do list for the day. Schedule time for self-care.

What motivates you at work?

My team and yarning with community. Listening to them inspires me.

What's something you're proud of?

My family and myself. Looking back to what I have accomplished over the years is something that I would never thought I would achieved (Children's Book Author).

Who inspires you?

My family and friends. My eldest Brother.

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

Rugby League or Basketball star.

What kind of music do you like?

Growing up from a musical family and playing instruments myself. I've learnt to appreciate all types.
However, I'm currently listening to Reggae, Country and 50s Rock n Roll.

What show are you currently binge-watching?

Stranger Things season 4, until Yellowstone comes back.



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.

Goodbyes & Hellos



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WELCOME!

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

- Ronnella Onyeajum – Wellbeing Counsellor
- Grace Mani – Social Health Worker
- Jessica Wimbus – Children and Family Centre Manager
- Jordan Smith – Aboriginal Health Worker Trainee

FAREWELL!

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

- Janet Guy
- Kiesha Schiro
- Melissa Costello
- Teleena Gillespie

KAMBU EMPLOYMENT OPPORTUNITIES

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.

- Receptionist
- Early Childhood Teacher – Long Day Care
- Early Childhood Teacher – Kindergarten
- Family Participation Program Practitioner
- Early Years Educator – Children and Family Centre
- Family Participation Program Practitioner
- Intake Officer Family Participation Program

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 at Kambu Health, please check out our website - www.kambuhealth.com.au/about/careers



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WE ARE

HIRING

JOIN OUR TEAM

RECEPTIONIST

EARLY YEARS EDUCATOR

EARLY CHILDHOOD TEACHER

SENIOR BUSINESS SUPPORT OFFICER

FAMILY WELLBEING SUPPORT WORKER

FAMILY PARTICIPATION PROGRAM PRACTITIONER

INTAKE OFFICER FAMILY PARTICIPATION PROGRAM

VISIT OUR WEBPAGE:

WWW.KAMBUHEALTH.COM.AU/CAREERS

SEND YOUR RESUME TO:

HR@KAMBUHEALTH.COM.AU

Clinic News

Ipswich Clinic - New Opening Hours

To better serve our mob, Ipswich Clinic have extended opening hours effective 4 July 2022.

We are pleased to announce we are now open from 7.00am - 7.00pm Monday to Friday and 8.00am - 4.00pm Saturday.

Please note, we also offer walk-in appointments, no booking needed Monday to Friday 7.00am - 7.00pm.

Flu shots available

- FREE for all Aboriginal and Torres Strait Islander people six (6) months and over
- Available at all Kambu Health Clinics by walk-in or by appointment

Winter Booster recommended for all adults aged 50 and over

All adults aged 50 and over are now recommended to receive a winter booster (second booster) of a COVID-19 vaccine. This booster should be administered at least three (3) months after your last COVID-19 vaccine or most recent COVID-19 infection. Keeping up to date with your vaccination status remains one of the best ways to keep yourself safe from COVID-19 and to reduce your chances of becoming very sick if you do get the virus. All adults aged 30 years and over are also now able to receive a winter booster (second booster) of a COVID-19 vaccine.

Booval services

Booval Respiratory Clinic is now offering 2 GP (male and female) face-to-face services.

- GP and vaccination services Monday - Friday 9:00 am to 2:00 pm
- COVID testing, assessment, and treatment services Monday - Friday 2:00 pm to 4:30 pm

BOOK INTO A KAMBU HEALTH CLINIC NOW



LAIDLEY CLINIC

Have you had your
715 - HEALTH CHECK?

We have available
appointments.
Call to book now!

Phone 07 5465 3541

BOOVAL RESPIRATORY CLINIC

COVID-19 testing and vaccinations are
available. Check if you're eligible.

Monday to Friday
8:30 am - 4:30 pm

1:00 pm - 4:00 pm each day
is dedicated to COVID-19 testing only

Phone 07 3436 5680

IPSWICH CLINIC

To make an appointment call our clinic receptionists
on 07 3810 3000. We'll make every effort to book
your appointment at your chosen time. If you have a
preferred practitioner that you'd like to see, ask for
them when you make your appointment.

Remember, you can ask for a longer consultation if
you think one may be needed.

Phone 07 3810 3000

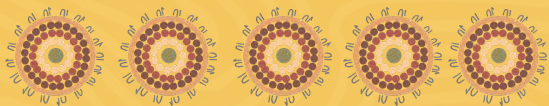


Your x-ray showed a broken bone, but we fixed it
in photoshop.

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 snacks are provided.



RSVPs are essential.

If you are interested in attending, call us to register - see below for details!

FAMILY WELLBEING SERVICE

TUESDAY

Kambu Play Group
10.00am - 11.30am

WEDNESDAY

Circle of Security Parenting Program
11.00am - 12.00pm

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

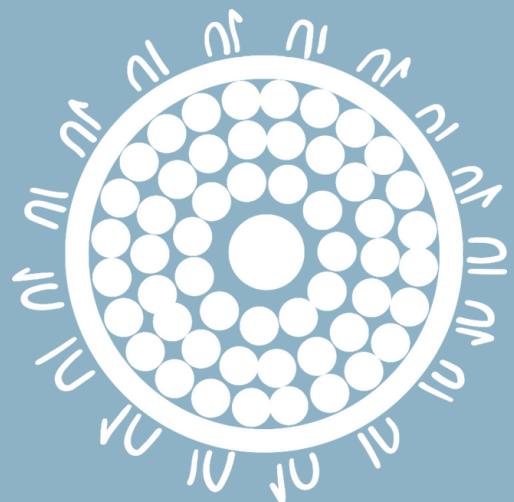
Riverview District Community Centre
138 Old Ipswich Road, Riverview

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**

FOCUS ON YOUR HEALTH

NATIONAL DIABETES WEEK

National Diabetes Week runs from 10 – 16 July 2022.

'Heads Up on Diabetes' campaign focuses on challenging diabetes related stigma.

National Diabetes Week, let's have a yarn about the real impact diabetes stigma can have on a person's mental and emotional wellbeing.

If you or anyone you know wants to have a yarn, reach out to Kambu!

Make an appointment with Kambu TODAY to get tested, treated and supported.

IPWICH CLINIC 3810 3000

LAIDLEY CLINIC 5465 3541



CORN, CARROT AND ZUCCHINI FRITTERS RECIPE A GREAT VEGETARIAN OPTION

INGREDIENTS

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

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. Pour spoonful's into hot pan.
5. Cook until golden both sides or mixture is cooked through.

EVENTS IN JULY



GET UP! STAND UP! SHOW UP!
3-10 JULY 2022

NAIDOC WEEK

3 - 10 July

National Diabetes Week

10 - 16 July



**diabetes
australia**



World Hepatitis Day
28 July

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

COMMUNITY GARDEN OPENING

The official opening of Kambu Amaroo Early Years Precinct Community Garden was held on Monday 4 July.

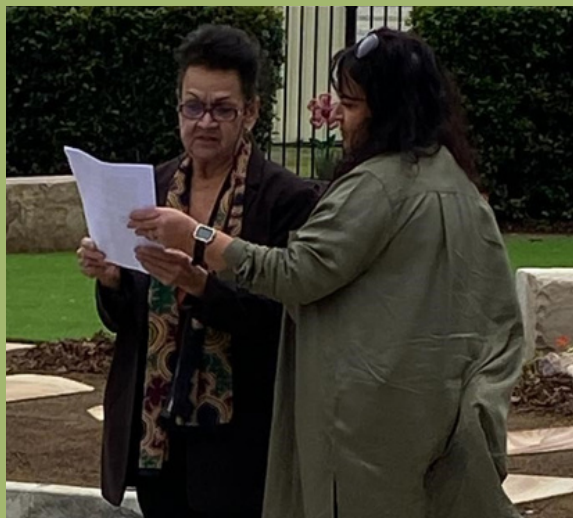
We were joined by Federal Member Mr Shayne Neuman, State Member Jennifer Howard, and Mayor, Teresa Harding, Traditional Owner Ms Jill Davidson who did the Welcome to Country and Elders, parents and of course our jarjums!

We give special thanks to NIAA who was represented by Ms Tanya Malthouse, we recognise their contribution to the Community Garden which would not be without their generous contribution.

Special shout out to Nunukul Yuggera Aboriginal Dance Company for performing smoking ceremony and traditional dance which added to festivities.



Kambu Amaroo Jarjums



Aunty Jill Davidson - Welcome to Country



Nunukul Yuggera Aboriginal Dance Company performed smoking ceremony and traditional dance



CEO, Simone Jackson accepts Certificate of Recognition awarded to Kambu Health from Ipswich City Council

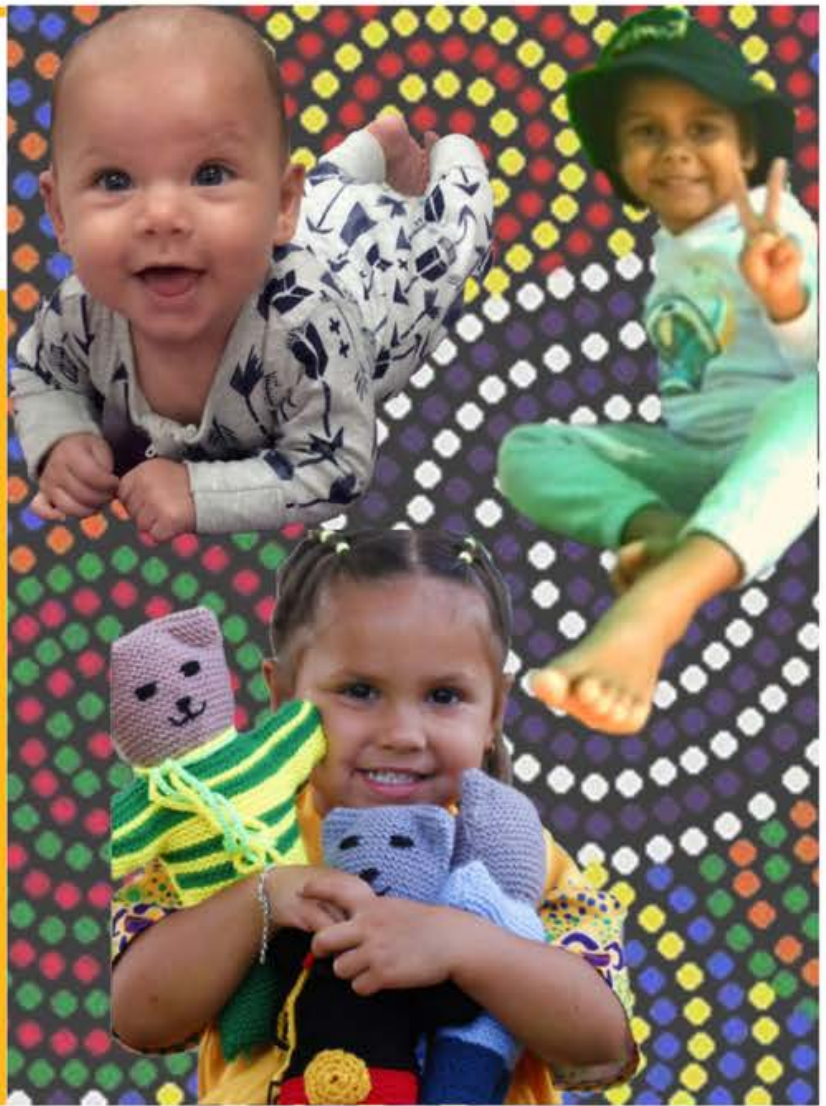


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**KAMBU
AMAROO
KINDERGARTEN
AND LONG DAY
CARE CENTRE**

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**



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

CALL US!

**Kambu Amaroo Kindergarten
4 Madden Street, Silkstone**

**Kambu Amaroo Long Daycare
4 Madden Street, Silkstone
PH: 3812 2258**

**Children and Family Centre
85 Lobb Street, Churchill
PH: 3810 3010**

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 Ruth Moffatt.

Who is your mob?

My mob is Manandanji.

Where did you grow up?

I am a part of the stolen generation: I grew up in Purga and Cherbourg.

What do you love about Ipswich and West Moreton?

All the friends I have made in the 47 years that I have lived here.

I worked at many schools in this region and when I retired, they sent me home in a limousine.

What is your favorite bush tukka?

I didn't get raised on bush tukka but one of my favourite foods is Pumpkin Soup.

What is your favourite song?

What a friend we have in Jesus.



NOMINATE AN ELDER



Kambu Health would like to acknowledge and pay respect to our local Elders each month so please nominate your Elder so we can share and learn our stories together.

Nominate your Elder by emailing: comms@kambuhealth.com.au



NAIDOC WEEK 2022



GET UP!
STAND UP!
SHOW UP!

3-10 JULY 2022





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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



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11AM - 12 PM
EVERY THURSDAY

CIRCLE OF SECURITY

PARENTING PROGRAM

STARTING
14 JULY 2022

KAMBU FAMILY WELLBEING SERVICE
155 PATRICK ST LAIDLEY

FOR MORE INFORMATION PLEASE CALL OUR OFFICE ON (07) 5465 3353



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Kambu Family Wellbeing Service Kambu Playgroup



Come along for fun, games and story time at Kambu Family Wellbeing Service.

Open to all families with children 5 years and younger.
Learn, grow and play alongside your little ones.

Tuesday Mornings
FWS Shed, 155 Patrick St Laidley
10:30am to 11:30am
(07) 5465 3353

Contact us to register or for more information



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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