

Kambu Health Newsletter

CLOSE THE GAP

Kambu Health Communique A MESSAGE FROM THE CEO

Welcome to the third edition of the Kambu Health Communique, March 2023.

March brings with it many important dates on the Aboriginal and Torres Strait Islander calendar, including National Close the Gap Day, 16 March 2023.

Closing the Gap acknowledges the ongoing strength and resilience of Aboriginal and Torres Strait Islander people in sustaining the world's oldest living cultures and is underpinned by the belief that when Aboriginal and Torres Strait Islander people have a genuine say in the design and delivery of policies, programs and services that affect them, better life outcomes are achieved.

It also recognises that structural change in the way governments work with Aboriginal and Torres Strait Islander people is needed to close the gap.

This year we also aim to secure constitutional recognition through a Voice to Parliament.

A Voice to Parliament gives the Australian Government the opportunity to make policies with Aboriginal and Torres Strait Islander people, rather than for Aboriginal and Torres Strait Islander people.

You can find further information regarding a Voice to Parliament here:

<https://www.reconciliation.org.au/reconciliation/support-a-voice-to-parliament/>

Simone L. Jackson
Chief Executive Officer

CLICK HERE



OUR ACKNOWLEDGEMENT TO COUNTRY

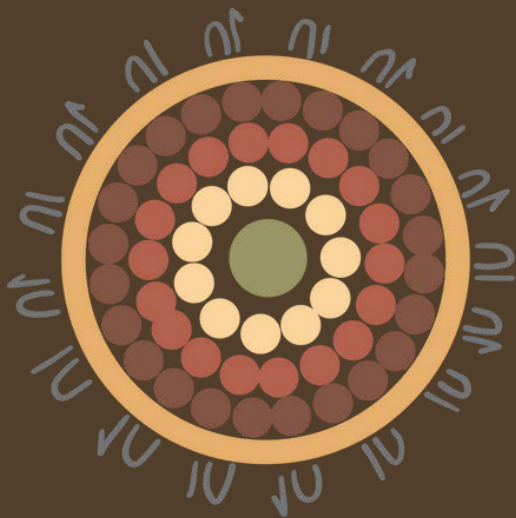
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

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.



"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home."

In this month's news:

- Clinic News -



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

We advise that in February, 336 clients could not be seen because 336 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	81
DENTAL	9
SPECIALIST	28
GP	218
TOTAL	336



kambu
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



"We're probably looking at a double bypass, unless that wizard can hook you up again."

FROM THE CEO DESK

In our 46th year and noting the 2023 NAIDOC theme 'For our Elders'. Kambu Health is seeking for anyone with photos of original staff, original building, anything to do with Kambu Health to share those photos.

Kambu Health will pay to copy your original.

We will be making a very special video montage of our Elders, having them in their own words tell us all what their lives have been like, what they remember about how Kambu Health came to be and what are their hopes for the future generations.

Please send photographs with description of photo to:
comms@kambuhealth.com.au



SIMONE L. JACKSON
CHIEF EXECUTIVE OFFICER



KAMBU HEALTH, FAMILY WELLBEING SERVICE

155 PATRICK STREET LAIDLEY QLD 4341

TELEPHONE: (07) 5465 3353

The Kambu Health, Family Wellbeing Service team delivers integrated, innovative, and culturally safe services, in response to family and community needs.

We can provide in-home support and connect you with services that can help with the challenges of raising a family.

Family Wellbeing Service also host a variety of programs each week including: Art Group, Women's Group, Men's Group and Homework Group.

Family Wellbeing Service, Manager, Stacey heads up a deadly Kambu Health team to support local Laidley mob.

Reach out to Family Wellbeing Service today!!



FAMILY WELLBEING SERVICE WEEKLY SCHEDULE

MONDAY
ART GROUP
10.30AM - 12.30PM

TUESDAY
WOMEN'S GROUP
10.30AM - 12.30PM

WEDNESDAY
ART GROUP
10.30AM - 12.30PM

THURSDAY
HOMEWORK GROUP
3.30PM - 4.30PM

FRIDAY
MEN'S GROUP
10.30AM - 12.30PM

What's Happening **MARCH 2023**

International Women's Day, 8 March

National Close the Gap Day, 16 March

World Sleep Day, 17 March

Red Nose Day, 17 March

Harmony Week , 20 - 26 March

Day for the Elimination of Racial Discrimination, 21 March

Harmony Day, 21 March

National Playgroup Week, 23 - 30 March

Earth Hour, 25 March

Aunty Pam Mam Birthday, 31 March

**National
Close the Gap Day
Thursday
16 March 2023**



CLOSETHEGAP

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

What is in the National Agreement on Closing the Gap?

The National Agreement on Closing the Gap belongs to all Australians. All Australian governments and the Coalition of Aboriginal and Torres Strait Islander Peak Organisations have signed up to the Agreement.

This is the first time governments have developed and negotiated a National Agreement in partnership with Aboriginal and Torres Strait Islander people.

TRUE PARTNERSHIP

The National Agreement on Closing the Gap is a demonstration of true partnership. The Agreement was developed in partnership with the Coalition of Peaks, and will be implemented in partnership with Aboriginal and Torres Strait Islander communities and organisations.

All Australian governments – the Commonwealth, states and territories, and the Australian Local Government Association – have committed to the actions under the National Agreement, as have the Coalition of Peaks. The parties will be publically accountable to Aboriginal and Torres Strait Islander people and all Australians.

4 PRIORITY REFORMS

At the heart of the National Agreement are four Priority Reforms to change the way governments work with Aboriginal and Torres Strait Islander people supported by specific targets.

1 Formal partnerships and shared decision making

Building and strengthening structures to empower Aboriginal and Torres Strait Islander people to share decision-making with governments.

2 Building the community-controlled sector

Building formal Aboriginal and Torres Strait Islander community-controlled sectors to deliver services to support Closing the Gap.

3 Transforming government organisations

Systemic and structural transformation of mainstream government organisations to improve accountability and better respond to the needs of Aboriginal and Torres Strait Islander people.

4 Shared Access to Data and Information at a Regional Level

Enable shared access to location specific data and information to support Aboriginal and Torres Strait Islander communities and organisations achieve the first three Priority Reforms.

17 TARGETS

The Agreement establishes 17 socio-economic targets to measure progress in the outcomes experienced by Aboriginal and Torres Strait Islander people.

1 People enjoy long and health lives

2 Children are born healthy and strong

3 Early childhood education is high quality and culturally appropriate

4 Children thrive in their early years

5 Students achieve their full learning potential

6 Students reach further education pathways

7 Youth are engaged in education or employment

8 Strong economic participation and development

9 People can secure appropriate and affordable housing

10 Adults are not overrepresented in incarceration

11 Young people are not overrepresented in detention

12 Children are not overrepresented in out-of-home care

13 Families and households are safe

14 Social and emotional wellbeing

15 People maintain distinctive relationships with land and waters

16 Cultures and languages are strong

17 Access to Information

Two additional targets – on community infrastructure and inland waters – will be developed over the next year to further strengthen the National Agreement.

ACCOUNTABILITY AND MONITORING

Under the National Agreement, governments are more accountable for their actions towards Closing the Gap than in the past.

All parties have developed Implementation Plans that set out how they will meet their commitments under the National Agreement, and all parties are required to report annually on their progress against these plans.

The Productivity Commission has published a dashboard for Australians to access up-to-date data on Closing the Gap targets and outcomes.

The Productivity Commission will also undertake an independent three-yearly review on progress towards Closing the Gap.

This will be complemented by an independent Aboriginal and Torres Strait Islander-led three-yearly review to capture the lived experiences of Aboriginal and Torres Strait Islander people and communities.

LIVING DOCUMENT

The National Agreement is a living document and will be revised over its life as we progress towards Closing the Gap.

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

3.30pm - 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

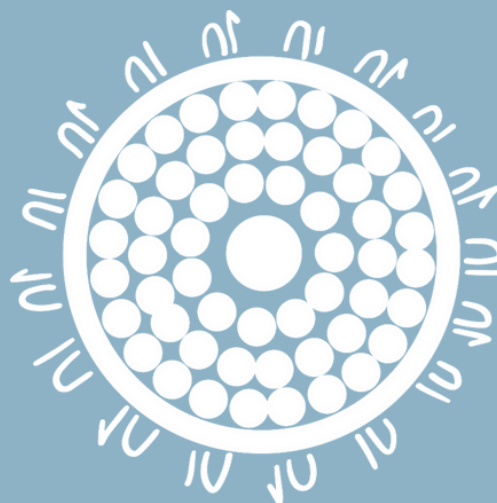
Riverview District Community Centre
138 Old Ipswich Road, Riverview

Ipswich Men's Group

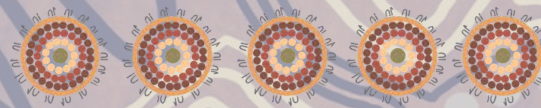
When: Friday

Time: 10.00am – 12.00pm

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



**PHONE 07 5465 3353
TO REGISTER**





SEWING GROUP



CHILDREN AND FAMILY CENTRE

CALL FOR MORE INFORMATION: (07) 3810 3010

EVERY Monday morning ladies come together to learn new sewing skills at Kambu Health Children and Family Centre.

The ladies are sewing, having a good yarn up, while their children are being looked after in adjunct care.

Our latest project is creating deadly nappy bags!

**EVERY
MONDAY**

9.45AM

85 LOBB STREET
CHURCHILL.

**REFRESHMENTS
PROVIDED**



Deadly Choices MEN'S GOLF DAY

7AM-1PM | FRIDAY, 21 APRIL 2023 | PALM MEADOWS GOLF CLUB, GOLD COAST



Join us for the annual Deadly Choices Men's Golf Day! The tournament will be 2 man ambrose. You'll need your own golf bag, clubs and balls or hire at your own expense (only 20 hire sets available).

All participants must have an up to date 715 Health Check, send confirmation to dcevents@iuih.org.au

For more information contact Rick Bird at rick.bird@iuih.org.au or on 0411 265 490



SCAN THE QR CODE
TO REGISTER

Deadly Choices

WOMEN'S NETBALL CARNIVAL 2023

8AM-4.30PM | SATURDAY 15TH APRIL 2023 | DOWNEY PARK NETBALL - NORTHEY ST & GREEN TERRACE, WINDSOR QLD



Join us for the 2023 Deadly Choices Women's Netball Carnival!

Divisions include U13s, U15s, Open Women's (16 and above).

All participants must have an up to date 715 Health Check.
Send health check confirmation to dcevent@iuih.org.au.

Registrations close: Wednesday 1st March
Team lists due: Friday 7th April

For more information contact Rick Bird
at rick.bird@iuih.org.au or on 0411 265 460.

This is an alcohol, smoke and sugar free event.



SCAN THE QR CODE
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 March we're asking Dr. Lindsay Davidson, General Practitioner, Kambu Aboriginal and Torres Strait Islander Corporation for Health to tell us about herself.

Dr. Lindsay Davidson

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

Coffee, lists and (trying to drink enough) water!

What motivates you at work?

I really enjoy being a GP and having the opportunity to be involved in people's lives, however big or small my role may be and hopefully make a positive difference in their health. I'm motivated by the people around me and the passion that I see for the community and Kambu Health's role in it.

What's something you're proud of?

I'm proud of being Scottish. Although I've been living in Australia for the past ten (10) years, I still miss 'home' but not so much the weather!

Who inspires you?

My family. I have three (3) young children who keep me on my toes but they're my inspiration for doing what I do every day.

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

I always wanted to be an artist. I still enjoy doing art in my spare time so I feel I get the best of both worlds.

What kind of music do you like?

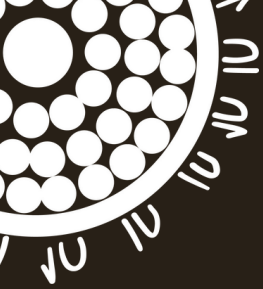
I like many different types of music, as long as it has a good beat, I'm in!

What show are you currently binge-watching?

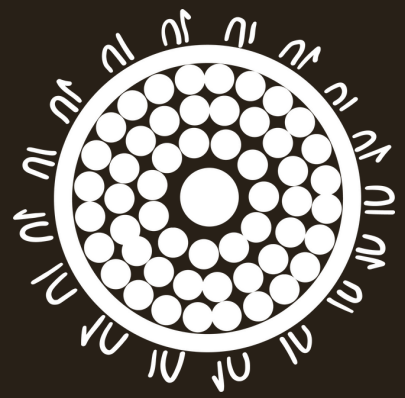
Just started the latest series of 'You'.



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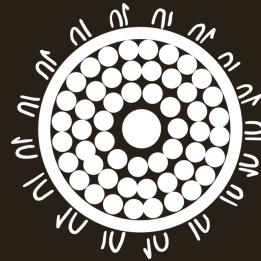


Hellos and Goodbyes



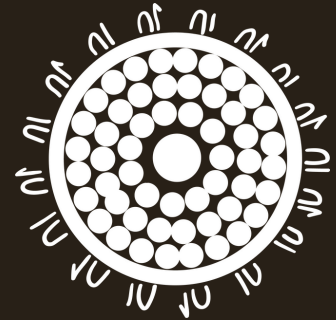
We are pleased to welcome the following staff who have started in key roles across Kambu Health over the past month:

- Terry Strangways – Transport Officer
- Haydn Struckett – Maintenance Officer



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

- Lee Moniz
- Levi Moore
- Angela Bond
- Karen Meredith
- Danielle Johnston
- Danielle Elton



Kambu Health Employment

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

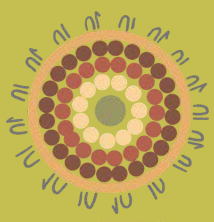
Grow your skills with Kambu Health.

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

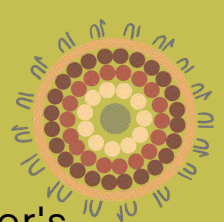
[APPLY HERE](#)

• **Positions Vacant**

- Business Support Officer
- Quality and Compliance Coordinator
- Early Years Educator
- Family Support Officer
- Early Childhood Teacher – Long Day Care



- GOOD TUKKA RECIPES -



First Nations Food Companion

How to
buy, cook,
eat and grow
Indigenous
Australian
ingredients

first nations food companion

DAMIEN COULTHARD | REBECCA SULLIVAN



Welcome to a food-lover's guidebook to First Foods.

Including an informative guide to more than 60 of the most accessible Indigenous ingredients, including their flavour profiles, along with tips for how to buy, grow and store them.

After that, 100 delicious recipes: including Bush-Tomato Cheese on Toast, Anise Myrtle and Macadamia Poached Chicken, Myrtle Tea Cake, Quandong and Davidson's Plum Iced Vovos and more.

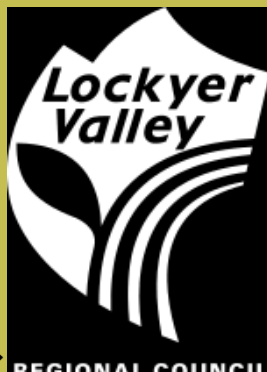
All featuring native ingredients, and including tips for substituting regular pantry ingredients where needed.

Author Damien Coultard is an Adnyamathanha and Dieri person of the Flinders Ranges, an international artist, cultural educator and former board director of the South Australian Native Title Service. Rebecca Sullivan is a food educator and author, regenerative farmer, Yale World Fellow and TV presenter.

You can check out recipes online, or borrow a copy of the cookbook from your local library:

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/>





Queensland Services Contact Numbers

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
Mob Link	1800 254 354

