

Kambu Health Newsletter

Kambu Communique

A MESSAGE FROM THE CEO

May has been a very productive month for the Kambu team, we celebrated International Day for Nurses on May 12 a day that recognises all the wonderful work our Kambu Nurses do each and every day.

We will also celebrate National Sorry Day on May 26, followed by National Reconciliation Week (NRW) May 27 to June 3, 2022.

In recognition of NRW I will be hosting "a cuppa & a bite" on Friday 27 May 12noon - 1.00pm at Kambu Health Ipswich Clinic for those who would like to attend please RSVP by 25 May.

The National Reconciliation Week 2022 theme, "Be Brave. Make Change." is a challenge to all Australians— individuals, families, communities, organisations and government—to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.

On behalf of the Board, Executive leadership, and the whole team at Kambu Health, we encourage everyone to take some time to reflect on what National Reconciliation Week means to you, and how we can all "Be Brave, Make Change"

Simone Jackson Chief Executive Officer



In this month's news:

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About Us

SIMONE JACKSON - CHIEF EXECUTIVE OFFICER

Each month we will introduce you to one of the Kambu Health team. In this section you can get to know us and why we do what we do.

For May we're asking Simone Jackson, Chief Executive Officer, Kambu Aboriginal and Torres Strait Islander Health to tell us about herself. Simone is a proud Kamilaroi woman who grew up in Inala before moving to the northern suburbs for high school. Simone worked for over 20 years in Government in both Queensland and the Northern Territory before accepting the role of Chief Executive Officer (CEO) in mid-January 2021.



What's your most-used productivity hack?

I like to work in a disciplined way and to do that I heavily utilise my calendar – task list and flags on emails.

What motivates you at work?

The Kambu Health staff motivate me – I am always impressed by the overall commitment and quality of our teams.

What's something you're proud of?

My career – I have been brave and not just stayed somewhere because it was safe, I have really put my people at the fore working all over Queensland and the Northern Territory, seeking the truth and mandating nothing but the best for our people whether in child protection, Aboriginal Affairs and now Health. Moving has gifted me an intimacy with our people, different tribes, cultural practices, language and issues.

Who inspires you?

My father – while he isn't physically with me, he is with me every day in my thoughts and actions. He was a wonderful father who was very intelligent.

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

A Prison Officer or a Lawyer – I became a Prison Officer.

What kind of music do you like?

I am a devoted Rolling Stones fan – and I love all things R&B and Rap and of course, anything Motown (particularly Michael Jackson).

What show are you currently binge-watching?

I am binge-watching All American.



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 wonderful opportunity we have to not just run our organisation on the traditional lands, we are also very fortunate to have Jagera, Yuggera and Ugarapul peoples working with us teaching and assisting us to protect the culture, lands and waters.

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 the Kambu Health organisation over the past month:

- Dr Tania Thomas - General Practitioner
- Crystal Kooijman - Family Wellbeing Support Worker

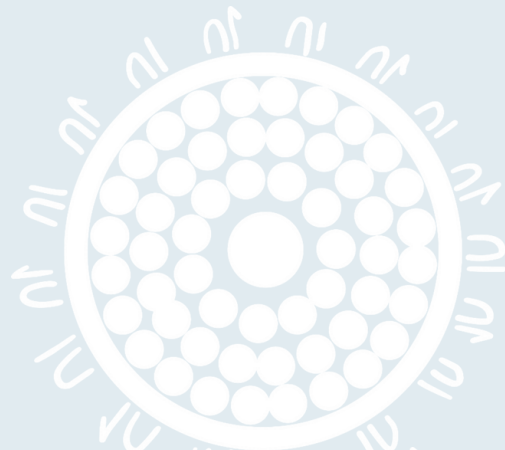
Please make them feel welcome if you see their friendly faces around the office or out in our community.

FAREWELL

Unfortunately, this month we say goodbye to:

- Dr Suneetha Batthala - General Practitioner
- Amber Marshall - Educator
- Sarah Costigan - CFC Team Leader

We wish them all the best in their new endeavours.



EMPLOYMENT OPPORTUNITIES

Are you looking for a rewarding career within a supportive environment? Grow your skills with Kambu Health.

Kambu Health currently has a variety of jobs on offer across our Ipswich and West Moreton clinics and services.

Successful candidates are offered an interactive and supportive working environment within a positive and professional team along with:

- Great work-life balance
- 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 or Seek.

www.kambuhealth.com.au/about/careers
or www.seek.com.au/kambu-health-jobs.

JUST FOR A LAUGH



Q: What did the man say to the x-ray technician after swallowing some money?

A: Do you see any change in me?

Clinic News

Influenza Campaign 2022

Your influenza vaccination is particularly important this year. With the easing of international and domestic public health measures arising from the COVID-19 global pandemic, a resurgence of influenza is expected in 2022. Our Aboriginal and Torres Strait Islander community is potentially more vulnerable to the virus this Winter.

Flu shots available

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

715 health checks

Kambu Health are pleased to offer you a health check if you haven't already had one this year. Phone your nearest Kambu Health clinic and make an appointment today!

Extended Hours

Extended hours are returning to our health clinics in June 2022.

- Evening clinics between Ipswich and Laidley Clinic Monday and Wednesday until 8pm.
- Saturday Clinics will include one clinic once per month at Laidley Clinic. Contact your local clinic for further details.

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

Flu shots available

BOOK INTO A KAMBU HEALTH CLINIC NOW



LAIDLLEY 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.

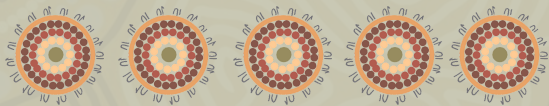
Remember, you can ask for a longer consultation if you think one may be needed.

Phone: 07 3810 3000



What's on?

We offer a range of community betterment 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

Lockyer Valley Women's Group

When: Mondays

Time: 10 am

Where: Family Wellbeing Service Laidley

Lockyer Valley Men's Group

When: Fridays

Time: 10 am

Where: Family Wellbeing Service Laidley

Lockyer Valley Art Group

When: Wednesdays

Time: 10 am

Where: Family Wellbeing Service Laidley

**PHONE 07 5465 3353
TO REGISTER**

SOCIAL HEALTH GROUPS

Ipswich Women's Group

When: Tuesdays

Time: 10 am – 12 pm

Where: Riverview Community Centre

Ipswich Men's Group

When: Fridays

Time: 10 am – 12 pm

Where: Leichhardt Community Centre

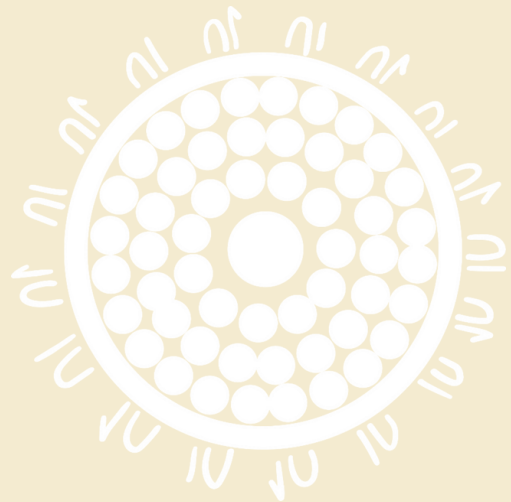
Ipswich Carers Group

When: Mondays

Time: 10 am – 12 pm

Where: Leichhardt Community Centre

**PHONE 07 3810 3000
ASK FOR SOCIAL HEALTH
TO REGISTER**



INCLUSION SUPPORT RECOGNITION

Kambu Amaroo has been recognised for their inclusion support efforts. Stickers for years 2021 and 2022 are displayed proudly on the Centre's front door.

The Inclusion Support Program aims to build the capacity and capability of educators to address participation barriers for all children through implementing quality inclusive practices.



COMMUNITY GARDEN

Our community garden has commenced. It is taking shape with planter boxes, a yarning circle and much more.



AMAZING FENCE

Our wonderful and creative fence is finished. It takes in the Aboriginal art form combines it with the stunning Australian landscape – it looks amazing.



SAFETY FIRST

The flooring at Amaroo has been spruced up with epoxy flooring to ensure the safety of children on a non-slip surface whilst they are being educated and cared for.



RELOCATION

The relocation of the Ipswich Children and Family Centre to 85 Lobb Street Churchill has proved beneficial for education staff, jarjums and their families ensuring quality education and care programs are now delivered onsite due to the plentiful space to accommodate both parents and children's activities.

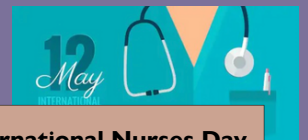
EVENTS IN MAY



Mothers Day
8 May



International Midwives Day
5 May



International Nurses Day
12 May



National Sorry Day
26 May



Domestic Violence Awareness Month



International Day of Families
15 May



World No Tobacco Day
31 May

National Reconciliation Week
27 May - 3 June



FOCUS ON YOUR HEALTH

WANT TO QUIT?

Are you interested in quitting smoking this World No Tobacco Day?

Here's some tips from Deadly Choices to help you stay strong.

- Have a quit buddy
- Get support from your family and friends
- Make an appointment at a Kambu Health Clinic
- Get busy. Stay occupied
- Download the My QuitBuddy app
- Eat healthy and stay active

ANNUAL HEALTH CHECK

715 HEALTH CHECK

YOUR HEALTH IS IN YOUR HANDS

PHONE FOR AN APPOINTMENT NOW

During winter it's important to keep up your healthy eating habits and get your 30 minutes of physical activity a day.

- Enjoy winter seasonal vegetables and fruit
- Make nourishing stews and casseroles
- Get active indoors
- Sit for less amount of time
- Rug up

STAY HEALTHY THIS WINTER



SIMPLEST BEEF STEW RECIPE

INGREDIENTS

1.5 kilogram (or blade) steak, cut into large cubes

60 gram plain flour

2 teaspoon best-quality paprika

1 400g can peeled tomatoes in juice

1 glass (250-300ml) white (or red) wine

1 cup beef stock (or water)

2 onions, diced

2 clove garlic, sliced

1 stick celery, finely sliced 3 carrots, peeled & cut into chunks

1 fresh (or dried) bay leaf

PRE HEAT OVEN TO 180°C

- Roll beef in flour mixed with paprika (easiest to do this in a plastic bag). Put into a lidded casserole dish that will hold the ingredients comfortably with not too much extra space.
- Whizz tomatoes and their juice in a food processor, or crush roughly with a wooden spoon, and add to meat. Add remaining ingredients to casserole and stir. The meat should be almost covered by liquid.
- Press a piece of baking paper over contents and cover with lid. Cook in oven, undisturbed, for 2 hours. Taste for seasoning, and add salt and freshly ground black pepper to taste. Check whether meat is tender, and cook longer if necessary – give it another 20 minutes and then check again.
- Offer stew with a bowl of yoghurt and maybe a small bowl of sliced pickled dill cucumbers.



As Ramadan is observed by a growing number of our community, we thought we'd share some information with the aim of gaining a greater understanding of this annual renewal of focus.

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection and community. In simple terms, they can't eat or drink anything (not even water) every day from dawn (around 5 am) to sunset (around 5:45 pm) for the month. Most Muslims have been fasting since the age of 12 and look forward to Ramadan to recenter their hearts and redirect focus on their spirituality.

The physical act of not eating or drinking during the day is only one part of Ramadan. There's a huge spiritual and character development focus to this month. Among other things, they're encouraged to focus on becoming more disciplined, kinder to others, more grateful for what they have, praying more, donating more, and just being nicer to people in general. It's also about doing the right thing even when no one is watching.

For Muslims, this is an annual, month-long, reminder to work on their character. Ramadan within families and communities has both a real buzz and a sense of calmness to it. The evening breakfast (called Iftar) can be a pretty big feast with family and friends, particularly on weekends as they invite each other over to their homes (and it becomes very easy to put on weight if they're not careful).

Most start getting involved as kids with their friends and families. Kids usually try fast for as long as they can until they see some chocolate or some yummy food - then they take a 'break' for an hour and try again. It's quite cute to watch kids navigate through it all.

And it all ends at the end of the month with a festival called Eid-Al-Fitr. The Muslim equivalent of Christmas if you will (we have two by the way). Eid is a day filled with presents, food, laughter and so much joy around the world. Most of us buy new clothes to wear that day as well.

You're of course welcome to give it a try yourself - it's always fascinating to hear about how the experience is for everyone.

Ramadan Mubarak!!

Ramadan 101

- Starts and ends when the crescent moon is sighted.
- Occurs during the 9th month of the lunar (Hijri) calendar, during which Muslims fast for about 30 days, from sunrise to sunset each day.
- Fasting is one of the 5 pillars of Islam.
- Suhoor, or Sehri, is the first meal of the day eaten before dawn and the morning prayer.
- Iftar is the meal that fasts are opened with at the time of sunset when the evening call to prayer is made.
- Some of the people exempt from fasting are children; the elderly; pregnant mothers or mothers who breastfeed; travellers and people who are sick.
- Eid Al-Fitr follows the moon phases and lands on the day when there is a new crescent moon.
- Eid marks the end of the month of Ramadan and is a day Muslims celebrate with their family and community.

#inclusiveworkplace #kambuhealth #supportiveteam #supportiveculture

