



# Kambu Health Newsletter

NATIONAL RECONCILIATION WEEK 2023

[CLICK HERE](#)



27 MAY — 3 JUNE

# BE A VOICE FOR GENERATIONS

#NRW2023

[NRW.RECONCILIATION.ORG.AU](http://NRW.RECONCILIATION.ORG.AU)



## *Kambu Health Communique*

### A MESSAGE FROM THE CEO

Welcome to the May 2023 edition of the Kambu Health Communique.

This month as we gather to celebrate National Reconciliation Week, 27 May - 3 June 2023, we honour the wisdom and resilience of our Indigenous Elders. Their deep knowledge of the land, culture, and history is invaluable to our understanding of this country and our people.

This year's theme, "Be a Voice for Generations", encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work, and socialise.

For the work of generations past, and the benefit of generations future, let's choose to create a more just, equitable, and reconciled country for all.

During National Reconciliation Week, let us take the time to show our gratitude and appreciation for the wisdom, knowledge, and guidance of our Elders. Together, we can work towards reconciliation and create a future where all Australians can thrive.

As a part of our efforts to celebrate our Elders contributions, we are creating videos of our Elders to premiere during NAIDOC Week, 2 July - 9 July 2023. These videos will showcase the experiences and insights of our Elders, what it has been like for them, their hopes and dreams for future generations.

Simone L. Jackson  
Chief Executive Officer

## OUR ACKNOWLEDGEMENT TO COUNTRY

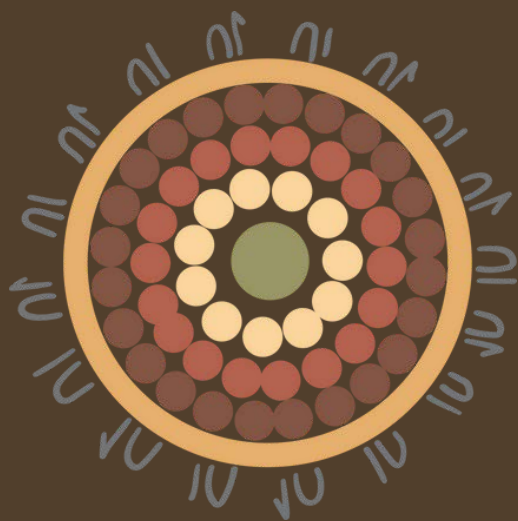
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

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.



*"Keep your eyes  
on the sun, and  
you will not see  
the shadows"*

**In this month's news:**



# kambu

Aboriginal and Torres Strait Islander Corporation for Health



# We Care About Mob Health!

**We provide the best services for mob in Ipswich and west Moreton.**

The clinical care teams at all Kambu Health locations comprise of Aboriginal Health Practitioners (AHPs), Nurses and General Practitioners (GPs).

We ensure that you receive the best care possible with our deadly Kambu Health team!

**Contact us TODAY to yarn about your health!**

**Doctors**

**715**

**HEALTH CHECKS**

**Dental**

## DOCTORS



Our doctors are compassionate, knowledgeable, and dedicated to providing exceptional care to each and every mob member.

## VACCINATION



We provide free vaccines against a number of diseases, to increase mob national immunisation rates. Yarn with us TODAY!

## DENTAL



We have a permanent Dental clinic open Monday - Friday, ensuring that mob dental needs are met. Book TODAY!

## ALLIED HEALTH



Our Allied Health practitioners attend our clinics regularly giving mob access to specialist services if and when needed.

Ipswich Clinic, 27 Roderick Street, Ipswich

Contact Us

**PH: 3810 3000**

Laidley Clinic, 235 Patrick Street, Laidley

Contact Us

**PH: 5465 3541**

7.00am - 7.00pm, Monday to Friday  
8.00am - 4.00pm, Saturday

8.00am - 4.00pm, Monday to Friday

# LET'S KEEP OUR MOB SAFE FROM FLU

## IPSWICH POP UP VAX CLINIC 2023 INFLUENZA VACCINES AVAILABLE

9AM  
TO  
3PM

6  
MAY  
2023



27 Roderick Street, Ipswich  
IPSWICH CLINIC: 3810 3000

NO  
BOOKING  
NEEDED



BBQ



COVID  
VAX

FIGHT  
THE  
FLU

FLU  
VAX

*Deadly Choices*  
**BEANIE**

The **INFLUENZA** vaccine is **FREE** for all Aboriginal and Torres Strait Islander people aged 6 months and over



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Corporation for Health



**National Immunisation Program**  
A Joint Australian, State and Territory Government Initiative

# MAY 2023 LUNG HEALTH MONTH



## 4 DEADLY TIPS TO MAINTAIN LUNG HEALTH

### QUIT SMOKING

01

Avoid smoking and exposure to secondhand smoke: Smoking is a major health issue among Aboriginal and Torres Strait Islander peoples and is a leading cause of respiratory diseases.

It's important to quit smoking if you currently smoke, or avoid exposure to secondhand smoke if you don't smoke.

### EXERCISE

02

Stay active and incorporate physical activities: Regular exercise can help keep your lungs healthy by increasing lung capacity and strengthening respiratory muscles. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

### PRACTICE GOOD HYGIENE

03

Practice good hygiene: Wash your hands frequently and avoid touching your face to reduce your risk of respiratory infections like the flu and COVID-19. It's important to promote good hygiene practices in our community to help prevent the spread of respiratory infections.

### EAT HEALTHY

04

Eat healthy. The lungs and the heart are a team. That's why a heart-healthy diet also helps your lungs. Good nutrition can help you and your mob breathe easier and fight off germs. Aim to fill your plate with: Fresh fruits (such as berries, apples, oranges, bananas) Fresh vegetables (such as avocados, leafy greens, tomatoes) Fiber-rich foods (such as whole grain bread, baked potato with skin, nuts and seeds) Lean proteins (such as chicken, legumes, fish and shellfish, turkey, eggs) Healthy fats (such as olive oil, canola oil)

FOLLOW US



@KambuHealth



#KambuHealth

715 HEALTH CHECK

BOOK NOW

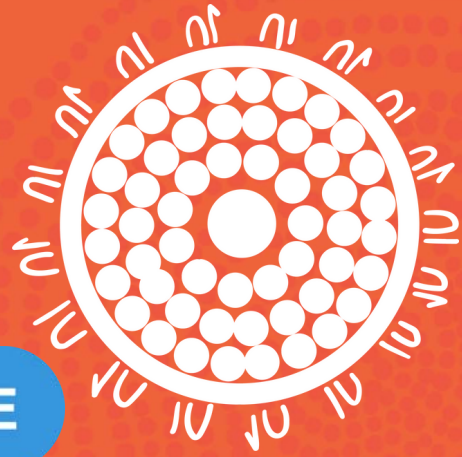


IPSWICH CLINIC: 3810 3000

LAIDLEY CLINIC: 5465 3541

# You should be safe, respected and living without fear.

[CLICK HERE](#)

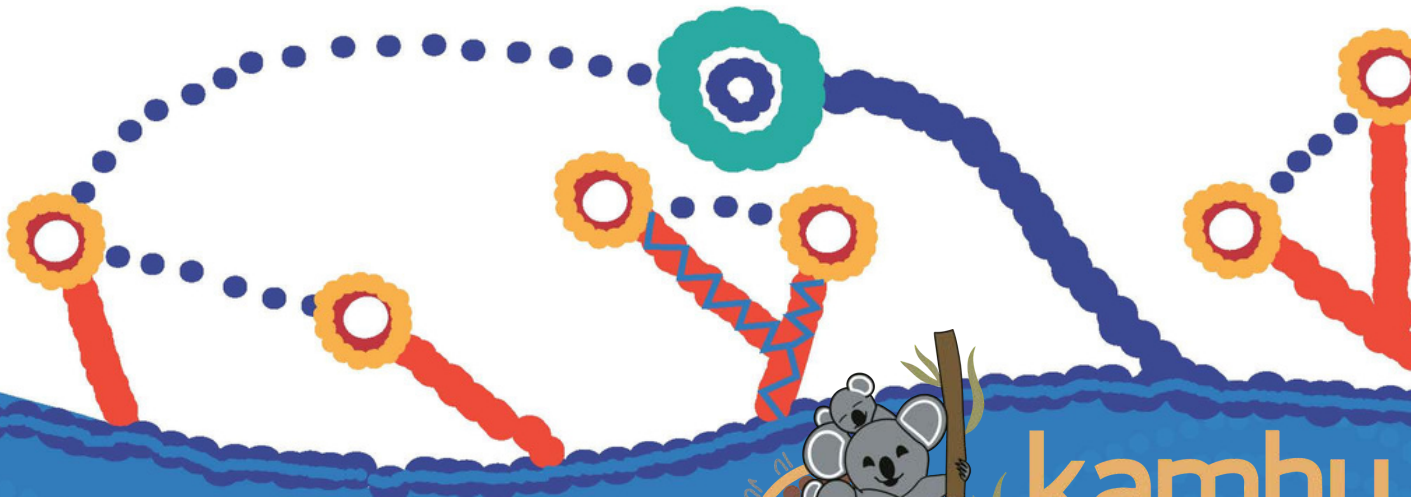


.....

'I know I shouldn't feel scared in my relationship, and I should be able to live without fear. **Violence and control are not part of our culture.** Even though it's going to be hard, I think I need to get some help.'

**If you're experiencing domestic and family violence, it's important to get some help.**

A good first step is talking to someone you trust about what's going on. This could be a family member, friend, Elder or someone at a local service.



## For information and help:

**Womensline (DV Connect)**  
1800 811 811

**Mensline (DV Connect)**  
1800 600 636

**Lifeline Australia**  
13 11 14

**Sexual assault helpline**  
1800 010 120

**Kids Helpline**  
1800 551 800

[www.qld.gov.au/dfvhhelp](http://www.qld.gov.au/dfvhhelp)

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# TOPICAL SKIN CONDITIONS

## CELLULITIS



## CELLULITIS & ERYSIPELAS

### STORY

Once upon a time there was a King who liked to 'Sell you a Lie to your Sis' [Cellulitis] that caused a 'eerie sense in the palace' [Erysipelas]. Because of this, the King's name was Cellulitis and was deeply known to all. Cellulitis's Palace was known as Erysipelas, and had a mind of its own and could be seen on the top of the land.

Cellulitis was a bad King, and infected his communities deep down into their land and spread like fire. Cellulitis also infected his own Palace (Erysipelas) and Erysipelas would spread its own infection of fire within the palace.

Cellulitis and Erysipelas needed to be stopped so the Knights from 'ANTI-BIOTIC' [Anti-biotics] province came to the people's rescue and squashed the infection made by Cellulitis and Erysipelas.

## ERYSIPELAS



## BREAKDOWN OF THE STORY

Cellulitis and Erysipelas present as a spreading infection of redness (like fire), from bacterial bugs.

In erysipelas, the affected area is raised (like a palace), with a clear line between infected and non-infected tissue (you can see where the palace and the community starts and stops).

Erysipelas is most seen in infants, young children, and older adults.

Cellulitis extends further into the skin than erysipelas (the King goes deeper into the communities than the palace).

Antibiotics (the Knights from Antibiotic province) are what can stop the spread of the infection and resolve the infection. **BOOK an appointment TODAY with your GP!**



## SKIN CHECK

BOOK NOW



IPSWICH CLINIC: 3810 3000  
LAIDLEY CLINIC: 5465 3541

# - Clinic News -



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

We advise that in April, 271 clients could not be seen because 271 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 | 69  |
| DENTAL        | 19  |
| SPECIALIST    | 25  |
| GP            | 158 |
| TOTAL         | 271 |



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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**

Why are doctors always calm?



They have a lot of patients!



# FROM THE CEO DESK

May marks two (2) important occasions: National Sorry Day and National Reconciliation Week.

As we approach National Sorry Day, Friday 26 May, I want to take a moment to reflect on the significance of this important day, as we must continue to work towards healing and reconciliation for all those affected by these past injustices.

National Sorry Day is a time for all Australians to reflect on the ongoing impact of the Stolen Generations and to acknowledge the deep pain and trauma experienced by Indigenous Australians.

Kambu Health is committed to promoting reconciliation and recognise the importance of acknowledging the wrongs of the past and working towards healing and reconciliation for all those affected by these past injustices.

As a part of Kambu Health efforts to commemorate National Sorry Day and National Reconciliation Week, we will be holding a variety of events and activities that aim to promote understanding, empathy, and respect.

These activities will provide an opportunity for all of us to learn from the experiences of Indigenous Australians and to work together towards a more just and equitable future.

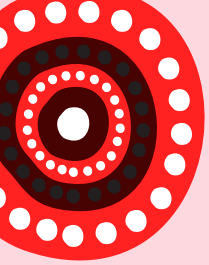
During National Sorry Day, let us take the time to acknowledge the ongoing challenges faced by the Stolen Generations and to reaffirm our commitment to promoting reconciliation and understanding.

Together, we can work towards a future where all Australians can thrive.



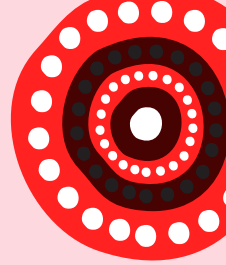
**SIMONE L. JACKSON**  
CHIEF EXECUTIVE OFFICER



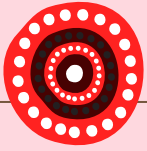


# WHAT'S HAPPENING

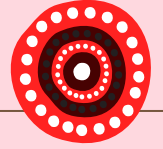
## MAY 2023



### DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH



### LUNG HEALTH AWARENESS MONTH



| MON   | TUE  | WED   | THU  | FRI  | SAT  | SUN  |
|---|--|---|--|--|--|--|
| 1<br>Labour Day<br>Public Holiday           | 2     | 3   | 4  | 5<br>International<br>Midwives<br>Day        | 6<br>Pop Up VAX<br>Ipswich Clinic<br>9.00am – 3.00pm | 7  |
| 8   | 9  | 10  | 11   | 12<br>International<br>Nurses<br>Day         | 13   | 14  |
| 15<br>International<br>Day of<br>Families   | 16   | 17<br>Ipswich<br>Diabetes<br>Support Group  | 18   | 19<br>Ipswich Show<br>Public Holiday         | 20<br>Ipswich Show                                   | 21<br>Ipswich Show   |
| 22  | 23  | 24  | 25   | 26<br>National<br>Sorry Day<br>"Laidley BBQ" | 27<br>National<br>Reconciliation<br>Week             | 28   |
| 29<br>Torres Strait<br>Islander<br>Flag Day | 30   | 31<br>World<br>NO Tobacco<br>Day  |  |  |  |     |

NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

**BE A VOICE FOR GENERATIONS**



CELEBRATING 150 YEARS

# IPSWICH SHOW

19<sup>TH</sup> - 21<sup>ST</sup> MAY 2023



Celebrating 150 years, this year's show will be the 'biggest ever' with a massive program of events and activities across the Ipswich Showgrounds over 3 fantastic days.

From the moment gates open till the very last firework explodes, there will be loads of fun, entertainment, exhibitions, competitions, rides, the largest Main Arena program held and more to mark this historic occasion.

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





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Corporation for Health

## **FAMILY WELLBEING SERVICE**

### **NATIONAL SORRY DAY**

# *Sausage Sizzle*



**FRIDAY 26  
MAY 2023  
12.00PM- 2:00PM**

- **LET'S YARN - EAT - CONNECT**
- **FREE BBQ SAUSAGE SIZZLE**
- **ALL ARE WELCOME**
- **CELEBRATE OUR MOB**

**FRIDAY 26 MAY 2023**

**12.00PM- 2:00PM**

**155 PATRICK STREET, LAIDLEY**

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



# Sorry Day 23

Friday, 26th May

8 - 10am

Orleigh Park

West End

IN PARTNERSHIP WITH

MICAH PROJECTS

Breaking Social Isolation  
Building Community

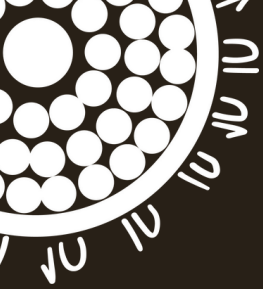


WE  
LIFE WITHOUT BARRIERS  
VE

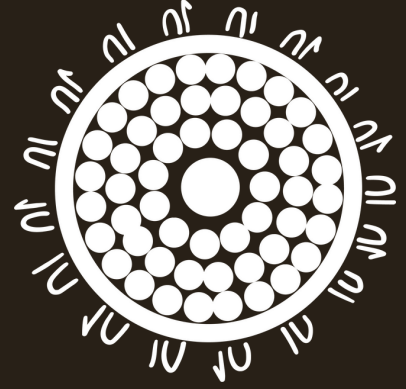
HOSTED BY

PROUDLY SUPPORTED BY



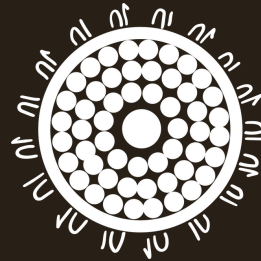


# Hellos and Goodbyes



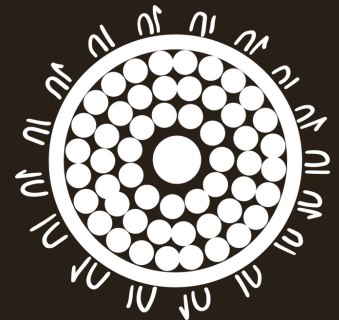
We are pleased to welcome the following staff who have started in key roles across Kambu Health over the past month:

- Sandra Pellecchia
- Shinequa Szombathy
- Breanne Chapman
- Ishita Sapara



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

- Rachel Nietmann



## 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



Family Support Officer

Early Years Educator (Room Leader)

**APPLY HERE**



# 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 |
| Child Safety .....        | 3513 3700    |
| Homeless Hotline .....    | 1800 474 753 |
| Mob Link .....            | 1800 254 354 |

