



Kambu Health Newsletter



Online Booking System (OBS)

Easily accept bookings 24 hours a day, 7 days a week

Kambu Health Communique

A MESSAGE FROM THE CEO

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

In the evolving landscape of healthcare technology, I am pleased to announce that Kambu Health has taken a significant step forward in enhancing the convenience and accessibility of GP appointments. We have modernised our booking system to include online bookings via Health Engine for our Ipswich Clinic where you have a choice with regards to your preferred GP and the ability to make a booking online via Health Engine. Please note this system only for booking a GP appointment at our Ipswich Clinic and is not applicable to any other services, dental, specialist or allied health. This integration with Health Engine enables clients to schedule appointments with our GPs directly through the Health Engine platform, eliminating the traditional barriers of time-consuming phone calls and manual scheduling processes. By embracing this innovative solution, we are streamlining the GP appointment booking experience for our clients and ensuring that they have greater flexibility and control over their healthcare journey. We are excited to leverage Health Engine's capabilities and look forward to the continued advancements it brings to Kambu Health and the overall client experience.

As the CEO I am very concerned about the high volume of patients not attending their appointments. This practice is impacting others who are sick and cannot get an appointment. Times are tough and with many medical centres no longer offering bulk billing Kambu Health remains the preferred and primary option for most in our community. The high numbers are not acceptable, and I will be seeking to identify those who continually do not show up and taking the necessary steps to ensure people who need an appointment and will show up are prioritised. I ask that you always call well in advance and advise if you are unable to attend your scheduled appointment and if not, you may be at risk of not getting an appointment next time you call.

Simone L. Jackson
Chief Executive Officer

[**BOOK GP ONLINE**](#)



OUR ACKNOWLEDGEMENT TO COUNTRY

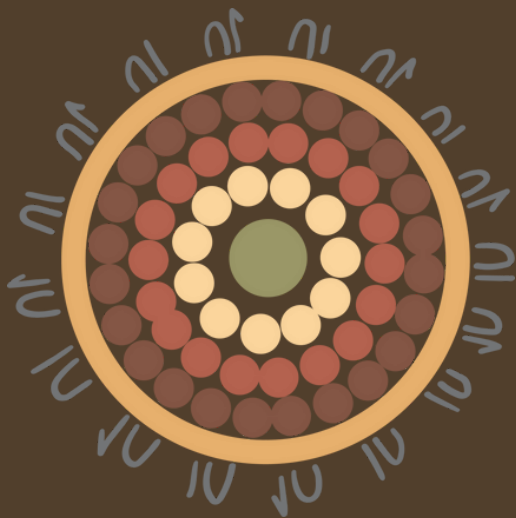
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera and Ugarapul Peoples.

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.



"Here in Australia, we're fortunate enough to have one of the richest and oldest continuing cultures in the world. This is something we should all be proud of and celebrate."

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 Mob receive the best care possible with our deadly Kambu Health team!

Contact us TODAY to yarn about your health!

[**BOOK GP ONLINE**](#)



Dr. Anthony Bates
Senior General Practitioner

Doctors

Dental

715 HEALTH CHECKS

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

The *Deadly Maroons* COMPETITION

Help us Murris beat the Kooris this year for Deadly Origin!

Simply get your **715 Health Check** at a participating health service, pick a **Deadly Maroons shirt** and be in the draw to **win tickets to Game 2 in Brisbane** on June 21 - including flights, accommodation and extra prizes.

KAMBU HEALTH



BOOK GP ONLINE



Deadly Choices



INDIGENOUS HEALTH

Dr. Marjad Page empowering Indigenous health care, a proud and dedicated Aboriginal GP.

This month Dr. Marjad discusses:



CHOLESTEROL LEVELS

BACKGROUND

Cholesterol is something the body needs, as cells are made by cholesterol!

However, too much cholesterol can block arteries and can contribute to heart attacks and strokes to name a few issues.

Understanding why a doctor performs pathology to review your cholesterol is very important.

Therefore, this article will hopefully help you understand cholesterol a bit better!

STORY

When I came to Ipswich I found this out very quickly from the MOB:

- In Ipswich we love the NRL!**
- In Ipswich our favourite team is the Bronco's!**
- In Ipswich we don't like the Tri-Colours (Roosters)**
- In Ipswich we hate Manly! Good ways! LOL**

So, if you remember this, we can also remember cholesterol information and levels for our body to function correctly!

NRL is the 'Total Cholesterol' result - which should be under < 4.

Bronco's is the good team, so are also the 'good fats' which is called HDL.

The HDL takes away the bad fats from the body. HDL should be above 1.3.

The Tri-colours equals the 'bad fats' of Triglycerides (Tri-colours). The Triglycerides should be under 2.

And Manly is the 'bad fats' of LDL, and the LDL's should also be under 2.

So, when your doctor asks for 'Fasting lipids' to be done, we are looking at your:

- Total Cholesterol (NRL) should be under 4.
- HDL (Bronco's) which should be above 1.3.
- Triglycerides (Tri-Colours/Roosters) which should be under 2.
- LDL (Manly) which should be under 2.

If the Broncos are doing well (>1.3), then the NRL and your cholesterol will be going great.

We want Rooster (Triglycerides) and Manly (LDL) to be at the bottom of the ladder and not high (we don't want them to be >2)!

If this happens then your overall cholesterol (NRL) will be good, and you will have less risk for heart attacks and strokes.

BOOK GP ONLINE



MORE INFO



IPSWICH CLINIC: 3810 3000

LAIDLEY CLINIC: 5465 3541

- Clinic News -



IN MAY 2,622 CLIENTS ATTENDED APPOINTMENTS BUT 339 CLIENTS DID NOT SHOW UP FOR THEIR BOOKED APPOINTMENTS IN MAY!

We advise that in May, 339 clients could not be seen because 339 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.

FUN FACT

2022 Clinic Clients

8,631

2023 Clinic Clients

11,237

CLINICS	
ALLIED HEALTH	72
DENTAL	32
SPECIALIST	28
GP	207
TOTAL	339



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

A wise Doctor
once wrote:

*hmp to lps
Zep jh h*

IPSWICH CHILDREN AND FAMILY CENTRE

CELEBRATING KIDS UNDER 8

Ipswich Children and Family Centre were invited to celebrate this years under 8's theme of "PLAY- You, Me, and Community" by creating a combined artwork of a Rainbow Serpent to display at Silkstone State School last month.



Monday – Friday

8.30am – 4.30pm



Children and Family Centre

85 LOBB STREET
CHURCHILL QLD 4305



FREE

FOR ABORIGINAL AND TORRES
STRAIT ISLANDER CHILDREN AND
PARENTS/CAREGIVERS

CFC ACTIVITIES

Fun Play Time

Water Safety

Story Telling

Painting

AGES 0-8

REGISTER NOW

Ipswich Children and Family Centre
PH: 3810 3010

FROM THE CEO DESK

Kambu Health congratulates The Aboriginal and Torres Strait Islander Community Health Services (ATSICHS) on their 50th Anniversary.

The celebration at Brisbane City Hall was a glorious tribute to the past and present, the efforts of our people to bring about health equity and accessibility for all Aboriginal and Torres Strait Islander people who had previously suffered discrimination and or been marginalised and minimalised with regards to our health needs. Without ATSICHS there would be no Kambu Health.

To my fellow CEO, Renee Blackman what a wonderful event, you must be so proud as were the Kambu Health Board to attend and support you on your night.

I took in much of the event and will take away what Kambu Health need to consider as we commence planning for our 50th in 2027.



ALLAN FISHER
BOARD CHAIR
KAMBU HEALTH



RENEE BLACKMAN
CHIEF EXECUTIVE OFFICER
ATSICHS



ATSICHS 50th Anniversary Dinner
BRISBANE CITY HALL



SIMONE L. JACKSON
CHIEF EXECUTIVE OFFICER
KAMBU HEALTH
(far right)

WHAT'S HAPPENING

JUNE 2023

BOWEL CANCER AWARENESS MONTH

PRIDE MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Global Day of the Parent	2	3 MABO Day	4
5	6	7	8	9	10	11
12 International Men's Health Week	13	14 Bowel Health @ Laidley Clinic	15 World Elder Abuse Awareness Day	16 Men's Health Week BBQ @ Ipswich Clinic	17	18
19	20	21 Yoga Day	22	23	24	25
26	27	28	29	30 Lockyer Valley NAIDOC 2023 Laidley State School		

June is Bowel Cancer Awareness Month

HELP BEAT BOWEL CANCER





**MEN'S HEALTH
WEEK BBQ**

**16 JUNE
2023**

**KAMBU HEALTH
IPSWICH CLINIC**

**MEN'S
HEALTH WEEK**

12 - 19 JUNE 2023

**KAMBU HEALTH
IPSWICH CLINIC**

9.00AM - 3.00PM

**27 RODERICK ST
IPSWICH**

CALLING ALL MEN

**JOIN US ON 16 JUNE, all men who participate
ENJOY sausage sizzle from the BBQ!**

FREE deadly hair cut:

Get a fresh new look from our talented barbers.

First Nations GP, Dr. Raymond Blackman:

Meet and greet with Dr. Raymond.

Deadly Choices



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

**27 RODERICK STREET IPSWICH
PH: 3810 3000**



**A SIMPLE
BOWEL TEST
COULD SAVE
YOUR LIFE.**



**NATIONAL
BOWELCANCER
SCREENING PROGRAM**



KAMBU HEALTH LAIDLEY CLINIC

Wednesday, 14 June 2023 BOWEL HEALTH & SCREENING

Raising awareness and promoting early detection are crucial in preventing and managing bowel-related conditions.

Investing in your bowel health today will lead to a healthier future.

Together, let's embrace the power of knowledge and prevention.

LAIDLEY MOB AGED 50 - 75 ! JOIN US !



14 JUNE 2023, 9.00am - 3.00pm



235 PATRICK ST, LAIDLEY



07 5465 3541

**DEADLY LUNCH
AND
INCENTIVES
FOR ALL
ELIGIBLE
PARTICIPANTS**



kambu
Aboriginal and Torres Strait Islander
Corporation for Health

JUNE 2023
BOWEL AWARENESS MONTH



4 DEADLY TIPS TO MAINTAIN BOWEL HEALTH

MAINTAIN A FIBRE-RICH DIET:

Include plenty of fruits, vegetables, whole grains, and legumes in your diet. These foods are rich in fibre, which helps regulate bowel movements and promotes a healthy digestive system. Traditional foods like bush fruits, yams, and kangaroo can be excellent sources of fibre as well.

01

STAY HYDRATED:

Drink an adequate amount of water throughout the day to keep your body hydrated. Sufficient hydration helps soften stool, making it easier to pass and reducing the risk of constipation. Avoid excessive consumption of sugary drinks or alcohol, as they can contribute to dehydration and digestive issues.

02

REGULAR PHYSICAL ACTIVITY:

Regular exercise plays a crucial role in maintaining a healthy bowel. Engage in activities you enjoy, such as walking, dancing, traditional games, or cultural activities that involve movement. Physical activity stimulates the muscles in your digestive tract, helping to promote regular bowel movements and prevent constipation.

03

REGULAR 715 HEALTH CHECK-UPS AND SCREENINGS:

It is important to prioritize regular health check-ups, including screenings for bowel cancer. Early detection can significantly improve outcomes. Speak with our deadly Kambu Health team about recommended screening options, such as stool tests or colonoscopies, and ensure you understand the importance of regular check-ups for your overall bowel health.

04

FOLLOW US



@KambuHealth



#KambuHealth

715 HEALTH CHECK

BOOK NOW



IPSWICH CLINIC: 3810 3000

LAIDLEY CLINIC: 5465 3541

NAIDOC 2023

For Our Elders

Featuring:
First Nations
Performers
Live Entertainment,
Market Stalls
Free activities
and the
Deadly Talent Quest
Friday
June 30th
10-2pm



Laidley State School
Patrick St Laidley

All enquiries to:
Idell Wadley
0448 326 246
or
admin@sotveinc.org.au





For Our Elders

NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

 @naidocweek
  @naidocweek
  facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

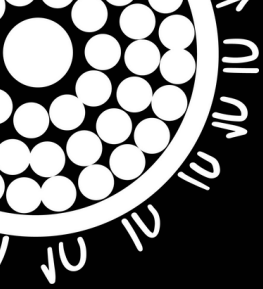
Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.

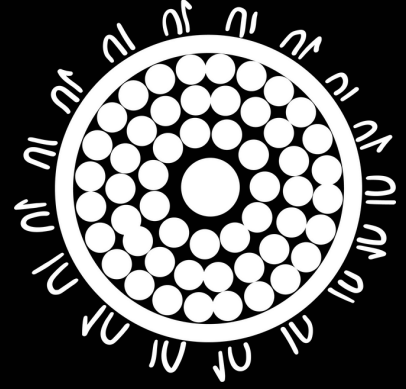


naidoc.org.au



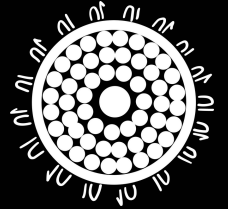
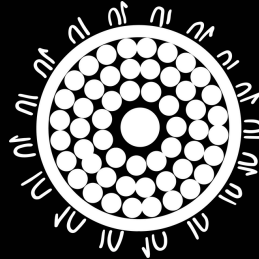


Hellos and Goodbyes



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

- Shakeena Kyle
- Aleitha Lenoy
- Melissa Costello
- Justeen Kruger



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

- Tariq Khatri
- Thuan (Mandy) Phan

Kambu Health Employment

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

Grow your skills with Kambu Health!

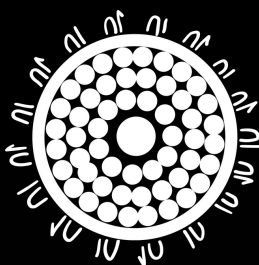
Kambu Health currently has multiple vacancies on offer across our Ipswich and Laidley clinics and services:

Positions Vacant

- Executive Assistant
- General Practitioner
- Midwife
- Practice Support Officer
- Practice Nurse
- Family Wellbeing Practitioner
- Business Support Officer
- Director Amaroo Long Day Care Centre
- Assistant Director Amaroo Long Day Care and Kindergarten
- Early Years Educator (Room Leader)
- Early Years Educator
- Casual Educator



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

