

Kambu Health Newsletter



Kambu Health Communique

A MESSAGE FROM THE CEO

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

This month, I am delighted to extend a warm invitation to the parent's and/or caregivers of jarjums aged 4 years-old to our highly anticipated Kambu Amaroo Kindergarten Open Day, which will take place on Thursday, 24 August 2023, from 2.00pm to 5.00pm.

This event marks an exciting opportunity to showcase our state-of-the-art kindergarten facility.

At Kambu Health, we have always been committed to providing comprehensive care and support for our community members across all age groups. We firmly believe that investing in the early years of a child's life is crucial for their overall development and future success.

Our vision for Kambu Amaroo Kindergarten is to create a nurturing and inclusive environment where children can learn, grow, and thrive in their early educational journey.

The Open Day will be an opportunity for families and caregivers to explore our kindergarten facility and experience the unique learning programs we have prepared. Our passionate and experienced team of educators will be on hand to provide insights into our curriculum, teaching methodologies, and the range of activities planned to engage and stimulate young minds.

We take great pride in integrating cultural learning and respect for our Indigenous heritage into the kindergarten's ethos. As part of the Kambu Health community, we understand the significance of preserving and passing down our traditions to the next generation. Through culturally enriched experiences, we aim to foster a deep sense of pride and belonging in our young learners.

We encourage you to ask any questions you may have and learn more about how Kambu Amaroo Kindergarten can play a pivotal role in your child's growth and development.

RSVP: kambu.amaroo@kambuhealth.com.au

Simone L. Jackson
Chief Executive Officer



OUR ACKNOWLEDGEMENT TO COUNTRY

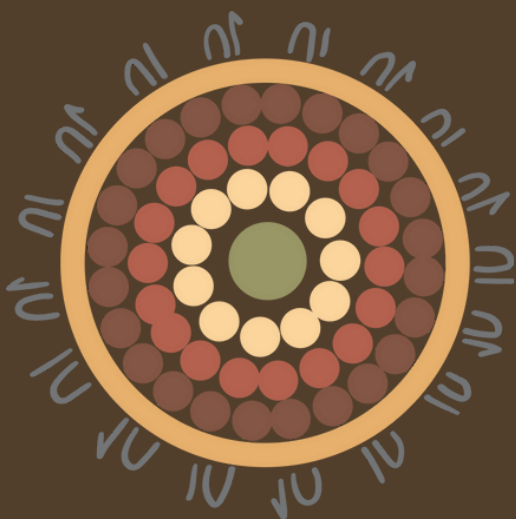
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera, and Ugarapul Peoples.

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.



*"Take only memories,
leave only footprints."*

In this month's news:



kambu

Aboriginal and Torres Strait Islander Corporation for Health



Dr. Lindsay Davidson
Kambu Health

Yarn with Kambu 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).

BOOK GP ONLINE



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

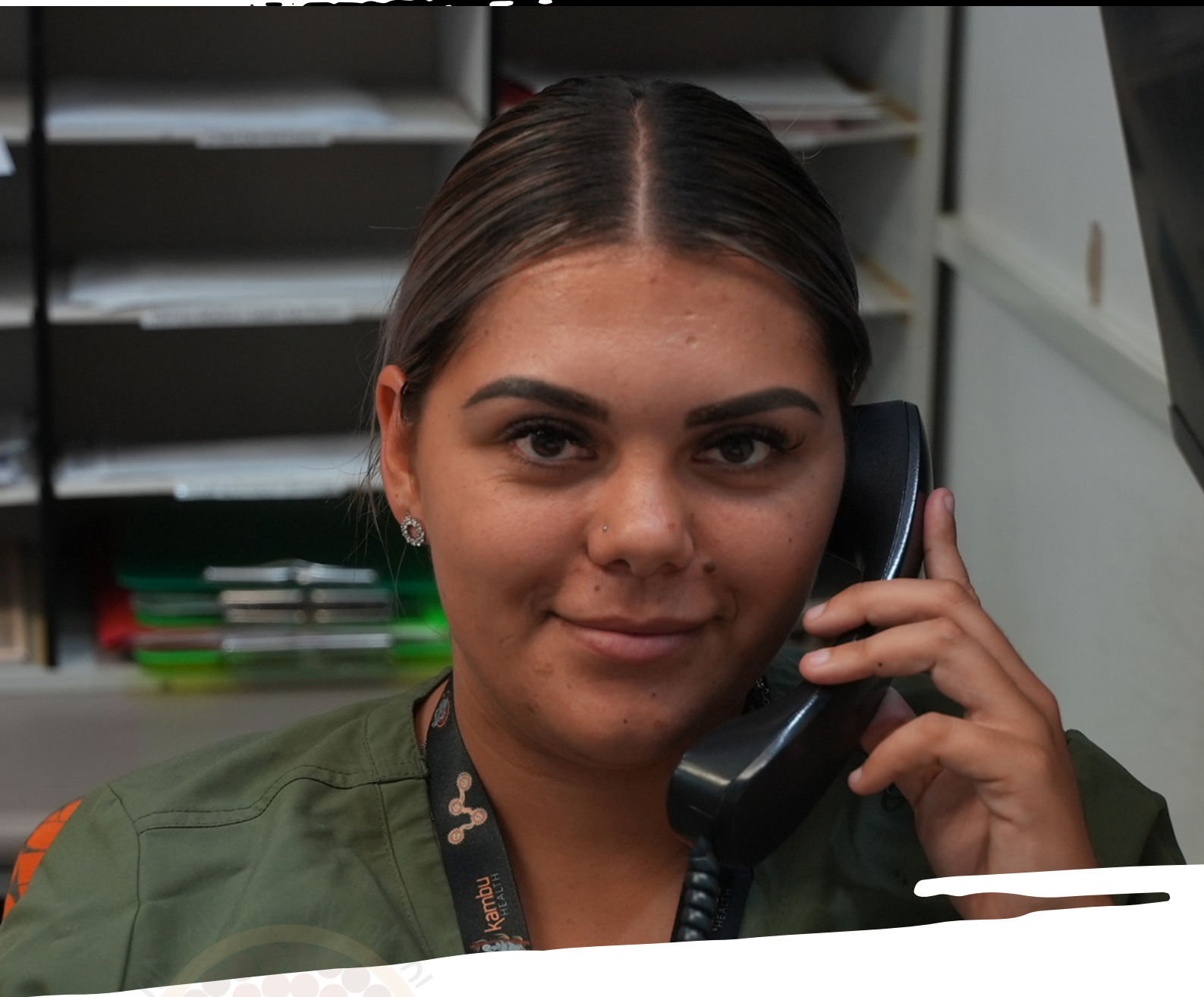
Contact Us

PH: 5465 3541

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

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NO EXCUSE FOR ABUSE



Kambu Health stand firm in our commitment to creating a safe and respectful environment for our staff.

Abusive behaviour will NOT be tolerated!

Our Board and Management team have a zero-tolerance policy for abuse in any form.

Whether it's online harassment, offensive language, or any other harmful or hurtful behaviour, it has no place in our workplace.

Remember, actions have consequences.

Engaging in abusive behaviour may result in being banned from all Kambu Health services temporarily or permanently.

We will take decisive action to protect our staff. If any staff member is subjected to abuse, they will be supported to formalise an official complaint with the police – there is NO EXCUSE FOR ABUSE!

- Clinic News -



IN JULY 2,622 CLIENTS ATTENDED APPOINTMENTS BUT 414 CLIENTS DID NOT SHOW UP FOR THEIR BOOKED APPOINTMENTS IN JULY!

We advise that in July, 414 clients could not be seen because 414 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

Our Dental Clinic has seen 954 clients so far this year !!

CLINICS	
ALLIED HEALTH	81
DENTAL	50
SPECIALIST	25
GP	258
TOTAL	414



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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

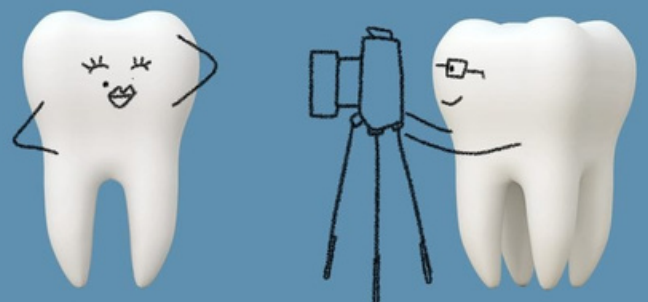
Laidley Clinic

PH: 5465 3541

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**What are dental
x-rays called?**

Tooth-pics.



Dental Health Week

7 - 13 August

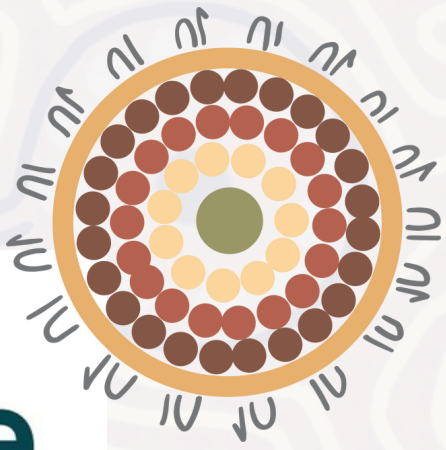
BOOK YOUR DENTAL CHECK UP TODAY!!

PH: 3810 3000



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healthengine

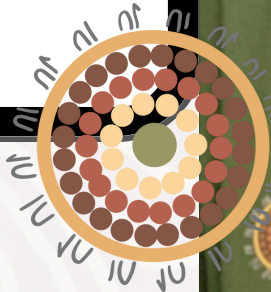
Find and book health appointments, 24/7.

IPSWICH CLINIC

BOOK ONLINE



SCAN THE QR CODE



Dr. Anthony Bates
Senior General Practitioner
Kambu Health

BREAST SCREENING

This month Dr. Sandhli Sharma discusses:



Dr. Sandhli Sharma
Kambu Health



BREAST CANCER SCREENING AWARENESS MAMMOGRAM!

BOOK GP ONLINE



Did you know that **BREAST CANCER** is the second most common cause of cancer-related death in Australia?

We know from data that 1 in 8 Queensland women will be diagnosed with breast cancer and 1 in 41 women will die from this disease.

The best way to detect breast cancer is through a Mammogram screening test.

Mammogram is an X-ray test that picks up any small changes in your breast that can be a very early sign of breast cancer. Earlier detection of cancer means we can manage it quickly, therefore preventing cancer-related deaths.

Cancer Council recommends females aged 50 years old - 74 years old to contact BreastScreen Australia for their FREE mammogram every two (2) years.

Women aged 40-49 years old and those over 74 years old are also eligible for FREE mammogram test every two (2) years.

To book an appointment for your mammogram, call BreastScreen Australia on 13 20 50 or CLICK BELOW to find local providers near you.

Also, this upcoming October is Breast cancer awareness month, so let's book ahead for your mammogram and educate our community, loved ones, and families about breast cancer.

By the way, a small number of men can also develop breast cancer so if you have worries, please book an appointment with your local GP at Kambu Health.

Signs of breast cancer include but are not limited to:

- Lump
- Breast Thickening
- Nipple discharge or pain
- Breast pain
- Breast skin changes including any change in shape, feel, size, or colour

If you notice any of those changes or any concerns, book an appointment with your GP today at Kambu Health.

MAMMOGRAM NEAR YOU



IPSWICH CLINIC: 3810 3000

LAIDLEY CLINIC: 5465 3541

GET YOUR Deadly Choices® BIRTH CERTIFICATE FOR YOUR BUB!



Deadly Choices
A MEMORABLE BIRTH CERTIFICATE

Baby Citizen
Name of Child

1 January 2015
Date of Birth

Biggenden Hospital, Biggenden
Place of Birth

Mother
Jane
Given Names
Citizen
Maiden Surname
30 years
Age
Brisbane, Queensland, Australia
Place of Birth

Father
John
Given Names
Citizen
Maiden Surname
30 years
Age
Brisbane, Queensland, Australia
Place of Birth

Female
Sex

John
Given Names
Citizen
Maiden Surname
30 years
Age
Brisbane, Queensland, Australia
Place of Birth

I hereby certify that the above particulars are extracts from an entry in a register kept in the General Registry Office Brisbane.

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Aboriginal and Torres Strait Islander
Corporation for Health

Find out more at deadlychoices.com.au or head to your local participating clinic!

FROM THE CEO DESK

KAMBU HEALTH INITIATIVES: A JOURNEY TOWARDS A HEALTHIER COMMUNITY

I am thrilled to share with you the resounding success of the recent Kambu Health initiatives. Our dedicated team continues to work tirelessly to bring positive changes to our community's health and well-being. We are proud to present the outcomes of these initiatives and the impact they have had on our community.

Our Bowel Screening & Awareness campaign at Laidley Clinic was a huge success last month. By participating in bowel screening, you're taking a proactive step towards better health and well-being

With a strong focus on public health and community safety, during NAIDOC Week 2023 Kambu Health organized vaccination drives to ensure our community members had access to essential vaccines. NAIDOC Lockyer Valley event, our Laidley Clinic team administered flu vaccines, protecting community members against seasonal illnesses. Additionally, during NAIDOC Ipswich, our Ipswich Clinic team administered flu vaccines and registered seven (7) new clients, expanding our Kambu Health family.

Kambu Health also demonstrated its commitment to mental health by joining the HeadSpace Ipswich NAIDOC event.

As part of this collaboration, we provided transport for Elders, ensuring they could participate in the festivities and share their wisdom with the younger generations.

Our team members supported young people through the cultural mentoring program, creating a safe and nurturing environment for them to attend and engage in NAIDOC celebrations.

Through our many initiatives, Kambu Health continues to strive to strengthen the bond between generations within our community to foster a sense of cultural pride and belonging.

I thank each team member, client, and stakeholder for joining Kambu Health on this journey!

Head Office (Office of the CEO and Corporate Services)

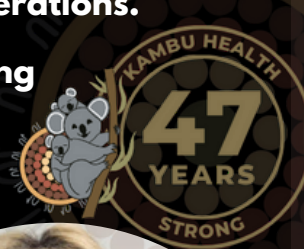
Hours of Operation

Monday to Thursday 8.00am to 4.36pm

Friday 8.00am to 4.06pm



SIMONE L. JACKSON
CHIEF EXECUTIVE OFFICER
KAMBU HEALTH



WHAT'S HAPPENING

this month

August

1 World Breast Feeding Week 1 – 7 August	2	3	4 National Aboriginal and Torres Strait Islander Children's Day	5	6	7 Dental Health Week National Stroke Week
8 International Day of the World's Indigenous Peoples	9	10	11	12 International Youth Day	13	14
15	16	17	18	19	20 Speech Pathology Week 20 – 26 August	21
22	23	24 Kambu Amaroo Kindergarten OPEN DAY	25	26	27	28
29 Daffodil Day	30	31 Daffodil Day				

Hello August

LITTLE VOICES ~ LOND FUTURES

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER

Children's Day

4th August 2023

www.aboriginalchildrensday.com.au



SNAICC
National Voice for our Children



OPEN DAY

KAMBU AMAROO KINDERGARTEN

4 MADDEN STREET SILKSTONE

THURSDAY

24 AUGUST 2023

2.00PM - 5.00PM

*FREE KINDY 2024

*CONDITIONS APPLY

PHONE: 3812 2258

KAMBU.AMAROO@KAMBUHEALTH.COM.AU

[CLICK HERE](#)



- Staff Profile -

Each month we introduce you to one of our deadly Kambu Health team members, so in this section you can get to know us and why we do what we do.

This month we're featuring Shirley Stinson, Manager, Ipswich Children and Family Centre.

INTRODUCING SHIRLEY STINSON

What's your most used productivity hack at work, Shirley?

Planning and prioritising my tasks: I start my day by identifying the most important and urgent tasks that need to be completed. I create a to-do-list to help me manage and prioritize my tasks effectively.

What motivates you at work?

Achievement and goal attainment: I am motivated by the opportunity to set and achieve goals, both individually and as a team. Accomplishing targets, meeting deadlines, and seeing the progress and success of my team is highly motivating.

What's something you're proud of?

Effective communication and collaboration: I prioritize open communication, collaboration, and positive relationships within my team, and I take pride in fostering a healthy and productive work environment. Creating an atmosphere of trust, respect, and effective collaboration can contribute to team success. Although I am new to my role, I believe I have been able to foster a collaborative and positive relationship with my team.

Who inspires you?

Simon Sinek's concept of "Start with Why" has been inspiration to me. His idea emphasizes the importance of understanding the purpose or the "why" behind what we do both as individuals and organisations. By identifying and connecting with our deeper motivations and values, we can drive meaningful actions and inspire others to join us on our journey. Understanding my personal "why" provides clarity and guides my actions. It's about staying connected to my purpose and using it as a guiding principle to make a positive difference.

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

I didn't have a label for what I wanted to be as a kid, I just knew that whatever I did, it had to make a positive difference to those around me. I looked up to my parents and the role they played in our community. I saw how even the smallest of actions could have a significant ripple effect and change a person's trajectory in life. I guess that's how I have ended up in the helping industry to be able to contribute to the wellbeing of others.

What kind of music do you like?

I don't prefer any genre. I like all kinds of music. It's about how the music makes me feel.

What show are you currently binge-watching?

I am currently binge-watching "The Blacklist" on Netflix. It keeps me guessing.





Hello and Goodbyes

WELCOME TO OUR TEAM

We are pleased to welcome the following staff who have started in key roles across Kambu Aboriginal and Torres Strait Islander Corporation for Health:

- Brian Sheldon
- Hailey Munday
- Hayleigh Snars
- Lani Walker
- Jessica Yarrie
- Laquisha Fell-Gela
- Ashleigh Price
- Caitlin Pearce
- Lee-Ann Joseph-Roch
- Tamika Muller
- Lillian Fisher
- Shirley Stinson
- Suzette Lawton
- Patrice Pickwick
- Suzanne Howie
- Tayla Formosa

GOODBYE FROM OUR TEAM

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

- Margaret Browne
- Christina Ryan
- Grace Mews



JOIN OUR TEAM

- Paediatric Coordinator
- Midwife (part-time role)
- Early Years Educators (casual)

APPLY



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

SEND YOUR RESUME & COVER LETTER TO :
hr@kambuhealth.com.au

Follow Us on Social Media



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Aboriginal and Torres Strait Islander
Corporation for Health



Let's Get Connected !!



www.kambuhealth.com.au



Facebook @KambuHealth



Instagram @Kambu_Health



LinkedIn @Kambu Aboriginal and
Torres Strait Islander Corporation
for Health



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

