

Kambu Health Newsletter



Welcome to the July 2023 NAIDOC Special Edition of the Kambu Health Communique.

This week as we gather to celebrate NAIDOC Week 2023, to honor the wisdom and resilience of our Elders, their deep knowledge of the land, culture, history, and learn of their journey in this country.

Kambu Health recognise the importance of listening to our Elders voices and working together to create a brighter future for all. As a part of our efforts to celebrate "For Our Elders"

Kambu Health commissioned a video of local Elders that we premiered this week. The video showcased the experiences and insights of our Elders, helping to promote understanding and respect for our culture and history, and our Elders hopes for future generations. Follow us on our social media pages, Facebook and Instagram, so that when we post to our socials and website you can view this very special video.

It seems fitting that this week as we celebrate NAIDOC 2023, Kambu Health celebrated it's 47th Anniversary on 3 July 2023. This is an achievement that we should all celebrate, a milestone that we will build on!

From a room in Doreen Thompson's house, our community received culturally appropriate health care by doctors who travelled from the Aboriginal and Torres Strait Islander Community Health Service in Brisbane, once a week, supported by nurse, Aunty Pam Mam.

Today, Kambu Aboriginal and Torres Strait Islander Corporation for Health employs over 110 people, providing comprehensive medical, social health services, early childhood, family and community care programs to the Ipswich and West Moreton community, with multiple sites in Ipswich and Laidley. I think we would all agree our Elders and our community are proud of what has been accomplished in Ipswich and West Moreton for our Mob!

Simone L. Jackson
Chief Executive Officer



OUR ACKNOWLEDGEMENT TO COUNTRY

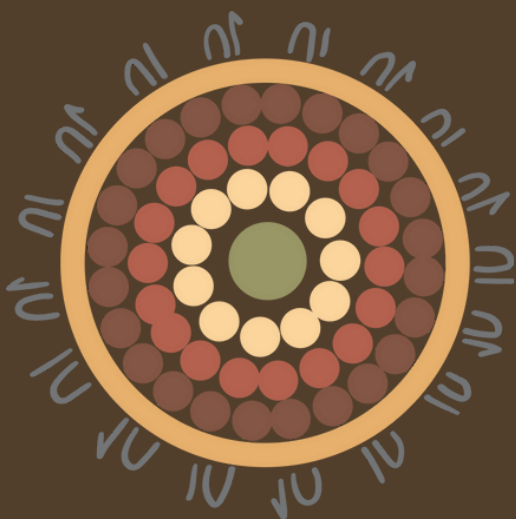
Kambu Aboriginal and Torres Strait Islander Corporation for Health acknowledges the traditional owners of the lands on which we operate, the Jagera, Yuggera, and Ugarapul Peoples.

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.



*"We cultivated our land, but in a way different from the white man. We endeavored to live with the land; they seemed to live off it. I was taught to preserve, never to destroy."
– Tom Dystra*

In this month's news:



FOR OUR ELDERS

NATIONAL NAIDOC WEEK 2-9 JULY 2023



“For Our Elders” was our mission this week and we believe we accomplished that mission...

Kambu Health hosted many deadly events, one being a wonderful morning tea celebrating NAIDOC 2023, Cake and Cuppa with our CEO.

CEO, Simone Jackson, premiered “For Our Elders” video featuring local Elders who shared their stories and hopes for the future

We were joined by Board Chair, Mr. Allan Fisher, Board Deputy Chair, Ms. Lee-Ann Roch, as well as Board Members, Aunty Jill Davidson and Aunty Maria Baker, seen here cutting our deadly celebration cake !!





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Aboriginal and Torres Strait Islander
Corporation for Health

For Our Elders

In lands of ancient lore, where spirits dance,
Aboriginal and Torres Strait Islanders' hearts enhance.

A day of honour, where voices rise,
we celebrate their strength that never dies.

Through time's embrace, their culture thrives,
a tapestry woven, where tradition survives.

With kinship deep and stories untold,
their wisdom a treasure forever unfolds.

On this sacred day, let unity ignite,
together we stand, in respect and light.

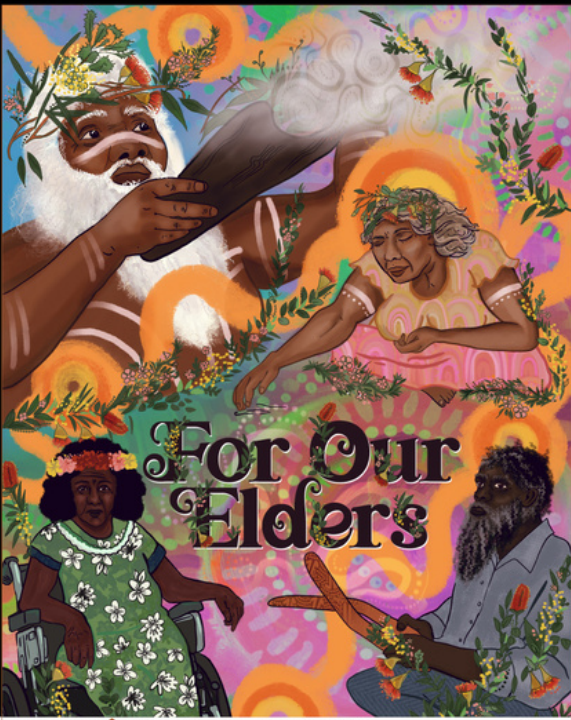
In harmony, we gather and as one, we'll say,

“We honour our Elders on this special NAIDOC Day”.

Author - Margaret Browne

Kambu Aboriginal and Torres Strait Islander
Corporation for Health





IPSWICH NAIDOC

Family and Cultural Celebration

- Cultural performers
- Information stalls
- Entertainment
- Food
- Children's rides
- Elder's area.

ALL WELCOME

VENUE CHANGE DUE TO WET WEATHER

THURSDAY 6 JULY

10.00 am - 2.00 pm

Ipswich Turf Club
219 Brisbane Road,
Bundamba



FOR OUR ELDERS

2-9 JULY 2023

NAIDOC Week

For Our Elders, Bobbi Lockyer
Where there is knowledge there are our Elders. Our Elders paved the path 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 we want to showcase how important our Elders are in passing down traditions and culture to our children and future.

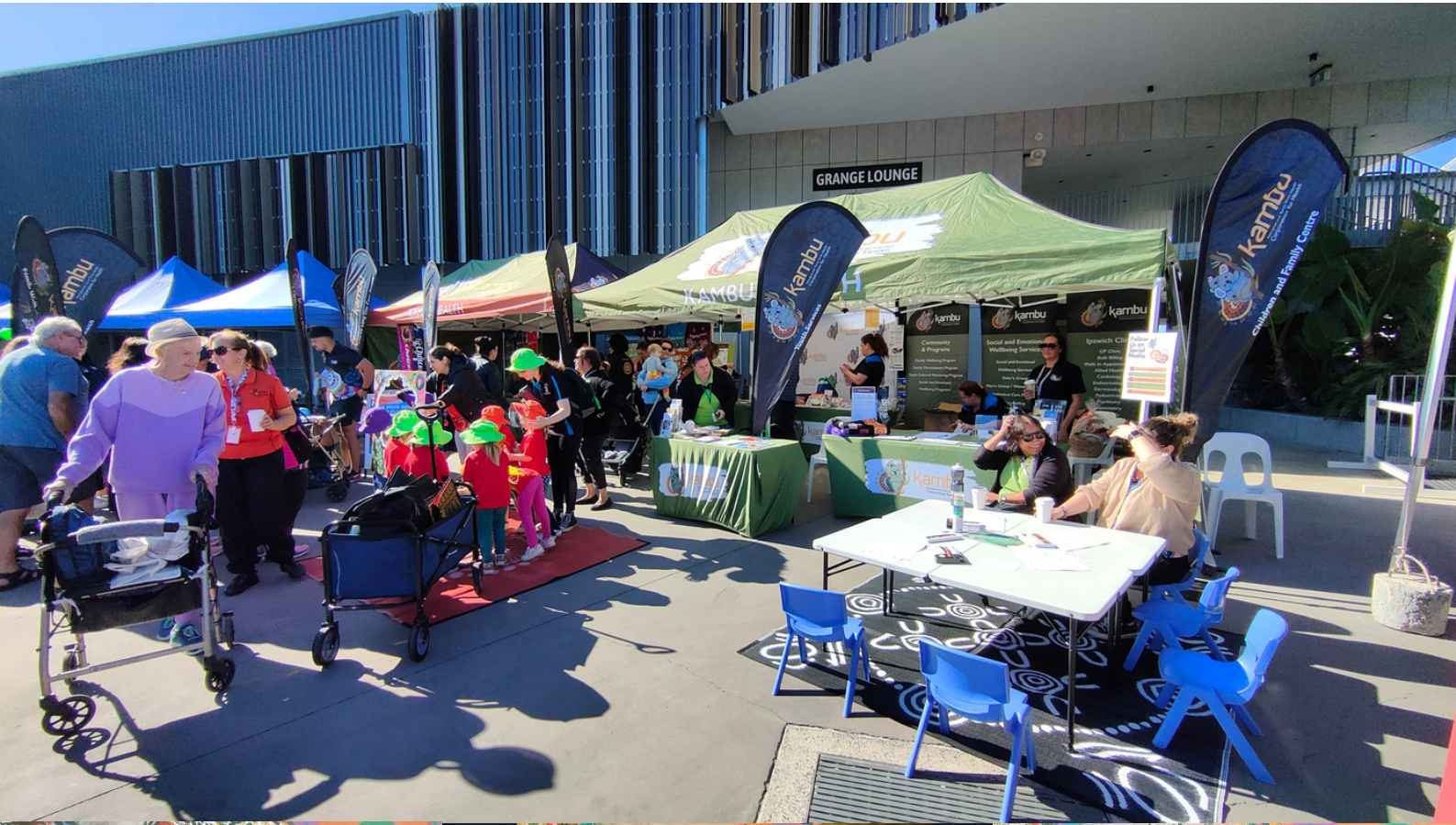


2-9 JULY 2023

#NAIDOC2023 #ForOurElders

@naidocweek @naidocweek facebook.com/NAIDOC

Illustration by Bobbi Lockyer. This poster is a reproduction of the artwork of the artist Bobbi Lockyer. It is a reproduction of the artwork of the artist Bobbi Lockyer. It is a reproduction of the artwork of the artist Bobbi Lockyer.





TRIPLE A COMMUNITY BALL
 Celebrating Brisbane Black Excellence
 SATURDAY, 8TH JULY 2023



FOR OUR ELDERS
 2-9 JULY 2023




Golden Oldies
 WEDNESDAY, 5TH JULY 2023
 Royal International Convention Centre



FOR OUR ELDERS
 2-9 JULY 2023



Congratulations!

AUNTY MARIA BAKER

NAIDOC 2023 RAFFLE WINNER



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Aboriginal and Torres Strait Islander Corporation for Health



Dr Tania Thomas
Kambu Health

For Our Elders 24/7, 365 days a year

We provide the best services for our Elders 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 our Elders receive the best care possible with Kambu Health !

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

8.00am - 4.00pm, Monday to Friday

- Clinic News -



IN JUNE 2,724 CLIENTS ATTENDED APPOINTMENTS BUT 360 CLIENTS DID NOT SHOW UP FOR THEIR BOOKED APPOINTMENTS IN JUNE!

We advise that in June, 360 clients could not be seen because 360 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 Regular Clients
2,692

2023 Regular Clients
5,726

CLINICS	
ALLIED HEALTH	63
DENTAL	36
SPECIALIST	29
GP	232
TOTAL	360



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Aboriginal and Torres Strait Islander
Corporation for Health

Ipswich Clinic

PH: 3810 3000

7.00am - 7.00pm, Monday to Friday

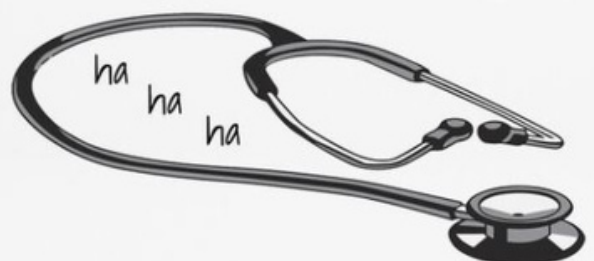
8.00am - 4.00pm, Saturday

Laidley Clinic

PH: 5465 3541

8.00am - 4.00pm, Monday to Friday

Funny Doctors Jokes





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Corporation for Health



healthengine

Find and book health
appointments, 24/7.

**IPSWICH
CLINIC**

**BOOK
ONLINE**



**SCAN THE
QR CODE**



DR. MARJAD PAGE

LEARN THE EARLY WARNING SIGNS OF TYPE 1 DIABETES.

Do you know the 4Ts?



TIRED



THIRSTY



THINNER



TOILET

Each year, hundreds of people are hospitalised because the **early warning signs of type 1 diabetes** are missed.



For more information:
Scan the QR code or visit
diabetesaustralia.com.au

 diabetes
australia

ARE YOU AT RISK OF DEVELOPING TYPE 2 DIABETES?

[CLICK HERE](#)



To find out if you're at risk of developing type 2 diabetes within the next five years, complete our short **risk calculator** at diabetesaustralia.com.au/risk-calculator.

Type 2 diabetes is the **fastest growing chronic condition** in Australia. An estimated **500,000 Australians** are living with silent, undiagnosed type 2 diabetes.



For more information:
Scan the QR code or visit
diabetesaustralia.com.au

 **diabetes**
australia

FROM THE CEO DESK



Jaide Southee
DIRECTOR CORPORATE SERVICES
KAMBU HEALTH

Professor Odette Best
PRO VICE-CHANCELLOR
(FIRST NATIONS EDUCATION AND RESEARCH)
UNIVERSITY OF SOUTHERN QUEENSLAND

Brienna Wilkinson
INAUGURAL KAMBU HEALTH
FIRST NATIONS SCHOLARSHIP
UNIVERSITY OF SOUTHERN QUEENSLAND

2023 marks the inaugural Kambu Health First Nations Scholarship at the University of Southern Queensland.

The scholarship was established through a founding gift from Kambu Aboriginal and Torres Strait Islander Corporation for Health (Kambu Health) and is co-funded by the University of Southern Queensland.

The inaugural First Nations Scholarship was awarded to Brienna Wilkinson, Bachelor of Psychology and Wellbeing.

Director Corporate Services, Jaide Southee attended the 2023 Scholarship Award Ceremony earlier this year. (Pictured above)



SIMONE L. JACKSON
CHIEF EXECUTIVE OFFICER
KAMBU HEALTH


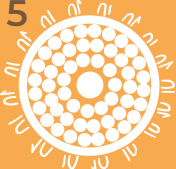
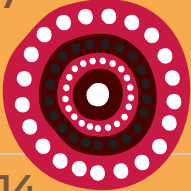

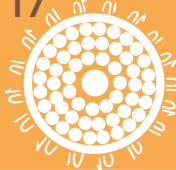

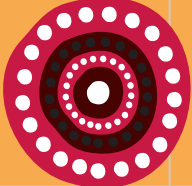



WHAT'S HAPPENING

JULY 2023

NAIDOC WEEK, 2 – 9 JULY

NATIONAL DIABETES WEEK, 9 – 15 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 COMING OF THE LIGHT	2 NAIDOC WEEK 2023 STARTS	3	4 
5 	6	7 	8	9 NAIDOC WEEK 2023 FINISHES	10	11 
12 NATIONAL DIABETES WEEK	13	14 LOWOOD SENIORS EVENT	15	16	17 	18 
19	20 	21	22	23 NATIONAL STRESS DOWN DAY	24	25
26 	27	28 WORLD HEPATITIS DAY	29	30		



- 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.

For July we're asking Melissa Costello, Family Wellbeing Practitioner, Family Participation Program and Family Wellbeing Service, to tell us about herself.

INTRODUCING MELISSA COSTELLO

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

My most used productivity hack at work would be to utilise all systems at hand. I consistently use TASK Tools with ARK Database. I also utilise Outlook and I am still pretty old school with a "great" TO-DO List. I also believe in accessing in-house resources and bouncing off colleagues, if all else fails coffee!

What motivates you at work?

My motivation comes from working with Mob and having lived experience as a First Nations Woman. I have been in the Social and Emotional Wellbeing space for the past 15-20 years and have performed in many roles - Government and Non-Government. I am currently employed with Kambu Health Family Wellbeing Service as a Practitioner where I support First Nations Families. I am extremely passionate in supporting Mob a in terms of prevention and intervention, to empower and to have a voice at the table when decisions are made in relation to our children and families, via Department of Child Safety. I am passionate about playing a key role in the space of reducing the over-representation of First Nations Children in a System.

What's something you're proud of?

Assisting families to have a voice when dealing with mainstream services. I am proud and privileged to be a part of our Mob's healing journey.

Who inspires you?

People who inspire me are First Nations Women in leadership. I aspire to one day be in a leadership role as a First Nations woman. I have had the privilege to work alongside First Nations Women, CEO/Manager/Executives/Leaders that have inspired me and my practice. To learn, listen, and to understand the importance of the roles we play in community and workplace.

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

I wanted to be a Make-Up Artist.

What kind of music do you like?

I love all kinds of Music, but two of my favorite bands are Cold Chisel and City and Colour..... Oh and Morgan Wallen is a Dream Boat

What show are you currently binge-watching?

Somebody Feed Phil - NETFLIX



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

