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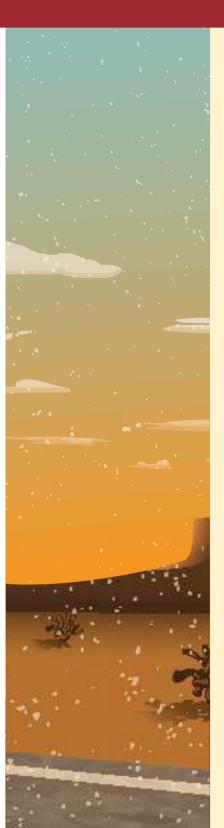
Jumpers & Jazz Festival - Warwick Craft Group

and much much more.....





Carbal Medical Services has experienced significant growth over the past two years and we are now delivering over twenty different indigenous health programs and initiatives.



Dear valued members of the Carbal Medical Services Community,

Regular readers may notice a change of format in this issue of Yarnin. We will be adopting this format in all issues going forward as I believe that it will better showcase the range of activities that Carbal is involved in and provide ready access to information related to these activities.

Carbal Medical Services has experienced significant growth over the past two years and we are now delivering over twenty different indigenous health programs and initiatives to community members across the Darling Downs.

We are fortunate enough to have a wonderfully skilled and committed staff of health professionals in our team of nearly eighty employees and I am pleased to be able to present the following articles as testament to the difference that Carbal is making every day in the extremely important area of health service equality.

Regards,

Brian Hewitt

M.Ed., B.Ed., Dip Ed., JP Qual
CEO CARBAL MEDICAL SERVICES



Carbal would like to take this opportunity to welcome Bailea to the Mary Street Clinic:

Hello my name is Bailea and I am a Toowoomba based Indigenous Health Worker here at Carbal Medical Centre. I am a Yirrganydji woman from Mackay, North Queensland. I've spent most of my life growing up in the Northern Territory, traveling around different communities and growing up in the hot humid heat.

I completed my Certificate III in Aboriginal and Torres Strait Islander Primary Health Care in 2015, to help further my knowledge and passion for Indigenous health. Carbal is such a wonderful organisation and offers insight into the Indigenous community. I have found that the services that Carbal offers are completely different to your mainstream practices, as they have such a diverse range of health professionals to help you with every need. If you are ever around Mary St Clinic in Toowoomba, come and say hi.

Currently on leave, Dr Nasar Ahamed will be returning on Wednesday 26th April and Dr Swapna Joseph will be away from Tuesday 18th April through to Tuesday 6th June. You are more than welcome to make an appointment with our other enthusiastic GPs.

Please be mindful of general courtesy when booking an appointment over the phone, sadly this is not always the case. Staff are happy to assist in any way possible, all we ask for is your co-operation and patience.

Finally, we are excited to announce that we will be gaining another GP in early May so watch this space.....

FROM THE WARWICK CLINIC



The Warwick clinic has been very busy with two full time doctors: Dr Salvador **Aguirre who has** been with us for a number of years and is well known in the **Warwick community** and Dr Christine Tran who started with us in January. Dr Tran is with us for 4 days of the week due and works on Tuesdays in the Toowoomba Mary Street clinic.

Warwick clinic is very excited as their clinic Nkpi reporting data has been increasing due to the excellent work of the staff at the centre. Two notable areas affecting Data outcomes positively are recording of the Birth Weights and 715 Indigenous Health Checks and Assessments.

Norma Slater our New Directions Mid Wife has been calling and checking on all children from 0 to 5 to record their birth weights and if children are due for their 715 health check. Expect a call from Norma soon!

All Clinical staff have recently completed their QAAMS — Hb1Ac and ACR training and will now endeavour to catch all diabetic patients every 3 months to monitor their sugar level.



And finally, a big welcome to staff members Darleen (Nurse) from Warwick and Naomi (Nurse) and Teela (Reception) who have relocated from Stanthorpe to join the team at Warwick.

FROM THE HUB

Carbal Medical Services

During March we welcomed 6 new babies into the New Directions Family.... All Mums and Bubs are going along well!



The Koala Club planner for the next three months is here.

If you're interested in coming along or finding out more call Warwick on 46 610 800 or Toowoomba on 46 339 500

Please note: If you're in Toowoomba and you need transport, get in contact with the hub on 46 339 500 to secure your booking.

As the school holidays are now upon us, it has provided a great opportunity to catch up on and complete all existing Belly casts. We are in the process of getting these back to their owners!

Due to the increase in demand for the New Directions Program, we are no longer able to offer Belly casts to our Mums.

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2017

Arts and Crafts
Music and Singing
Stories
Games
Friendship
Support and Advice

FROM THE CARBAL ALLIED SERVICES AND SUPPORT TEAM

PHaMs (Personal Helpers and Mentors)

The Ladies and Men's groups have been busy on outings, soaking up the sun before the cooler months settle in. There have been Barbeques In parks and adventures to the local dams. The ladies group has also been busy putting together some goodies for NAIDOC week in July which will be showcased in the next Yarnin edition.

Carbal Addiction Support Services (CASS)

Carbal welcomes Andrew and Karen to our Alcohol and other Drugs program — CASS.





Karen Carney

Karen Carney is a Wiradjuri women raised in Darlington Point NSW who relocated to Canberra in her youth. Karen has over 30 years' experience working in humanities and recently moved to sunny Queensland in February 2017 to work as an alcohol and drug counsellor with Carbal Medical Service. Karen has spent the past 6 years working in the alcohol and drug sector and brings with her a vast array of experience in positively assisting Aboriginal people and their families who are experiencing distress through addiction.

Andrew Bateup

Andrew is a Toowoomba local and has worked extensively in the Alcohol and other Drug sector with disaffected youth and their families. Andrew, contracted by the Department of Human Services was responsible for re-building family relationships and educating parents in how to work in a trauma informed way to better engage with their children. Andrew came on board with Carbal in Earl February of this year and has made several positive engagements with clients in the local area.



Allied Health

Appointment books are starting to fill up as we approach mid-year so if you have any outstanding referrals make sure you make your appointments soon so you don't have to wait too long!

FLU CLINIC CLINIC TOOWOOMBA





Carbal is pleased to announce a two weel

DROP IN FLV (LINI(



Monday	10th April	3-4
Tuesday	11th April	9-10
Wednesday	12th April	3-4
Thursday	13th April	9-10

Week 2:

Tuesday	18th April	9-10
Wednesday	19th April	3-4
Thursday	20th April	9-10
Friday	21st April	3-4

We will have 1 doctor available and a nurse to assist anyone who turns up to have the flu vax

VERSION 1 April 2017

WHERE:

104 Mary Street - 46 397 300 The clinic will be operating from the 10th to the 21st April

FLU CLINIC CLINIC WARWICK



Fluvax Warwick Venue:

Make sure you come in and get your Fluvax on the 20th of April at Carbal's Warwick clinic: 55 Wood Street between 9 and 4.

WE'LL BE PUTTING ON A FREE BBQ AND THERE'LL BE LOTS OF GOODIES UP FOR GRABS!

For further information give us a call on 46 610 800

All Staff will be available to assist anyone who turns up to have the flu vax.

VERSION 1 April 2017

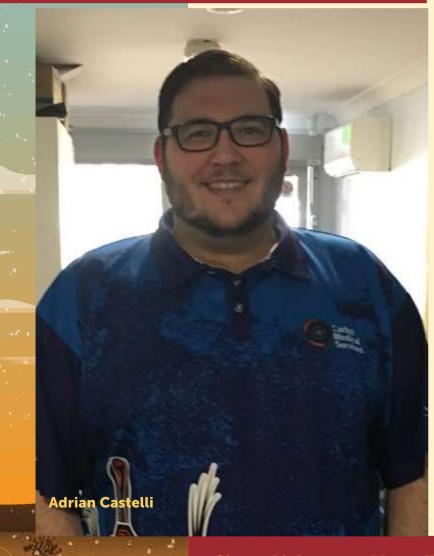
WHERE:

55 Wood Street - 46 610 800

If you can't make it on the day, you can make an appointment to have your fluvax at another time by calling the number above.

CARBAL INVOLVED IN IMPORTANT STUDY INTO HIV PREVENTION

Carbal is excited to partner with the Queensland Government and Cairns Sexual Health Service to start a clinical study which focusses on the prevention of HIV transmission in Queensland.



This study involves high-risk individuals having access to free medication that has proven to be safe and effective at preventing the spread of HIV, a virus that attacks the immune system of otherwise healthy people.

This comes at a time where Carbal is focussing efforts on improving the model of sexual health for all clients, and is proud to be able to provide same-day testing and treatment of some sexually transmitted infections (STIs) including rapid HIV tests that take only 20 minutes to perform. We can also provide free post-exposure prophylaxis (also known as PEP) - a medication to prevent HIV if you fear you might already have been exposed in the last 3 days.

HIV is not just an infection that affects members of the LGBTQIA+ community and in fact the Aboriginal and Torres Strait Islander communities have higher risks of HIV in the heterosexual or straight community than non-Aboriginal people. The trial is really all about you taking control of your own health and preventing an otherwise preventable disease. High-risk activities include:

- Ocondomless sex with someone whose HIV status you don't know
- Men who have sex with men
- Intravenous drug use and sex
- Sex with people from areas of high HIV prevalence (PNG, Sub-Saharan Africa)
- Recent infection with other STIs like Chlamydia and Gonorrhoea.

If you think you could possibly be at risk of HIV transmission, make an appointment to discuss the trial today, or alternatively you can make an appointment with Dr Adrian Castelli who is the study's principle investigator at Carbal Medical Services.

Everyone is encouraged to have a yearly sexual health check-up and this can be part of your annual 715 or Health Check.



It can be hard to say what you really want when it comes to sex, but put your own health, safety and happiness first and let your sex partners know what the deal is, for example:

"If it's not on, it's not on."
"Condoms help stop infection for both of us."
"I can put the condom on you if you like."

You don't have to be 18 to buy condoms. You can even get them free at Carbal! You can also buy them from the supermarket, Target, Big W, chemist's and, you can even get them at petrol stations.

Where to get help and information

If you have sex without a condom or if it breaks or even if you're concerned you might have an STI, visit Carbal Medical Services.

It is recommended that anyone who is sexually active, between the ages 14 and 30 get routinely tested every year — even if you don't have symptoms!

Anyone can come to Carbal and ask for a test at any time if they are concerned, or if they haven't had their yearly check. **Carbal Medical Services offers a discreet service:**

- ✓ On-the-spot treatment of some STIs
- Rapid HIV Testing
- ✓ Post-Exposure Prophylaxis (PEP)
- ✔ Pre-Exposure Prophylaxis (PrEP)
- ✓ Full STI testing and management
- ✓ LGBTQIA+ Friendly Service



www.carbal.com.au

Phone 46 397 300 for more information.

JUMPERS AND JAZZ FESTIVAL

The Warwick craft group is at it again with firm plans for this year's entry into the Jumpers and Jazz festival, 'Tree Jumper competition'.

The July festival has been the focus of the group recently and members have some inspiring creations under construction. The tree will no doubt be every bit as amazing as last year's.









WORLD NO TOBACCO DAY

GUIT FOR MAY ACCENTAGES SNOWN FOR STATE OF THE STATE OF

TOBACCO DAY WEDNESDAY 31ST MAY 2017

Talk with the TIS team about these and other great reentives and

WATCH THIS SPACE FOR WHERE BUTT HEAD WILL BE DURING THE MONTH OF MAY

WEDNESDAY 3RD MAY

FRIDAY 5TH MAY

MONDAY 8TH MAY

TUESDAY 9TH MAY

FRIDAY 11TH MAY

MONDAY 15TH MAY

THURSDAY 18TH MAY

MONDAY 22ND MAY

TUESDAY 23RD MAY

THURSDAY 25TH MAY

MONDAY 29TH MAY

TUESDAY 30TH MAY

WEDNESDAY 3IST MAY

- USQ TOOWOOMBA II- 2
- KMART PLAZA RUTHVEN STREET TOOWOOMBA 10 - 3 (COLES ENTRY)
- DROP IN CLINIC AT CARBAL TOOWOOMBA AND WARWICK IO – 12
- PALMERIN STREET WARWICK (ROSECITY ENTRY) 10 - 3
- GRAFTON STREET WARWICK (OUTSIDE DISCOUNT DRUG STORE) 10 – 3
- DROP IN CLINIC AT CARBAL TOWOOMBA AND WARWICK 10 - 12
- KMART PLAZA RUTHVEN STREET TOOWOOMBA 10 – 3 (KMART ENTRY)
- DROP IN CLINIC AT CARBAL TOOWOOMBA AND WARWICK 10 — 12
- GRAFTON STREET WARWICK (OUTSIDE DISCOUNT DRUG STORE) 10 – 3
- PALMERIN STREET WARWICK (ROSECITY ENTRY) 10 - 3
- DROP IN CLINIC AT CARBAL TOOWOOMBA AND WARWICK IO - 12
- BBQ CARBAL MEDICAL SERVICES 104 MARY STREET TOOWOOMBA II- I
- BBQ CARBAL MEDICAL SERVICES 55 WOOD STREET WARWICK II - I



CARBAL'S TACKLING Indigenous

smoking team about how to make everyday TOBACC DAY

VERSION 1 April 201

Toowoomba

phone: 4639 7300 mobile: 0409 011 375

Warwick

phone: 466I 0800 mobile: 0409 I96 0I4

Carbal Medical Services

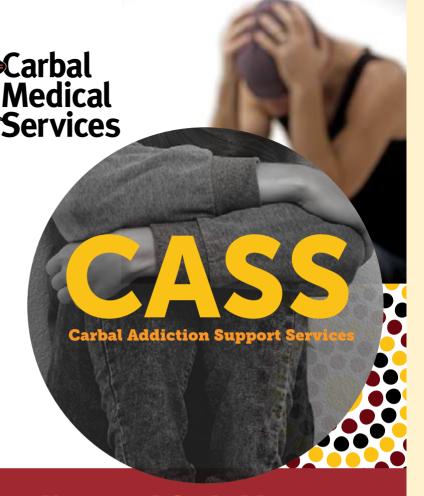






An Australian Government Initiative

Carbal ADDICTION SUPPORT SERVI(ES



In response to a long standing need Carbal has successfully sought funding from the DDWMPHN to provide an Alcohol and other Drug rehabilitation service to Aboriginal and Torres Strait Islander people and their families.

Offering culturally appropriate support for Aboriginal and Torres Strait Islander people struggling with alcohol and other drug issues.

Holistic ongoing support will be provided for withdrawal, rehabilitation and relapse prevention.

✓ Using a holistic approach, a Case Worker and Counsellor will work with clients, their families and clinicians to provide supported at-home withdrawal and community based rehabilitation and recovery services.

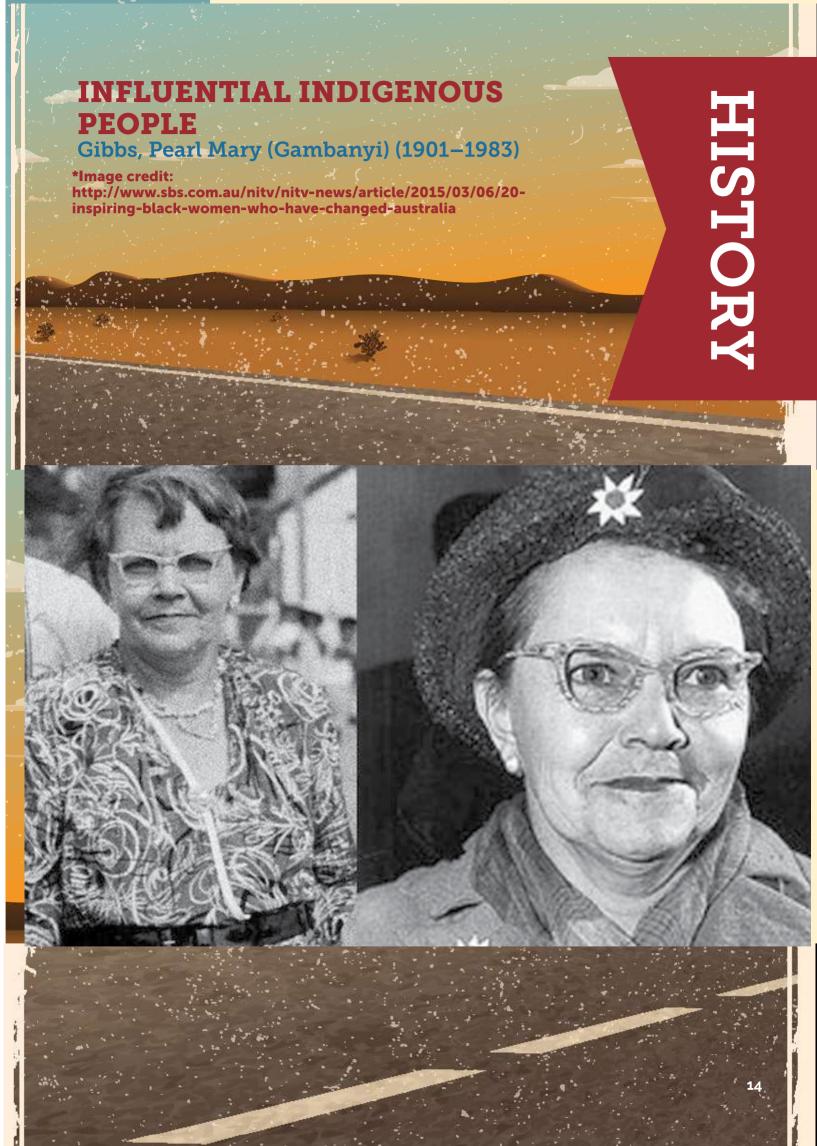
This service is based at Carbal's South Street site.

VERSION 1 February 2017



INTERESTED?

Please contact Andrew or Karen on 46 397 400 for more information about referrals and services.





This article was published in Australian Dictionary of Biography, Volume 17, (MUP), 2007.

Written by Heather Godall

INFLUENTIAL INDIGENOUS PEOPLE

Gibbs, Pearl Mary (Gambanyi) (1901–1983)

Pearl Mary (Gambanyi) Gibbs (1901-1983), Aboriginal leader, was born in 1901 at La Perouse, Sydney, younger daughter of Mary Margaret Brown, who was born in Brewarrina to Maria, an Aboriginal woman of the Ngemba or Muruwari language, and a white station worker, George Brown. Pearl's father, David Barry, was estranged from the family. After Pearl's birth, her mother returned to her employment in Yass, where Pearl and her sister, Olga, later attended Mount Carmel School. Although Pearl's skin was fair, racial discrimination in her schooling caused her to identify strongly as Aboriginal.

By 1910 the family had settled near Bourke, where Margaret married an Aboriginal widower, Richard Murray. They worked on a sheep station near Byrock: Olga and later Pearl were maids. In 1917 the sisters left for Sydney to take jobs as domestic servants. Pearl found steady employment in the Potts Point area, but she met Aboriginal girls who had been removed from their country homes unwillingly and had been 'apprenticed' or indentured by the Aborigines Protection Board as domestic servants. Disturbed by their position, she tried to help them by acting as advocate with the board.

Pearl married Robert James Gibbs, an English-born naval steward, on 14 April 1923 at the registrar's office, Paddington, Sydney; they had two sons and a daughter. One son, Charles Reginald, served (1937-50) in the Royal Australian Navy. When the marriage broke down late in the 1920s, she lived in an unemployment camp at Happy Valley near La Perouse. She became more acutely aware of the protection board,

as police tried to reduce contact between the unemployed workers and the nearby reserve community. With her mother and stepfather she picked peas at Nowra to eke out a living away from the board's control. She encouraged residents at the Wallaga Lake Aboriginal reserve to defy the board manager's control over their income, and helped pea pickers to seek better conditions.

New legislation in 1936 widened the board's powers to allow the confinement of anyone `apparently having an admixture of aboriginal blood' at one of its managed stations; this change meant that Pearl was now covered by the legislation. In 1937 she travelled to Sydney and began work for the fledgling Aborigines Progressive Association with Bill Ferguson and Jack Patten. She collected information at Brewarrina that assisted the association to publicise the deteriorating conditions on overcrowded reserves, and to obtain an inquiry into the protection board; a select committee sat during 1937

PEARL MARY (GAMBANYI) GIBBS - CONT



`apprenticed' girls, and worked with the middle-class white activist Joan Kingslev-Strack to publicise the labour and sexual exploitation these girls faced as isolated domestic servants far from home. Pearl was one of the few women, white or black, who spoke in public political forums such as the Domain. She became a link between the white women's and Aboriginals' movements, serving, for example, on the management committee of the Union of Australian Women, The Committee for Aboriginal Citizenship, of which she was a member, drew many white sympathisers, from militant leftwing unionists to more diversely motivated people such as Michael Sawtell, into the campaign. Pearl had a strong association with the activists Jessie Street and Faith Bandler.

Conscious of the importance of media coverage, Pearl ensured that journalists were kept informed. Although often outspoken and abrasive, she could also be charming and persuasive. She reached a wide audience in Sydney and Wollongong when she spoke about women's and general Aboriginal issues on radio station 2GB in 1941. Her writing appeared in the women's, local and Sydney press.

A good organiser, Gibbs helped to plan the Day of Mourning protest on Australia Day 1938. She became secretary of the Dubbo branch of the Australian Aborigines' League in 1950. After a State branch of the Council for Aboriginal Rights was established in 1952, Pearl became organising secretary. However,

her greatest impact was in her behind-thescenes role of bringing people together to undertake new campaigns. She was a loyal friend to many Aboriginal activists over the years, from Ferguson and Bert Groves in the 1950s to Kevin Gilbert in the 1970s.

After World War II Gibbs had settled in Dubbo with her widowed mother, actively supporting attempts by Aboriginal people in the region to get better conditions under the Aborigines Welfare Board. Her understanding of the broad questions of social reform and her determination, integrity and forthright nature were admired. A railway worker, Jack Booth, commented: `She could adapt herself to any audience—be fiery or softspoken—she wouldn't pull her punches'.

As the Aborigines Welfare Board's policies hardened into aggressive assimilation, in 1954 Gibbs was elected to the seat on the board that was assigned to mixed-race Aborigines. She found that there was no real power for an Aboriginal member of the board; she could not inspect reserves unless on an official tour. As both an Aborigine and a woman, she believed she was excluded from key decision-making, some of which took place over drinks in hotel bars.

In 1956 Gibbs drew together significant people and sparked the formation of the Aboriginal-Australian Fellowship, which was an energetic and stimulating advocate for Aboriginal rights and a fertile

PEARL MARY (GAMBANYI) **GIBBS - CONT**



meeting place for black and white activists until the late 1960s. Vicepresident in its first year, Pearl found it a more effective and satisfying forum than the welfare board. She campaigned against the continuing limits to Aboriginal civil rights, including restrictions on access to alcohol. In 1957 she worked for the petition launched by the AAF to change the Australian Constitution.

Later in 1957 Gibbs resigned from the welfare board and her official role in the fellowship, although she continued to be an active member of the latter and was

elected a life member in 1962. She established a hostel for Aboriginal people who came to Dubbo for medical treatment, convincing the Waterside Workers' Federation of Australia to fund the hostel—a small weatherboard cottage—and the Aborigines Welfare Board to provide her modest allowance as warden. On 28 April 1983 she died at Dubbo and was buried in the new Catholic cemetery.

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Credits:

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This article was first published in hardcopy in Australian Dictionary of Biography, Volume 17, (MUP), 2007

Citation Details:

https://www.google.com.au/imgres?imgurl=http%3A%2F%2F68.media. tumblr.com%2F426a159548591C7155506dc4ec250be5%2Ftumblr.prohtbSC1ty4o6ro1_250.jpg&imgrefurl-http%3A%2F%2Findigenous-services-slnsw.tumblr.com%2Fpost%2F114471803839%2Fwomen-history-month-pearl-gibbs-gambanyi-pearl&docid=t7es27XXrnAByM&tbnid=VxUFig

f5llXCNM%3A&vet=10ahUKEwjo8_r8w6DTAhUBM

FREE LEGAL ADVICE

Carbal Medical Services

is pleased to announce that



will be offering

LEGAL ADVICE

to Indigenous people and their families at our Hanna Court offices on Tuesday afternoons

For more information about TASC and the services they offer please visit their website tascnational.org.au

Where: 18-20 Hanna Court, Kearneys Spring

When: Every Tuesday afternoon

How: Simply call 07 46 880 500 if you

wish to make an appointment









STRONG FATHERS; STRONG FAMILIES

Carbal Medical Services can help you and your family!

BEING A STRONG SUPPORT MODEL IS IMPORTANT FOR FATHERS

How you behave teaches your kids how to act when they grow up.

Some ideas that might help being a strong role model include:

- Teach your kids respect by being a good role model.
- Your daughter will learn about male/ female relationships by watching you, it is important she sees you showing care and respect for women in the family.
- Your son will watch you and copy what you do. This is how he learns about being a man, male/female relationships, friendships and his role in the community and family.

BENEFITS FOR (HILDREN WHO HAVE A STRONG RELATIONSHIP WITH THEIR FATHER:

- ☑ Better results at school.
- Have better relationships.
- Have a stronger connection with their community.

Call Charlie on 46 880 500 for more detailed program information.

THE STRONG FATHERS PROGRAM IS NOW AVAILABLE IN WARWI(K!

Call 46 610 800 and talk to Russell to find out session times and locations.

Carbal acknowledges all support provided by the Federal and State government Departments of Health and our many partners who assist us.



