

CARBAL YARNIN!

August 2015



CARBAL'S COMMITMENT TO RESEARCH

At Carbal, participating in research is a core focus for us to invest long term in improving the health outcomes from the mob. Currently Carbal have the pleasure of partnering with UQ and QUT to deliver some critical research programs.

The aim of the research is to establish significantly better health outcomes for Aboriginal and Torres Strait Islander peoples. Currently the life expectancy of Australia's Indigenous population is far lower than that of non-Indigenous Australians. This is commonly referred to as "The Gap" and Carbal, in conjunction with The University of Queensland (UQ), is working to achieve equality of life expectancy for their clients.

The Structured Clinical Interview Diagnosis (SCID) tool is being used to identify mental health issues amongst Indigenous clients from Carbal. These interviews are conducted by experienced psychologists, employed through funds granted to UQ by the National Health and Medical Research Council of Australia (NHMRC). Recruitment to be involved in the research is completely voluntary and participants receive a \$50 Gift Card in appreciation for their contribution. There is an opportunity for participants to also volunteer for the physical health assessment (similar to the 715 Health Check) to identify comorbidities amongst participants of the research. As an extra thanks for completing both assessments participants receive a further \$50 Gift Card.

The physical health assessments are currently being conducted in the MOB Van which is

located in the back car park of Mary Street. A participant who has already completed the SCID component is able to undergo a full physical health check, including; Vital signs, BSL, ECG, HbA1c, spirometry, bioelectrical impedance, ankle brachial index, blood collection and a comprehensive questionnaire.

All staff involved in the research are highly attentive to confidentiality and sensitivity of information gathered for the research. All information is de-identified to protect Carbal's clients. Research participants are entitled to have their assessment data removed from the research at any time. Some of the benefits for Carbal include the information gathered is added to the participant's confidential patient record on Best Practice to enable all Carbal staff to treat their clients with a better knowledge base to work from.

The intension of long term benefits from the research will be further funding for Carbal and other AMS, refined policies for treating mental and physical illnesses with evidence-based practice and the application of culturally appropriate measures to treat comorbid patients at the primary health care level.

To refer Carbal Clients to the research contact Margie Duncan.



RICCI KIDS RESEARCH

WHAT IS THE STUDY ABOUT?

The lung health of Aboriginal and Torres Strait Islander children is not as good as that of non-Aboriginal and Torres Strait Islander children in Australia. When a child is sick it also affects their families and communities involved in the child's care.

We need your help to find out if treating a cough earlier will help it go away more quickly. We stay in contact every week for 8 weeks and some children will be seen by a study doctor.

The study will also help us work out the differences in cost, what bugs may cause these bad coughs and other factors that may contribute to bad coughs that last for longer than 4 weeks.

We want to work out better ways to help Aboriginal and Torres Strait Islander children with bad lungs so we are asking about 700 children in 3 different communities to participate.

WHO CAN BE IN THIS STUDY?

Your child can be in this study if:

- He/she is less than 15 years old and has a cough
- Child identifies as Aboriginal and/or Torres Strait Islander.
- Child does not have any known long term problems with his/her immune system or lungs
- You are able to complete the study tasks, including taking a nose swab at home 4 times over 8 weeks
- A parent/guardian provides written consent.
- Able to do daily cough diary cards up to 8 weeks

ARE THERE ANY BENEFITS FOR ME?

Information collected will help us improve how we treat lung problems in Aboriginal and Torres Strait Islander children. The information will be collected by an Indigenous researcher and will be treated with respect. If your child needs to see a doctor at The Lady Cilento Children's Hospital, we will pay for parking and transport costs.

WHO ARE THE CHIEF RESEARCHERS?

The researchers include: Dr Kerry-Ann O'Grady - a senior researcher who studies respiratory illnesses in children; Professor Anne Chang, a doctor who specialises in lung problems in children; Professor Theo Sloots, a scientist who leads laboratory research; Dr Michael Otim, a Post doctoral Training Fellow who specialises in health economics and Dr Maree Toombs, an Aboriginal woman and senior researcher at the University of Queensland. We also have other Senior Researchers and Clinicians who work in respiratory diseases here and overseas

ARE THERE ANY RISKS FOR ME IF I TAKE PART?

There is only minimal risk with participating in this study.

- 1) The nose swabs are uncomfortable but over very quickly.
- 2) Completing the Diary Cards and answering the weekly phone calls will involve your time. We will try and work around you and your family for the least amount of disruption

DO I HAVE TO BE IN THIS STUDY?

No, you do not have to be in this study. If you say no, this will not affect your child's ongoing care. You can also choose to leave the study at any time for any reason.

ARE THERE ANY COSTS TO ME?

No, it will not cost you anything to be in this study.

WHO IS FUNDING THIS RESEARCH?

The National Health & Medical Research Council (NHMRC)

WHO HAS APPROVED THE STUDY?

The ethics committee at the Queensland Children's Health Service in Brisbane and the Directors of the clinics have given approval. We also have a group of Indigenous elders, researchers and clinicians from the Brisbane area (called the Indigenous Research Reference Group) who are making sure the study is done properly with Aboriginal and Torres Strait Islander communities in Brisbane.

Thank you for taking the time to read this information. If you have any questions, please ask the research assistant when they talk to you about the study. If you would like to contact the researchers at any time, please contact:

Kerry-Ann O'Grady
Phone: 07 3636 1296

MIX IT UP!

THE May Makeover event by Mix It Up was held for people with a mental illness to come together and realise they are just like everybody else in the community, said committee member Sally Hewes.

Ms Hewes said Carers Queensland, Mental Illness Fellowship Queensland, ARAFMI, the Toowoomba Clubhouse, Depression Support Network and the Carbal Medical Centre were all involved.

"The day involved doing some op shopping. We got some vouchers donated by the Endeavour Foundation and Lifeline.

"Then we came back to the 9 Lives Cafe and then we had some people show them how to do their hair and make-up before a three-course dinner," she said.

"It was the first event like this we'd had and everyone had such a good time."

She said based on the popularity and feedback, the Mix It Up committee would look to hold another event.



CAN'T MAKE YOUR APPOINTMENT? LET US KNOW!

WE NEED YOUR HELP TO KEEP HELPING YOU

At Carbal, we like to ensure appointments are made available when needed. We ask that if you no longer need your appointment or can't attend – please let us know.

This means we can give your appointment to the sick baby, or unwell aunty that couldn't get an earlier appointment

We can all look after each other!

PARENTS

If you have an appointment for a child aged 7 or under please bring your baby book if so we can record your child's immunisation status, you only need to do this once.

Community Forum

**‘Come Have A Yarn
& Some Lunch’**

Toowoomba

Wednesday 02 September 10am,
Harlaxton Neighbourhood Centre,
17D Coonan street Harlaxton

Warwick

Thursday 03 September 10am,
Warwick RSL at 65 Albion Street, Warwick

Questions?

Phone Charlie Rowe
0400 644 657

SHAKE THE SUGA

TAKE THE TEST & KNOW YOUR SCORE

Get to Know Your Type 2 Diabetes

Healthy Tukka - Preparation & Cooking

Free Treats & Foot Care

Aboriginal Health Worker Support

Toowoomba: 11 September 2015

1 - 3pm Fortnightly - for 8 weeks

Warwick: 18 September 2015

1 - 3pm Fortnightly - for 8 weeks

*** ASK YOUR GP FOR A REFERRAL**

THE IDEAS VAN IS BACK IN TOOWOOMBA

Carbal have teamed up with the IDEAS Van again to offer vital services to our community. The IDEAS Van aims to reduce preventable blindness from diabetes by providing the latest equipment and specialist clinical treatment.

Treatment is FREE – Come into our clinic and get your Eyes Checked TODAY!

Did you Know?

- Over the age of 40 years, Aboriginal and Torres Strait Islander people have six times the rate of blindness of other Australians.
- Diabetes is the major cause of diabetic retinopathy.
- Ninety four percent of vision loss in Indigenous Australians is preventable or treatable.



NEVER MISS A BEAT

Stay up to date on everything that is happening at Carbal Medical Centre by subscribing to Carbal Yarnin on our website at www.carbal.com.au



NEW TRANSPORT RULES

As of 1st July 2015, Carbal Medical Centre will be enforcing the following:

- If our Drivers arrive at your house at the booked time and you cancel on their arrival, this will be classed as a DID NOT ATTEND on your file.
- If you have three consecutive DID NOT ATTEND, you will be suspended from using Carbal Medical Centre Transport for one month.
- To avoid this occurring, please ring Reception to cancel your appointment in advance.

Reception (07) 46 397 300

Should you have any further queries, please do not hesitate to contact us.

WARWICK JUMPERS & JAZZ

Warwick is home to the quirky 'Jumpers and Jazz festival', which ran in Warwick from the 15th July to 26th July. It was decided by a couple of Warwick staff members that it would be a nice project to participate in and include members of our little Warwick Carbal community.

Little ideas, turned into big ideas and as the dates fast approached it was time for jobs to be delegated. Janet (one of our lovely receptionists) was appointed jumpers and jazz coordinator and from there on things steamed ahead. We entered in the open section and chose our main focal point to be a 'Carpet Snake' representative of Carbal. Big ideas also need to be put into action, so craft days were held and hosted by Betty Murphy and our lovely Janet at their beautiful home.

This was attended by our very talented Warwick Carbal community members. We are so appreciative of the efforts and talents that these lovely people brought to the group. Not only was there lots of knitting, painting, craft and decorating, but loads of laughter and yarns, and not to mention beautiful food and cups of tea. The jumpers and jazz project brought together members of our community and allowed them, not only to showcase beautiful knitting and craft skills, but allowed a group of people come together over a common interest and laugh together.

WE HAVE MOVED

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To streamline our services for the community and to ensure we are delivering the right services at the right time in the right place, we have aligned the services to buildings - which has meant a reshuffle of our offices. See below the new locations and contact details of our services.

Toowoomba Medical Centre
104 Mary Street,
Toowoomba QLD 4350
46397300

Warwick Medical Centre
Shop 9/91 Grafton Street,
Warwick QLD 4370
46397310

Child & Maternal Health Team including
New Directions
112 – 114 Mort Street,
Toowoomba QLD 4350
46339500

Allied Health & PHaMs:
114 Russell Street, Toowoomba
QLD 4350
46397412

Toowoomba Administration,
Research & CCSS Programs
18-20 Hanna Court,
Toowoomba QLD 4350
46880500

KIM MANKTELOW



My name is Kim Manktelow and I started working at Carbal Medical Centre in June 2015 as the Medicare Administration Officer.

I love the challenges and I am finding the job very enjoyable. I had heard the great stories about the successful programs and services that Carbal offer to the community and jumped at the chance when an opportunity came up to assist in the administration component of the organisation.

I was born in Toowoomba and have lived here all of my life. Over the years, I have also had opportunities to do some traveling with family and friends through Europe, as well as parts of Canada and Alaska.

When I am not at work, I am very excited to be finalising plans for my upcoming Wedding and future home in Withcott as well as relishing in the role of being an Aunty. Along with my fiancé, I am also a bit of a rev head, so enjoy going to car shows and events.

STRONG FATHERS, STRONG FAMILIES

Carbal Medical Centre has re- started the Strong Fathers program again. The Strong Fathers Strong Families program is to promote the role of Aboriginal and Torres Strait Islander Dads, Pops and Uncles to be healthy role models and engage fully in the child's life as early as possible. Carbal Medical Centre would like to encourage Aboriginal and Torres Strait Islander males to participate in this program to contribute positively to the health and wellbeing of the mother's pregnancy and a "nurturing" and supportive family environment for the infant.

Strong Fathers Strong Families will be conducting male-inclusive and/or "separate" men's antenatal programs to support males in preparing for fatherhood. Community and group activities that promote positive, healthy, active fatherhood and grand fatherhood and the involvement of males in the early development of their children, grandchildren, nephews and nieces.

Health promotion information that promotes new fatherhood and grand fatherhood as a motivating factor for self care, and care for families and children.



FAREWELL DR MARK SYKES

From the Patients and Staff of Carbal Medical Centre

Words are inadequate to express our gratefulness and appreciation of the incomparable work performance and attitude you've displayed during your time as a Doctor at Carbal Medical Centre. Saying goodbye is never easy, and it's even more difficult with a Doctor like you who has been such a vital part of our team and Aboriginal and Torres Strait Islander community.

Before saying that you are an extraordinary doctor, I want to tell you that you are an extraordinary human being. Thanks for showing so much care and concern to the patients and Staff at Carbal Medical Centre. You have been much more than just a doctor. You have been a therapist, supporter, friend, and well-Wisher. You will be missed by all.

Carbal Medical Centre would like to wish you the best both professionally and personally as you enter into a new phase of your life. While we will miss the day-to-day interaction with you - you've been an indispensable part of our team.

THANK YOU and FAREWELL



NAIDOC WEEK SUCCESS

NAIDOC 2015 was another great success! Thank you to everyone who came to the NAIDOC Family Fun Day and all those who helped and partnered with us.

Supported by: **Warriors**



Interested in buying a home?

Now may be a good time to explore how to get into the housing market and secure your financial future.

IBA makes owning your own home more affordable for Aboriginal and Torres Strait Islanders through:

- discounted interest rates
- low deposit requirements
- no application fees or mortgage insurance
- free support and advice.

Ask for an Expression of Interest kit today.

1800 107 107 or iba.gov.au/hom