

(ARBAL YARNINI

DECEMBER 2018

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NEWSLETTER | DEC 2018 CEO - MESSAGE



Dear Valued Members of the Carbal Medical Services Community,

Medical Services was honoured as the Member Service of the Year and also I was awarded CEO of The Year at the 2018 QLD State Aboriginal and Islander Health Council (QAIHC) annual presentation evening in November. I am extremely proud that Carbal has been recognised, especially and most importantly by our own State peak body, for the self-funded initiatives we have taken to value-add to the many health-related programs we are delivering across our Darling and Southern Downs communities.

The award is testament to the great expertise and commitment of our staff and Board of Directors and the real improvements that we are bringing to the sector.

The Carbal Board members and I have recently met and spent time updating our 2016-2019 Strategic Plan and I am very pleased to report that when the updated plan is printed and available for dissemination early in the new year, it will provide testament to the fact that many of our determined actions have either been completed or are well underway and headed towards completion. I have worked with a number of Governance Boards during my career, and I must commend the Carbal Board on the professional and practical approach that they have taken towards determining the current Strategic Plan.

It is often the case that these documents are produced after laborious and extremely costly 'facilitated talk-fests', involving far too many people, comprised of far too many pages and list far too many unachievable actions to ever be of more use than a consignment to the dust cupboard, never to be read again until the next strategic planning cycle comes around. Carbal has created a very user-friendly Strategic Plan that provides excellent direction to the operational staff and is grounded in measurable, achievable priorities. It is this understanding of the governance/operations model that sets Carbal well apart from any of the organisations I have worked for and well apart from the overwhelming majority of which I am aware. The Carbal Board are unpaid volunteers who possess commitment, faith and the essential skill sets that have contributed to the peak body recognition mentioned earlier - I certainly appreciate each of their contributions to the Carbal team.

CEO - MESSAGE (CONT)



One of the key areas that have been identified in our strategic deliberations is the need to create further efficiencies in our operations and plan for the continued growth and expansion of our services. Many of you would be aware that Carbal currently operates from six separate sites - four in Toowoomba and two in Warwick. We are currently finalising negotiations to purchase a newly custom renovated, two storey facility in Russell Street Toowoomba which will house all of our Toowoomba-based clinical services and clinical support programs. This will mean that Carbal will cease operations at the Mary Street, Hanna Court and Mort Street facilities and building in Russel Street. It will become a 'one-stop' shop for our clinical and support services and provide room for further growth for a number of years. The new Well-Being hub in Makepeace Street Rockville and the South Street NDIS and PHaMs services hub

will remain in operation from their current sites. In Warwick, we will be continuing to offer services from the existing facilities in Wood and Guy Streets. At this stage, we expect to commence operations in Russell Street by the end of April 2019. This is another extremely exciting phase for Carbal and the operational savings and efficiencies in service delivery that it will create will greatly advantage our communities for years to come.

As this is the last newsletter for a year that has disappeared far too quickly, I would like to take the opportunity on behalf of the Board and staff of Carbal, to wish all of our community a very happy and peaceful Christmas. Thank you for your ongoing support - we look forward to welcoming you all to the new home for Carbal in 2019!

Regards,

Brian Hewitt

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



CARBAL CLINICS NEWS



Mr and Mrs Douglas proudly display their new 715 shirts at the Warwick clinic.



In Toowoomba, the clinic will be amalgamated with Administration, allied health and other supporting programs at a new site currently under development. The new site will be a state of the art facility offering our patients unrivalled health care and ongoing support.

As we close out the year, we look forward to further expansion and in the case of Toowoomba, consolidation and improvement of service delivery for the coming year.

Warwick clinic will be welcoming new doctors at the beginning and middle of the year which will contribute enormously to a reduction in waiting periods for appointments and offer greater flexibility for patients. To further meet the needs of the Warwick community, Carbal is also exploring options to expand its NDIS footprint in the region over the coming months. Koala Club, The craft group and other community oriented initiatives continue to have an ongoing positive affect.

At Warwick's well-being hub, our Integrated Team Care (ITC), Carbal Addiction Support Services (CASS) and Low Intensity Mental Health Programs will continue to offer transport to approved patients to and from specialist appointments in Warwick, Toowoomba and Brisbane. Groups and activities will also continue on a weekly basis at the site and our popular community days will continue in 2019.

The Toowoomba Clinic has continued to host the ideas van with more visits scheduled in the New Year. The Toowoomba Clinic was able to drive many fresh initiatives and targeted service s this year including:

- ☐ The flu day clinic;
- The introduction of a regular pharmacist through the Integrating Pharmacists within Aboriginal Community Controlled Health Services to improve Chronic Disease Management (IPAC) program;
- The introduction of a psychiatry registrar providing further strength to our growing mental health support services;
- The introduction of a full time chronic disease nurse Reece;
- △ A Full time child health Nurse Jaimi Lee;
- □ Continuation of QUMAX funding to support patients requiring medication packing assistance;
- Our Aboriginal Health Services Individual smoking cessation support;
- Home visits for follow-up recommendations post health assessments and care plans.

Focusing on important health issues has always been a hallmark of the Mary Street clinic, and this year has been no different with a number of competitions and informative Facebook posts to help engage our community and help our community engage with their health.

SAVE THE BOOBS!



Mary Street wins the Paint the Place Pink competition run by Breast Screen Queensland... Again!

For the second year in a row, Mary Street participated in the Paint the Place Pink competition. The competition involves medical practices encouraging women to attend Breast Screen Queensland for a mammogram. To enter the competition, clinics must decorate their facilities in all shades of pink.

Mary Street excelled again. Alexandra Robbins-Hill, Breast Screen Toowoomba Service Health Promotion Officer wrote;

"I'D JUST LIKE TO (ONGRATULATE YOU AND LET YOU KNOW THAT YOUR WORKPLA(E HAS WON THE PRIZE FOR YOUR (ATEGORY...WE HAD A NUMBER OF IN(REDIBLE ENTRIES FOR THIS (OMPETITION, AND IT WAS GREAT GETTING TO SEE THE (OMMUNITY GET INVOLVED IN EN(OURAGING WOMEN TO ATTEND FOR A MAMMOGRAM. WE REALLY ENJOYED SEEING ALL THE ENTRIES AND THE HARD WORK YOU AND YOUR STAFF PUT IN."





Carbal Medical Services

is dedicated to providing high quality culturally appropriate care for Aboriginal and Torres Strait Islander people and their families.

We are very happy to partner with current providers to assist with the provision of culturally appropriate care for your Aboriginal and Torres Strait Islander participants in the Toowoomba and Southern Downs areas.



Need more info?
CONTACT

Kim Soppa 46 397 400 or carbal.com.au



IN OTHER NEWS

Carbal presents at the General Practice Training Queensland (GPTQ) annual Conference in Brisbane.



Kim Passante and Tamika Campbell represent Carbal

Tamika and Kim spoke about how mainstream services can best care for their Indigenous patients and make the most of Medicare's item numbers to ensure that practice and patient benefit from that care.

Art therapy visits

Every week at Carbal's Warwick Well-Being Hub, Darleen Oliver hosts Colours of Life art therapy classes with local artist, Trevor Horsnell. Darleen is part of the Strong Mind, Strong Spirit program working as the Low Intensity Mental Health Worker.

If you would like to talk with Darleen or believe you may benefit from attending a session, please call her on 0436 028 021.



Dr Salvador

After 4 years with Carbal, Doctor Salvador served his last day as a full time doctor on the 31st of October. Brian Hewitt, Carbal's CEO, had this to say about his departure;

All at Carbal would like to sincerely thank Dr Salvador Aguirre for the past four years of wonderful service to our community through his role as GP at our Warwick Clinic. Dr Salvador is taking a well-earned, extended vacation and will be travelling overseas for the next few months. Dr Salvador has been an extremely supportive and loyal member of our team and we know that many of our clients will join with us in wishing him all the very best for his vacation. We hope to see him back again in a part-time capacity in the New Year.



IN OTHER NEWS

Amy Arabena Byrnes and the importance of Aboriginal Health Workers

Recently, one of Carbal's staff members at our Mary street clinic completed her Certificate IV in Aboriginal Torres Strait Islander Primary Health Care. Amy Arabena Byrnes has been studying hard for many months and will now be working as an Aboriginal Health Worker for Carbal. Amy is to be congratulated on the completion of this certificate but the 'take away' message from this achievement is

that more trained AHW'S are crucial to the further advancement of Indigenous Health in this country.



Increasing the cultural competence of all health services by providing patients with access to a qualified Aboriginal Health worker helps ensure the delivery of more effective health services and better health outcomes for Aboriginal and Torres Strait Islander patients

In 2019, we will be offering Allied Health services provided by qualified Aboriginal Health Workers to mainstream medical services to ensure that Indigenous patients are receiving the very best care and access to services where possible and in the comfort of their own home.

Our Aboriginal Health Workers/Practitioners can provide the following services via a home visit:

- **Education on Prevention and Management of Chronic Disease**
- Healthy Lifestyle education including Sexual health and Alcohol and other Drugs
- Suicide assist and mental health counselling.
- **△** Education on Medication Compliance.
- ☐ Tackling Indigenous Smoking one on one smoking cessation support.
- Hearing screening (above 4 years) and Neo Natal Tympanometry and Otoscopy.
- Support with co-ordinating allied health appointments

Incorporating Aboriginal and Torres Strait Islander Health workers into Mainstream practice as well as Aboriginal medical Service's is crucial to achieving the outcomes of Closing the Gap.

FOR MORE INFORMATION ON THIS INITIATIVE, (ONTACT (LINIC MANAGER, TAMIKA (AMPBELL ON 0746 397 300



why is heartng health so important?

Ear Disease is serious; it can lead to loss of hearing forever.

But there s good news!

Ear Disease can be prevented and treated.

Hearing Health Clinics

Hearing Health Clinics are carried out within our Toowoomba Mary St, Hub and-Warwick Clinics, as well as a majority of the schools within our area. We are able to offer Hearing Screenings to adults and children from the age of 3 years and up.

> If you have any questions, or wish to enquire about availability of appointments, please call one of the Clinics on the below numbers:

Toowoomba: 1300 379 558 or Warwick Clinic 07 4661 0800.







INFLUENTIAL INDIGENOUS AUSTRALIAN

Faith Thomas

*Image credit: https://www.sbs.com.au/topics/zela/article/2016/03/08/crickets-first-national-indigenous-womens-team-selected-tour-india

Picture Credit: https://www.mamamia.com.au/faith-thomas-first-aboriginal-australian-cricketer/

HISTORY



The extraordinary life and career of Faith Thomas. Faith made her Australian test debut in 1958. Image: Supplied.





INFLUENTIAL INDIGENOUS PEOPLE

Faith Thomas



Faith Thomas received her baggy green cap — No48 — years after representing Australia. Photograph: Darrian Traynor/Cricket Australia/Getty Images

Faith Thomas was the first Aboriginal woman picked for any national sports team when she bowled for Australia in 1958. As she prepares for a trip to the MCG for the Boxing Day Test, she tells how she saw Don Bradman change his mind about the women's game.

Faith Thomas received her baggy green cap — No48 — years after representing Australia. Photograph: Darrian Traynor/ Cricket Australia/Getty Images

"I always say that I hold two records," says Faith Thomas, laughing. "I think I'm still the fastest woman bowler ever. And I think I also might have been the biggest flash in the pan ever."

She's being very modest. Not only was Thomas (née Coulthard), the first Aboriginal woman to represent Australia on a cricket field when she opened the bowling in the Melbourne Test of the 1958 Ashes series, she was was the first Aboriginal woman picked in any national sporting team.

On Boxing Day this year, the 83-year-old will be at the Melbourne Cricket Ground as a guest of Cricket Australia as the game commemorates the 150th anniversary of the country's first Aboriginal team, part of a concerted effort by the organisation to inspire a new generation of players like Faith Thomas.

"We got out there and we played for the fun of it. With all the money around now they have to play to win"

Faith Thomas

There was no nonsense in Thomas's approach to bowling. "I used to like bowling orkers," she says. "The first place I played [representative cricket] was at the Gabba and it was the English captain Mary Duggan facing.

I put the stump over the wicket-keeper's head!"

To get to a game like that one in Brisbane, Thomas would travel by train for three days, arriving with no time for practice runs. She attributes the speed and deadly accuracy of bowling to her childhood days at the Colebrook mission in Quorn in South Australia's Flinders Ranges.

But how, exactly, were those lethal deliveries honed? "Chuckin' rocks at galahs!" Thomas says, laughing. "Kids these days have got toys, we had nothing. We lived near a creek. There were plenty of rocks and plenty of galahs in those trees."

To say her rise was meteoric is an understatement. Thomas's six-step run-up billed her as a spinner to the uninitiated, a mistake batsmen only made once. "You didn't need to take a run-up to knock a galah out of the sky," she says. "You just picked up a rock and let it fly."

Her greater achievement in life, she says, was finishing her studies in midwifery and general practice nursing, when she and five contemporaries became the first Aboriginal nurses in South Australia and Thomas the state's first Aboriginal public servant, the start of a long and varied career in health and community services.

After a year's training to become a midwife she delivered so many children that parents took to giving them her name. "There were a lot of Faiths running around the joint," she says. "I'd feel really good about them all being named after me."



INFLUENTIAL INDIGENOUS PEOPLE

Faith Thomas



Faith Thomas was the 48th woman to represent Australia in Test cricket. Photograph: Darrian Traynor/Cricket Australia/ Getty Images

It was at work that Thomas got the idea in her head of playing cricket at all, when a nursing colleague griped that she was going to miss training. Thomas was intrigued. "I said, 'Hey, women play cricket?' She told me to come out with her the next Saturday." Three club games later she was playing for South Australia, then soon after for her country.

Thomas is a storyteller par excellence. That her run-up stretched beyond just a few paces was down to the former Australian Test captain Victor Richardson, who suggested it at a game in Adelaide. She chuckles joyously remembering the time years later she couldn't recall the name of "Victor Whatsisface" at an event in her home state. "Whatisface? That's my grandfather you're talking about," fired back lan Chappell.

"Betty showed Bradman that women could do it. He changed his mind"

Faith Thomas

She says the male greats of her time weren't always so supportive of the women's game. She can't remember all that much of her own historic involvement, but a mention of the 1958 series against England and Australia's star player Betty Wilson prompts a series of poignant memories.

"I've never seen anyone bat like Betty Wilson," Thomas says. "I can remember I was 12th man at Adelaide Oval. All the blokes were very much against women playing cricket. Don Bradman came out and he sat there and you could tell by his body language that he was out to poo-poo women's cricket. The body language said it all.

"He came out and Betty was batting, and she would bat all day. She was absolutely fantastic. Everything went for four and God knows what. She literally danced around the wicket.

"Well, old Bradman was that tickled pink he was clapping. Then when Betty got out he left. Betty showed him that women could do it. He changed his mind."

Thomas recalls barely anything about her own Test debut. "I just got out there and bowled the ball," she says, adding that her contemporaries played for sheer joy of it, a concept now lost at the top level of the game. "We got out there and we played for the fun of it. With all the money around now they have to play to win."

Like all female Test stars of her generation, it wasn't until years later that she was presented her baggy green cap — No48, being as auspicious a number as any in Australian cricket.

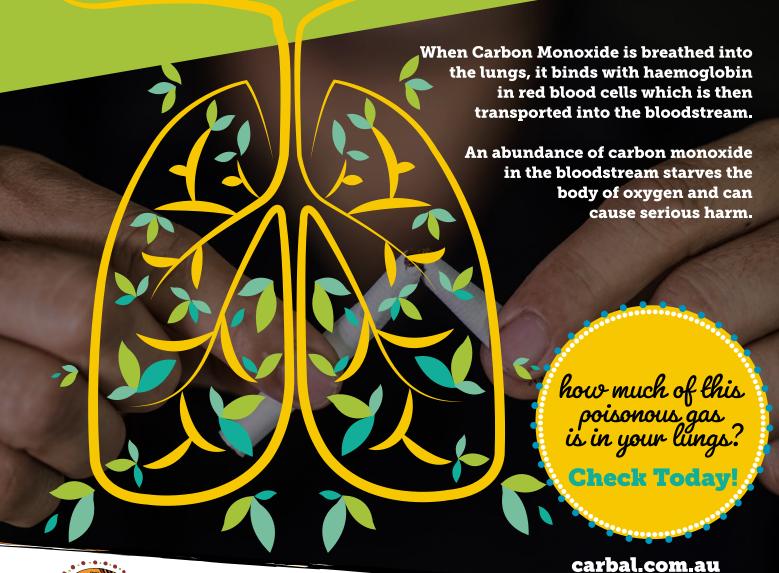
Yet her Test cricket career was just one week of a long and fascinating life, dedicated mostly to helping others in the community, her patients and her mob. Throughout it all, sport loomed large. "Sport was always part of the healing process with me," she says, "and it worked."

Russell Jackson

Jackson, R. (2017, June 06). Aboriginal cricket pioneer Faith Thomas: 'I'm still the fastest woman bowler ever'. Retrieved from https://www.theguardian.com/sport/2016/dec/23/aboriginal-cricket-pioneer-faith-thomas-im-still-the-fastest-woman-bowler-ever

Trying or Thinking about Quitting Smoking?

Make an appointment at one of Carbal Medical Services Clinics in Toowoomba or Warwick. Let our smokerlyser tell you what the Carbon Monoxide Level is in your body.











Community Outreach is an important part of Carbal's self-funded operations and an important part of our holistic approach to individual healthcare within the context of First Nations people.

Our Community Outreach Manager, Charlie Rowe, works closely with a number of agencies as diverse as kindergartens to Probation and Parole as well as being a prominent, recognised member of the Murri Court. Charlie also works closely with our Carbal Addiction Support Services team providing extra assistance to those members of the community experiencing difficulty.

The Toowoomba Well-Being Hub provides a safe space for the Strong Fathers, Strong Families group, Carbal Addiction Support Services clients, their families and other potentially vulnerable members of the Carbal community to yarn up about their options and be supported in a culturally appropriate environment. A Women's group; Strong Mothers, Strong Families is still in development and is expected to launch early in the New Year.

Andrew Bateup 0438 715 366

FOR MORE INFORMATION ABOUT (ARBAL'S WELL-BEING HUB PHONE 46 339 500

Services and contacts at Carbal's Toowoomba Well-Being Hub include:

Community Outreach Manager

Tackling Indigenous Smoking

Indigenous Family Support Worker

Targeted Psychological Services

Carbal Addiction Support Services

Charlie Rowe 0400 644 657

Kate Dunn 0418 514 165

Belynda Essex 0429 929 803

Cathy Habgood 0447 5127 249

Talia Sly 0438 710 255



GOOD SMOKING, BAD SMOKING

Keep an eye out for our latest book, Good Smoking, Bad Smoking.

Carbal's fifth book in its Harmony in the Home Series
Carbal is again very proud to introduce the latest in a
new series of books focussing on our community and the
stories we have to tell.

CEO, Brian Hewitt describes the Harmony series; Our Mob, Our Special Place, Totem, Achievement and now Good Smoking, Bad Smoking

The Harmony in the Home series of books are localized, picture/activity books that Carbal Medical Services has produced to assist with encouraging Aboriginal children and their families to better engage and communicate with each other. Non-Aboriginal children and families who choose to read this book may gain greater cultural insight into Aboriginal families whose traditions are often handed down orally.

Our Mob, Our Special Place, Totem, Achievement and now Good Smoking, Bad Smoking acknowledge this tradition and attempt to incorporate it's value into a process which at the same time encourages reading and being read to. Healthy, well-educated, balanced minds contribute greatly to overall health outcomes in all people and Carbal believes that encouraging literacy and a love of reading is another step towards achieving an education-based facilitation that will further assist us to Close The Gap in health outcomes as they apply to Aboriginal and Non-Aboriginal Australians.

All books are provided simply as picture/story books that some may find useful in the education process. Carbal has been providing free copies of both books for school libraries and to Aboriginal and Torres Strait Islander students at schools within our area of operations.

http://carbal.com.au/story-books/

If you would like one, contact Shay Collins at Carbal on 4688 0599.

SERVICES

We would like to advise that Carbal is closed for the holiday season

from 4:00pm Friday - 21st of December and re-opens 9:00am Tuesday - 8th of January.



For after hours medical service

If you are in the Toowoomba area please call 13SICK (137425), or go to Toowoomba Hospital emergency.

If you live in the Warwick area please call Warwick Hospital 4661 6900 or go to Warwick Hospital emergency.



We wish you and your mob a happy and safe Christmas and a very happy New Year. We look forward to continuing to provide for your health needs in 2019.



