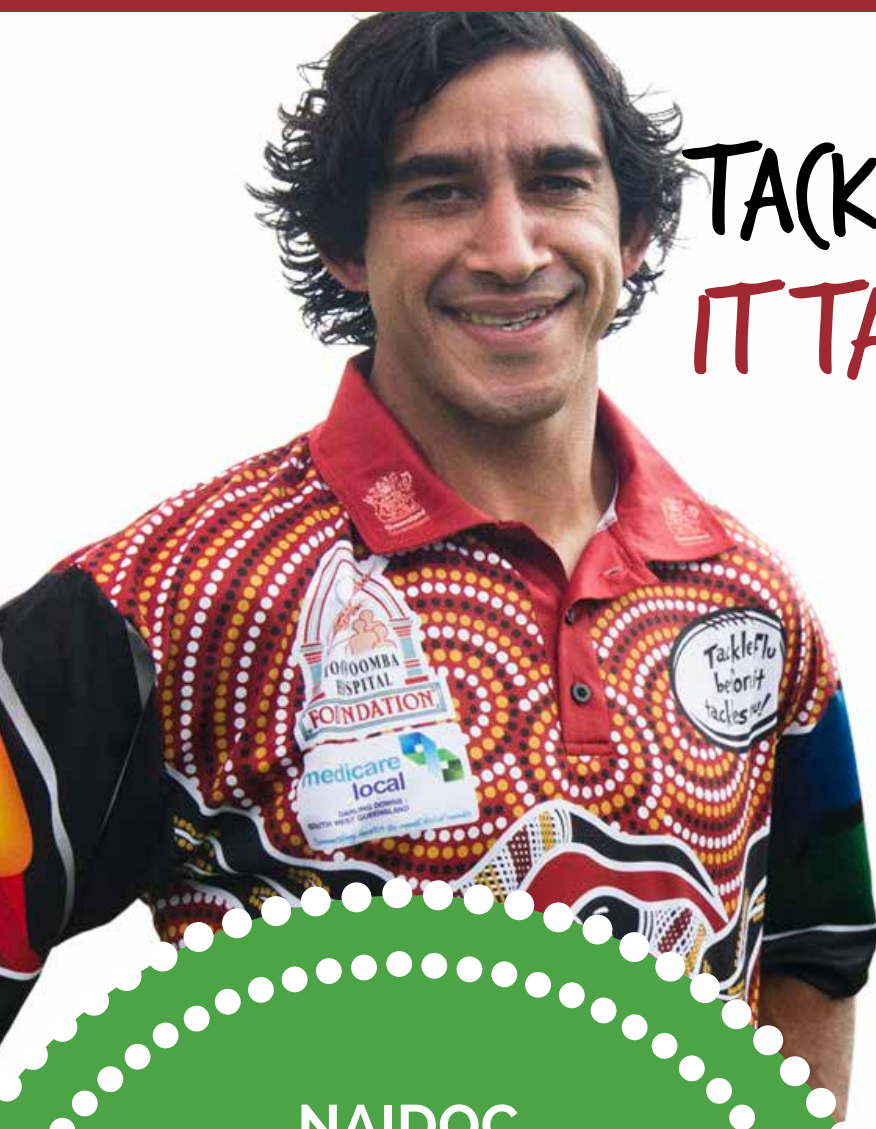




CARBAL NEWS

Newsletter May 2015



TACKLE FLU BEFORE IT TACKLES YOU

& Strong Fathers Strong
Families Program



NAIDOC
2015 AWARD
nominations



Newsletter May 2015

From the CEO

Dear valued members of the Carbal Medical Centre Community,

There are a number of structural changes underway at Carbal at present. At a special meeting of the members last week it was unanimously decided by those in attendance to initiate the process required for Downs Shared Care Inc to change the over-arching entity from an Association to a Company Limited by Guarantee.

This will provide greater protections and guarantees for the members and the funding bodies going forward. A special committee of three members will be appointed to liaise with the membership and the contracted lawyers who will be assisting in the drafting of a new constitution for the Company. The process is expected to take up to twelve months before finalisation.

The management structure of Carbal is also currently under review and we have created two interim Operations Manager positions, one dealing with program development and opportunities and the other ensuring that all requirements of the program reporting for acquittals is maintained and reported in a timely fashion.

Charlie Rowe has accepted the program development role and is currently re-establishing the previously successful Strong Fathers program. Kerry Stewart has taken over as Clinic Coordinator at the Warwick Clinic. New appointment, Christina Barron, formerly of Medicare Local and with extensive Practice Manager experience has accepted the second operations role.

The hugely energetic Tamika Campbell will continue to oversee the Mary Street Clinic and Brie Gillett has now settled in to the role of Accounts Manager.

These are extremely important roles for Carbal and we are most fortunate to have the extensive range of experience and skills available within our current staff and from those new staff who have now joined what has long been regarded as a very successful organisation.

The Board and staff of Carbal remain committed to providing an outstanding service in the provision of health and related services to Toowoomba and the Darling Downs and we will continue to monitor, adjust and review our program delivery to ensure that we maintain world class standards of provision.

Regards,

Brian Hewitt
CEO



Strong Fathers Strong Families Program

Carbal Medical Centre is proud to announce the re-opening of the **Strong Fathers Strong Families** program. This program will be funded by Carbal.

This program was an Australian Benchmark and Nationally recognised in 2014. Due to unforeseen circumstances the program was not refunded. Brian Hewitt, Carbal's CEO has done his research and has found that this is a very important program to deliver to the local community men. Charlie Rowe will be once again running the program.

If you would like to take part in this awesome program please contact Charlie on 0400 644 657.

Calling all Dads, Pops and Uncles

Carbal Medical Centre has a program that needs you !

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 grandfatherhood and the involvement of males in the early development of their children, grandchildren, nephews and nieces.

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

Involving men in the lives of their children is crucial for the child's health and wellbeing, and has a strong intergenerational effect. In particular, fathers provide a critical role model for their children; strengthening their identity; and increasing their resilience to adversity. A good relationship between fathers and children also has a positive impact on fathers themselves, their partners and their communities.





Thank you!

Presentation of Motorised Scooter to Carbal client - Hannah.

This scooter was kindly donated from an anonymous donor in December last year and will assist Hannah with mobility issues.



Kerry Stewart
Clinic Coordinator, Warwick.

My Name is Kerry Stewart
I am the **Clinic Coordinator** at Carbal's Warwick Medical Centre.

My father is from the Mudigan tribe and my mother is from the Kooma tribe. I was born and raised in Cunnamulla in South West QLD.

I am an **Aboriginal Health Worker** soon to be Aboriginal Health Practitioner, who has worked in the Aboriginal Medical Centre's for the past 10 years. I am very passionate about the health of our people and ways that I can educate improve and help them to better manage their own health through mind body & spirit using a holistic approach.

Indigenous health has always been a passion of mine. I am proud to be a member of Carbal and I am looking forward to working with the Warwick community to help Close the gap, support and build friendships with, patients and the wider community.



NEW DIRECTIONS

Mums and Bubs

NEW DIRECTIONS

New Directions has started again at Carbal Medical Centre.

The **New Directions Team** consists of

Liz Webb (Child Health Nurse)

Janet Miller (Aboriginal Health Worker)

Sandy McDonald (Midwife).

New Directions will also be collaborating with

Billie Brassington

(Indigenous Child Health Worker,

Charity Mwanza

(Young Parents Support Worker)

Charlie Rowe

(Strong Fathers Strong Families)

We will be working together to give our clients a great delivery of holistic health care to help all aspects of your parenting journey, including your health and your children.

New Directions Team can do this for you:

- Anti Natal Care
- Post Natal Care
- Birthing Classes
- Pregnancy Education
- Belly Casting
- Home Visits
- Breast Feeding Education
- Nutrition Education
- Growth and Development checks for your young children
- Help with medical appointments
- Healthy Ear checks for your children
- Women's health education
- Referrals

Contact the new directions team on
4639 7412



NEW DIRECTIONS Mums and Bubs

Young Parents Support Worker

- Social and Emotional support for young parents and their children.
- Parenting education and support
- Child Safety advice and support
- Link up with other service providers
- Extra support for young pregnant woman
- Referrals to other service providers within Carbal and other services within our community and much more.

If you have any of these issues or would like some support please contact
Charity on 4639 7408

Indigenous Child Health Care Worker

- Hearing and Vision checks on children between the ages of 5-12
- Working with the schools in Toowoomba to promote healthy lifestyles, nutrition, physical activities and the importance of immunisations.
- Injury prevention
- Child health development
- Social and emotional development

If you have any concerns about the health of your children or would like any information please contact **Billie on 4639 7412** or the **Indigenous Liaison officer** at your school.





Carbal PHaMS - 3 day Camp at North Stradbroke Island

Carbal PHaMS participants attended a 3 day Camp at North Stradbroke Island prior to Easter. The group enjoyed various social outings and learnt about the invaluable history of the area and its strong Cultural heritage from local Indigenous Elders from the Quandamooka and Noonuckle People.

Clients valued the opportunity to have a short break away and much yarning and laughter could be heard throughout the camp - from the young to the old!



Aqua Swim Group for Chronic Disease – up and running!

The Carbal Chronic Disease Swim Group is held every Wednesday.

- Complete a 715 Health Check at Carbal
- Referral to Gym Buddies Program
- Medical Clearance from Carbal GP

Congratulations & Achievements

Congratulations **Bonnie Foster** on Completing her Midwifery Studies. Bonnie is now an APHRA Registered Midwife at Carbal medical Centre.

Bonnie has 'unique way of working' that promotes flexible and culturally appropriate antenatal care to our community. Bonnie is available in Toowoomba 4 days a week to provide midwifery care, and will also be running a clinic at Carbal Medical Centre Warwick, contributing to the health and wellbeing of pregnant women, newborn babies and their families in our community.

Congratulations Bonnie we are very lucky to have an indigenous Midwife on board.

Congratulations to **Amanda McGrath**, who has just Graduated from her Bachelor of Nursing at USQ. Amanda is a full time Registered Nurse in the treatment room at Carbal Medical Centre.

Amanda has a great rapport with the clients and is willing to go above and beyond to help in any way.



To all interested people

IBA (Indigenous Business Australia) will be holding individual interviews with people who are interested in considering an IBA Home Loan.

Where: Carbal Medical Centre
114 Russell Street
Toowoomba QLD 4350

What time: 9.00 to 4.30pm
Individual Interviews **(30 minutes each)**

**When
Date** Tuesday
5th May 2015

Where: Carbal Medical Centre
Shop 9
91 Grafton Street
Warwick QLD 4370

What time: 9.30 to 4.00pm
Individual Interviews **(30 minutes each)**

**When
Date** Wednesday
6th May 2015

Richard Burton from IBA will be in attendance and be available for individual interviews. If you would like to proceed with enquiring about obtaining a housing loan bring with you to the interview two (2) recent payslips and a current bank statement and Richard will assist you to complete the forms.

For further information and to book an appointment please call

Richard Burton on **02 5622 8865**,
mobile 0429 104 436 or email **Richard.burton@iba.gov.au**

Interested in
IBA Home Loan?

Save the date!
5th/6th of May

TACKLE FLU BEFORE IT TACKLES YOU

Aboriginal and Torres Strait Islander people are more likely to get really crook from the flu, which is why they should get their FREE flu shot

If you're 15 years and over, visit the "Tackle Flu" clinic when it is in your town to get your flu shot, and a deadly shirt

CLINIC DETAILS:

7TH MAY 1-4PM,

CARBAL MEDICAL CENTRE

104 MARY STREET, TOOWOOMBA.



"Have you had your flu shot? I have. It means I am set for the footy season, I won't get sick and I won't let my team down."

JOHNATHAN THURSTON, NORTH QLD COWBOYS

SUPPORTED BY:

Darling Downs Public Health Unit



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**NAIDOC
2015 AWARD
nominations**

**nominate a great
leader today!**

We all Stand on Sacred Ground: Learn, Respect & Celebrate

5 - 12 July 2015

NAIDOC 2015 AWARD nominations

REMEMBER RECIPIENTS ARE CHOSEN BY THE ORGANISATION or ENTITLY that sponsors that particular award so provide as much detail as you can.

And anyone can nominate some one eg

Students - Community People can nominate each other etc:

form next page

Toowoomba NAIDOC Awards



**We all Stand on
Sacred Ground:**

Learn, Respect & Celebrate

5 – 12 JULY 2015

Nomination Form

Categories

Lifetime and Achievement

This award is given to a local Indigenous member who has provided leadership and advocacy for Indigenous people in the Toowoomba community and as a whole through outstanding achievements within their lifetime

Service to Community Individual

This award acknowledges a local Indigenous individual or group who has made a significant contribution above and beyond expectations to the Toowoomba Indigenous community in a personal and/or professional capacity.

Service to Community Group

This award acknowledges a local Indigenous group who have made a significant contribution to the Toowoomba Indigenous community in a personal and/or professional capacity

Junior Sportsman of the Year (under 18)

This award acknowledges a local Indigenous young person who has achieved outstanding results in a sporting activity between July 2014 and June 2015

Senior Sportsman of the Year (over 18) –

This award acknowledges a local Indigenous mature person who has achieved outstanding results in a sporting activity between July 2014 and June 2015

Junior Education (under 18) –

This award acknowledges a local Indigenous young person who has achieved outstanding results in education and/or training between July 2014 and June 2015

Senior Education (over 18) –

This award acknowledges a local Indigenous mature person who has achieved outstanding results in any post-secondary study between July 2014 and June 2015

Indigenous Apprentice/Trainee of the Year Award

This award acknowledges a local Indigenous individual who has achieved outstanding results in an Apprenticeship or Traineeship between July 2014 and June 2015

Indigenous Business of the Year –

This award acknowledges a local indigenous business which has built capacity and excelled in their chosen industry.

Details of person/entity being nominated:

NAME _____ AGE _____

Details of person submitting the nomination:

NAME _____ PH _____

Category in which person/entity is being nominated:

Please give a brief description on why you are nominating this person: Add page if needed.

Please complete and return to The NAIDOC Committee at one of the following locations:

Kulila Indigenous Kindy
Cnr Mort and Taylor
Toowoomba

Harlaxton Neighbourhood Centre
Coonan Street
Harlaxton

Carbal Medical Centre
104 Mary Street
Toowoomba

Or via email to bclevin@bigpond.com.au or ddodd@carbal.com.au

Nomination forms must be returned by COB Friday 19th June 2015.

Any queries contact Centacare: 0746339500