



CARBAL YARNIN!

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OCTOBER 2015

CELEBRATE THE LAUNCH OF OUR WOMENS WELLNESS SHIRT

Thursday 05 November, 10 am – 3 pm
104 Mary St, Toowoomba

GIVEAWAYS!
CHILDREN'S ACTIVITIES
WOMENS HEALTH CHECK
FEMALE GP
FREE BBQ + DRINKS





NEWSLETTER OCT 2015

Dear valued members of the Carbal Medical Centre Community,

I would like to thank those clients and members who took the time to attend our recent community liaison forums in Toowoomba and Warwick.

Representatives from the Senior Management team and the Board of Governors were in attendance at both meetings and a number of positive suggestions for improving our service offerings have already been discussed at both management and Board level in the aftermath of these events.

Downs Shared Care Inc., Trading as Carbal Medical Services is a community controlled Aboriginal Medical Service and as such, there is always opportunity for members of our service community to provide feedback to the organisation through interaction with Board members or through the lodgement of client feedback forms that are available at each of our four service delivery sites:

- Mary Street Clinic
- Grafton Street Clinic,
- The PHAMS facility and the
- New Directions hub.

Carbal management always welcomes constructive feedback that can be used to help improve our culturally sensitive services.

On Saturday 10th October, the Board will meet to finalise the draft proposal, constitution and recommendations related to the changes required to migrate from an Association to a Company by June 30, 2016.

This proposal will be disseminated prior to the AGM in November and will be discussed at length at that meeting. The new structure will ensure that the legal, financial and operational structures in place at Carbal are sound and sustainable into the future and that we remain fully accountable to our community and to the State and Commonwealth funding bodies for the programs that we deliver.

Given the enormous growth that has occurred at Carbal, particularly over the past couple of years, the status of Company will provide far greater support and protections to all involved with the delivery of our services.

Current members will all have opportunity for comment and input prior to any final position being formalised next year and I encourage your attendance at the AGM.

As many of you would be aware, apart from the two full-service, general practice clinics, the eleven funded programs that we deliver on behalf of State and Commonwealth governments and the extensive UQ and QUT research programs that we host and facilitate, Carbal has initiated a number of self-funded programs that are addressing identified 'gaps' in the health and well-being needs of our indigenous community.

These programs include:

- The highly successful Strong Fathers Support Group.
- Support for the Indigenous Youth Driving Program.
- Support for Elders groups in both Toowoomba and Warwick.

- Support for Indigenous Foster Carers, provision of mid-wife services in Warwick.
- PHAMS support for the Sunrise Way Drug and Alcohol Rehabilitation Unit.
- Support for the Child and Family Connect strategy and a number of other health related services.

As an extremely successful not-for-profit organisation, Carbal will continue to explore the provision of much-needed services to the Indigenous health sector and I commend the Board on their willingness to provide services wherever possible regardless of whether external funding can be accessed.

In the coming weeks, Carbal will be launching two training packages that we believe will have a national application in the provision of culturally sensitive training for health professionals. One is an online package developed to help train organisations who are looking to deliver the PHAMS program within their communities and the second is a training package to provide culturally sensitive understandings and practices for specific use in the training of General Practitioners.

The Board at Carbal believe that we have a role to play in assisting all health services that are dealing with indigenous clients to better understand the cultural spectrum and requirements of these clients and will continue to develop and support programs that can make a positive difference.

In the next newsletter I will be reporting on some exciting changes and expansions to our service delivery in Warwick....stay tuned!

Brian Hewitt
CEO



NIKKI SPACKMAN DESHONG
INDIGENOUS OUTREACH WORKER

Hi, my name is Nikki Spackman also known as Nikki Deshong. I originate from Townsville, which is where the majority of my family still resides, but my people are kuku yalangi tribe from Atherton tablelands.

My previous employment history has been with The Smith Family for 5 ½ years as a Partnership Broker working mostly with Community, Business, Government and the Education sector.

I have a real passion for seeing situations improve for my people particularly around Health, Education and Employment.

I have spent many years running Indigenous programs in Canberra, Sydney and Townsville and am excited to see what positive changes I can contribute to in my new role as the Indigenous Outreach Worker with Carbal.

I would like to thank Carbal for this opportunity and I look forward to meeting and working with more of the Toowoomba Community in this role.

SUGA SHAKERS

**EVERY FORTNIGHT SUGA SHAKERS MEETS
AT CARBAL - WARWICK ON FRIDAYS**

Between 10am -12am on the dates below.

Learn about diabetes.
Meet others with diabetes and learn from them.
Discover new ways of managing your health.
Visiting specialists each fortnight podiatrist, dietitian,
exercise physiologist, pharmacist.

Come along and meet our visiting Diabetes Educator Liz Henry, eat a healthy lunch and enjoy a great program that will help you manage your health better.

- 2ND OCT
- 16TH OCT
- 30TH OCT

- 13TH NOV
- 27TH NOV
- 11TH DEC

Contact:
Carla Murphy
ABORIGINAL HEALTH WORKER
on: (07) 46617310



ABORIGINAL HEALTH WORKER

As the new Aboriginal Health Worker in Warwick, I wanted to introduce myself and get involved within the community.

So I started something for our patients and our community to participate in leading a healthy lifestyle. We can start new things and also join in on what's already happening in the community. The interest has been great. I have 49 ladies and 2 males interested in participating in various activities so far.

We started out with a walking group and included belly dancing and line dancing. These ladies in the group are either Aboriginal, Torres Strait Islander or non-Indigenous. They also come from a range of backgrounds, some work and some are stay at home mums that wish to get involved with their little ones.

Three ladies who have been walking and one child have their own medical stories to tell - these range from Diabetes, High Blood Pressure, High Cholesterol, Arthritis, Obesity, Social Emotional Wellbeing Issues, Stress and loss and grief.

We started to mix things up as the weeks rolled by with one day being a Feel Good Session at the centre. This includes: stress ball making, body scrub making, exercising the mind, educational quiz's and prizes, a hot cuppa and a yarn. Something very simple, affordable, fun and beneficial.

I have eight therapists including hairdressers, make-up artists and massage therapists interested in joining in my program to deliver their services free of charge.

I also have linked with our Exercise Physiologist who is willing to develop some basic 10-15min exercise sessions to do at home for those who are unable to attend a session.

The upcoming Activities could include:

- Aqua
- Tai Chi
- Dancing
- Yarning Circles
- Education Sessions
- Pampering
- Relaxing the Mind
- And loads more.

If you are interested in participating in our Warwick Feel Good Program, please contact:

Carla Murphy

ABORIGINAL HEALTH WORKER

4639 7310

LOTS OF CHANGES FOR CARBAL – WARWICK!

The last few months have been really hectic at Warwick Carbal! Thanks for being patient.

After some early challenges we now welcome our first permanent doctor into the centre:

Dr. Andrew Rees. Andy and his wife Leigh have joined us from Tasmania, purchasing a home in Warwick and signing onto the books for a 3 year tenure - Yeah!! That's deadly news...

Dr. Salvador Aguirre will also join the Carbal medical team early in October and we welcome his previous experience working in rural Aboriginal communities.

Dr. Murray Pietsch continues his great work, increasing his days from twice weekly to three days a week. Other news is Dr. Rosaleen Jolley our female doctor will continue to practice EVERY Thursday.

End of October we will also welcome a full time Care Co-Coordinator & Supplementary Service provider onto the books. We have many Allied Health specialists visiting the practice. Please find enclosed in the newsletter a calendar for October which outlines their details and days of work.

So, now is the time to book in for your Aboriginal & Torres Strait Islander Health Check (715), Chronic Illness & Mental Health Care Plans, diabetes and men/women's checks.

Any niggling health issues that you have ignored – now is the time to make the call and book in to see one of our friendly and culturally sensitive health professionals.



TRANSPORT in our deadly Carbal bus is free & is there to support you to travel to and from appointments and to see specialists in Toowoomba. It is available on a daily basis, so take advantage of it and enjoy better health for you and your family.

Feel like getting fit for summer?

We have many programs and activities - everyone is welcome:

- Suga Shakers,
- A daily Walking Group,
- Line Dancing (Wed 5.30 – 6.30, \$10)
- and Belly Dancing (Thurs 6 – 7 pm, \$8).

We would like to start up the craft group again if anyone is interested? Ask at reception if you would like more info.

Have a great month!

Kerry Stewart

CLINIC CO-ORDINATOR



NEW FULL-TIME DOCTOR FOR WARWICK

Dr Andrew Rees has joined the Carbal Medical Centre in Warwick as a full time GP.

Dr Rees is a Fellow of the Royal Australian College of General Practitioners having trained at Flinders University in South Australia and then completing his GP training in Tasmania.

Since then, Dr Rees has been a GP in northern Tasmania and at Canungra in the hinterland of the Gold Coast.

Dr Rees is interested in all areas of General Practice including chronic disease, acute care, paediatrics, aged care, skin cancer medicine, minor procedures including removal of skin lesions and vasectomy, men's health, women's health and psychiatry.

Prior to joining Carbal, Dr Rees had very little exposure to Aboriginal and Torres Strait Islander health and is very keen to learn about this challenging and important area of medicine.

In his spare time, Dr Rees and his wife are active members of their Church. Dr Rees plays a number of musical instruments – flute, flugelhorn and flageolet – and has an interest in photography

WOMEN'S WELLNESS DAY

The Carbal Women's Wellness day is an opportunity for women, both young and old, in our community to come to the clinic to gain a better understanding about Women's health issues and to participate in preventative measures that will ensure that their health is being looked after.

On the day female GPs and other female health professionals will be available to provide pap smears and women's wellness checks.

Breast screen will be on sight along with True (Family planning QLD) and other health providers to offer services and advice in regards to Women's Health.

Entertainment will be provided for children as well as a free BBQ and drinks and we will be running raffles during the day with some great prizes on offer.

Come along and enjoy a great day that will provide you with some fantastic services and information about how important women's wellness is.

Kim Passante

CLINIC & QUALITY COORDINATOR



Come & Celebrate the launch of our

WOMEN'S WELLNESS SHIRT

ON THE DAY:

- + GIVEAWAYS**
- + CHILDREN'S ACTIVITIES**
- + SEE A FEMALE DOCTOR**
- & FREE BBQ & DRINKS**

THURSDAY 5 NOVEMBER

10.00am- 3.00pm

104 MARY STREET

TOOWOOMBA



**GET A FREE T-SHIRT
IF YOU'RE UP TO DATE**

- WITH YOUR PAP SMEAR**
- BREAST CHECK**
- WOMAN'S HEALTH CHECK**

true 

BreastScreen
Queensland

VIDEO'S ON THE WEB

Hello to all the Deadly Mob in the communities.

Here at Carbal Medical Centre, we have increased our communication avenues and are now giving health messages and support to our Mob through videos. These videos feature our fantastic staff here at Carbal, talking to you on how you can look after yourself.

If you follow the link that we have provided, you can access these videos on your computer, Ipad or even your phone. How awesome is that!

<http://carbal.com.au/client-education/>

Currently we have videos from our Diabetic Educator talking about the Suga Shakers program, our Aboriginal Midwife talking about the brilliant service she offers to pregnant mums, our Clinic Manager and a Doctor talking about how to beat the flu and simple things to improve your health.

Also on the home page is a video about the Strong Fathers Program - any Indigenous male or partner of an Indigenous woman can come along and participate in the group. Connecting with other dads to become a great role model for their children is an awesome thing to do! Please follow the link provided.

<http://carbal.com.au/>

If you would like to suggest a new topic that we should cover please let us know by accessing:

<http://carbal.com.au/contact-toowoomba/>

Charlie Rowe



GOT DIABETES? SUGA SHAKERS IS FOR YOU

In this video, Carbal Medical Centre, Diabetes Educator, Liz Henry discusses the forthcoming Suga Shakers Program and why if you suffer from diabetes, need to be a part of it.



HOW TO BEAT THE FLU

In this video, Dr Mark Sykes lets you know of some things you can do to beat the flu.

GREAT WAY TO START THE FATHER'S DAY WEEKEND

Each year Downlands College holds a Father's Day breakfast.

The day starts at 7.00am til 8.00am, with a guest speaker who addresses the gathered fathers and students from across there College community.

Dan Frasier the (Middle School Leader) and the organiser of the breakfast read through the Carbal Yarnin newsletter on the website and saw that Carbal was delivering a program for fathers. While he realised that the Strong Fathers program was targeted at the Aboriginal and Torres Strait Islander men, he realised that the information given in this program would suit fathers from all back grounds.

Dan emailed Charlie Rowe who runs the Strong Fathers Program at Carbal, to see if he could be the guest speaker at the Father's Breakfast. Charlie accepted nervously as he knew that there was going to be over 250 people attending.

Charlie talked about the importance of male role models in families, and the need for strong fathers in children's lives. He also discussed the positive impact that men can and must have within their families and communities.

One of the students that played his guitar on the day said that his dad really enjoyed Uncles speech about good fathers. Dan reported that many attendees have since commended the speech. The way that Charlie shared his journey as a father was extremely well received.

On behalf of Carbal Medical Centre and Charlie we would like to thank Dan and Downlands College for inviting us to participate in such a special day.





HARRISTOWN HIGH SCHOOL VISIT

On the 14th of August 2015, Carbal Medical Centre went to Harristown High School to talk with year 12 students about Indigenous Health issues and "Closing the Gap" of life expectancy. There were 2 classes of students that attended this information session.

The students knew what they wanted to know about health issues affecting Indigenous people.

Some of the questions the students asked included:

- What are the main factors contributing to poor Indigenous health?
- Is the service at Carbal meeting the health needs of local Indigenous peoples?
- Are there enough Indigenous Health services in Toowoomba?
- How does discrimination exist for Indigenous people today?
- Are we closing the health gaps? Is life expectancy actually improving for the Indigenous population?
- Will the Gap ever close?
- What more needs to be done to further close the gap?

As you can see, these students really took an interest in finding out what is really happening with the health of the Indigenous community here in Toowoomba.

We strongly believe that sharing information to students in schools about what Carbal as an Aboriginal Health Service is doing to help "Close the Gap" for our Mob, will educate non-Indigenous people about the barriers that really affect the Indigenous population in accessing the health services that they need to take control of their lives.



CARE COORDINATION & SUPPLEMENTARY SERVICES

Care Coordination and Supplementary Services

The Care Coordination and Supplementary services (CCSS) Program was established to contribute to improving health outcomes for Aboriginal and Torres Strait islander people who have chronic health conditions through better access to coordinated and multidisciplinary care.

This service is free



Care coordination is provided by qualified staff to ensure that patients access services consistent with their care plans.

Support can include provision of appropriate clinic care, arranging services, assisting patients to attend appointments, ensuring medical records are complete, current and confidential and ensuring regular reviews are undertaken by the patient's health care team.

The CCSS program is funded by Department of health, contracted to Carbal medical centre for service delivery through Darling Downs & West Moreton Primary Health care

For More Information

Toowoomba District Care Coordinator :

Deslea Cooper
Mobile: 0468200005

Warwick District Care Coordinator:

Joanne Lomas
Office No: 46397310
Fax: 46613711

PRACTICE INCENTIVES PROGRAM (PIP)

How it helps us to help you.....

The Indigenous health incentive aims to support general practices and Indigenous health services to provide better healthcare for our patients including best practice management of chronic disease.

The PIP incentive helps Carbal Medical Centre to undertake specified activities that improve the provision of care to Indigenous patients with a chronic disease and to make sure they get access to the required services. The PIP Program runs yearly. Carbal will be signing up clients again in November for the 2016 PIP year.

You can consent to be part of PIP if you are:

- ATSI
- >15
- Have a Chronic Disease
- Hold a current Medicare card

Carbal staff can register you for the PIP. We are happy to assist if needed and are always ready to answer any questions you may have.

What is a chronic disease?

A Chronic Disease is an ongoing illness you have had or are likely to have for at least 6 months. Some examples include:

- Asthma
- Cancer
- Heart disease
- Diabetes
- Arthritis
- Stroke

**So Help Us help you
and sign up for PIP !!!!!**