

DECEMBER 2015

# Merry Christmas AND HAPPY New Year

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## NEWSLETTER DEC 2015

Dear valued members of the Carbal Medical Centre Community,

Last week we hosted the **Annual General Meeting** of Darling Downs Shared Care Inc. trading as Carbal Medical Services. The Chair and financial reports were both well received and adopted unanimously.

The report highlighted that our revenue for the period increased significantly which was excellent and there is further growth projected in the current financial year budget. This growth is largely due to the savings made through streamlining the organisation and partly due to the additional program funding that we have been able to attract which in itself reflects a sound level of confidence in Carbal by the funding bodies.

It is most pleasing to report that one third of our income is now self-generated and that much of this income is now being used to 'value-add' to the various programs that we are funded to deliver.

We have also funded a number of programs and activities that do not receive funding but that have been identified by Carbal as 'gaps' in the provision of health services to Aboriginal and Torres Strait Islanders within our service region.

The Board of Management is extremely pleased that we are able to expand our services within our charter due to the growth in our income and the professional management of our resources and I would like to congratulate each of the members who hold these voluntary positions for their strategic vision, enormous support and commitment throughout the year.

On Saturday 10th October, the Board met 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.

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 provision of funding and the delivery of our services. The draft constitution was distributed and discussed at the AGM and the members present voted unanimously to adopt a proposed motion to proceed to the next stage. Current members will all have opportunity for comment and input prior to any final position being formalised next year and I encourage your input. The draft has now been distributed to all members. Written feedback should be directed to **bhewitt@carbal.com.au** and submissions will be accepted up until **Monday 29th February 2016**. The Board will then meet to discuss and finalise the constitution for adoption by the members. I encourage all members to play an active part in the determination of the rules that will govern Carbal as we progress to the next important step in our development.

As this is the final newsletter for 2015, on behalf of the members of the Board, the staff of Carbal and myself I would like to wish all of our valued clients a very happy and peaceful Christmas and a wonderfully exciting New Year!

**Brian Hewitt**  
CEO



MERRY  
XMAS



## **BELINDA OTT**

### **ABORIGINAL HEALTH PRACTITIONER**

Hi I'm Belinda Ott, I'm a proud Aboriginal woman from Yimen country, which is just south of Canarvan Gorge here in Queensland.

My Grandfather was Ted Waddy and he was taken to several of the missions throughout his life... that being Cherbourg, Warrabinda and Purga near Ipswich.

My Mother is Kathleen Waddy who was born in Tara and lived around the fringes of Kingaroy and Memerambi.

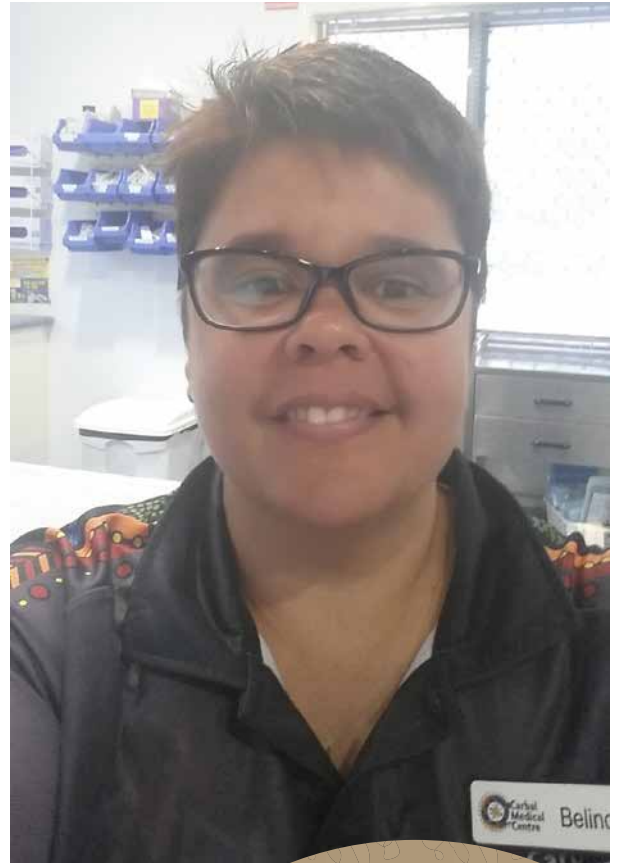
I was born in Ipswich where I spent most of my childhood and then we moved to Dalby where I spent my teenage and young adulthood there.

I moved to Toowoomba and started employment at a school here and then moved to Townsville, where I completed a Diploma in Aboriginal health and Community development through University of Sydney.

I continued to study and live in Townsville for a number of years but in 2013 I moved out to Alice Springs where I gained my Cert IV in Aboriginal health in Practice and registration through AHPRA.... In 2014 I studied a post Grad Dip in Aboriginal Health Promotion which was great!

At the end of 2014 I moved from Townsville back to Ipswich to be close to my family. I then moved up to Toowoomba in July... mind you the coldest weekend of the year...lol.... and started working for Carbal... which I thoroughly enjoy the staff here are great... very warm and easy to work with! I hope to stay here for a while yet... as I have my brothers family and sisters family also living in Toowoomba.

Thanking you for reading my blurb.... **BELINDA**



# MERCY CHRISTMAS CAROLS

CEO, Brian Hewitt and Programs Manager Charlie Rowe helped out by cooking sausages on the Carbal BBQ trailer at the recent Mercy Services Christmas Carols night.....they did this because they are wonderful, caring, community conscious citizens....

*AND ALSO BECAUSE THEY LOVE FREE SAUSAGES....*



● merry

Christmas





## 'BROKEN SPIRIT' ANONYMOUS AUTHOR | ARTIST

An Indigenous artist shares her own personal battle with mental illness.

"I refer to my art as symbolic story telling of a spiritual nature".

### BROKEN SPIRIT

The healing of a broken spirit  
It will take time  
It will take courage  
It will take nurturing  
It will take trust and faith  
It will take self respect  
And ownership of one's self worth  
This will take you back to  
The beginning of your birth right  
Therefore it will take you forward  
To your place of freedom and peace  
And to honour your true spirit.

Anonymous

My painting 'Broken Spirit' shows a goanna that is stuck, surrounded by a serpent. This symbolises how it can feel for us if we are in mental pain, such as depression. Above it is another goanna that has found its way free. This shows us that we have a choice about whether to stay stuck or not. As the goanna finds a way under the serpent or over the serpent, we can find a way too to be free from pain and to heal.

I have suffered anxiety and depression for most of my adult life. My depression became so overwhelming and thoughts of suicide were beginning to take control of me. This became my turning point to seek support and to find my path to recovery.

My art is an expression of how it is possible to free yourself from the pain, silence and isolation of mental illness. I believe that it's never too late to begin the healing process and to take back your birth right of a journey that is of peace, joy and fulfilment. The events and circumstances and challenges in our lives are sometimes difficult and painful to overcome.

My painting 'Broken Spirit' tells us that the intrusion of mental illness can be beaten and we can again take back our power and break the cycle to continue our divine journey with love, peace and honour on our earth.



# SUCCESS AT WOMEN'S WELLNESS DAY

WOMEN'S WELLNESS DAY WAS HELD AT THE CARBAL MEDICAL CENTRE CLINIC AT MARY STREET ON THURSDAY 5TH NOVEMBER



THE DAY WAS A HUGE SUCCESS WITH ALMOST 150 WOMEN COMING TO THE CLINIC TO HAVE A WELLNESS CHECK, PAP SMEAR AND BREAST CHECK!

The new Women's Wellness shirts were launched and 85 shirts were handed out on the day to women who presented for a full health check.

We had representatives from True (formally Family Planning QLD), Breast Screen QLD, TAFE QLD, Centrecare and the Women's Continence Clinic at the Base Hospital. They provided information on all of their services and were available throughout the day to answer any queries.

Breast Screen also booked 22 appointments into the breast screen clinic at the hospital. We had activities for children, hamper draws every hour and a free BBQ was available all day. We were very excited to see so many of our clients attend the day and the staff were overwhelmed with the response.

It was a great opportunity to offer another service through the clinic to add to the many programs that we already provide.

The wellness checks will now be available for bookings with any of our GPs and the shirts will also be available to all women who complete the wellness check, have had a pap smear and a breast check, or breast screen for those clients who are over 40.  
**Please give the clinic a call to make a booking.**

**A BIG THANK YOU**  
**TO ALL OF THE STAFF WHO HELPED OUT**  
**ON THE DAY**

- it would not have been as successful without all of your hard work.

**Kim Passante**  
**CLINIC & QUALITY COORDINATOR**





PHOTO'S FROM THE WOMEN'S WELLNESS DAY EVENT  
WE HAD ACTIVITIES FOR CHILDREN, HAMPER DRAWS EVERY HOUR AND A  
FREE BBQ WAS AVAILABLE ALL DAY.







## CULTURAL ECHO FESTIVAL IN GOONDIWINDI

Fantastic opportunity to promote Carbal Medical Centre's services.

RECENTLY OUR WARWICK  
ABORIGINAL HEALTH  
WORKER ATTENDED THE  
CULTURAL ECHO FESTIVAL IN  
GOONDIWINDI.

This gave us a fantastic  
opportunity to promote  
Carbal Medical Centre's  
services and programs.

We had some great feedback from  
the Goondiwindi and surrounding  
communities. I had the pleasure  
of meeting some elders from the  
communities and heard some  
wonderful stories.

This turned out to be a great day! I  
also had the pleasure of meeting the  
Director of Nursing at the hospital and  
other local health professionals who  
have offered their ongoing support of  
the services provided by Carbal.

Carla Murphy





# COME & CELEBRATE OUR NEW CLINIC

- MEET THE DOCTORS & HEALTH TEAM
- TOUR THE NEW CLINIC & IDEAS VAN
- FREE BBQ
- GIVEAWAYS
- FACE PAINTING & KIDS ACTIVITIES

**FRIDAY 29 JANUARY 2016**  
**10am - 2.00pm**  
**55 WOOD STREET**  
**WARWICK**

## GOOD NEWS – WE ARE CELEBRATING OUR NEW CLINIC!

### OUR FEEL GOOD PROGRAMS:

**WALKING GROUP** - still continuing, we have broken this up a little, we have done the river walk a few times and we all seem to enjoy that.

**PERSONAL TRAINING SESSIONS** - I have organised for a personal trainer for the staff on a Tuesday afternoon after work. We have patients interested in attending these sessions.

### SUGA SHAKERS DIABETES PROGRAM:

We are counting down the fortnights to finish off yet another successful Suga Shakers Diabetes Program in Warwick. Our recent program session discussed foot care and participants also indulged in a foot soak and a massage.

**We recently discovered that most of our participants have either:**

- Lost up to 4 kg
- Lost up to 4 cm's around the waist
- Decreased blood pressure readings
- Decreased blood sugar levels
- Feels a lot happier

These are great results, participants were over the moon and very happy for their progress over the past few months.

## PROGRAMS

### WALKING GROUP:

**9am – Monday to Friday**

Transport Available.



### PERSONAL TRAINING SESSION:

**Weekly**

**Tuesday's – 5pm**

Park end across from Bunnings.

\$10 per session

(\$5 for concession card holders)

Transport is not available.

**If you are interested, please contact  
 Carla on: 46397310**

**Carla Murphy**  
**ABORIGINAL HEALTH WORKER**



## ALLIED HEALTH SERVICES

### BULK BILLED SERVICES

Carbal currently offers allied health clinics to patients who have had a 715 health check or completed a GP review and management plan.

The allied health services provided by Carbal include:

- Podiatry
- Exercise Physiology
- Dietician
- Speech Pathologist
- Diabetes Educator
- Child & Youth Psychologist
- Pharmacist/COPD/Smoking Cessation.

### CLINIC OF THE MONTH:

**SPEECH PATHOLOGY** - **Sarah Ryan** is our new speech pathologist and works for LTTS in Brisbane and throughout Queensland. Sarah regularly travels to communities in North Queensland supporting Aboriginal clients with speech, swallowing problems, feeding issues and breast feeding to name just a few services.

Sarah is a great asset to Carbal and if you have any concerns with someone in your family, please see your GP for a referral. **Sarah is available fortnightly on a Thursday.**

All of these services bulk-billed for our Carbal patients.

If you would like more information please see your GP or you can contact:

Megan on: **46397406** or **0418381500**

## CHRONIC DISEASE SWIM GROUP

The gym buddies swim group has now been running for 6 weeks at Willows and we have 9 enthusiastic swimmers who enjoy an hour of aqua - **aerobics each Wednesday.**

The program assists Carbal clients with a chronic disease to exercise each week in a relaxed and enjoyable environment.

We encourage more people to see their GP for a referral to this wonderful program and enjoy the great company of other Carbal clients.







## PHAMS MENS CAMP

Getting back to basics.

The first PHaMS Men's Camp was held at Columboola last week.

The Men enjoyed getting back to basics in a secluded bush location and enjoyed the opportunity to yarn and laugh with their peers!

At a pleasant 42 Degrees, they were more than happy to swim and kayak in the creeks and be up at the crack of dawn for the early bush walks.

Lots of laughing and good tucker was on the menu for the three days and everyone who participated thought it was a great success!

**LOTS OF LAUGHTER & GOOD TUCKER!**





## MOBILE CLINICS FROM CARBAL

Mobile Van for 715 Health Checks in schools.

The Mob Van visited 2 schools in November. This was an opportunity for these schools to have their Aboriginal and Torres Strait Islander students receive a 715 Health Check.

The Van was at the schools for a period of 4 days. (2 days each). The students at Newtown primary school, even gave the van a new name they called it the Rainbow Van. **To deadly kids - well done.**

### Wilsonton State High School:

Carbal Medical Centre and Clontarf Foundation organised to have the Mob Van at the school, so the kids could have their 715 Health Checks done.

This was a great success for the Mob Van, as it had 13 school children come through the door. The kids loved it and at the end of their appointment, they received a deadly 715 Health check shirt.

### Newtown State Primary School:

The Mob Van (Rainbow Van) also went to Newtown State Primary School, where they felt very welcomed and overwhelmed by the student's lovely comments about the van. The Van was also excited about the 11 students that came in and had their health checks done in the presence of their parents.

### THE CHILDREN ALSO RECEIVED THEIR DEADLY 715 HEALTH CHECK SHIRT.

The Mob Van would like to say a big THANK YOU to Clontarf Foundation, Newtown State Primary School and also the 2 doctors and nurses from Carbal Medical Centre for making it all possible.





Merry  
Christmas

**AND HAPPY**

New Year

From all the team at Carbal Medical Centre