

Our Languages Matter

CARBAL YARNIN!

JULY 2017

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LGBTQIA+ - International Day against Homophobia

and Transphobia and much much more.....



FROM THE WARWICK CLINIC

Warwick Clinic has had a very busy couple of months:



Reconciliation Week

Warwick Carbal staff attend Reconciliation activities at the Warwick Centrelink office and at Stanthorpe conducting free Blood Sugar and Blood Pressure and Quit Smoking advice.

Tackling Indigenous Smoking (TIS)

Warwick program celebrated World Tobacco Day with various activities in Warwick and Stanthorpe

TIS Officer Melissa Chalmers is available onsite for one on one consulting for anyone thinking about quitting or just need support.

Integrated Team Care(ITC)

Team member Carla Murphy has been very busy with the increase in patients seeking help and support of their Chronic Disease and Mental Health. Carla has been networking with other local medical services in Warwick and surrounding areas promoting the program to enable their Aboriginal and Islander patient to access vital services.

We have seen an increase in accessing services such as: Home and Community Care , Medical Aids, Monitoring Equipment and private specialist medical services/consultations.

Indigenous Outreach Worker

Janelle McCarthy has also been busy with transporting Carbal patients to and from their specialist appointments. Janelle also attends to home visits, checking on patient wellbeing and following up on Doctors request.

New Directions

Mid Wife/RN Norma Slater holds a very successful Mums and Bubs playgroup at the Warwick Baptism Hall once a fortnight with up to 20 mums and bubs attending.

Hearing Health

Health Workers are now trained to conduct onsite hearing test on children and adults (no referral required) – Australian Hearing will soon be coming to the Warwick clinic to contact adult hearing test.

Strong Fathers Group

AHW Russell Hinkley holds a Strong Fathers support group Tuesday of each week at 10.00.

FROM THE HUB

We have also been working closely with the Antenatal Clinic at Toowoomba Base Hospital to have Telehealth appointments available to our expecting mums.



The New Directions Team were invited by Kulila to their 'Yarning and Learning Together' Circle on Friday 12th May. This proved to be a good opportunity to inform others within the Community of what the New Directions Program is about.

For Mother's Day in May, our Warwick Koala Club members busily organised special cards and pictures for their Mums and Grandmas.

On the 1st June, Carmen and Harry from Goolburri were guest speakers at the Toowoomba Koala Club. They were able to offer much needed information on the Dental Services they offer, and even had special little packs to hand to the parents/carers!

With the cooler weather headed our way, we were very lucky to have a warm snack of Curried Chicken and Fried Bread at the Warwick Koala Club on the 2nd June. Just what we needed while we read the 'Our Mob' book that has recently been produced by Carbal. A special thank you goes to Norma and Justine for yummy food!

To make the most of a beautiful day, the Toowoomba Koala Club made the most of the sunshine and played outside with Playdough on the 8th June. A special thank you goes to Claire for making the play dough for us!

We have also been working closely with the Antenatal Clinic at Toowoomba Base Hospital to have Telehealth appointments available to our expecting mums. This will allow the Mums to come to the Hub, have a check in with their Midwife, then link in via computer to the Midwife at the Hospital to complete their booking-in visit.

So far, technology is on our side and these appointments are proving to be very successful!

FROM CARBAL ALLIED AND SUPPORT SERVICES

The Personal Helpers and Mentors Program (PHaMs) hosted a stew and damper by the fire for their clients at the Yarnin Circle in early June and despite the chilly weather, sharing stories, hot food and the warmth of community spirit ensured that everyone had a great day.

The staff at South Street have been supporting community members to access the National Disability Insurance Scheme (NDIS) with planning processes underway.

If anyone would like more information on the NDIS then please call our friendly staff at South Street on 46 397 400 or follow the link.



FROM MARY STREET CLINIC

Thank you to all the Mary Street staff whose combined efforts resulted in getting through accreditation with zero non-compliances, no mean feat!



As a valued client of Carbal's, please ensure that you attend all appointments that are booked for you, whether it is with the clinic or our Allied Health providers. It is imperative that we continue to keep attending appointments as our attendance rate reflects whether we maintain certain services within our organisation.

At Carbal we have these services to provide comprehensive health care to our clients; it is health care tailored to your needs. If you cannot attend or need to cancel an appointment, please call 46 397300 so that we can reschedule as we may be able to assist you to attend that particular appointment on that day. We are with you on your journey to better health, so it is crucial that we communicate and reschedule appointments if required.

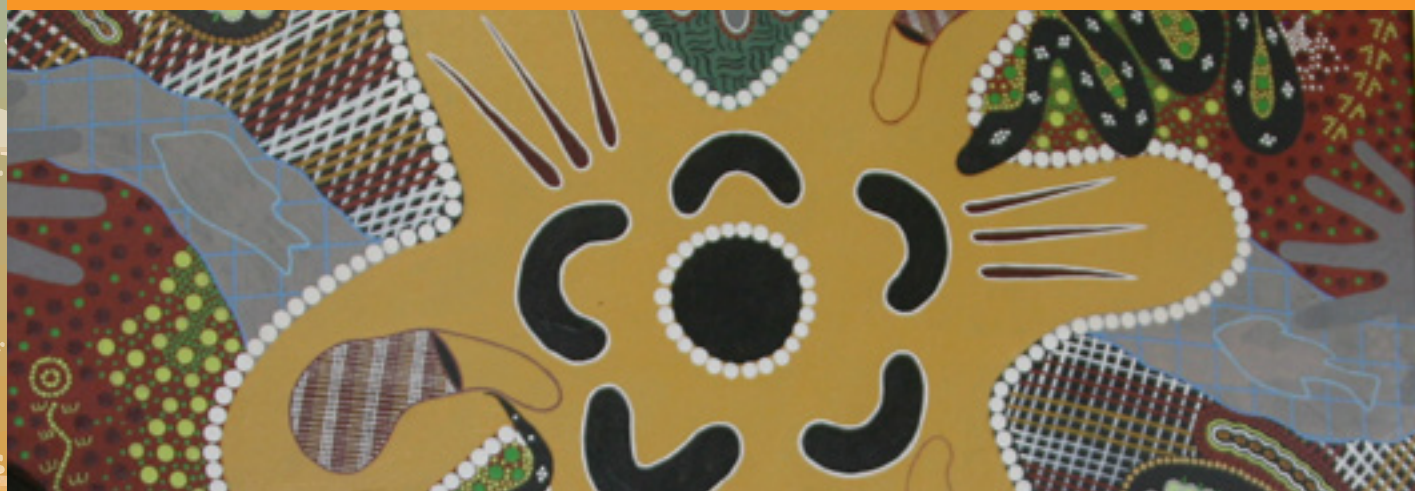
We welcome on board Radiation Oncology Centres (ROC). The team at ROC are passionate about providing our Carbal clients with the highest quality care in a supportive environment. They focus on delivering exceptional cancer care which they have engaged with us to offer a Bulk billing service. This is an immense service to have on board at Carbal as it lessens the burden on having to travel to Brisbane to receive treatment. If you have any queries, give us a call on 46397 300 and our friendly staff will be happy to assist.

And finally, thank you to all the Mary Street staff whose combined efforts resulted in getting through accreditation with zero non-compliances, no mean feat!

NDIS

NDIS

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



Carbal is registered to provide a range of support services including
Support Coordination and Plan Management.

We are very happy to partner with current providers 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 Renee Day 46 880 500

carbal.com.au

SUICIDE PREVENTION DAY



Carbal attended the “Suicide Prevention Day” on the 20th May 2017. This event was held to show the community that there is support out there and also where to receive it. The day started off with a welcoming speech from Adam Wenitong followed by a personal speech from the Mayor.

There were aboriginal dancers, free sausage sizzles, markets filled with goodies and stores promoting their services. Deslea Cooper, Tricia Brown and Shay Collins represented Carbal on the day, giving out Carbal packs, hats and water bottles. The ladies said the day was spent networking with other organisations and lending some positivity to talking about what can be a difficult topic to discuss.

INTERNATIONAL DAY AGAINST HOMOPHOBIA AND TRANSPHOBIA AT THE TOOWOOMBA USQ CAMPUS

Carbal represented the LGBTQIA+ community in flying colours on May 17 for the International Day Against Homophobia and Transphobia at the Toowoomba USQ campus. The university drive was displaying its usual flags of the world but the rainbow flag had pride of place alongside the Aboriginal and Torres Strait Islander flags

Dr Adrian Castelli and nurse Terri Celledoni met with members of the community to proudly unveil a symbol of Carbal Medical Services' commitment to ensuring everyone feels included to access our range of health services, including the new drop-in sexual health clinic starting at 2 pm on Monday 3rd July. This clinic will operate every second week at this stage, with the potential to expand if demand rises.

This clinic helps to provide a discrete and judgement-free environment to ensure the sexual health of our community. Even if you want a routine sexual health check – which is recommended once a year for people aged 16 – 29 – you can attend this clinic.

The QPrEPd study is well under way and is providing free medication to help protect against HIV.

If you would like to know more about how to qualify for this study, please contact reception at (07) 4639 7300 to make an appointment, or we will see you on the day at our drop-in clinic!



INFLUENTIAL INDIGENOUS PEOPLE

Noonuccal, Oodgeroo (1920–1993) by Sue Abby

*Image credit: <http://www.apeacefulmind.com.au/oodgeroo-noonuccal-kath-walker-1920-1993/>

HISTORY





This article was published online in 2017.

INFLUENTIAL INDIGENOUS PEOPLE

Noonuccal, Oodgeroo (1920–1993)

Oodgeroo Noonuccal (Kath Walker) (1920–1993), black rights activist, poet, environmentalist, and educator, was born Kathleen Jean Mary Ruska on 3 November 1920 at Bulimba, Brisbane, second youngest of seven children of Edward (Ted) Ruska, labourer, and his wife Lucy, née McCullough. Ted was a Noonuccal descendant, and Lucy was born in central Queensland, the daughter of an inland Aboriginal woman and a Scottish migrant. Lucy, at ten years of age, was removed and placed in an institution in Brisbane, and at fourteen years of age, without the skills to read or write, was consigned to work as a housemaid in rural Queensland.

Ruska's childhood home was One Mile on North Stradbroke Island or Minjerribah—as it was known by the island's traditional owners, the Noonuccal. The settlement, on the outskirts of Dunwich, was the setting for Kath's earliest memories of hunting wild parrots, fishing, boating, and sharing in the community dugong catch. In 1934, at thirteen, she completed her formal education at Dunwich State School. The family, like many enduring the Depression, could not afford the nurses' training her older sister had received. She left home for Brisbane to work as a domestic for board and lodging, and less pay than white domestics received, but armed with the ability to read and a talent for writing.

In World War II, after her brothers Edward and Eric were captured by the Japanese at the fall of Singapore in February 1942, Ruska enlisted in the Australian Women's Army Service on 28 July. After initial training as a signaller, she undertook administrative duties and was

promoted to lance corporal in April 1943. In June she transferred to the district accounts office where she remained until being discharged on 19 January 1944. She enjoyed team competition, founding a women's cricko (later vigoro) team, the Brisbane All-Blacks; she would later twice represent Queensland at cricko. On 8 May 1943 at the Methodist Church, West End, she had married Bruce Walker, a childhood friend and a descendant of Aboriginal clans from Queensland's Logan and Albert rivers region; he was an electric welder. Their union did not last and as a single parent she struggled to provide and care for her son, Denis. A course in stenography led to an office job but, needed at home, she returned to the flexible hours of taking in ironing and cleaning for professional households. She worked for the medical practitioners (Sir) Raphael and Phyllis (Lady) Cilento, whose worldly outlook, spirited family, and book-lined rooms encouraged her own artistic sensibilities. In 1953 she

had a second son, Vivian; his father was Raphael Cilento junior (Cochrane 1994, 23).

In the 1940s the Communist Party of Australia—the only political party without a White Australia policy, and which opposed racial discrimination—had attracted Walker. Through the party she gained skills in writing speeches, public speaking, committee planning, and political strategy, which ‘stood me in good stead through life,’ but she left because ‘they wanted to write my speeches’ (Mitchell 1987, 197). Writing prose and poetry, she joined the Brisbane Realist Writers Group. James Devaney encouraged the reluctant writer and sent a selection of her poems to Dame Mary Gilmore. Ninety-four at the time of their meeting, Gilmore said, as Walker later recalled: ‘These belong to the world. Never forget you’re the tool that wrote them down only’ (Mitchell 1987, 198).

At Jacaranda Press in Brisbane, Walker’s poems found an advocate in submissions reader Judith Wright, who recommended publication. In 1964 *We Are Going* became the first poetry publication by an Aboriginal Australian. Despite the success of that book and *The Dawn Is At Hand*, which followed two years later, her work was dismissed by many critics as protest poetry. She would nevertheless win the Jessie Litchfield award for literature (1967), a Fellowship of Australian Writers award, and the Dame Mary Gilmore medal. Sales of her poetry were claimed to rank second to Australia’s best-selling poet, C. J. Dennis.

Two years before her first book, in 1962, Walker had been elected Queensland State secretary of the Federal Council for Aboriginal and Torres Strait Islander Advancement, while also a member of the Queensland Aboriginal Advancement League executive. She rose to the

call for Aboriginal leadership and, in the early 1960s, travelled around Australia with FCAATSI delegates, among them Faith Bandler, (Sir) Douglas Nicholls, and Joe McGinness. Campaigning for equal citizenship rights, she met with cabinet ministers, led with Bandler a delegation to Prime Minister (Sir) Robert Menzies, and wrote and delivered speeches. The struggle culminated in the landmark 1967 referendum to empower the Federal government to legislate on Aboriginal affairs. This victory was particularly momentous in her home State, where the Aboriginal and Torres Strait Islander populations lived under the all-encompassing authority of ‘The Queensland Acts.’



<https://aiatsis.gov.au/explore/articles/fighters-fringe>

Walker stood for the Australian Labor Party in the Liberal stronghold of Greenslopes in the 1969 State election, but lost. Her hard-fought campaign for Aboriginal land rights, despite personal assurances of action by a succession of politicians, was slow

to gain political support. London’s 1969 World Council of Churches consultation on racism was the first of many international invitations, which over the years would take her to Fiji, Malaysia, Nigeria, the Soviet Union, and the United States of America. *My People* (1970), a collection combining her two previous books, would be her last poetry for a decade and a half.

Aged fifty, in 1971, suffering ill health and facing challenges for power from younger Aboriginal leaders, Walker returned to Minjerribah. Near One Mile, she assembled a gunyah—a traditional shelter—on negotiated leasehold land, the beginnings of a learning facility, and named it Moongalba (the sitting-down place). Her teaching of Aboriginal culture on country inspired thousands of school children—whom she saw as the bright future—as well as teachers

NOONUCCAL, OODGEROO - CONT

and other visitors who made the barge trip across Moreton Bay. She published two children's books, *Stradbroke Dreamtime* (1972) and *Father Sky and Mother Earth* (1981). In 1983 she stood as a candidate for the Australian Democrats in the State election, without success.

During a tour of China—as part of an Australia-China Council cultural delegation—in 1984 Walker's enthusiasm to write poetry revived, resulting in the simultaneous publication in Australia and China of *Kath Walker in China* (1988). She received prestigious awards, including honorary doctorates from Macquarie University (1988), Griffith University (1989), Monash University (1991), and Queensland University of Technology (1992). In 1977 she appeared in a film biography, *Shadow Sister*; her performance won the 1977 Black Film Makers' award in San Francisco. She also advised on and acted in Bruce Beresford's 1986 film *The Fringe Dwellers*. A veteran environmental campaigner, she spoke against uranium mining and opposed sand mining on Minjerribah. In 1987, in protest at the bicentennial celebration of Australia Day, she famously returned the MBE to which she had been appointed in 1970.

With her son Vivian in 1988 she

wrote the script for *The Rainbow Serpent Theatre*, produced at World Expo '88, Brisbane; they wrote under their newly chosen Noonuccal names Oodgeroo (paperbark tree) and Kabul (carpet snake). These last few years together ended in 1991 with Kabul's AIDS-related death at thirty-eight. Heartsick but resolute, Oodgeroo served as a judge of the David Unaipon award for Indigenous writers, as adviser on a national Aboriginal studies curriculum for teachers, and as patron of Queensland's first Writers Centre. She died of cancer on 16 September 1993 at the Repatriation General Hospital, Greenslopes, Brisbane. At her funeral on Minjerribah hundreds came to farewell the nation's much loved poet and activist, who was buried at Moongalba beside Kabul.

In 2006 Queensland University of Technology renamed its Aboriginal and Torres Strait Islander Support Unit the Oodgeroo Unit. Direct, charismatic, quick-witted, and dignified, Oodgeroo taught the spirituality of her ancestors, responsibility for the earth, and the connection of all people. Her poetry and stories continue to inspire. She chose 'a long road and a lonely road, but oh, the goal is sure' (Walker 1970, 54).

Select Bibliography:

- Cochrane, Kathie. *Oodgeroo*. St Lucia, Qld: University of Queensland Press, 1994.
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Oodgeroo. Stradbroke Dreamtime. Revised ed. Pymble, NSW: Angus and Robertson, 1993.
Shoemaker, Adam. 'Performance for the People.' In *Oodgeroo: A Tribute*, edited by Adam Shoemaker. Special issue, *Australian Literary Studies* 16, no. 4 (1995): 164–77.
Walker, Kath. *My People: A Kath Walker Collection*. Milton, Qld: Jacaranda Press, 1970.

Citation Details:

- Sue Abbey, 'Noonuccal, Oodgeroo (1920–1993)', *Australian Dictionary of Biography*, National Centre of Biography, Australian National University, <http://adb.anu.edu.au/biography/noonuccal-oodgeroo-18057/text29634>, published online 2017, accessed online 22 June 2017.

CARBAL

Call the HUB on
07 4633 9500
to book your spot now!

HEARING HEALTH

CALLING ALL MUMS, DADS, SISTERS, BROTHERS, FRIENDS AND FAMILY!
DURING JUNE SCHOOL HOLIDAYS CARBAL IS HOLDING A HEARING
HEALTH CLINIC FOR YOU TO

**come and get your hearing
checked for FREE!**



DATES:

Monday26th June
Wednesday ...28th June
Thursday29th June

Monday3rd July
Wednesday ...5th July
Thursday6th July

TIME:10am – 3.30pm

LOCATION:

.....The HUB,
Cnr Mort & Taylor Streets,
Toowoomba.



PLEASE NOTE YOU MUST BE
OVER THE AGE OF 3 TO
HAVE YOUR EARS CHECKED.

TIS SMOKING CORNER

Age no barrier.

The Carbal Can Tackle Indigenous Smoking team has another success story. A male client who has been smoking for 59 years, since he was 16 years of age has recently given it away. He had stopped smoking previously, 30 years ago however after 7 years of success; he was hooked again after just one cigarette.



After another 23 years of smoking again and spending \$140 a week, he finally decided that it was time to stop for himself and his wife.

With weekly visits to the TIS program for the first few months of his journey, he says that it gave him the confidence and the support he needed.

The Man has now been smoke free for 6 months and feels, "Extremely happy and proud". He also stated that now he had quit he's "eating better and feeling much better overall".

If you would like to speak to one of our friendly TIS staff, then please don't hesitate to give them a call either in:

Toowoomba

0746 397 300

0409 011 375

Or

Warwick

0746 610 800

0409 196 014



TIS SMOKING CORNER WARWICK DAILY NEWS

The Carbal TIS team recently featured in the Warwick Daily News; check out this article written by Sophie Lester:

Warwick
Daily News

CARBAL Medical Services staff are getting out and about this month to tackle indigenous smoking. Project co-ordinator Jenny-Lee Carr said there was a push to educate more people about the harms of smoking ahead of World No Tobacco Day on May 31. Ms Carr said there was a greater incidence of smoking in indigenous communities.

"The rate of smoking in indigenous communities was at about 50% Australia wide just a few years ago," she said. "It's down to about 46% now, which shows that what we're doing is working to decrease smoking. "There is certainly more awareness about smoking and the damage it does to people's health. "Rural and regional Australia has a higher rate of smoking among indigenous people and the more remote you get, generally the worse it gets." Ms Carr said those interested in quitting could access support groups and one-on-one appointments to help them kick the habit for good. "It's about changing people's attitudes toward smoking," she said. "We don't need people to commit to quitting straight up, we just want them to learn about it and consider quitting. "As well as reducing smoking rates and improving health, we're aiming to increase education about the risks of smoking, especially while pregnant. "We've had some people talk to us and tell us they're not going to quit, but we can still get them to change some of their habits like making sure they're not smoking inside around their kids or their pets."

For more information, phone 0409196014 or visit carbal.com.au



Carbal ADDICTION SUPPORT SERVICES



CASS

Carbal Addiction Support Services

Carbal Addiction Support Services (CASS) is funded through PHN and commenced operations on the 14th February 2017.

CASS consists of two full time employees, a case manager and a counsellor. During the months of February and March CASS staff took opportunities to meet and greet with the local Aboriginal people in the community as well as other alcohol and drug service providers in Toowoomba and surrounding areas.

CASS staff produced their own referral, assessment, relapse prevention forms along with other relevant forms plus CASS posters and business cards. CASS staff work with clients to provide an effective treatment and harm reduction service environment where individuals and families of those experiencing the affects of addiction can feel safe, secure and know that confidentiality is a priority.

Carbal provides two private rooms located at its South street site that clients can access either through reception or by using a discrete entrance if they prefer more privacy. There is a yarning circle located out the back of the building which was built and designed by Carbal staff and CASS can sit with clients in a more spiritual environment and discuss concerns/issues. CASS staff also adhere to the Queensland Alcohol and Drug Withdrawal Clinical Practice Guidelines and each client referral is discussed by both staff and allocated appropriately. All CASS documentation is computerised and kept on Cabal's Best Practise program.

The first client referral was accepted mid-March 2017 and to date CASS has received 35 referrals. Referrals can be made by individuals contacting CASS direct or through other services referring individuals for specific addiction services. Carbal doctors are the largest referrers to date and the number of clients referred is expected to increase through 2017. It has been brought to CASS attention through communications within the community that AOD's services are urgently required.

For further information/queries please feel free to call either Karen or Andrew at our south street office on 46 397400.

CARBAL SEXUAL HEALTH



Carbal Medical Services

Sexual Health

SAFE SEX

No Shame Be Game Speak Up

It can be hard to say what you really want when it comes to sex, but put your own health, safety and happiness first and let your sex partners know what the deal is, for example:

"If it's not on, it's not on."

"Condoms help stop infection for both of us."

"I can put the condom on you if you like."

You don't have to be 18 to buy condoms. You can even get them free at Carbal! You can also buy them from the supermarket, Target, Big W, chemist's and, you can even get them at petrol stations.

Where to get help and information

If you have sex without a condom or if it breaks or even if you're concerned you might have an STI, visit Carbal Medical Services.

It is recommended that anyone who is sexually active, between the ages 14 and 30 get routinely tested every year – even if you don't have symptoms!

Anyone can come to Carbal and ask for a test at any time if they are concerned, or if they haven't had their yearly check.

Carbal Medical Services offers a discreet service:

- ✓ On-the-spot treatment of some STIs
- ✓ Rapid HIV Testing
- ✓ Post-Exposure Prophylaxis (PEP)
- ✓ Pre-Exposure Prophylaxis (PrEP)
- ✓ Full STI testing and management
- ✓ LGBTQIA+ Friendly Service

www.carbal.com.au

Phone 46 397 300 for more information.



CARBAL ATTENDS GOVERNMENT HOUSE

Carbal medical Services was Honored to attend Government House on the afternoon of the 28th April 2017 to celebrate our involvement and the success of the Indigenous Diabetes Eyes and Screening service – the IDEAS van.

This afternoon tea was held to thank the many doctors and clinicians who volunteer their services for the project, and to recognize the medical and corporate partners who have made this unique project possible. Carbal Medical Services have hosted the IDEAS Van for the past 3 years.

Diabetes has become a complex health problem in our Aboriginal and Torres Strait Islander populations. The IDEAS Van has given Carbal Medical Services the opportunity to take retinal screening and specialist ophthalmic services directly to the Carbal Community. In an effort to substantially reduce blindness and vision impairment amongst our Aboriginal and Torres Strait Islander patients with Diabetes.

If you would like to be screened for Diabetic retinopathy, please contact one of our friendly Receptionists at Mary Street Clinic on 46 397 300.



INTERNATIONAL NURSES DAY

Carbal Medical Services appreciates all the effort our nurses put in with our clinics and Mary Street Clinic celebrated International Nurses' Day with coffee and cake

Susie Neighbour, Terri Celledoni, Megan Timms, Shelley Partridge, Tamika Campbell, Norma Slater, Darlene Oliver and Deborah Dixon

Carbal says thank you

We asked some of the ladies as a nurse what it was like working at Carbal Medical Services.

Megan Timms – "It is very challenging as there is always different client needs but it is always rewarding seeing great results as an outcome too"

Terri Celledoni – "Challenging and awesome as every day is different and I feel like we are making a difference here at Carbal"

Susie Neighbour – "We have a great team here at Carbal with nice patients, friendly atmosphere"



Carbal Medical Services



QUIT SMOKING SUPPORT GROUP

**THURSDAY, JUNE 29TH 11-1pm
@ MEETING ROOM 1 LIBRARY
SOUTHERN DOWNS COUNCIL BUILDING
WARWICK**

TALK TO US ABOUT:

SMOKING SUPPORT PROGRAM

EFFECTS OF SMOKING

WHY IS IT SO HARD TO QUIT?

LASTEST QUIT PROGRAMS

ONE ON ONE SUPPORT FOR QUITTING

**RSVP – CARBAL TIS TEAM WARWICK
MELISSA 4661 0800 / 0409 196 014**



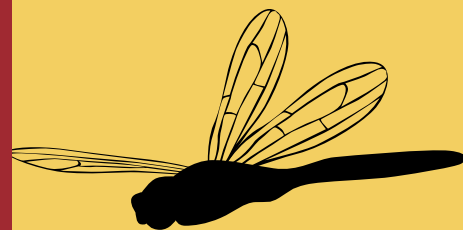
**HEALTHY MURRI
QUIT
THE DURRI**



carbal.com.au
Version 2 June 2017

HARMONY IN THE HOME

Carbal is very proud to introduce the first in a new series of books focussing on our community and the stories we have to tell.



CEO, Brian Hewitt describes 'Our Mob' and the introduction of the Harmony series;

"Our Mob" is a localized, picture/activity book commissioned through the Harmony In The Home series 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' acknowledges this tradition and attempts 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.

'Our Mob' is provided simply as a picture book that some may find useful in the education process. Carbal is happy to provide a free copy for school libraries and to Aboriginal and Torres Strait Islander students at schools within our area or operations.'

Have a look at Our Mob and other books by Carbal by following this link:

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

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CARBAL

READY TO

MANAGE YOUR

SMOKING

HELP IS AVAILABLE



Support Groups monthly @ Warwick, Stanthorpe
Goondiwindi, and Toowoomba.

CONCERNED ABOUT YOUR HEALTH

**UNABLE TO COUGHING
KEEP UP WITH ALL THE TIME**

**WORRIED YOUR SMOKING
IS AFFECTING OTHERS**

HEALTHY MURRI, QUIT THE DURRI

**CALL THE CARBAL CAN TACKLE INDIGENOUS SMOKING TEAM (TIS TEAM)
FOR ALL THE INFORMATION AND HELP YOU NEED. GREAT INCENTIVES
AND GIVEAWAYS THROUGHOUT MANAGING YOUR SMOKING JOURNEY**

TOOWOOMBA
PH: 4639 7300
MOBILE: 0409 011 375

WARWICK
PH: 4661 0800
MOBILE: 0409 196 014

WWW.CARBAL.COM.AU OR FACEBOOK



carbal.com.au
Version 1 June 2017

2017

JULY

MON	TUE	WED	THU	FRI	SAT	SUN
31					1	2
3	4	5	6	7	8	9
SCHOOL HOLIDAYS				SCHOOL HOLIDAYS		
10	11	12	13	14	15	16
17	18	19	No KOALA CLUB	21	22	23
24	25	26	KOALA CLUB TOOWOOMBA	28	29	30
			KOALA CLUB TOOWOOMBA	KOALA CLUB WARWICK		

2017

AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
	1	3	3	4	5	6
7	8	9	KOALA CLUB TOOWOOMBA	11	12	13
14	15	16	KOALA CLUB TOOWOOMBA	KOALA CLUB WARWICK	19	20
21	22	23	KOALA CLUB TOOWOOMBA	25	26	27
28	29	30	KOALA CLUB TOOWOOMBA	31		
						

2017

SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	KOALA CLUB TOOWOOMBA	KOALA CLUB WARWICK	16	17
18	19	20	No KOALA CLUB	22	23	24
SCHOOL HOLIDAYS						
25	26	27	28	29	30	
			SCHOOL HOLIDAYS			

The Koala Club planner for the next three months is here.

If you're interested in coming along or finding out more call Warwick on 46 610 800 or Toowoomba on 46 339 500

Please note: If you're in Toowoomba and you need transport, get in contact with the hub on 46 339 500 to secure your booking.

**Arts and Crafts
Music and Singing
Stories
Games
Friendship
Support and Advice**

Mpalitjanh. Kuru Ngombur. Kuuku-yani. Di
 Anggamudi. Kala Lagaw Ya. Wagiman. Djak
 Gagudju. Meriam Mir. Kungarakany. Kalk
 Muralag. Yadhagana Jawoyn. Wangkan
 Wuthathi. Kuuku-ya'u. Jabuganji. Nga

Friday 30th June

TOOWOOMBA NAIDOC AWARDS LUNCHEON

Toowoomba Sports Club

Ruthven Street

10:30am—3pm

\$10 per person—tickets available by
 contacting committee on 0473 550 951

toowoombanaidoc@outlook.com

Monday 3rd July

MARCH

Meet at Bell St Mall, Ruthven St

9.30am

FLAG RAISING

Civic Square

COMMUNITY DAY

Civic Square

10am—3pm

Free sausage sizzle; Kids activities; Food
 Stalls, Information stalls; Entertainment
 and more

ST VINCENTS HOSPITAL ART EXHIBITION

5.30pm

Art Exhibition opening—displays from
 local artists

INVITATION ONLY

RSVP required due to limited space

Wednesday 5th July

WILSONTON HEIGHTS NAIDOC FUN DAY

Wine Drive Park

10am—2pm

Activities; Food; Giveaways throughout the
 day

Thursday 6th July

QPS FLAG RAISING & MORNING TEA

Toowoomba Police Station

Hume Street

10am

GOLDEN OLDIES

LUNCHEON

Toowoomba Sports Club

1pm

INVITATION ONLY

TRIVIA

Toowoomba Sports Club

Ruthven Street

7pm

\$30 per team (4—6 people per team)

\$5.00 per extra person

* Entry fee includes hot finger food

* Drinks available at Bar

Friday 7th July

TOOWOOMBA CLUBHOUSE NAIDOC DAY

112 Russell Street

10am—2pm

NAIDOC BINGO

Cathedral Centre

Neil Street

Eyes Down 7.15pm

Get in early and get your tickets and
 seats

Saturday 8th July

MURRIKOE

Jack Martin Centre

8pm

FREE ENTRY

* Prizes

* Giveaways throughout the night

Program proudly delivered thanks
 the generous support of local
 organisations and government
 departments.

Any enquiries can be directed to contact on
 0473 550 951

Saturday 1st July

SPORTS COMPETITION

Jack Martin Centre

Registration from 10am

Competition starts at 11am

\$10 Per Player with lunch included



**Our Languages
 Matter**

2-9 JULY 2017

Tuesday 4th July

TOOWOOMBA HOSPITAL NAIDOC DAY

Toowoomba Base Hospital

Pechey Street

10am—2pm

Free lunch provided

Activities include:- Kids Activities, Health
 and Community stalls, Artist Exhibition and
 Art Displays