



CARBAL YARNINI

JULY 2018

IN THIS ISSUE

About the Cover - Harmony in the Home Series
News from the Clinics - 715 Hoodies, Flu Days & Important Health Announcements.

Lift the Lip - Carbal's Child Health Nurse

Child Dental Service - Smiles Aesthetica

Pepi pod - Sleep Spaces for Babies

GP Management Plan - Want to win a Merchandise Pack?

and much much more.....



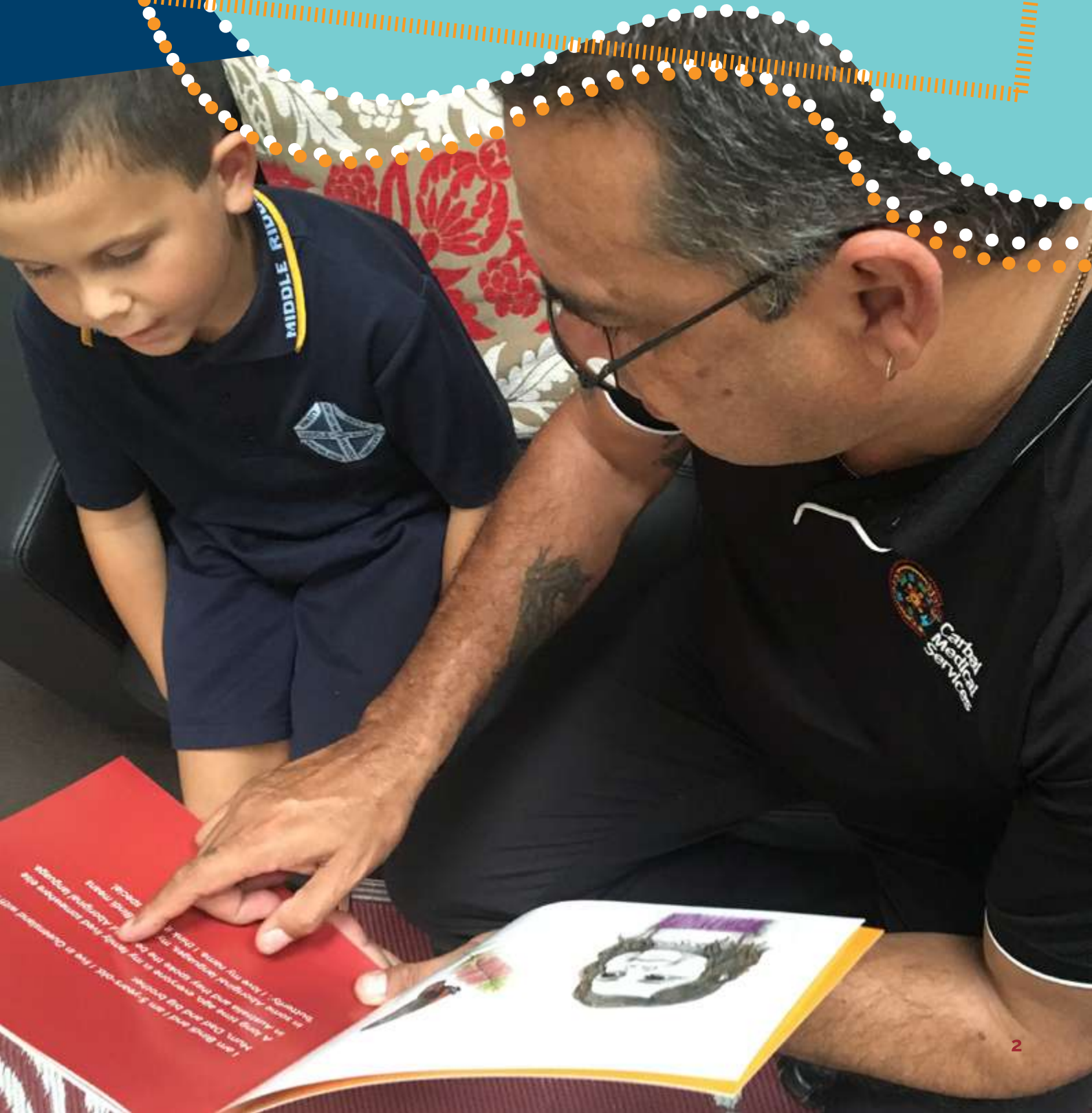
ABOUT THE COVER

The illustration on the front cover is from Carbal's latest book in the Harmony in the Home series, 'Totem'.

"The sun's gone down now and we're all sitting around a big fire. Uncle Henry is telling us stories of his journey across Country, and the Dreamtime"

If you would like to see this and other books from Carbal, just head to our website and click on the education tab.

In addition to supplying some schools in the Toowoomba area with these books, new patients and kids who have their 715 completed at Carbal will also receive a copy of either, Our Mob, Our Special Place or Totem.



WELCOME TO OUR NEW STAFF MEMBERS

It has been an incredibly busy time at Carbal over the past few months with new programs, the expansion of services and the opening of a new site in Warwick; the Carbal Community Hub.

The latest employees to join us at Carbal include:

Reece Griffin

Reece is one of the newest team members to join us at Mary Street as our full-time Chronic Disease Nurse. Reece is an Awabakal man on his mother's side, although he is a passionate Queenslander (apparently). Reece graduated from Nursing and has been working in the operating theatre in Brisbane. After having started his Master's in Public Health he took a strong interest in the prevention and management of chronic diseases and has a passion for Aboriginal and Torres Strait Islander health. Reece is looking forward to working with the Carbal community in assisting those with a chronic diagnosis manage their conditions better.

CLINICAL



CARBAL ADDICTION SUPPORT SERVICES

Kara Curtis

Kara is our new Alcohol and Other Drugs (AODs) support worker based at our new community centre in Warwick. Kara is originally from Glen Innes and has a background in community services and experience in delivering mental health and AOD's services to community. The AOD's service is here to help Community members who are struggling with their alcohol or drug use or those who are concerned for a family member or friend.

If you would like to contact Kara please phone 0436 018 652. All calls are treated with the strictest confidentiality.

Talia Sly

Talia is the new AOD's support worker for Toowoomba. Talia has a professional history of working with people who have experienced trauma and young people with complex and challenging behaviours. Talia has a passion for addiction recovery and helping people on their journey of recovery. The AOD's service is here to help Community members who are struggling with their alcohol or drug use or those who are concerned for a family member or friend. If you would like to contact Talia please phone 0438 710 255.

All calls are treated with the strictest confidentiality.

INDIGENOUS YOUNG PARENT SUPPORT WORKER

Belynda Essex

Belynda is our new Indigenous Young Parent Support Worker. Belynda's professional background working within Aboriginal Torres Strait Islander Legal Services, South East Queensland Aboriginal Legal Service and for North Coast Aboriginal Corporation for Community Health make her uniquely qualified and experienced to deliver this important service to Carbal's community. Belynda will be working with a wide range of services to help families get the support they need.



Tracy Lasker

Tracy has joined our NDIS team as an Administrative Support Officer. Her strong background in Accounts and administration is helping Carbal to deliver quality services to NDIS participants.

Tracy will be working with clients and staff to ensure that people gain the most support they can from their NDIS plan.

Luke Yuginovich

Luke joined Carbal's NDIS team as a Support Worker back in February. Luke's background, prior to working with Carbal was focused mainly on working with youth including case work and residential care.

Since joining the team, Luke has transferred his skills to helping NDIS clients to participate in social and community activities.

Jeffrey Nielsen

Jeffrey is working as a part-time support worker in NDIS and assists with the other support workers in helping clients to participate in social and community activities.

Jeffrey is currently studying his Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care and when completed will be a fully qualified Aboriginal and Torres Strait Islander Health Worker.

STRONG MIND STRONG SPIRIT AND PSYCHOLOGY SERVICES

Asha Honeysett

Asha is a registered psychologist who works full-time with Carbal. She has experience in not-for-profit, government, and large organisations. She is passionate about community, primary prevention, and assisting in recovery from distressing and traumatic events. She is also a Mental Health First Aid trainer and enjoys working with groups to promote wellbeing. She is part of the Strong Mind Strong Spirit team, who work with community members to enhance wellbeing through group activities, events and art therapy.

Ann-Marie O'Keefe

Ann-Marie has been working as a Psychologist for over thirteen years. Ann-Marie has experience working with children, young people, families and adults. Over this time she has worked in a variety of areas, including working with children and families through separation, child and youth mental health, working with people with a health condition or disability, and providing psychological services and education around mental health in a university setting. Ann-Marie works from a creative, flexible and client centred approach.

Jenny Sztaroszta

Jenny is a registered psychologist who works at Carbal 2 days a week; she is passionate about issues around health and adjustment. She is experienced in working with teenagers, adults and older adults. The psychologists are involved in Strong Mind, Strong Spirit and the aim is to meet people outside the office.

Strong Mind, Strong Spirit

This initiative is supported by funding from the Darling Downs and West Moreton PHN through the Australian Government's PHN Program

**For a range of services to help
you on your journey to social
and emotional wellbeing**

**Helping to reconnect
Here for community,
here for you**

Ph 07 46 397 400



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Version 1 April 2018

NEWS FROM THE CLINICS



It's been a busy time for both of our clinics over the past few months with the release of the new 715 hoodies, Flu days and important health announcements.

Members of the Community that have still not had their flu shots, especially those aged 50 and over, are encouraged to make an appointment to come and receive their vaccination.

There are also some important changes to the way cervical screening will be conducted and for female members of the community, it is important to familiarise yourself with these changes and make an appointment to discuss with your GP especially if you are due for a check-up.

In Warwick, our Integrated Care Team, Tackling Indigenous Smoking Service and our new Strong Mind, Strong Spirit Team have moved to a new premises at 65 Guy Street, just around the corner from our Wood Street clinic. The move has freed space up in the clinic to pave the way for future expansion of clinical services to help further improve health outcomes for the Warwick community.

Carbal has continued to reach out to Schools in the Toowoomba region by liaising with Clontarf to provide 715 health checks for both boys and girls. Carbal recently returned to Mount Lofty for follow-up health assessments and will continue over the coming months at other schools in the area.

Cervical Screening

Did you know the cervical cancer screening program has recently changed to a more safer and effective test?

Changes Include:

- **How often it's needed**
- **The starting age of your first test**
- **The testing process**

Talk to your Carbal doctor today about when your next pap smear is due in relation to the new changes.

And remember to get your free Women's Wellness Shirt when you complete the full health check cycle.

**Cervical Screening
1300 379 558**



Now is the time to get the flu shot!

Are you over 50 years of age?

Did you know that you are at higher risk of contracting the flu?



Make sure you come into Carbal and get your free flu vaccine and grab yourself a Beanie for the chilly months ahead.

*Flu vaccine only available to patients eligible to receive government funded flu vaccines



Call
1300 379 558
today and book your appointment.



Contact Toowoomba on 46 397 300 or
Warwick on 46 610 800 for more information
or to make an appointment.



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Version 2 May 2018

LIFT THE LIP WITH CARBAL'S CHILD HEALTH NURSE



Lift the Lip is a program that aims to address early childhood tooth decay through early intervention.

Tooth decay in young children usually starts in the outer surfaces of the top front teeth, making it easy to identify simply by 'lifting the lip'.

The Lift the Lip program helps to address this issue by putting measures in place to prevent or halt tooth decay

Carbal's Child Health Nurse – Jaimi-Leigh is trained and equipped with resources to identify dental disease in young children and provide preventative oral health advice to families and children during child health nurse checkups.

As part of the program Jaimi-Leigh can now refer children for free dental treatment.

Four steps parents and children can take to help prevent tooth decay:

- BRUSH TEETH TWICE DAILY WITH FLUORIDE TOOTHPASTE
- EAT HEALTHY FOODS AND REDUCE INTAKE OF SUGARY FOODS
- DRINK WATER AND LIMIT INTAKE OF SUGARY DRINKS
- HAVE REGULAR DENTAL CHECK-UPS

**If you would like Jaimi- Leigh to "Lift the Lip" and assess your child's teeth – Call the Mary street clinic today to book an appointment for a kids health check.
07- 46397300**

We are excited to announce that we are now able to offer a child dental service each Thursday at Smiles Aesthetica, 15 Hanna Court.

Patients will be eligible under the Child Dental benefits Scheme and will be bulk billed.

To be eligible for the CDBS, your patient must:

- » be aged 2 to 17 years for at least 1 day of the calendar year
- » be eligible for Medicare on the day of service
- » get, or be part of a family getting, certain Australian Government payments

Dental services are capped at \$1000 over 2 consecutive calendar years.

The 2 year cap period starts when a child or teenager first gets an eligible dental service.

Dental services include:

- | | |
|-------------------|--------------------|
| » examinations | » fillings |
| » X-rays | » root canals |
| » cleaning | » extractions, and |
| » fissure sealing | » partial dentures |

The CDBS doesn't cover orthodontic, cosmetic dental work, or dental services provided in hospital.

There is a referral and contact set up in Best Practice templates called Child Dental Referral Scheme. The Dentist name is Nammi Nadarajah

(Contact can also be found in categories: Dentist/smiles aesthetica)

Referrals will be sent to the HUB and Ellen Passante will check how much money the child has available under the CDBS and contact the patient to book them into a Thursday Clinic.

We will also be offering transport to these clinics.

For more information call: 07 4636 4408 or visit

<http://www.smilesaesthetica.com.au/>

PEPI POD

New directions staff are now identifying mums who may benefit from trialling a Pepi Pod.

Conditions do apply, for more information call Jaيمي-Leigh Ross on 0429 929 632 in Toowoomba or Norma Slater 0746 610 800 in Warwick.



PROGRAM INFORMATION

Pepi Pod sleep spaces are for protecting more vulnerable babies from accidental suffocation. They make it safer for babies to breathe when babies sleep in, or on, adult beds, on couches, in make-shift beds, in the same bed as others, or when away from home.

Suffocation deaths are more common for some babies than others. More vulnerable babies are younger, premature, low birth weight, or smoke-exposed babies. They have weakened breathing, or slow 'wake-up' responses, and need extra protection when they sleep, every time they sleep.

A sleep space is not a guarantee that a baby will not die. As well as a safe place to sleep, babies need safe care. They are stronger when breastfed, smokefree, immunised on time and handled gently. Protection is highest for strong babies sleeping in a safe place.

RESULTS

Data collection continues; >300 families recruited to date. Of respondents, all had SUDI risk factors; 76% had ≥ 2 known risks including smoking during pregnancy (53%), LBW (15%), prematurity (14%), alcohol use (8%), recreational (3%) and prescription drugs (4%), crowded living conditions (35%). Most families intended to cosleep (79%); shared infant sleep with a maternal smoker was common (41%).

Responses to Pēpi-Pod related to three key themes: safety, convenience and portability. Safe sleeping awareness was raised within families (99%) and through community social networks (90%).

Most families utilised the pod beyond infant age 4 weeks (71%); 14.5% beyond >17weeks. Pēpi-Pod use reduced co-sleeping with known risk factors including: smoking, drug and alcohol use, multiple bed-sharers, prematurity, low birth weight.

Health professional feedback relating to implementation indicated that the Pēpi-Pod® Program was feasible, accessible, sustainable, and built local workforce capacity with integration into current service models.

A collection of items including a black t-shirt with a colorful Indigenous Australian pattern and the Carbal Medical Services logo, a blue water bottle, a black tumbler with a similar pattern, a book with the Carbal Medical Services logo, and a small orange object. The items are arranged on a surface with a decorative border.

Contact Reece, our friendly Chronic Disease Nurse on 07 46397300.

Once a plan is in place it should be regularly reviewed by your Nurse/ GP It is an important part of the cycle where we look at your G.P Management plan and add any changes that may be required.



STRONG FATHERS, STRONG FAMILIES

Strong fathers Strong Families has been going strong with many more participants engaging and men graduating from the program with the support of their families.

The program is in its fourth year of operation and has close ties with Murri Court in Toowoomba. Charlie Rowe, Carbal's Community Outreach Manager continues to support and mentor men who have experienced difficulty in their lives and helps them take ownership and responsibility for their actions through guided yarning sessions and course material. The latest graduates of the program receive a framed certificate and a Strong Fathers polo shirt and bag but more importantly are more empowered to deal with their emotions and their behaviour.

**- Charlie Rowe,
Community Outreach Manager.**

**If you would like to find out more about
Strong Fathers, Strong Families**

visit our website carbal.com.au

carbal.com.au/strong-fathers-strong-families





BATON RELAY

On the 28th of March the Community came together with the Toowoomba Police to organise a Welcoming to Country for the Queen's Baton relay as part of the National celebration in the lead up to the Commonwealth Games.

Traditional owners, dancers and elders participated in the event. Carbal's Community Outreach Manager, Charlie Rowe, joined with other community members to help celebrate in the welcoming dance.

The ceremony was held at the civic gardens adjacent to Toowoomba city Library and was very popular with community members and Toowoomba residents. The National Anthem was performed in traditional language and Allen Martin performed a Smoking Ceremony to mark the occasion. Carbal teamed up with the Red Cross to put on a free sausage sizzle which also proved very popular.

Carbal would like to thank QPS, Council and Baton relay management for allowing this community to showcase our First Nations People.

GenetiQs: Toowoomba Community Forum



A community event about the changing face of medicine and what it means for your healthcare

Thursday 26 July at 1:00pm

Carbal Medical Services

104 South St, Toowoomba

Learn about:

- Genomics and what it means for you
- Personalised medicine
- Research projects that can positively affect your community, family and health

A light lunch/refreshments will be provided following the discussion

We want to hear from you- Ask our expert panel!

Contact Sid at: Gentiqs@qimrberghofer.edu.au for more information

**Forum
partners**



CARBAL'S NEW COMMUNITY CENTRE

**Interested in
attending these
sessions?**

With the Introduction of programs such as Strong Mind Strong Spirit and Targeted Psychological Services, the expansion of Carbal's services led to an effort to relieve operational pressure on our clinics.

As such, a new space for Warwick's Integrated Team Care, Tackling Indigenous Smoking, Alcohol and Other Drugs and Strong Mind Strong Spirit teams was sought. Luckily for Carbal, 67 Guy Street, only a short walk from the Warwick clinic on Wood Street became available and the teams worked rapidly to fit-out and occupy the premises. Strong Mind, Strong Spirit and AOD's have combined weekly sessions on Tuesdays and Fridays with dedicated men's and women's groups to be organised. The aim of these sessions is to invite members of the Community to a culturally comfortable space and discuss their issues with our staff, identify how to better connect with agencies and services in the main stream and either establish or improve that connectivity to ensure members of the Community are receiving the best care and support they possibly can.

If you are interested in attending these sessions or would like to connect with Carbal's Tackling Indigenous Smoking Service or would like to better understand the Integrated Team Care service, then please come in to our Guy Street centre or call us today on 07 4548 9500.

Need more info?

CONTACT

07 4548 9500.

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Strong Mind, Strong Spirit

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**For a range of services to help
you on your journey to social
and emotional wellbeing**

WEEKLY SESSIONS

**Come and have a
yarn about social
emotional wellbeing
for you and your mob.**

**Offering weekly sessions on
Tuesdays 10am - 2pm &
Fridays 10am - 2pm**

Activities include:

**Guest speakers, Creative therapies
Yarn up groups & Group outings**

67 Guy Street Warwick

Please call us to book transport if required.

**Kara Curtis
AODS Support Worker
0436 018 652**

**Darleen Oliver or Peter McIntosh
Strong Mind Strong Spirit
Support Worker
0436 028 021**



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THE LATEST ADDITION TO OUR HARMONY IN THE HOME BOOK SERIES

Carbal is again very proud to introduce the first, the second and now the third 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' and 'Totem'

"Our Mob', 'Our Special Place' and Totem are localized, picture/activity books 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', 'Our Special Place' and 'Totem' 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.

'Our Mob', 'Our Special Place' and Totem are provided simply as picture books that some may find useful in the education process. Carbal is happy to provide free copies of all books for school libraries and to Aboriginal and Torres Strait Islander students at schools within our area or operations.'

**Have a look at books by Carbal by visiting our website or following this link:
<http://carbal.com.au/story-books/>**

BECAUSE OF HER,
We Can!

8-15
JULY



8-15
JULY



BECAUSE OF HER,
We Can!

Everybody is
Welcome

NAIDOC WEEK

Calendar of Events 7-19 July

Date	Event Description	Cost	Contact
Sat 7 July 6.30pm	NAIDOC Combined Church Service. Shekinah Glory Outreach Fellowship will be hosting NAIDOC combined church service. Venue: Uniting Church Williams Hall, Guy St, Warwick	Free	Shekinah Glory Outreach Fellowship Mandy Bahr - 0478 648 511 Bahr.MandyP@police.qld.gov.au
Mon 9 July 10am	Queensland Police NAIDOC Flag Raising Ceremony. Everyone welcome to flag raising ceremony. Venue: Warwick Police Station, Fitzroy St, Warwick	Free	Queensland Police Mandy Bahr - 0478 648 511 Bahr.MandyP@police.qld.gov.au
Mon 9 - Sat 14 10am - 3pm	NAIDOC Art Show. A celebration of Indigenous culture. Local artists are invited to exhibit their artworks. Everyone welcome. Venue: Shop Front (TBA), Maryland St, Stanthorpe	Free	Granite Belt Aboriginal & Torres Strait Islander Corporation Maria De Vries - 0431 227 227 gbatsic@outlook.com
Tues 10 July 12noon - 2pm	NAIDOC Community Luncheon & Entertainment. Lunch with Aboriginal dancers and music by Indigenous artists, inspirational guest speakers. Venue: Redbacks AFL Club House, Jackie Howe Drive, Warwick. Cost \$10p/adult \$5 p/child	\$5 - \$10	Warwick Indigenous Network Group Tammy Stanton - 0438 195 248
Wed 11 July 11am - 2pm	Shopping Centre - NAIDOC Information Event. Service providers throughout our region will provide information relating to their services and answer questions. Venue: Rose City Shopping Centre, Palmerin St, Warwick	Free	Warwick Indigenous Network Group Kayleen Wallace - 0413 886 291
Thurs 12 July 10am	Waringh Waringh Elders Morning Tea. Elders and community morning tea. Everyone welcome to attend free morning tea. Venue: Uniting Church Williams Hall, Guy St, Warwick	Free	Waringh Waringh. Mandy Bahr - 0478 648 511 Bahr.MandyP@police.qld.gov.au
Sat 14 July 10am - 12noon	NAIDOC Celebration in the Piazza. A celebration of Indigenous culture. Indigenous dancers, didgeridoo, children's activities, information booths. Venue: Piazza, Maryland St, Stanthorpe	Free	Granite Belt Aboriginal & Torres Strait Islander Corporation Maria De Vries - 0431 227 227 gbatsic@outlook.com
Sun 15 July 11am - 2pm	NAIDOC Community Day. Music, dance, children's activities, art display, lunch provided, for the whole community. Venue: Civic Centre Supper Room, Lock St, Stanthorpe	Free	Granite Belt Aboriginal & Torres Strait Islander Corporation Maria De Vries - 0431 227 227 gbatsic@outlook.com
Wed 18 July 11am - 2pm	NAIDOC 2018 "Because of her we can". Little Kimmy's Coffee Van, Red Cross, NDIS, Oral Health, Bush Kids, bush tucker, tea & coffee, Indigenous dancers, cake cutting. Venue: McCarthy House, Warwick Hospital, 56 Locke St, Warwick	Free	Darling Downs Hospital Health Service (DDHHS) Kayleen Wallace - 0413 886 291
Thurs 19 July 11am - 2pm	NAIDOC 2018 "Because of her we can". Little Kimmy's Coffee Van, NDIS, Oral Health, bush tucker, tea & coffee, Indigenous dancers, cake cutting. Venue: Community Health, Stanthorpe Hospital, 8 McGregor Tce, Stanthorpe	Free	Darling Downs Hospital Health Service (DDHHS) Josephine Bell - 07 4683 3400