

CARBAL YARNIN!

OCTOBER/NOVEMBER 2016



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NEWSLETTER | OCTOBER/NOVEMBER 2016

CEO - MESSAGE

Winner of the 2016 Regional Carers Australia Award

Dear valued members of the Carbal Medical Services Community,

The long-awaited opening of Carbal Medical Services in Stanthorpe is getting nearer. We have been waiting over six weeks for our new doctor to be supplied with a provider number but thankfully that has now arrived and we will be looking to commence immediately. The service will commence with one doctor, an enrolled nurse and an Aboriginal Health Worker and we will review the demand for services over the next three months. Please use your networks to inform all who may be interested that the service should be operative as this newsletter goes to print.

Unfortunately, the second full-time doctor that commenced at Warwick in September departed after just one week and so we are again looking to employ another doctor for that clinic. Dr Salvatore will be assisted by doctors from our Toowoomba clinic again in the meantime.

Senior staff from Carbal Medical Services will be visiting Goondiwindi in October and November to meet with indigenous community members from that area to discuss the need and potential for establishing a new Carbal clinic in Goondiwindi. We have been asked numerous times over the past twelve months to consider this option and have now decided to formalise our investigations so that a quantifiable case for assessment may be created and presented to our Board. I will report on our findings in later editions of our newsletter.

Carbal continues to expand and has partnered with a number of organisations to provide services that address identified 'gaps' in the provision of health care for Aboriginal and Torres Strait Islander people in our service area. **We are currently involved in the provision of more than 15 distinct services and are currently committing almost \$500 000 per annum of our self-generated funds to many of these programs.** Obviously, Carbal cannot provide every service and meet every need as there are

financial limitations, but we are extremely proud of our record as many not-for-profit organisations are only able to deliver the services that they are directly funded to provide.

I must congratulate the staff and Board of Carbal on recently being named as the winner of the 2016 Regional Carers Australia Award and also for being named as a final three contender in the 2016 Chamber of Commerce Business Excellence Awards. It is truly a team effort at Carbal and I am pleased that the organisation is receiving the acknowledgement that it deserves.

BOARD DIRECTORS AND MEMBERS: Under the new Carbal Aboriginal and Torres Strait Islander Health Services Limited constitution, there is no longer a limit on membership numbers. The new Board will accept applications for membership and Director vacancies at any time and these will be presented for discussion and ratifications at the next available Board of Directors meeting following lodgement of the application. There are a number of criteria that need to be met upon application and these are outlined in the Constitution which is available electronically by emailing bhewitt@carbal.com.au

Application forms for Board or Company membership will be forwarded upon request.

Brian Hewitt
M.Ed., B.Ed., Dip Ed., JP Qual
CEO CARBAL MEDICAL SERVICES

MULTUGGERAH WAY SIGN THE PETITION

PETITION TO SUPPORT THE
NAMING OF THE RANGE CROSSING

MULTUGGERAH AND THE BATTLE OF ONE TREE HILL

On Tuesday, the 13th of September at the Toowoomba City Library, Historian, Dr Ray Kerkhove gave a talk on the Battle of One Tree Hill and the legacy of Multuggerah, the famous Jagera warrior, and a major figure in Australian Aboriginal history.

The series of slides delivered to many members of the community gave a fascinating insight into the Indigenous resistance campaign on the Darling Downs.

The rich history of the Indigenous story in this area and the nation resonated powerfully with the members of the community in attendance. Although the lecture was more academic research based in style, the fact that Multuggerah's struggle for his people and his land was felt throughout his country and beyond was evident in the underlying tone of the narrative.

The story of Multuggerah and the acknowledgement of his contribution to the Indigenous story of the Toowoomba region is further amplified by the suggestion made by Uncle Darby McCarthy that the second Toowoomba Range Crossing be named, '**Multuggerah Way**'. At the event, a petition was available, for those in support of this suggestion, to add their names to.

If you would like to show your support for the naming of the Second Range Crossing, Multuggerah Way then head to the following web address:





CARBAL MEETS QUEENSLAND'S FUTURE DOCTORS



GPTQ (General Practice Training Queensland) held its annual welcome/orientation for the new 2017 cohort of GP Registrars on Saturday, 10 September 2016.

Carbal was invited to attend the event to share information at the Stakeholder Exhibition.

It was an opportunity to represent the Aboriginal and Torres Strait Islander Health clinics and provide information to Registrars about our services.

The face to face contact with the Registrars helped them to understand the fantastic educational and training opportunities that are available with Carbal.

The Exhibition comprised of various stakeholder organisations involved with GPTQ such as AMA (Australian Medical Association) and RACGP (Royal Australian College of General Practitioners), and representatives from GPTQ's Training Districts.

GPTQ has an expected intake of 180 GP Registrars for the 2017 intake and well over 100 Registrars attended the event.

Many thanks to Kim Passante and Kerry Stewart for attending the event and representing Carbal.



CARBAL AND QUT FOCUS ON IMPROVING KIDS HEALTH

After six moves in six years, our Personal Helpers and Mentors Program



Queensland
University
of Technology



Carbal Medical Services and Queensland University of Technology (QUT) in Brisbane are currently conducting 2 research projects available to eligible patients.

The RICCi Kids Cough study is looking to see if a "new plan" for managing a child's cough that lasts longer than 4 weeks will help it go away more quickly than the way we currently manage it. If your child has a cough and is less than 15 years of age they may be eligible to enter this study.

The second study is the Prickle Babes study, this study is looking at better ways of increasing the number of babies being immunised and helping them to be immunised on time. Pregnant mums in their 2nd or 3rd trimester who intend to immunise their baby are welcome to chat with the Tanya, Geraldine or Sarah at the clinic in Mary Street or call 4639 7300 for more details on both projects.



STANTHORPE, HERE WE COME!

Commencement of clinical operations in Stanthorpe

Carbal Medical Services is pleased to announce the commencement of clinical operations in Stanthorpe.

A general practitioner and a nurse or Aboriginal Health Worker will be available four days a week and services will be bulk billed to all patients. In addition, should demand require it, Carbal can provide the services of a midwife or other allied health professionals.



Stanthorpe (CLINICAL OPERATIONS)

Services commencing on October 25th!

Carbal Medical Services is pleased to announce the commencement of clinical operations in Stanthorpe.

A general practitioner (GP) and a nurse or Aboriginal Health Worker (AHW) will be available four days a week and all services will be bulk billed for all patients.

The Medical Outreach Boomerang or MOB van will be located directly behind the outpatient building, Stanthorpe hospital:

at 8 McGregor Terrace.



CONTACT

EMAIL: admin@carbal.com.au

MOBILE: 0439 102 860

OR CALL OUR WARWICK

CLINIC: ON 07 46 610 800



At this stage, the clinic will be providing services out of the Medical Outreach Boomerang or MOB van which will be located near the outpatient building, Stanthorpe hospital at 8 McGregor Terrace. Should the clinic prove popular, Carbal Medical Services will look to source more permanent Stanthorpe premises in 2017.

For further information regarding the services to be provided in Stanthorpe, please contact mobile telephone:

0439 102 860 or Warwick clinic on 0746 610 800.



Check out our Facebook page for further information on when the clinic will be fully operational.

carbal.com.au



PSYCHOLOGICAL CONGRESS MARKS HISTORICAL APOLOGY

EIS Clinical Psychologist, Thérèse Landers recently attended the APS (Australian Psychological Society) 2016 Psychology Congress in Melbourne.

An historic moment during the Congress was the issuing of a formal apology by the APS to Aboriginal and Torres Strait Islander people, acknowledging psychology's role in contributing to the erosion of their culture and their mistreatment.

Among the events of interest that Thérèse was able to attend were sessions that addressed issues for Aboriginal and Torres Strait Islander psychological services, and online and electronic services for Mental Health.

Attendance at the conference provided information that has relevance to the day to day operation of Carbal's Early Intervention Service.

APOLOGY

2016 AUSTRALIAN
PSYCHOLOGICAL SOCIETY



RELATIONSHIPS AUSTRALIA

Free onsite counselling services

Carbal has teamed up with Relationships Australia to provide free onsite counselling services through the Victims of Crime Support Service. If you have ever been involved in a crime, witnessed a crime or have concerns that relate to a crime you can access the service.

Lezette De-Bressac a counsellor with an indigenous background will be available at The Hub (located on the corner of Taylor and Mort Streets) on Thursdays to provide counselling and support.

Please call 0746 384 700 and ask to make an appointment with Lezette.

Relationships Australia®

JARJUMS

Educational resource



Jarjums is an educational resource that helps our mob by guiding them through the journey of having a baby.

In addition, the book shows how to prepare, where to seek advice, and how to assist our Jarjums to grow healthy and strong.

To get your copy, contact our New Directions team:

Toowoomba - Annette: 46 339 500
Warwick - Norma: 46 610 800

Or, if you like, you can view online at:

<http://online.fliphtml5.com/wokc/kwvi/#p=1>

Here!





**Carbal
Medical
Services**



FREE SERVICE

PH: 07 4633 9500

Welcome to

KOALA CLUB

INTRODUCING NEW DIRECTIONS WEEKLY DROP IN PLAYGROUP FOR PARENTS,
CAREGIVERS, PREGNANT WOMEN, BABIES AND CHILDREN UNDER 5

WHAT WE DO:

- ✓ Arts & Crafts
- ✓ Music & Singing
- ✓ Read Stories
- ✓ Play Games
- ✓ Friendship
- ✓ Support & Advice

DROP IN CLINIC AVAILABLE

WHEN:

Every Thursday
*except school holidays
10.30 am to 12pm

WHERE:

THE HUB
Cnr Mort & Taylor Streets
Toowoomba



**Carbal
Medical
Services**

VERSION 1 October 2016



left to right:

Kodah, Jharal, Kaleb, Kynan and Codah.
With Caire Eiser – Child Health Nurse

QAIHC SEXUAL HEALTH WORKSHOP

For his appointment to the community advisory committee.



YOUNG BLACK & DEADLY?



left to right: Darren Brauhn, Rachel Soppa, Tashauna Duncan, Shontelle Hagan, Tejay Suey, Jayden Suey, Ellen Stark, and Kim Soppa

On the 29th and 30th of September, Darren and Adi from Queensland Aboriginal and Islander Health Council (QAIHC) assisted by Shontelle Hagan and Sarah Boney from Carbal Medical Services, hosted an important community consultation workshop.

QAIHC has been talking with young Indigenous people around the State and sharing ideas about healthy relationships. From these discussions, QAIHC will develop new and exciting resources to for young Aboriginal and Torres Strait Islander people around Queensland.

Up for grabs was an Ipad; with those who participated in the workshop had a chance to win.

Carbal looks forward to engaging with QAIHC and assisting in further delivering these resources moving forward. Keep an eye on Facebook for further information and updates.



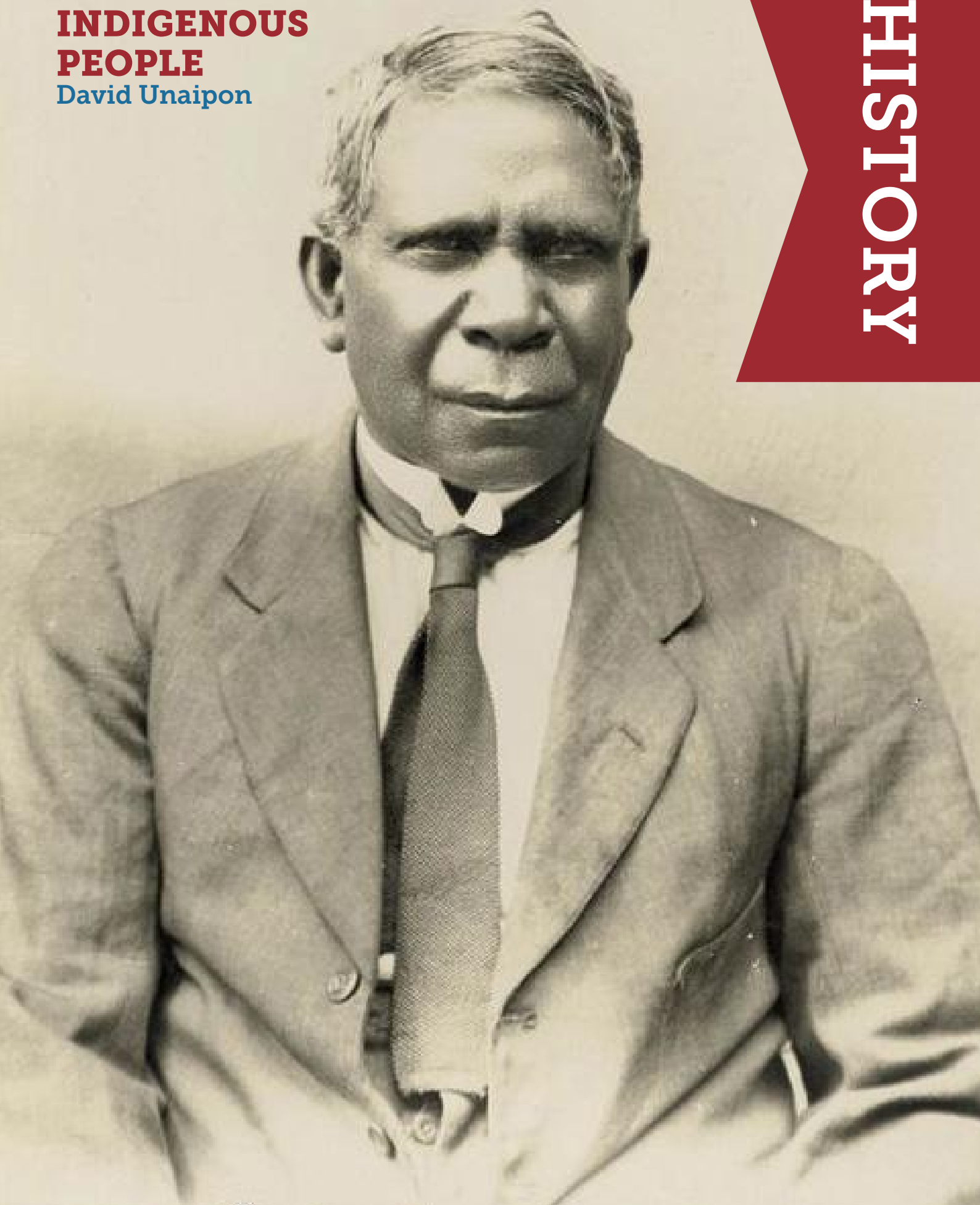
Shontelle Hagan and Jayden Suey

Congratulations to Jayden Suey for winning an Ipad after participating in the work shop.

**INFLUENTIAL
INDIGENOUS
PEOPLE**

David Unaipon

HISTORY



David Unaipon

INFLUENTIAL INDIGENOUS PEOPLE

David Unaipon

This edition of Carbal Yarnin will be the first to focus on an influential Indigenous Australian.

This edition, we look at David Unaipon – Orator, Singer, Scientist, Inventor and the first Published Indigenous Australian author. Despite his myriad achievements, David remains a relatively obscure figure in the broader Australian Psyche.

In fact, David accompanies many of us every day as we conduct our affairs, drive our cars and pay for goods. The majority of us are completely oblivious to the fact that David Unaipon actually occupies a coveted position on our fifty dollar note.



'David Unaipon (1872-1967), preacher, author and inventor, was born on 28 September 1872 at the Point McLeay Mission, South Australia, fourth of nine children of James Ngunaitponi, evangelist, and his wife Nymbulda, both Yaraldi speakers from the lower Murray River region. James was the Congregational mission's first Aboriginal convert. David attended the mission school from the age of 7. In 1885 he left to become a servant to C. B. Young who encouraged his interest in philosophy, science and music. Back at Point McLeay from 1890, Unaipon read widely, played the organ and learned bootmaking at the mission. A non-smoker and teetotaler, he grew frustrated at the lack of work for educated Aborigines at mission settlements and in the late 1890s took a job as storeman for an Adelaide bootmaker before returning to assist as book-keeper in the Point McLeay store. On 4 January 1902 at Point McLeay he married a Tangani woman from the Coorong, Katherine Carter, née Sumner, a servant.

By 1909 Unaipon had developed and patented a modified handpiece for shearing. He was obsessed with discovering the secret of perpetual motion. In 1914 his repetition of predictions by others about the development of polarized light and helicopter flight were publicized, building his reputation as a 'black genius' and 'Australia's Leonardo'. Between 1909 and 1944 Unaipon made patent applications for nine other inventions, including a centrifugal motor, a multi-radial wheel and a mechanical propulsion device, but the patents lapsed.

His fame, urbanity, fastidious manner of speech and Aboriginal identity confounded current stereotypes:

1909.

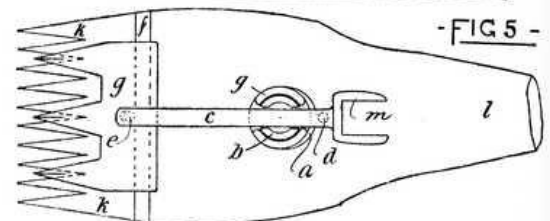
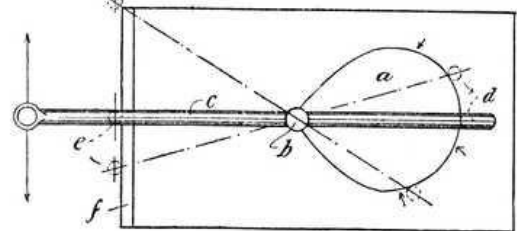
15,624. 3 Sept. D. UNAIPON, S.A.

Classes 37.6; 60.1.

Mechanical Motion.

Straight line motion for sheep shears, &c.: A sliding and reciprocating arm co-acts with cam surface and is pivotally connected to moving cutter running in straight tenon.

15624/09 - FIG 1 -



5 figures, 2 claims.

Unaipon embodied the potential—in White terms—for Aboriginal advancement. His lectures for the Anglican Church stressed improvement: 'Look at me and you will see what the Bible can do', and his rhetorical skills were shared by other Point McLeay Aborigines.

In 1912 Unaipon led a deputation urging government control of Point McLeay Mission; next year he gave evidence to the royal commission into Aboriginal issues and became a subscription collector for the Aborigines' Friends' Association. For fifty years he travelled south-eastern Australia, combining this work with lectures and sermons in churches and cathedrals of different denominations. In addresses to schools and learned societies he spoke on Aboriginal legends and customs, and about his people's future. He also demonstrated his inventions, but his public requests for financial support provoked

the disapproval of the mission authorities. His wife (d.1928) stayed at home; their marriage was not happy.

From the early 1920s Unaipon studied Aboriginal mythology and compiled his versions of legends; he was influenced by the classics and by his researches into Egyptology at the South Australian Museum. The A.F.A. funded publication of *Hungarrda* (1927), *Kinie Ger—The Native Cat* (1928) and *Native Legends* (1929). Unaipon sold these and other booklets while employed by the A.F.A. His articles, beginning on 2 August 1924 in the Sydney *Daily Telegraph*, were written in a prose that showed the influence of Milton and Bunyan; they pre-dated the work of other Aboriginal writers by over thirty years. Unaipon published poetry in the 1930s and more legends in the 1950s and 1960s. Gathered before 1930, the legends are in his surviving manuscript in the Mitchell Library; they were commissioned and published by William Ramsay Smith, without acknowledgment, as *Myths and Legends of the Australian Aborigines* (London, 1930). Unaipon also wrote 'My Life Story' and 'Leaves of Memory' (A.F.A. *Annual Reports*, 1951 and 1953).

In the 1920s and 1930s he influenced government Aboriginal policy. Assisted by friends like Rev. John Sexton, Dr Herbert Basedow, Sir George Murray and Dr Charles Duguid, Unaipon remained relatively free from the official restraints usually placed on Aborigines. In 1926 he appeared before another royal commission into the treatment of Aborigines. That year he also advocated a model Aboriginal state in an attempt to provide a separate territory for Aborigines in central and northern Australia; his involvement in the movement may have contributed to his arrest in November on vagrancy charges.

In 1928-29 he assisted the Bleakley inquiry into Aboriginal welfare. By then the best-known Aborigine in Australia, Unaipon was accepted as his people's

spokesman. His skill in manipulating members of the press—who invariably described him as a full-blood Aborigine—lent authenticity to his statements at a time when governments were concerned with the so-called 'half-caste problem'. In 1934 he urged the Commonwealth to take over Aboriginal affairs and proposed that South Australia's chief protector of Aborigines be replaced by an independent board. Educated Aboriginal men from Point McLeay and Point Pearce supported him, among them Mark Wilson; their view that the Aborigines' transition to European society should be facilitated through education was supported by the A.F.A. and was later expressed in the Commonwealth's assimilation policy. Unaipon's preference for gradual change was highlighted by his disagreement with the New South Wales branch of the Australian Aborigines' League over its National Day of Mourning on Australia Day, 1938. In 1953 Unaipon received a Coronation medal. He continued to travel on foot in Adelaide and country centres, where he was often refused accommodation because of his race, and was still preaching at 87. In his nineties he worked on his inventions at Point McLeay, convinced that he was close to discovering the secret of perpetual motion. Survived by a son, he died at Tailem Bend Hospital on 7 February 1967 and was buried in Point McLeay cemetery.

Portraits of Unaipon by S. Wickes and Leslie Wilkie are in the South Australian Museum. In 1988 the national David Unaipon award for Aboriginal writers was instituted and an annual Unaipon lecture was established in Adelaide.

Select Bibliography

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A. Markus, *Blood From a Stone* (Syd, 1988)
A. Shoemaker, *Black Words, White Page* (Brisb, 1989)
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Southerly, 39, Sept 1979, p 334
Advertiser (Adelaide), 12 Apr 1907, 27 Apr 1914, 9 Nov 1936, 9 Feb 1967
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Register (Adelaide), 14 July 1926
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Aborigines' Friends' Association Annual Report, 1964 and records (State Library of South Australia).



Philip Jones, 'Unaipon, David (1872-1967)'. Australian Dictionary of Biography, National Centre of Biography, Australian National University, <http://adb.anu.edu.au/biography/unaipon-david-8898/text15631>, published first in hardcopy 1990, accessed online 7 September 2016.

This article was first published in hardcopy in Australian Dictionary of Biography, Volume 12, (MUP), 1990

For further information, visit the following web addresses :

<https://penguin.com.au/books/legendary-tales-of-the-australian-aborigines-9780522852462>

CARBAL'S STICKER COLLECTION FOR EARLY INTERVENTION



Carbal has developed a unique range of stickers to support children's engagement in the Early Intervention Program and other child-based services and events at Carbal.

The collection depicts a range of Australian animals based on Aboriginal and Torres Strait Islander imagery, and they are used in a variety of ways to support children's progress through therapy. For example, the stickers are useful as rewards in behavioural plans (to replace the old-style 'Star Chart'). They are also used to give children positive feedback about new psychological skills they are applying. For example, the Turtle sticker with its protective shell is a meaningful reward and reminder for children that they have found a way to protect themselves in a dangerous situation.

The collection also includes three non-animal stickers that relate specifically to three important psychological skills. The "Calm and Cool" sticker is a useful reward for children who manage to apply calm-down strategies to manage anger and anxiety. The "Champion Thought Catcher" sticker is used to validate progress children make in identifying and challenging unhelpful thought patterns that affect their mood, and the "Feelings Detective" sticker is used to support young children who are learning to identify, label, and care for a range of basic emotional experiences in themselves and other people.

The Collection's main value is that it allows children to see their own culture reflected in everyday objects (rather than being exposed only to Disney images or jungle animals for example), and this unspoken message that their culture is current and important supports children in developing a strong sense of their own identity.

Thanks to Thérèse Landers for her contribution.





CARBALS SMOKING CORNER

Quitline 13 7848

Congratulations to Robert, who up until engaging with Carbal's Tackling Indigenous Smoking (TIS) program four months ago, had been smoking for 33 years. Robert has now been smoke free for four months after first engaging with Carbal's TIS program.

Robert stated that he:

- ✔ Now has more money each week
- ✔ Has more energy to do more around the house
- ✔ Food tastes great now that he can smell and taste again and that there are more flavours and new flavours.
- ✔ And that over all, he feels very proud for having quit.

Congratulations on the milestone Robert! Keep up the good work.

If you or a member of your family wish to engage with the program, then don't hesitate to contact Jenny-Lee in Toowoomba on 0746 397 300 or Melissa in Warwick on 0746 880 500.

Change to the Tobacco Laws of Queensland

As you may be aware, since the last edition of Yarnin came out, Queensland has made some changes to its Tobacco laws. To ensure that you are fully aware of the new laws and for peace of mind, head to the following web address:

<https://www.qld.gov.au/health/staying-healthy/atods/smoking/laws/index.html>

VISIT WEBSITE



CROSS CULTURAL AWARENESS WORKSHOP

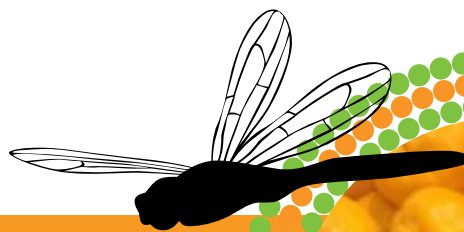
Reconciliation in the workplace and community



Thanks to Merinda and Staci for delivering an informative workshop designed to educate and invite conversations on the subject of reconciliation in the workplace and community as well as the differences in communication styles between Aboriginal and non-Aboriginal people.

The workshop was delivered at the Hanna Court conference room with attendees from throughout the organisation and by all accounts, was informative and interesting and sparked intense discussion on the topic.

Thank you Merinda.
Indigenous Support Worker



THANK YOU DEREK!

Delicious fresh mandarins!

A big thank you to Derek Van Der Vyl for bringing in these delicious fresh mandarins to the Warwick clinic. Staff and patients alike enjoyed their beautiful nutritious flavours.



SCHOOL HOLIDAYS OVER?

WHADDUP Youth Group - Friday nights!

DON'T BE SAD – COME JOIN THE WHADDUP YOUTH GROUP ON FRIDAY NIGHTS; 7 - 9PM.

If you are aged 10 – 17 years old, bring along your friends and have some fun doing indoor and outdoor games. Transport is available so call us now to get on board: 1300 477 433.



WHADDUP YOUTH GROUP

7-9pm Friday night in school term

Ages 10-17 years

Location confirmed on Facebook

Transport available & Light supper provided

Proudly supported by



For further information please contact CatholicCare
on **1300 477 433** or email rsilcox@catholiccare.services

**Get a 715
Health Check
and get your
FREE Shirt or Shorts!**
At

Carbal Medical Services

We're serious about
early detection of
any health problems

- Diabetes
- Heart Disease
- Kidney Disease
- Lung Disease like Asthma
- Mental Health Issues

It is that time of the
year again to
**re-register
for your CTG.**

WE WILL PROVIDE A BBQ LUNCH AND
THERE WILL BE HEALTH
AND COMMUNITY INFORMATION
STALLS ON THE DAY.



Come to our
Toowoomba Clinic
between 10 and 2
on Wednesday the 4th of November
to sign up for the new CTG year.

Toowoomba
104 Mary Street
46 937 300

**Get a 715
Health Check
and get your
FREE Shirt or Shorts!**
At

Carbal Medical Services

We're serious about
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WE WILL PROVIDE A BBQ LUNCH AND
THERE WILL BE HEALTH
AND COMMUNITY INFORMATION
STALLS ON THE DAY.



Come to our
Warwick Clinic
between 10 and 2
on Wednesday the 2nd of November
to sign up for the new CTG year.

Warwick
55 Wood Street
46 610 800



COMMUNITY YARNIN SESSION

**Carbal Can Tackle
Indigenous Smoking**

Invites **All Members of the Community**

Like More Information On..

- TIS PROGRAM
- LATEST QUIT PROGRAMS
- REFERRAL POINTS AND PROCESSES
- SUPPORT NETWORKS

**Come to Queens Park, corner of Margaret
and Lindsay Streets to join Carbal and
help Tackle Smoking in the MOB**

Help us find out how Carbal can help in reducing Smoking
rates in the Indigenous Community.

If you would like more information on the TIS program or
would like to RSVP for this event please contact:

TOOWOOMBA

Jenny-Lee Carr on 0409 011 375
or contact Carbal's Mary Street clinic
on 07 4639 7300

WARWICK

Melissa Chalmers on 0409 196 014
or contact Carbal's Warwick clinic
on 07 4688 0500

**Please keep an eye on Facebook as we will advise
you of the exact date once we have it!**



Quitline. 13 7848

COMMUNITY YARNIN SESSION

**Carbal Can Tackle
Indigenous Smoking**

Invites **All Members of the Community**

Like More Information On..

- TIS PROGRAM
- LATEST QUIT PROGRAMS
- REFERRAL POINTS AND PROCESSES
- SUPPORT NETWORKS

**Come to Leslie Park to join Carbal and
help Tackle Smoking in the MOB**

Help us find out how Carbal can help in reducing Smoking
rates in the Indigenous Community.

If you would like more information on the TIS program or
would like to RSVP for this event please contact:

WARWICK

Melissa Chalmers on 0409 196 014
or contact Carbal's Warwick clinic
on 07 4688 0500

TOOWOOMBA

Jenny-Lee Carr on 0409 011 375
or contact Carbal's Mary Street clinic
on 07 4639 7300

**Please keep an eye on Facebook as we will advise
you of the exact date once we have it!**



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