



SEPTEMBER 2017

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HIGHLIGHTS FROM THE HUB!

Story book characters came to life at the Toowoomba Koala Club on the 24th August to celebrate Book Week!





The Inaugural Baby & Toddler Expo in Highfields on Saturday 15th July was a HUGE success. It was a wonderful opportunity to be able to showcase what the Carbal New Directions Program do and the support we offer to Pregnant Mums and children in that 0-5 age bracket.

Looking forward to being a part of the next one in 2018!

Kulila Kindy's Literacy and Numeracy Day in the Park went extremely well on Friday 11th August 2017 with an amazing turn out of over 300 people!! Thank you to everyone who came and helped make it a great day! It was great to be there with other staff members from the Hippy Program, Goolburri, Kath Dickson Family Centre and First 5 Forever (TRC Library).

Our New Directions
Team is continuing
to grow, in August we
welcomed Belinda, a
new Midwife, to the
Toowoomba Team.
This brings us to a total
of 5 Midwives across
our Carbal sites.

Over the last 3 months, 14 mums have welcomed bubs into the world... All are well and healthy!! Congratulations to all and we look forward to watching them grow and meet their milestones!



2017

OCTOBER

	MON	TUE	WED	THU	FRI	SAT	SUN
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	9	10	11	KOALA (LVB TOOWOOMBA	13	14	15
•	16	17	18	KOALA (LVB TOOWOOMBA	KOALA (LVB WARWI(K	21	22
	23	24	25	KOALA (LVB TOOWOOMBA		28	29
	30	31					1

2017

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
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- 11			PARTY			

2017

DECEMBER

MON	TUE	WED	THU	FRI 🚖	SAT	SUN
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29 S(Hool Holidays	30	31

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

FROM OUR MARY STREET CLINIC

HEARING CLINIC

Carbal Medical Services now offers a Hearing Clinic. This clinic can be attended by both children and adults which occurs every Friday at Mary Street Clinic. If you would like members of your family tested, please make

ADDITIONAL FLU CLINICS

Did you miss an opportunity to have your Flu Vax for this year?

Well don't stress, we have decided to have two drop in clinics on the following days;

Tuesday 26th September 930am -1030am (morning session)

Wednesday 27th September 3pm - 4pm (afternoon session)

Please be reminded that this time is only allocated for Flu Vaccinations, if you require any other medical assistance please call ahead to book your appointment 07 46397 300

an appointment with one of our GPs to receive a referral. Once we receive your referral we can make an appointment within seconds for you to attend the hearing clinic of a Friday.

TRANSPORT

Carbal Medical Services offers transports to all clients attending appointments, however we must remind you that when you are making a booking please ensure that you give us exact details of pick up and drop off addresses. A change of pick up address 20 mins prior to your nominated pick up time will not be acceptable due to scheduling commitments, and it may result in you missing out on transport to the clinic.

NO SMOKING

Carbal Medical Services and its surroundings is a smoke free zone. Appropriate signage has been placed around the facility to outline this request.

FAREWELL NIKKI SPACKMAN

Mary Street clinic would like to bid a fond farewell to Nikki Spackman who has been our passionate Indigenous Outreach Worker for Carbal Medical Services. We also wanted to take this opportunity to let Nikki know how interesting it was to work with someone like her and how sad it is to say goodbye. It has been an honour working with a wonderful colleague like Kikki over these past years. Thank you for your help and kindness. We wish you the best of luck and continued

THANK YOU AND FAREWELL



WELCOME AMY

Welcome to the Carbal Medical Services team Amy Arabena-Byrnes. Amy is our new addition to the Mary Street clinic and you will find Amy joining our reception team. Please read her profile that is enclosed

We hope you are enjoying your commencement here Amy

Finally, Welcome to Spring everyone, lets hope it is going to be a pleasant one :-)

hearing health so important?

Ear Disease is serious; it can lead to loss of hearing forever.

But there is good news!

Ear Disease can be prevented and treated.



Hearing Health Clinics

Hearing Health Clinics are carried out within our Toowoomba Mary St, Hub and Warwick Clinics, as well as a majority of the schools within our area. We are able to offer Hearing Screenings to adults and children from the age of 3 years and up.

If you have any questions, or wish to enquire about availability of appointments, please call one of the Clinics on the below numbers:

Contact the Hub, Cnr Mort & Taylor Streets | Toowoomba: 07 4633 9500 Toowoomba Clinic, Mary St: 07 4639 7300 | Warwick Clinic, Wood St: 07 4661 0800.





FROM OUR WARWICK CLINIC





Dr Jenny Graff joined the team of three full-time doctors at Warwick clinic. We are very excited to have Dr Jenny on our team.

TIS - Tackling Indigenous Smoking support worker Melissa Chalmers is based in the Warwick clinic, Melissa is wanting to chat and support any patients wanting to quit smoking.

If you are ready to take that big step, come and chat to Melissa by visiting the Warwick clinic or call 46610800 and ask for Melissa.

Hearing Health - Australian Hearing are working with the Warwick Clinic to provide Hearing checks once a month. If you are 50+ and want to have your hearing checked, please call reception to book an appointment.

Allied Health - We are pleased to welcome an Occupational Therapist & Speech Pathologist from Life Style Therapies on board as part of our Allied Health team. Please speak to your GP if you would like further information.

Darleen Oliver - Has completed her Phlebotomy Training. This training will now allow Darleen to take bloods on site at the Warwick Clinic. All nurses in the Warwick clinic have now been trained in blood taking.

Carbal Warwick - Is specifically targeting 0-4, 715 health checks. If you have a child in this age bracket please call the clinic on 46610800 to book an appointment.

FROM CARBAL SUPPORT SERVICES

Our site welcomes visits by community groups and this can be organised by phoning 0746 397400.



Our South Street site has been a hive of activity for the last month.

More clients are wishing to receive services from our Support Services unit through their NDIS Plans. Staff are busy delivering services to clients within their homes, out and about in community and through group days on site at South Street. Services are now also being delivered to several clients from the Ridley Unit at Baillie Henderson.

We also bid farewell to one of our long term PHaMs Elders Mr Dennis (Blinky) Jackson. Dennis was not only a participant who bought lots of laughter to our groups but played a voluntary role as Mentor to many of our younger male clients. Dennis will be fondly remembered by all.

The South Street site proudly hosted Year 1 & 2 students from Harristown Primary School. Our Yarning Circle provided the perfect space to celebrate our unique culture through the sharing of songs, yarning and some good old fashioned damper and syrup. Our site welcomes visits by community groups and this can be organised by phoning 0746 397400.

What is a Yarning Circle?

The Yarning Circle is the traditional method of communication for indigenous cultures, sitting on the land in a circle, using message sticks and a storyboard.

IT'S a space where the community can come together as one ... where stories are shared and all are welcome.

Yarnin benefits our young people, our elders and everyone in-between.

Giving children and adults the chance to have a voice and be heard. The Yarning Circle is the realisation of that vision. The Yarning Circle is a place where stories and knowledge can be shared in a caring environment that's relaxed and comfortable. It's a place where each of us can participate to our own level, in our own time and by sharing our own unique journey.

By sharing our stories and experiences we open lines of communication allowing those contributions to increase our knowledge and effect change in our daily lives. By discussing our views and patterns of behavior, together, we can discover alternative solutions, create greater choices and instills power into our everyday lives.

This space has and will continue to encourage communicating and connecting with the land, and really reflects Carbal's commitment to providing a variety of learning opportunities, particularly an enhanced understanding of both the nation's past and ongoing relationships between indigenous and non-indigenous Australians. It is part of the recognition of Aboriginal and Torres Strait Islander people, allowing us to have a prominent place in the community.

I believe it's opened the way for us to come together to talk to each and share our dreams.



ALLIED HEALTH



Carbal welcomes a new Allied Health Coordinator

Hi I'm Ellen Passante and I have recently been appointed to the role of Allied Health Coordinator for Carbal Toowoomba.

We have the following allied health providers available within Carbal:

- » Psychologists
- » Pharmacists
- » Asthma COPD Management Specialist
- » Diabetes Educator
- » Dietitians
- » Psychiatrist/Telehealth
- » Internal Medicine Specialist
- » Podiatrist
- » Exercise Physiologist
- » Speech Pathologist
- » Hearing Health

We are excited to announce that we now offer a hearing clinic for all ages at Mary Street! We will also have a Paediatric Dietitian joining us soon!

If you would like to see any of our Allied Health Providers at the Toowoomba clinics or simply have questions, feel free to contact me on 4639 7300 or 0418 981 500

CARBAL'S PSYCHOLOGY TEAM



Carbal Medical Services offers a comprehensive psychological service from a team of experienced specialist psychologists who are committed to working with the Aboriginal and Torres Strait Islander Community.

Our team comprises Ms Eve Burke, Dr Thérèse Landers, and Dr Ruth Armstrong.

Eve Burke provides an outreach service from Catholic Care and specialises in family and couples therapy. She works from Carbal Mary Street every Wednesday to support couples and families in distress, and to address parenting issues, separation, grief and loss experiences, and the many challenges that come with family life.

Dr Thérèse Landers provides clinical psychological services for children and their families through Carbal's Early Intervention Service at the Hub in Taylor Street on Monday, Tuesday and Wednesday. She works with children, adolescents and their families when they struggle with depression, anxiety or trauma responses, and is able to provide psychometric testing to assist with the diagnosis of developmental disorders and learning difficulties.

Dr Ruth Armstrong is based at Carbal, Mary Street, on Mondays and works with children, adolescents and adults who are troubled by difficulties such as depression, anxiety and post-traumatic stress disorder. Ruth is experienced in a range of therapy approaches that she can draw on to support recovery.

Carbal Psychology Team: l-r Dr Ruth Armstrong, Ms Eve Burke, Dr Thérése Landers.









"ONE MOB, ONE TRIBE, ONE (OMMUNITY -PUTTING THE SPIRIT BA(K INTO THE INDIVIDUAL, INTO THE FAMILY, INTO THE (OMMUNITY AS A TRIBAL GROUP" Alan Martin

Alan Martin shares with us a journey that is helping heal the broader community, build connections and improve relationships.

"It all started around NAIDOC day. The Police had asked me to do a small smoking ceremony at the flag raising at the Police Station with the community liaison officer, Glen Waters. It was a difficult time. The Police had just lost one of their officers and were going through a period of healing themselves and I felt that the smoking ceremony would be a good opportunity to help with that process and heal our people as well. The Police had seen it, they liked it and could feel the good vibrations around it and the healing and the good energy. They contacted me shortly after that flag raising and asked me if I would be willing

to come in and perform a ceremony throughout the station. I liaised with Tony Rehn who had the support of Inspector Angus who had worked a lot up in the Cape and Far North Queensland for over 20 years. He had worked a lot with Aboriginal and Torres Strait Islander communities and they did a lot of this sort of stuff up there so I think he saw the opportunity to bring it to the Toowoomba Police Station and through communicating via emails and phone calls we organised a day to perform the ceremony at the station.

SMOKING CEREMONY AT TOOWOOMBA POLICE STATION



The whole idea was to create a healing environment and get better energies within the building itself while at the same time giving an element of cultural awareness and understanding of Aboriginal culture. I feel that it was a learning experience for some of the police officers there and an important step in building a better relationship between community and the police department.

I also feel that this has been a golden opportunity for us to move forward and break that negative cycle. In line with that understanding, we had a number of elders participate in the ceremony with us as well as other community representatives from Carbal and Goolburri, Council liaison officers, Police officers and Wayne Kite who played the Didgeridoo throughout the ceremony.

We felt that we all brought the ceremony together and it felt like a united community with a good cleansing and a good relationship being built. It gives us an opportunity to have ongoing meetings and communication with police and for maintaining that relationship to have better outcomes for Police and for community.

We are planning to have another ceremony at the Police station later in the year and hope that we will have more in the future."

Contact ~

Alan Martin
RAINBOW WARRIOR
spiritual healer and mentor

phone: 0497528718 or

email: rainbowwarrior240@gmail.com

CARBAL AGM

On the Tenth of August 2017 Carbal held its first Annual General Meeting as a company.

The evening was well attended by Company Members including all Directors, a number of senior staff and members of our external auditing team.

The Chair, Acting Treasurer, CEO and Auditor all provided information to members and attendees about Carbal's activities and the Auditor's report. This information is available online here.

The membership then voted on several minor changes to the constitution and without any opposition, to retain the current seven Company Directors.

Executive appointments were made in a closed session which resulted in the following Board of Directors:

» Chair: Dr Maree Toombs

» Deputy Chair: Cr Bill Cahill

» Treasurer: Ms Melanie Waters

Director: Ron Hampton
 Director: Colin Jones
 Director: Perry Miller

» Director: George Petroff

Carbal Directors welcome Aboriginal and / or Torres Strait Islander people interested in applying to be company members to contact our Hanna Court office on 0746880500.



CARBAL TACKLING INDIGENOUS SMOKING

Thomas is a 65 Year old man who started smoking at the age of 19.

Thomas' first attempt to quit smoking was back in 1999 after the passing of his wife. He quit and was smoke free for ten years.





Thomas took up smoking again in 2010 due to stress and was smoking a 25g pack of tobacco every two to three days. Now working at the Glengallen Piggery, he has decided that it is time to quit smoking again.

Thomas' main reasons for quitting are the rising costs of tobacco and the damage being done to his teeth.

Thomas started Champix in May 2017 and has been smoke free since June.

Thomas stated that the advertising campaign for the Carbal Can Tackle Indigenous Smoking was a major factor in helping him to think about his smoking.

For more Information, checkout our website, follow us on Facebook or call:

Toowoomba 0409 011 375

Or **Warwick 0409 196 014**





SEPTEMBER WEDNESDAY 27th OCTOBER WEDNESDAY 25th NOVEMBER THURSDAY 30th DECEMBER THURSDAY 21st

11am – 1pm Warwick Library, WARWICK

TALK TO US ABOUT:

SMOKING SUPPORT PROGRAM
EFFECTS OF SMOKING
WHY IS IT SO HARD TO QUIT?
LATEST QUIT PROGRAMS
ONE ON ONE SUPPORT FOR QUITTING

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











carbal.com.au

JUMPERS AND JAZZ FESTIVAL





Warwick Carbal Craft Group Go One Better at the 2017 Jumpers & Jazz Tree Jumper Exhibition

After receiving a Highly Commended award for their efforts in 2016 the group were thrilled and excited to be awarded the prestigious First Place in the 'Best Community Group Entry' for this year.

The highly motivated group chose 'Country' as their title and theme for this year's entry. The indigenous word, Country', was depicted in the art and craft work produced.

In Aboriginal English, a person's Land, Sea, Sky, Rivers, Seasons, Plants and Animals, Place of Spirituality: is called **'COUNTRY'**

Despite bitter weather on reveal day the group were out in full force to lend a hand and ensure the tree was decorated completely. A sausage sizzle and a continuous boiling billy helped warm the spirits.

Plans are already underway for next

testival that helped to form

INTEGRATED
TEAM CARE STAFF
SNAPSHOT



The Integrated Team Care Program is made up of 3 Chronic Disease Care Coordinators based in Toowoomba, 2 Indigenous Outreach Workers based in Toowoomba and Warwick and another Chronic Disease Care Coordinator based in Warwick - Carla Murphy:

"My passion has been Chronic Disease for quite some time now.

Through school in Roma I was one of the very few Aboriginal Year 9's that were successful in obtaining an Education to Employment Scheme Scholarship to support me through High School.

This was funded by Qld Health and I was lucky enough to undertake Business Studies through year 11 and 12.

This gave me a great opportunity to do paid work 1 day a week at the Roma Hospital during Years 11 and 12. Towards the end of Year 12, I was offered a permanent full-time Administration Position with the Outpatients Department.

After a few years in the hospital I felt like I needed a sea change (literally), I applied for a position on North Stradbroke Island where I had the great pleasure of starting out in an Aboriginal Medical Service.

Within 6 months of working there, I felt the need to try something challenging and new. I expressed my interest in a Trainee Aboriginal Health Worker position. From that moment on and after a thoroughly rewarding and challenging journey that has taken me from Mackay to Darwin, I found myself with Carbal in Warwick. In 2015 I began working within my new role as Integrated Team Care Coordinator.

Chronic Disease within Aboriginal Health is a huge passion of mine and I am thoroughly enjoying my role here at Carbal.

I have had great pleasure in working with health professionals in and out of Aboriginal Health; however working with our people within our communities is the highlight of it all for me.

Working on the ground with our elders, patients, their families and a community as whole, has been very, very rewarding."

Carla Murphy (proud Kooma woman from Cunnamulla SWQ)

Care Coordinator - ITC Program

Integrated TEAM CARE

(HRONIC DISEASE (OORDINATION & OUTREACH WORKER

CHRONIC DISEASE COORDINATION

ELIGIBILITY & REFERRAL

- » Identify as Aboriginal and/or Torres Strait Islander.
- » Have one or more of the following chronic diseases:
 - Diabetes.
 - Cardiovascular disease.
 - Chronic respiratory disease
 - ☑ Chronic renal (kidney) disease.
 - Cancer.
 - Mental Health.
- » Undertake a 715 Health Assessment and have a current GP Care Plan.
- » Provide Consent.
- Your GP will forward a referral to the Carbal Care Coordinator and be informed and be informed every step of the way as to outcomes achieved.

OUTREACH WORKER

REFERRAL

The referral can be provided by any stakeholder who identifies the need for transport.

This service also accepts self referrals.

ELIGIBILITY

- Identify as Aboriginal and/or Torres Strait Islander
- Provide Consent
- Require transport to a medical appointment or to access to medical facilitates.

TRANSPORT

Minimum of 24 hours notice of appointments is required to arrange suitable transport.

CONTACT

Toowoomba: 46880500, 18-20 Hanna Court

> Warwick : 46610800, 55 Wood Street

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Visit our website for news, podcasts and videos.





STRONG FATHERS, STRONG FAMILIES

'IT IS EASIER TO BUILD STRONG (HILDREN THAN TO REPAIR BROKEN MEN'

Frederick Douglass



Left to Right: Charlie Rowe (Carbal Strong Fathers), Alfred Orcher (AODS at DDHS), Stacey McCarthy (Community Justice Group Coordinator – Catholic Care), Nathan Thomas (Toowoomba South Cultural Advisor – Child Safety Services), Tony Rehn (Crime Prevention Officer – QPS), Luke Yuginovich – PCYC), Tammie Westman (Senior Case Manager - Probation and Parole), Quinta Maxwell (Senior Case Manager – Probation and Parole) Tome Kerwin (volunteer with QPS)

In early July, a number of agencies and individuals got together to acknowledge the important role that the Strong Fathers program plays in community.



"BEFORE STRONG FATHERS — STRONG FAMILIES EXISTED,
THERE WAS NOT A LOT OF SUPPORT FOR GUYS GOING THROUGH
THE PRO(ESS, BUT NOW THAT (HARLIE'S PROGRAM IS HERE,
THEY'RE HAPPY TO HAVE SOMETHING TO ENGAGE WITH AND
SOMEONE TO LOOK UP TO." — (ATHOLIC (ARE

Representatives gathered at Carbal's Hanna Court office to have a morning tea and express their thoughts on the efficacy of the program.

Representatives from Probation and Parole stated that they 'feel that the culturally relevant and comfortable interactions between Strong Fathers and clients moving through the Murri Court process make the clients more motivated to engage with the Murri Court process.'

Crime Prevention Officer, Tony Rehn, from the Toowoomba Police talked about how Strong Fathers was instrumental in breaking the cycle of offending and re-offending in individuals.

Representatives from Murri Court told of the '40 or so referrals sent to Charlie since last year', and the fact that 'out of those referrals to Strong Fathers there has been no re-offending occur.' They also talked of the guys who have engaged with the program have voluntarily re-engaged with Strong Fathers and Charlie even

.

when there has been no obligation for them to do so.'

Child Safety spoke of the 'Indigenous Fathers referred to Strong Fathers', and the 'change in those individuals after only a couple of weeks.' Child Safety believes that the Program is important for young men in the community.

Thank you to all that attended, and for acknowledging a program that is completely self-funded by Carbal and helps to improve the lives of community members and their families.

If you would like more information on Strong Fathers head to our website and click on Strong Fathers, Strong Families under Services and Programs or follow this link:

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

Or phone Charlie on 0746 880 500 or 0400 644 657

STRONG FATHERS; STRONG FAMILIES

Carbal Medical Services can help you and your family!

BEING A STRONG SUPPORT MODEL IS IMPORTANT FOR FATHERS

How you behave teaches your kids how to act when they grow up.

Some ideas that might help being a strong role model include:

- Teach your kids respect by being a good role model.
- Your daughter will learn about male/ female relationships by watching you, it is important she sees you showing care and respect for women in the family.
- Your son will watch you and copy what you do. This is how he learns about being a man, male/female relationships, friendships and his role in the community and family.

BENEFITS FOR (HILDREN WHO HAVE A STRONG RELATIONSHIP WITH THEIR FATHER:

- ☑ Better results at school.
- Have better relationships.
- Have a stronger connection with their community.

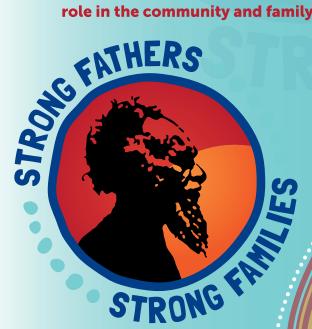
Call Charlie on 46 880 500 for more detailed program information.

THE STRONG FATHERS PROGRAM IS NOW AVAILABLE IN WARWI(K!

Call 46 610 800 and talk to Russell to find out session times and locations.

Carbal acknowledges all support provided by the Federal and State government Departments of Health and our many partners who assist us.





HARMONY IN THE HOME



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

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

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

Have a look at Our Mob, Our Special Place and other books by Carbal by visiting our website or following this link: http://carbal.com.au/story-books/

New Reparations Scheme

ment der the you may be entitled to make a claim.

If you believe the Queensland Government controlled your wages or savings' under the Act' and you were born during the eligibility period, you may be entitled to make a claim.

APPLICATIONS CLOSE ON 29TH SEPTEMBER 2017

Individual reparations

To be eligible, claimants MUST have had your wages or savings subject to government controls 'under the Act', and been alive on 9 May 2002.

New eligible claimants:

- \$9,200 to each person who was born on or before 31 December 1951; or
- \$4,600 to each person who was born between 1 January 1952 and 31 December 1959.

'Top-up' payments to previously successful applicants:

- \$2,200 to each person who was born on or before 31 December 1951; or
- \$1,100 to each person who was born between 1 January 1952 and 31 December 1956.

Including amounts paid under the previous reparations process, these 'top-up' payments will ensure previous claimants have received cumulative payments of \$9,200 or \$4,600.

For more information

https://www.qld.gov.au/atsi/having-your-say/reparations-scheme

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Queensland Government Reparations Scheme Applications Closing 29 September 2017