



CARBAL NEWS

Newsletter April 2015



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From the CEO



Carbal has recently signed an MOU with Mercy to facilitate Family and Child Connect (FaCC) - a new community-based intake and referral service for families in Toowoomba, Roma and Townsville.

The service aims to prevent families entering the child protection system through the provision of information, advice and supported referrals where required. FaCC Toowoomba and Roma are delivered to the community by Mercy Community Services in partnership with CARBAL Medical Centre, Lifeline Darling Downs & South East Queensland Limited and supported by the Queensland Department of Communities, Child Safety and Disability Services.

The service is staffed by a team of specialists who have an extensive knowledge of community resources and experience in domestic and family violence and child protection.

There are also dedicated Aboriginal and Torres Strait Islander workers available for families that wish to engage their services.

Anyone can contact FaCC for information, advice and support for connecting families with support services, however, the referral criteria for FaCC to work with families is:

- » the referred family has a child from unborn to 18 years of age, and
- » the child is not currently in need of protection, and
- » without support the child, young person and family are at risk of entering or re-entering the statutory child protection system, and
- » the family would benefit from access to intensive and specialist support services, and
- » the family has multiple and complex needs.

To contact your closest Family and Community Connect service call 1300FAMILY.

Regards,
Brian Hewitt - CEO

Suga Shakers Warwick Program 2015

The Suga Shakers Program provides a holistic service to clients with Type 2 Diabetes, including a clinical service, training in self monitoring and a comprehensive health and education program.

The program will run fortnightly and involve health assessments cooking sessions and diabetes education.

Suga Shakers runs for 8 fortnights at the Warwick clinic starting on the Friday 20th on February 11am - 2pm.

Role of the clients:

- » To attend the program each fortnight and as regularly as possible
- » To keep appointments they have been allocated
- » To see the Doctor if requested by the Health Workers
- » To listen to the Health Workers
- » To take part in the activities required to complete the self monitoring process
- » To develop a better understanding of their disease
- » To increase their knowledge and skills in the self monitoring process so they gain a better understanding of their disease
- » To be confident enough to ask questions of the health workers if they need further

Quiz Corner Answers

1. Delta Goodrem
2. Wattle
3. Canberra
4. Billabong
5. Special Broadcasting Service
6. Greg Page
7. Ned Kelly
8. Tracy
9. 'Waltzing Matilda'
10. An earthquake



Carbal Medical Centre

Our service is dedicated to improving the prevention and management of chronic disease through early intervention and improved access to culturally appropriate medical services.

Located at 9/91 Grafton Street, Warwick
Service Days are from Monday – Friday

- Indigenous - 715 Health Checks
- 721 Health Care Plans
- Transport available
- Immunisation
- Allied Health Specialists
- Women's Health
- Male & Female GP's
- Medicare Local
- Care Coordination and Supplementary Services
- HMR's
- Home Medication Review
- Suga Shakers
- Chronic Disease nurse and EEN Nurse

Warwick Carbal Medical Centre is now open.

So come on in and meet the wonderful staff
Please call 4639 7310 now to make an appointment

Opening hours

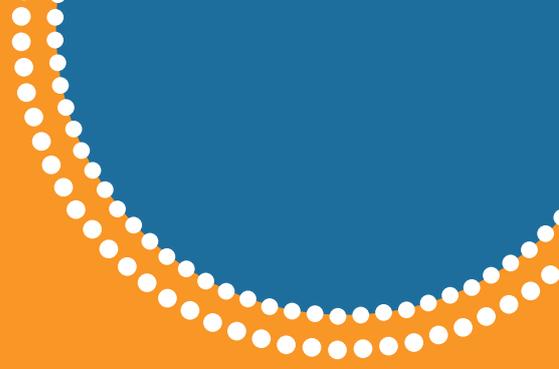
are from 8:30am to 4:30pm
with Doctors first appointments starting at 9:00am.

All services are Bulk Billed.

Transport to appointments available
We have male and female GP's



Carbal Medical Centre will provide Holistic World Class Medical and Health Care Services



Indigenous Business Australia

Carbal will shortly be hosting IBA (Indigenous Business Australia) at our premises in Russell Street, Toowoomba and at Grafton Street, Warwick.

Richard Burton from IBA will be holding individual interviews with people who are interested in considering an IBA Home Loan.

If you would like to proceed with enquiring about obtaining a housing loan bring with you to the interview two (2) recent payslips and a current bank statement and Richard will assist you to complete the forms.

Please let other members of the community who may be interested, know of this opportunity. Appointments are essential:

Tuesday, May 5th at Carbal Medical Centre, 114 Russell Street Toowoomba 9am – 4:30pm

Wednesday May 6th at Carbal Medical Centre, Shop 9, 91 Grafton Street Toowoomba 9am – 4:00pm

For further information and to book an appointment please call Richard Burton on 02 5622 8865, mobile 0429 104 436 or email Richard.burton@iba.gov.au

Regards,
Brian Hewitt - CEO



Tamika Campbell

Clinic Manager, Toowoomba.

Hi, my name is Tamika Campbell. My people are from the Mandandanji tribe.

I am an Endorsed Enrolled Nurse, and have been nursing since 2005. I started out in a rural hospital, before moving to Toowoomba in December 2007, when I began specialising in radiology nursing.

Indigenous health has always been a passion for me, and close to my heart. So when the opportunity arose to join the Carbal team, I jumped at the chance.

I would like to thank Carbal for giving me the chance to make a difference to help close the gap, provide education to those in need, provide health care, support and friendship to our Carbal





Free Shirts with Breast Screen

Local women are rallying together to encourage all women over 40 to book in for a free breast screen. Ladies if you are over 40 then you should be having a free breast screen every two years. When you have your next free Breast Screen you can also ask about getting a free shirt.

There's no shame in having a breast screen, it's quick, all the staff are very friendly and a female health worker can even come along for support.

BreastScreen Queensland Toowoomba Service offers group bookings for ladies who would like to come along with their mums, aunties and sisters.

One in eight Queensland women will be diagnosed with breast cancer at some point in their life, and of those, 90 per cent will have no family history of breast cancer.

So if you are over 40 and haven't had a breast screen yet, book now. The service is free and you don't need a doctor's referral.

BreastScreen Toowoomba Service is operated by Darling Downs Hospital and Health Service and is located at Toowoomba Hospital. Appointments are available **8.30am to 5.00pm weekdays; 8.30am to 7.30pm on the first Thursday of each month; and 9.00am to 12.00pm on the second Saturday of each month.** To book a breast screen phone 13 20 50.