

CARBAL YARNIN!

DECEMBER 2016



IN THIS ISSUE

From the CEO - Christmas message. Thank you to staff and members of the community

Yarnin Circle - Come together. Harmonious culturally appropriate space

PHaMs Vegie Patch - Creation of vegie patch!

History - Roberta Sykes

TASC - FREE Legal advice

HIV Awareness Week - Information for community

Carbal Art Group - Community project

and much much more.....



NEWSLETTER | DECEMBER 2016

CEO - MESSAGE

Thanking each of our staff for their commitment and enthusiasm

Dear valued members of the Carbal Medical Services Community,

Christmas is almost upon us and so this will be our final newsletter for the year. It has been a year of enormous expansion and diversification for Carbal. Of great significance has been our change from Association to Company status.

The change to Carbal Aboriginal and Torres Strait Islander Health Services Inc. will ensure that Carbal remains as a transparent, efficient and accountable partner with governments in providing essential health services to mob within our service region.

Carbal is now operating three clinics and delivering fourteen programs to communities across the Darling Downs and South West. Additionally, we have agreements to support extensive and vitally important health research with Qld universities and are engaged at a local level with initiatives including the Murri Court and the 'Call Me Dad' domestic violence program.

I would like to take this opportunity to thank the members of the Carbal Medical Services board; Maree Toombs (Chair), Cr Bill Cahill (Deputy Chair), Judith Standen (Treasurer), Ron Hampton and Perry Miller for their significant commitment and contributions to the organisation. Our Board of Directors willingly give of their time and expertise to ensure that the charter and spirit of intent of the company members and our community are respected and furthered through our operations. They have been a wonderfully supportive board to work with and I commend them on their collective passion and vision for the organisation.

Carbal staff will soon take a well-earned break as we cease operations over the Christmas holiday period **(Carbal will be closed between the 22nd December and the 2nd January inclusive)**. Collectively, the staff at Carbal have contributed enormously to what could only be described by any measure, as an extremely successful and rewarding year.

I thank each of our staff for their commitment and enthusiasm and for understanding what a vital role Aboriginal Health Services play in 'Closing the Gap'. I would especially like to thank my senior staff for their tireless work, their support and their loyalty – I have not worked with a finer or more decent group of people during my career. Throughout my changing career paths,

I have always adhered to a very simple philosophy on life....namely that,

"We are what we live"..... We are rarely what we say we are.....

If we can endeavour to simply be a decent person and to treat others with respect and decency, everything else will fall into place – I know that this is true and I see wonderful examples of it at Carbal, each and every day.

I hope that during this season in particular, we can take the time to show some compassion and support for those in our community who are down on their luck and doing things tough.

Kindness is an immeasurably powerful cure for many ailments.....

To the members of the Carbal community, thank you for your continued support for our services throughout the year. I wish you all a very happy and peaceful Christmas and I sincerely hope that the new year brings all of the happiness and rewards that it possibly can to each of you.

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

CARBAL YARNING CIRCLE

Back in September, after receiving input from community, Carbal undertook to create a space where people could come together and yarn up, tell stories and learn in a comfortable, inviting, spiritually harmonious and culturally appropriate space.

The Carbal Yarnin Circle was the result. From vision to reality took close to three months and to make this special place a reality was a journey all of its own!

After overcoming hurdles that included:

- » one particularly unreliable supplier,
- » unyielding plovers,
- » a brutally stubborn and unnecessarily thick cement path,
- » much scratching of heads,
- » the use of unacceptable amounts of mulch,
- » and a spitting cement mixer

Kurt Lebsanft, Carbal's maintenance manager, with his unrelenting persistence as the sole construction team member, was able to usher into existence, a space that we hope will be appreciated and well utilised by the community for years to come.

traditional communication, indigenous cultures, message sticks, storyboards.

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 instil power into our everyday lives.

This space will 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.

CARBAL YARNING CIRCLE



PHaMs VEGIE PATCH



PHaMs are very happy to announce the creation of their very own Vegie Garden!

PHaMs staff and the clients have been working very hard to grow some awesome veggies and to keep the critters away!

Cannot wait to start cooking some healthy summer meals with our PHaMs Groupies!

In our garden we are growing:

- Lettuce
- Tomatoes
- Sweet Potatoes
- Chillies
- Capsicum
- Carrots
- Onions
- Spring Onions
- Beetroot
- Silver beet
- Snow Peas
- Cucumbers
- Mint
- Thyme
- Basil
- Coriander
- Rosemary!



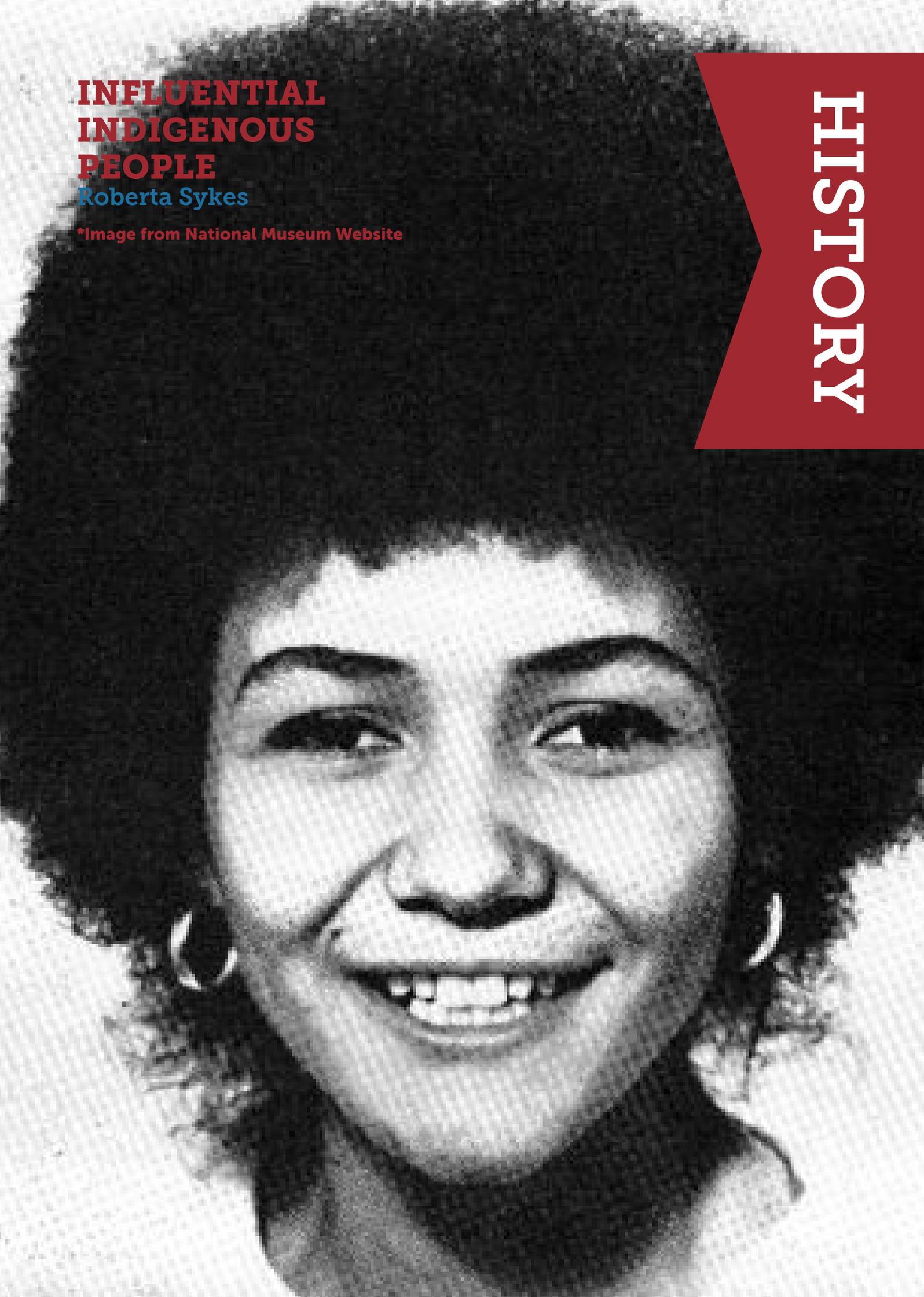
THANKS TO SHONTELLE HAGAN FOR SHARING
HER HARVEST WITH US!

INFLUENTIAL INDIGENOUS PEOPLE

Roberta Sykes

*Image from National Museum Website

HISTORY





Roberta ("Bobbi") Sykes, photo courtesy University of Queensland Press

INFLUENTIAL INDIGENOUS PEOPLE

Roberta 'Bobbi' Sykes was born about 1944 in Townsville, Queensland.

Raised by a white mother, she came to identify as an Aborigine in her teenage years (although this identification became controversial after her mother claimed Sykes' father was an African-American serviceman), and her experience of racism while growing up in far-north Queensland profoundly affected her.

She attended St Patrick's College in Townsville, but left school at the age of 14 and worked as a nursing aid. At the age of 17 she was raped and became pregnant; her harrowing experience during this ordeal and the subsequent court trial is detailed in her critically acclaimed autobiography *Snake Dreaming*.

Sykes became involved in the Aboriginal Rights movement in Queensland in the 1960s. In 1971, she moved to Sydney, where she helped establish the Aboriginal tent embassy in Canberra, and later worked as an Education and Publicity Officer for the Redfern Aboriginal Legal Service, becoming a counsellor and an adviser on Aboriginal health to the New South Wales government.

During the 1970s she also worked as a freelance journalist and essayist, and began writing poetry. Her poems, along with her other writing, reflected her activism and critical stance on Australian society. Her first poetry collection, *Love Poems and Other Revolutionary Actions*, was published

in 1979. It was republished twice: by the University of Queensland Press in 1988, and in a dual language German-English version in 1990.

In the late 1970s, an American professor visiting Australia met Sykes, and arranged for Harvard University to invite her to its postgraduate program. After raising funds through various community organisations, she left for the USA, and eventually completed both a Masters and PhD in Education at Harvard – becoming the first black Australian to be awarded a doctorate from an American university.

On her return to Australia, she lectured at various tertiary institutions, and developed an international profile as a guest speaker as well as a writer. Her second volume of poetry, *Eclipse*, was published in 1996. Her three-volume autobiography *Snake Dreaming: Autobiography of a Black Woman* (2001) was initially published in the separate volumes *Snake Cradle* (1997), *Snake Dancing* (1998), and *Snake Circle* (2001).

Poetry Collections:

Love Poems and Other Revolutionary Actions (Camberay, NSW: Saturday Centre, 1979).

Eclipse (St Lucia, Qld: University of Queensland Press, 1996).

Suggested Further Reading

Wanda Coleman, 'Bobbi Sykes: An Interview,' *Callaloo* no.24 (1985), pp. 294–303. <http://www.jstor.org/stable/pdfplus/2930979.pdf>

Jennifer Kelly, 'Poetry Explores Aboriginal Thinking,' *Antipodes* 11.2 (1997), p. 123.

Sonja Kurtzer, 'Is She or Isn't She?: Roberta Sykes and "Authentic" Aboriginality,' *Overland* no. 171 (2003), pp. 50–56.

Cliff Watego, 'Roberta Sykes with Cliff Watego: *Love Poems and Other Revolutionary Actions*,' in Gerry Turcotte, ed., *Writers in Action: The Writer's Choice Evenings* (Sydney: Currency Press, 1990), pp. 25–41.

Jennifer Woodhouse, 'Living Close to the Bone,' *Hecate* 14.2 (1988), pp. 85–90

'Roberta Sykes (1944c.-2010)', <http://www.poetrylibrary.edu.au/poets/sykes-roberta>, 2015, (accessed 5 December 2016).

For more information on Roberta Sykes head to the Australian Poetry Library online at: <http://www.poetrylibrary.edu.au/poets/sykes-roberta>

*Content supplied with kind permission from the Australian poetry Library
http://www.nma.gov.au/indigenous/people/pagination/roberta_sykes

DO YOU NEED FREE LEGAL ADVICE?

TASC is pleased to announce its collaboration with Carbal Medical Services!

Charlie Rowe shows some members of TASC around the new Yarning Circle, they were given some important insight into Aboriginal culture and knowledge of what the Yarning place represents(19)



TASC will be hosting a **FREE** legal clinic every Tuesday afternoon in the areas of **criminal and family law, domestic violence and child protection** at

Carbal Medical Services

18-20 Hanna Court, Toowoomba.

We encourage all those who may be interested in this service to contact (07) 46 880 500 to schedule an appointment.



If you would like to learn more about TASC visit our website www.tascnational.org.au or join us on Facebook!

Carbal Medical Services

is pleased to announce that

TASC

will be offering

FREE LEGAL ADVICE

to Indigenous people and their families at
our Hanna Court offices on Tuesday afternoons

For more information about TASC and the
services they offer please visit their website
tascnational.org.au

Where: 18-20 Hanna Court, Kearneys Spring

When: Every Tuesday afternoon

How: Simply call **07 46 880 500** if you
wish to make an appointment



carbal.com.au

Version 1 November 2016

HIV AWARENESS WEEK

Current treatments, reduction in transmission, normalising screening and helping to reduce stigma

On the 2nd of December, Mary Street Clinic held a sausage sizzle to promote HIV awareness and help inform members of the community about current treatments, reduction in transmission, normalising screening and also helping reduce the stigma associated with HIV.

The day also served as a platform to inform the community about what new treatments are available. There were also some great suggestions from some of our Elders on how to reach out to the younger generations.

Over all, the event was a great success and huge thanks are due to Terri Celledoni who had everyone from Sunrise Way rehabilitation centre attend as well as members of the community.

Thanks also to Dr Adrian Castelli, Louise Martin, Chantal Draper and Kurt Lebsanft for helping to organise and set up the event.



Some of the goodies on offer helping to inform the community



Christopher Raymonde with Dr Adrian Castelli



Carbal

ART GROUP

LOCAL PROJECT



A model of the completed display

The Carbal Art Group was approached last week by Mr John Simpson, a retired Warwick art teacher, to participate in an exciting local project.

The project is to erect a 15 metre high sculpture honouring the role of horses in the Warwick area. His vision is to put Warwick on the map with this iconic display.

Mr Simpson has asked the Carbal Art Group to participate by painting the boomerang shaped plinth surrounding the base of the sculpture with Indigenous designs.

It is hoped the sculpture will be ready for a grand opening planned for September 2017.

THANKS TO JANET EYLES FOR LETTING US ALL KNOW ABOUT SOME OF THE GREAT WORK BEING DONE WITH THE COMMUNITY IN WARWICK.





Louise Martin, Dr Adrian Castelli and Terri Celledoni at Carbal's Mary Street clinic

CARBAL'S NEW SEXUAL HEALTH INITIATIVE

Watch this space!

Exciting times ahead, Carbal is always striving to improve its services to our community and 2017 will be no exception. Carbal Mary Street clinic will be introducing a service to help support, inform and treat members of our community with any sexual health concerns, questions or symptoms.

The service is scheduled to start early in 2017 with a half day drop in available, this means no appointment is required, you can just call in and let reception know you are here for the drop in service, no shame.

A dedicated doctor and or nurse / Aboriginal health worker will see you privately for you to discuss and ask what ever you need in relation to sexual health, we can screen there and then and for some conditions, treatment can start immediately.

If you just feel you would benefit from knowing more about this topic then we are more than happy to chat, one on one in complete confidence, this is between you and your chosen medical professional.

Watch this space and keep an eye on Carbal's Facebook page for further information regarding start dates, days and time. Or simply enquire on your next visit.

When we know better, we do better. Taking control of our own health and wellbeing is empowering – own it, it's yours to own!

Thank you Terri and Adrian for your contribution.

WHO'S READY FOR A SMOKE FREE 2017



WANT TO BE HEALTHIER WANT MORE MONEY WANT TO BE FREE OF CIGARETTES

THEN MAKE YOUR APPOINTMENT NOW WITH CARBAL CAN TACKLE INDIGENOUS
SMOKING TEAM MEMBERS TODAY TO START YOU ON YOUR QUIT JOURNEY

JOIN MANY OTHERS THAT HAVE STARTED THEIR QUIT JOURNEY

SOME ARE STILL ON THE JOURNEY OF QUITTING WHILE OTHERS HAVE SUCCESSFULLY
COMPLETED THEIR JOURNEY AND ARE NOW SMOKE FREE

IF YOU WOULD LIKE TO MAKE AN APPOINTMENT OR JUST WANT
SOME MORE INFORMATION CALL:

4639 7300 / 0409 011 375

DECEMBER SUCCESS STORY

On the 5th of December a client stated that he had QUIT SMOKING and after several attempts of patches and no support he really didn't think he could do it, but with the support of our TIS program he has done it. He is 74 and has been smoking since he was 16, had triple bypass surgery years ago but still was unable to quit long term. The client stated that he is already feeling much better and is determined to keep going with the help and support offered by the program.

PLEASE REMEMBER THAT ALL CARBAL MEDICAL SERVICES SITES ARE SMOKING FREE
INCLUDING THE CARPARK AREAS

VISIT WEBSITE

Carbal Medical Services

has teamed up with

RELATIONSHIPS

AUSTRALIA

to provide free onsite counselling services through the Victims of Crime Support Service (VCSS).

Relationships Australia.



If you have ever been affected by 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',
112-114 Mort Street on
Thursdays**

to provide counselling and support.

**For more information or to make an appointment,
please call the Hub on 46 339 500.**



carbal.com.au

Version 1 December 2016

715 HEALTH CHECKS

CTG launch days - Toowoomba and Warwick clinics

Warwick and Toowoomba had plenty of people booking in to have their 715 checks after successful CTG launch days at both the Toowoomba and Warwick clinics

Everyone who attended were treated to a sausage sizzle and were kept up to date on the latest services available from Carbal. Thanks to Kerry and Louise and everyone who made the days such an enjoyable affair.

A reminder to members of the community to make sure you check your CTG status at your next appointment!



NDIS

From the 1st of January 2017 the **National Disability Insurance Scheme** will begin in the **Toowoomba and The Southern Downs**



The aim of the NDIS is to support people with a disability and their families. Participants in the NDIS will be able to choose the services and supports that best suit their needs.

Carbal is committed to supporting all mob by providing information about the NDIS and helping them to prepare for this big change. Carbal will be providing a range of culturally appropriate services through the NDIS.

For more information please call

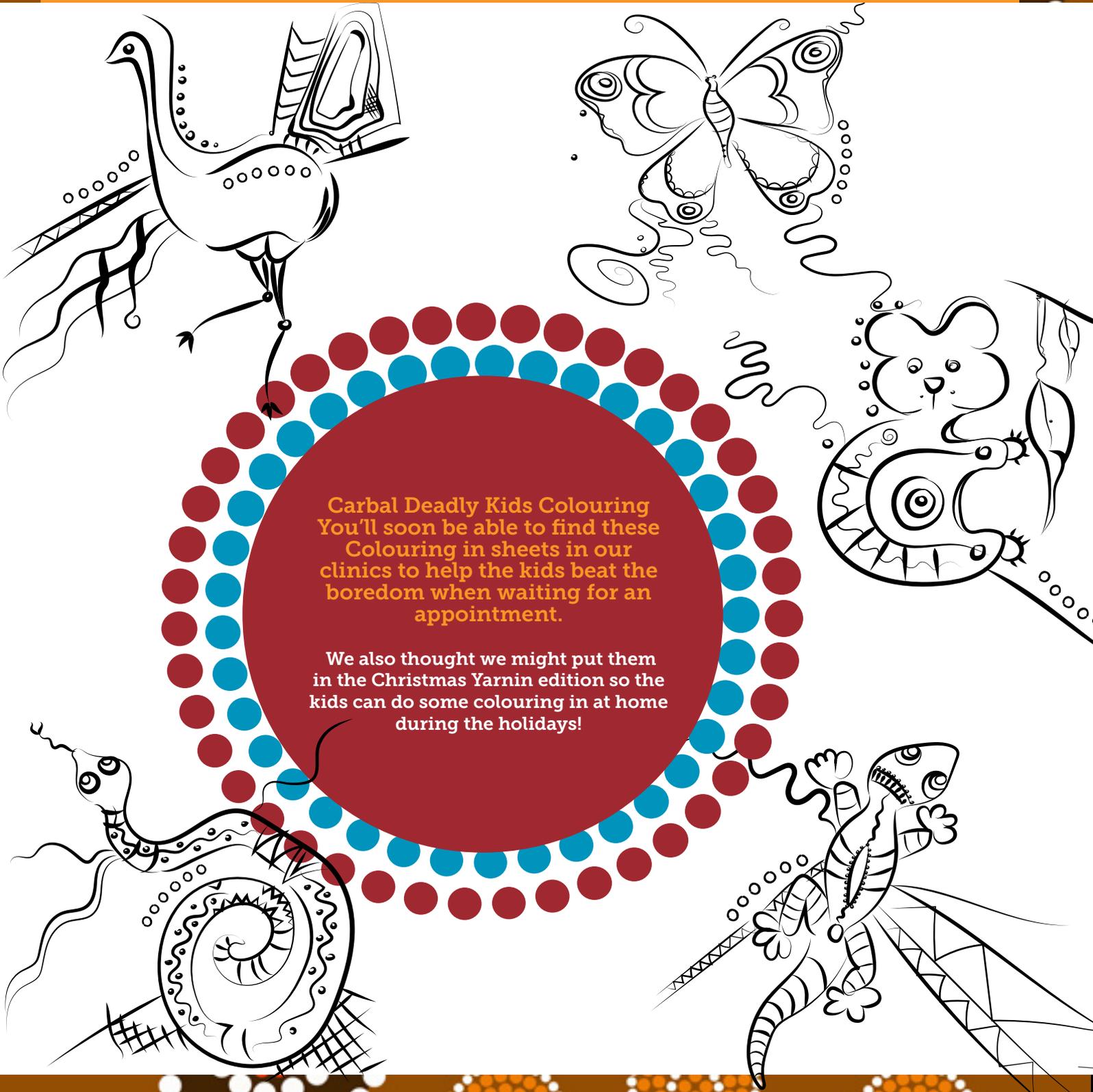
07 4639 7400

or got to

carbal.com.au

CARBAL DEADLY KIDS COLOURING

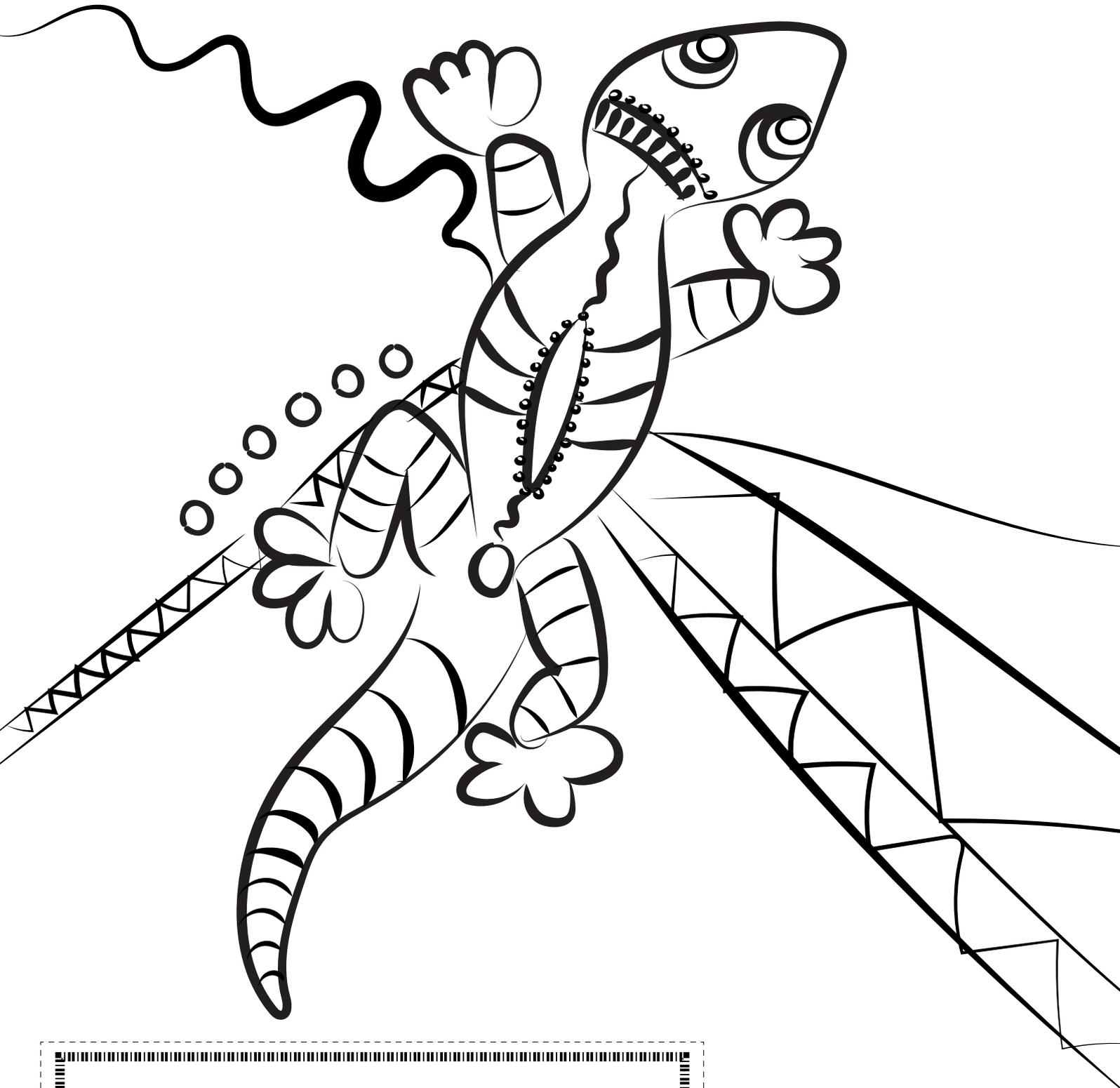
Show us your colouring in!



Carbal Deadly Kids Colouring
You'll soon be able to find these
Colouring in sheets in our
clinics to help the kids beat the
boredom when waiting for an
appointment.

We also thought we might put them
in the Christmas Yarnin edition so the
kids can do some colouring in at home
during the holidays!

CARBAL KIDS



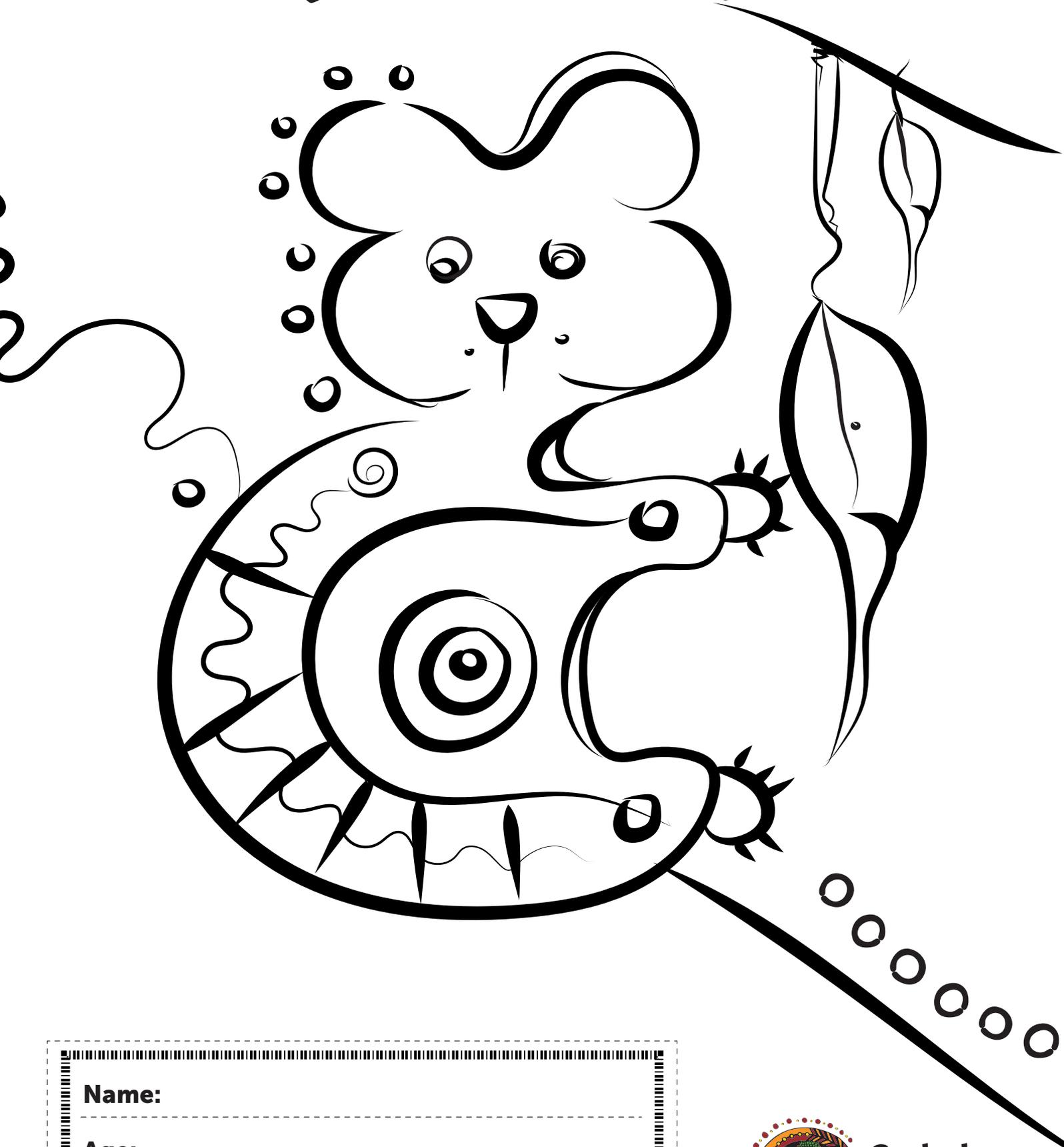
Name:

Age:

What is your totem?



CARBAL KIDS



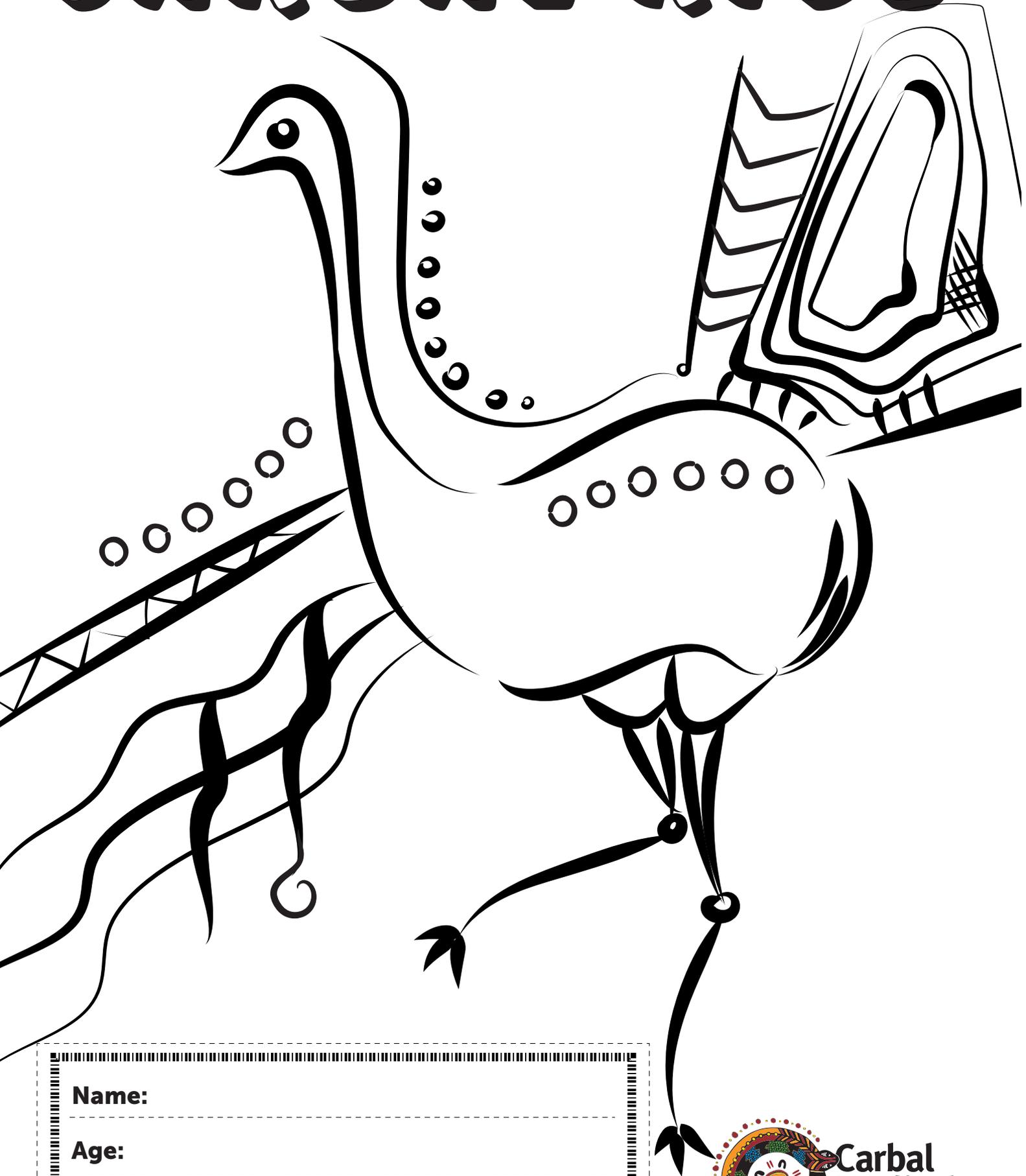
Name:

Age:

What is your totem?



CARBAL KIDS



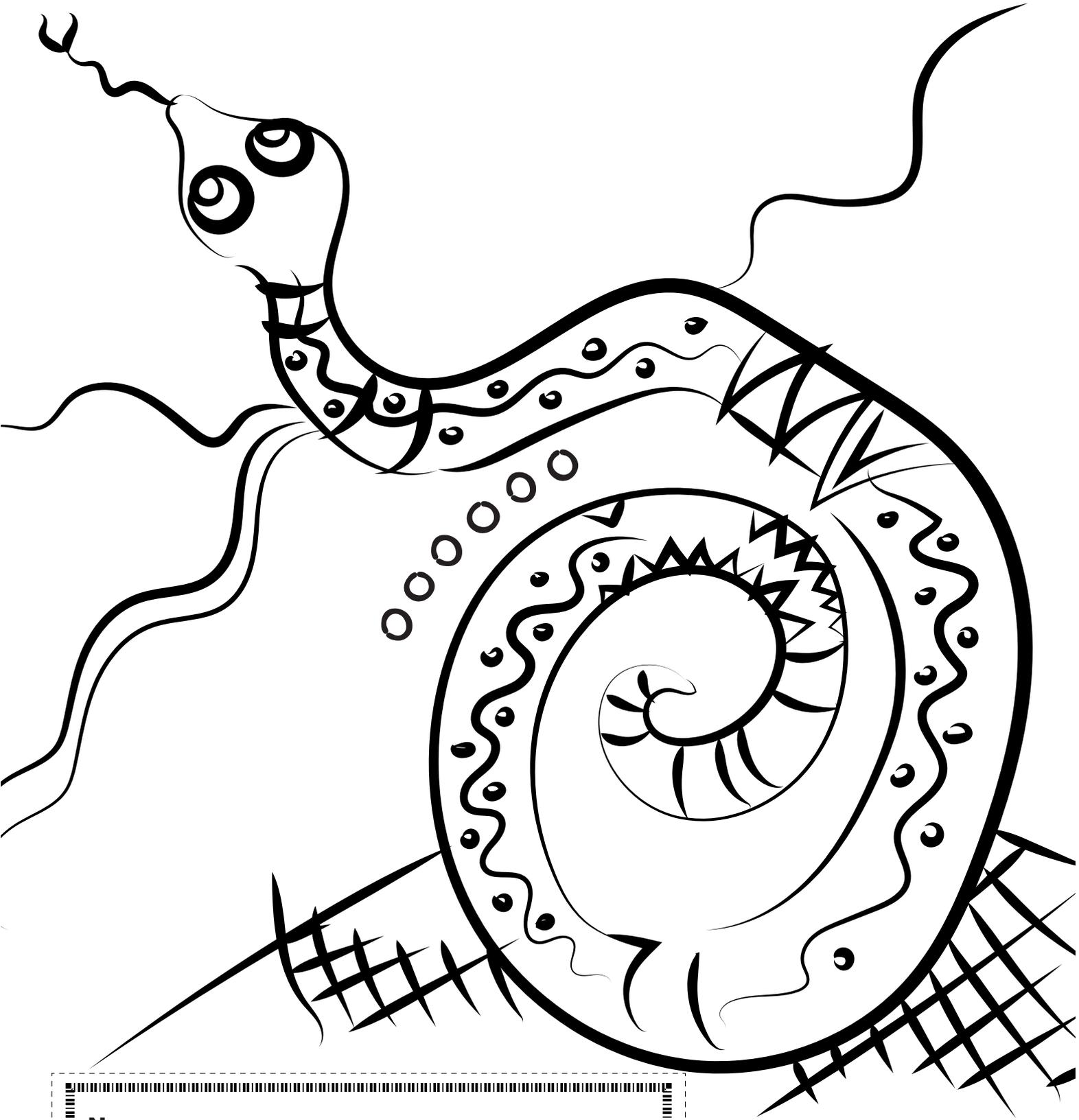
Name:

Age:

What is your totem?



CARBAL KIDS



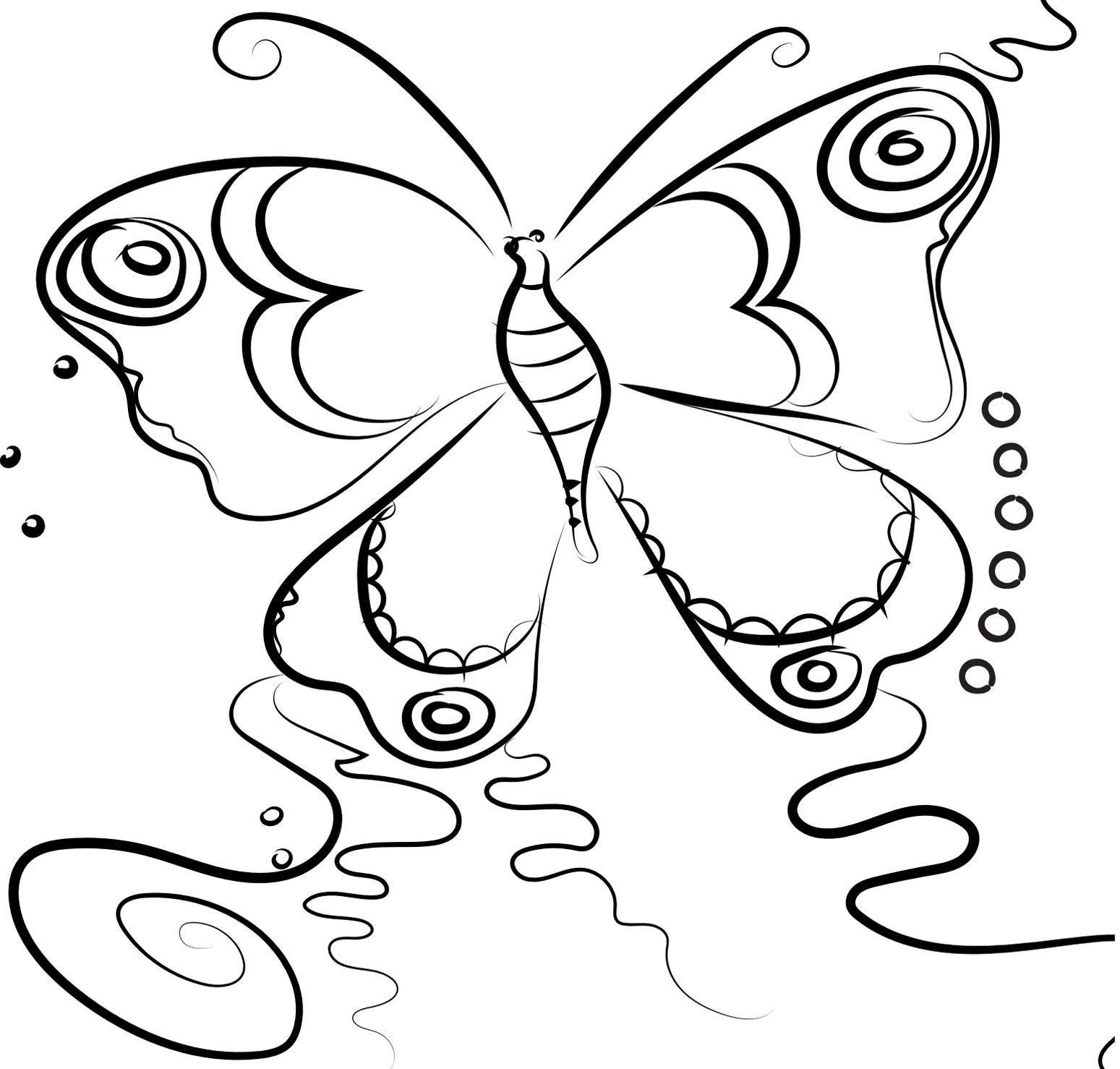
Name:

Age:

What is your totem?



CARBAL KIDS



Name:

Age:

What is your totem?





*Have a safe and happy
Christmas from all the team at
Carbal Medical Services...*

CARBAL MEDICAL SERVICES

We would like to advise that Carbal is closed for the holiday season

from 4.00pm Wednesday 21st December and re-opens Tuesday 8:30am 3rd January.



For after hours medical service

If you are in the Toowoomba area please call 13SICK (137425), or go to Toowoomba Hospital emergency.

If you live in the Warwick area please call Warwick Hospital 4661 6900 or go to Warwick hospital emergency.

If you live in Stanthorpe please call the Stanthorpe Hospital 4683 3400 or go to the Stanthorpe hospital emergency.

We wish you and your mob a happy and safe Christmas and look forward to providing services in 2017.

FOR A HOME VISITING DOCTOR

**13 SICK
7425**

WEEKNIGHTS • WEEKENDS • PUBLIC HOLIDAYS



carbal.com.au

Version 1 December 2016