



**BELOW:** Dr Lara Wieland and her husband Ron Gillespie with the children on camp.

# OUT THERE KOWANYAMA

DR LARA WIELAND LIVES AND BREATHE THE AMA QUEENSLAND FOUNDATION'S CHARTER 'DOCTORS DOING GOOD'. LONG TIME AMA QUEENSLAND MEMBER AND MEMBER OF THE AMA INDIGENOUS HEALTH TASKFORCE, LARA HAS DEDICATED THE PAST 13 YEARS TO EDUCATING AND EMPOWERING THE CHILDREN OF A REMOTE INDIGENOUS COMMUNITY IN FAR NORTH QUEENSLAND.

For the children of Kowanyama, life can be a patchwork of challenges. Many of them come from difficult backgrounds and there are high levels of social dysfunction within the community. Lara's holiday and leadership camps program, Out There Kowanyama, allows the children the freedom to learn and have fun in an environment where they feel valued and safe. "The time we spend with the kids gives them happy memories they can draw on later in life to help them get through the tough times, and to inspire and motivate them when faced with the obstacles they will inevitably come up against as they go through life", Lara says.

Kowanyama is very remote and the surrounding terrain is harsh. This means transport is a huge issue and with no funds available for car hire and no money to purchase a four wheel drive, Lara's gravely concerned the camps will stop. AMA Queensland Foundation, through this year's Christmas Appeal, is hoping to raise a massive \$40,000 for Lara to purchase a second-hand four wheel drive to transport the children to and from the camps.

"These camps are vital for educating the children about hygiene, healthy food choices, budgeting, shopping and behaviour in preparation for [necessary due to the remoteness] boarding school and life outside the community, but they get so much more out of it than that," Lara points out. "It goes beyond the learning, health promotion and sports activities. The program instils confidence, resilience and self belief in these kids." **Q**

To help Lara, visit the website and donate now.



## THANK YOU DOCTOR

As Christmas approaches, many well-meaning patients will try to give you a present, perhaps a bottle of wine or box of chocolates, to show their gratitude and appreciation for the high level of care and support they have received. As we know, it is unethical to accept gifts; however there are many worthwhile causes you would love your patients to support. Here is the answer, simply give them an AMA Queensland Foundation Thank YOU Doctor brochure or suggest they make a donation online at [www.amaq.com.au](http://www.amaq.com.au)

The AMA Queensland Foundation Thank YOU Doctor Program offers patients the opportunity to express their appreciation in a tangible, tax efficient way and all funds are directed to projects driven by AMA Queensland members. Contact the AMA Queensland Foundation to request a Thank YOU Doctor poster and brochure pack. **Q**

### DOCTORS DOING GOOD

Do you have a project which needs financial assistance?

Contact Colleen Harper, Foundation Manager:

**Phone:** (07) 3872 2204

**Email:** [c.harper@amaq.com.au](mailto:c.harper@amaq.com.au)

**Website:** [www.amaqfoundation.com.au](http://www.amaqfoundation.com.au)



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**thank you**  
to YOUR doctor?

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The TressCox Pro Bono Practice has a particular commitment to organisations with a health or disabilities focus. This commitment to pro bono work is an

integral part of the firm's philosophy and role as a responsible corporate citizen.

The AMA Queensland Foundation is honoured to have the invaluable support of TressCox which has recently advised on the Foundation's governance and structure. **Q**

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