

## WILCANNIA WINGS



Well-implemented, quality after school programs and holiday activities at Wings are supporting healthy learning and development for Wilcannia's children.

Wings has long been providing after school and holiday activities for children and teenagers in Wilcannia. The Centre actively promotes healthy and active lifestyles and recently has taken on a more focused approach to program delivery. There are weekly healthy cooking classes facilitated by Maari Ma dietitians, youth resilience programs and female protective behaviour classes. The recent Easter Wings Holiday program involved children undertaking a variety of Easter craft

activities with assistance from Save the Children staff as well as a host of sporting events and a BBQ. Children also learnt about ANZAC Day and made commemorative poppies (pictured). Wings Coordinator, Natika Whyman, received Young Citizen of the Year in the 2014 Australia Day awards and has attained a Certificate IV in Business. She heads a team of youth workers in the well resourced facility that provides both indoor and outdoor activity areas.

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MAARI MA HEALTH  
ABORIGINAL  
CORPORATION REGION OF  
SERVICE



# CAPITAL WORKS UPGRADE

Maari Ma is undergoing a multi million dollar redevelopment project which will see the Regional Office in Argent Street house primary health care services. Only minor works and no structural changes are proposed for the current Primary Health Care Service building which will accommodate management and administrative functions. Regional Office staff have relocated to two sites during the works which are expected to take around 12 months

to complete. Additional primary health care programs, an increased number of clinics and a significant rise in the number of clients accessing a range of services meant more space was required. The completed redevelopment will provide excellent facilities for Maari Ma's clients and staff and there'll be no disruption for them or for service delivery during the redevelopment—they'll just need to move across the road to a new facility.



The picture above is the architect's impression of what will be Maari Ma's new Primary Health Care Service building in Argent Street. Work is starting in June 2014 and is expected to take approximately 12 months to complete. Impression courtesy Burns Aldis.

At the request of the Department of Education and Communities, Maari Ma staff have delivered a special presentation to school students at Menindee and Wilcannia which focused on building self esteem and body confidence. The Sista Speak presentation was delivered last year by Dietitian Elisa Rossimel and Healthy Lifestyle Worker, Shannon Oates, at the Broken Hill High School and helped turn around body misconceptions portrayed by the media. It was so well received by students the Department asked if Maari Ma could take the Sista Speak presentation to students at Menindee and Wilcannia. Healthy Lifestyle Coordinator, Cher Twe and Shannon, presented to the students in May which again was very well received. The focus was on body confidence, self esteem and the self-

## SISTA SPEAK

critical nature of people which can lead to under achievement. They also talked about how the media 'photoshops' and enhances images.

Over 60% of girls avoid certain activities because they feel bad about their looks.

For example:

19% won't try out for a team or club

23% won't go to the beach or pool

13% won't give an opinion

15% won't go to school

Source: Dove Global Study 2010

# COMMUNITY CLINIC



Maari Ma is taking Wilcannia clinics to the community in a new purpose built van. The clinic will be driven around the town and will provide an additional means of accessing and delivering services to Wilcannia residents. Funding for the van has been through Remote Service Delivery and the impressive artwork is by Maari Ma Transport Officer, Guy 'Smiley' Crawford. There'll be no mistaking where a Maari Ma clinic is being held.



## MENINDEE WINS NSW CHALLENGE

Congratulations to the Menindee Fat Yabs who have won this year's George Rose Knockout Health Challenge - a primary prevention program run by NSW Health in partnership with NSW Rugby League. The Fat Yabs competed against 30 other teams across the state over 10 weeks and collectively lost 178 kilograms - a total weight loss percentage of 8%. Maari Ma's dietitians provided regular nutrition sessions during the challenge to both the Fat Yabs and their local competitors, the Fantastic Wedgies. The sessions consisted of two elements - education and cooking activities. In recognition of their winning achievements, the Fat Yabs received \$20,000 in funding to support their community to be healthy.

## LEARNING ABOUT FOOD—A HEALTHY START



Kiwi fruit is regarded with a great deal of suspicion by some children at Broken Hill's Bugdlie Pre-School but finally taste wins over and the class has learnt that while kiwi fruit maybe furry and fuzzy on the outside it tastes good on the inside, and is highly nutritious.

Maari Ma's weekly nutrition class at Bugdlie Pre-School is now into its second year and Healthy Lifestyle Worker, Shannon Oates, conducts touch, taste and talk lessons with children to introduce them to new fruit and vegetables. While bananas and apples are familiar fruit in lunchboxes, many

children have not tried more exotic types of fruit or tried vegetables such as fresh peas and beans. By the end of the year the pre-schoolers have been exposed to a wide selection of new fruit and vegies to help them develop good eating habits throughout their lives.

The Maari Ma Regional Office 443 Argent Street is temporarily relocating to 304 Oxide Street ( former Skillshare building corner of Oxide and Thomas Streets) as of 10/06/14 due to construction of the new Primary Health Care Service.

Clients wanting to access the computers and information which are part of the Indigenous Community Links program can continue to do so at the temporary site.

Regional Office hours 8.30am—5.00pm Mon – Fri  
Phone 08 8082 9888

The Maari Ma Primary Health Care Service will remain open at its current location, 428 Argent Street, during this time.

Open 9.00am -5.00pm Mon – Fri  
Phone 8082 9777



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