

Wilcannia Community Newsletter

December 2017 - Issue 20



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Merry Christmas from all of us!

On Friday the 1st of December, Maari Ma staff from Broken Hill and Wilcannia came together for our annual staff meeting. It was a busy but enjoyable day where staff members got to share what impact Maari Ma is having on the community. There were some great presentations from the teams with interviews of community members talking about our different programs. It was fantastic to see that overall Maari Ma is having a positive effect on the community and it was good to hear ideas on how we can improve our services and programs.

Our staff would like to wish you and your family a very Merry Christmas and a safe and Happy New Year. We hope to see you and your family in 2018!

Our Christmas wish for you

*May your troubles be less
And your blessings be more,
And Christmas bring you
happiness like never before.*

*Have a great start to
Christmas week and
All the very best for the
Festive season.*



Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW

CHRISTMAS CLOSURE

Maari Ma Health (Regional Office & Primary Health Care Service) will be closed from Monday the 25th of December, reopening on Wednesday the 3rd of January 2018.

During the closure if you are sick you will need to present to the Wilcannia Hospital or Broken Hill Health Service. If it is an emergency, please call 000.



www.maarima.com.au



admin@maarima.com.au



www.facebook.com/maarima-health/

WILCANNIA COMMUNITY DINNER

The Christmas Community Dinner was held in Wilcannia on Thursday the 30th of November. This was the final dinner of the year and was held in conjunction with the 'Reclaim the Night' march, organised by **Mary Ronayne** and **Alicia Russell** of the Wilcannia Safe House.

On the menu for the event was roast chicken, slow cooked lamb, maple glazed ham, potato bake, roast and steamed vegetables, trifle cups and caramel pear pudding.

Tania and **Elsie** worked hard throughout the day to prepare a lovely Christmas themed meal for the community. All of the children who attended received a Christmas present or two, with the remaining gifts being donated to St. Therese's School. Approximately 50 to 60 community members attended the dinner which was a great turn out considering the stormy weather!

A big thanks to **Lynley** and **Maree** for helping out with serving food and cleaning up afterwards!



CONGRATULATIONS NATIKA!

WINGS Co-ordinator, **Natika Whyman**, recently received a special recognition at this year's Youth Action Youth Work Awards which were held at a gala ceremony in Sydney.

Natika received a highly commended certificate in the NSW Youth Worker of the Year category. Natika was one of 28 nominations from across the state in that category. We are all very proud of her and the work she does at the WINGS Drop-In Centre in Wilcannia. Well done Natika!

Natika Whyman receiving her certificate



TOBACCO TIPS FOR THE HOLIDAY SEASON

The holidays are often a time of family, friends, and celebration, which also means shopping, parties, and resolutions. It's no surprise that the holiday season can also be a time of stress, making it difficult to quit tobacco or to stay tobacco free.

Try these tips for managing stress and staying tobacco free during the holidays.

Stress—Make a list of stress relievers and keep it close by for when you're feeling overwhelmed by holiday activities. If you need to relax, try using one of your favourite stress busters, or try exercising, doing a puzzle, or meditation instead of taking a tobacco break.

Meals— After a meal you may want to reach for a cigarette or other tobacco product. Keep sugar-free gum or mints in your pocket, brush your teeth, talk with someone, or go for a walk to avoid reaching for tobacco after eating.

Alcohol—If you find that drinking alcohol makes you want to use tobacco, consider cutting back or not drinking alcoholic beverages while you're quitting. Try a different celebratory beverage, like a glass of sparkling cider.

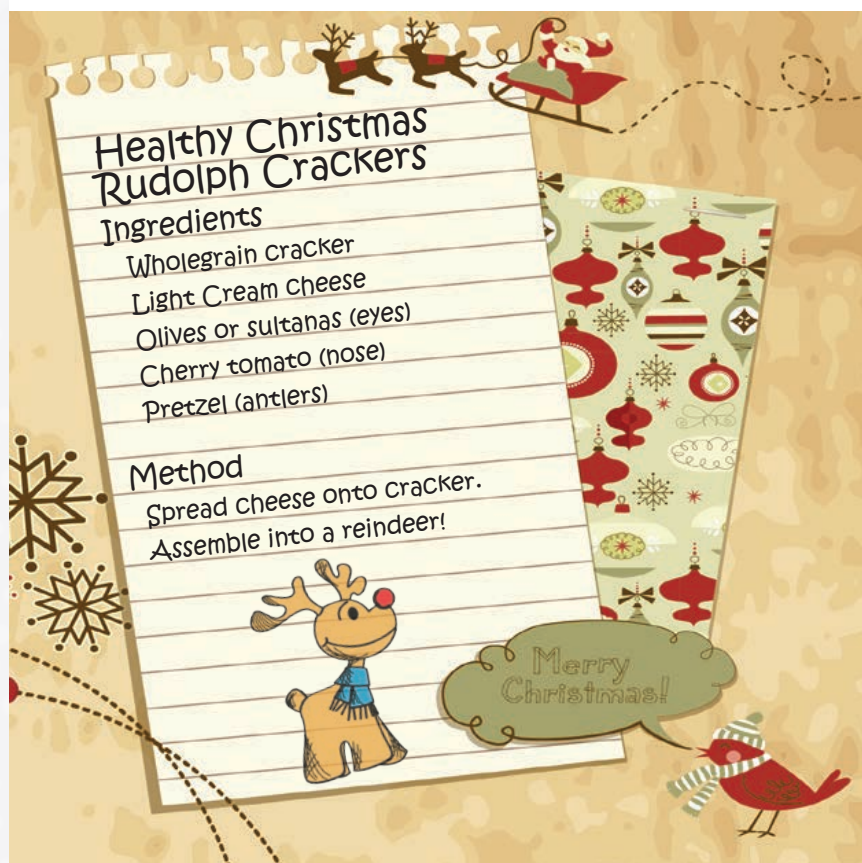
Money—Keep a jar in your house and fill it up with the money you aren't spending on tobacco. Pretty soon you'll have enough

to buy a holiday gift for a loved one (or yourself). Use a clear container so you can see your savings adding up.

Support—Let your family and friends know that you have quit or are in the process of quitting. If any of them use tobacco, ask them to do so outside or in a separate area, and request they not invite you to join.

REMEMBER: Pre-plan your Christmas time with extra NRT, relaxation, exercise and a support person/network. Lifeline is a 24-hour 7-day a week counselling service on 131 114. Talk about your feelings to help reduce the cravings that can occur during emotionally challenging times.

*Light a candle at Christmas for your loved ones....
not a cigarette!!*



CHRISTMAS COOKING AT ST. THERESE'S

Recently at St Therese's, the students made Christmas cookies. This was their last cooking group for the year and the kids had a great time getting in to the Christmas spirit!

After they made the dough, the students enjoyed rolling it out and cutting it into fun Christmas shapes. After the cookies were baked, the kids decorated them with icing pens and hundreds and thousands. This is a quick and easy recipe that the kids can be involved with.

*Merry Christmas
everyone!*



Christmas Cookies

Ingredients

- 3 1/2 cups 525g plain flour
- 1 tsp baking powder
- 250g unsalted butter, room temperature
- 1 cup white sugar
- 2 large eggs
- 2 tsp vanilla extract
- icing pens

Method

1. Preheat oven to 180 C 160 C fan-forced. Line 2 baking trays with baking paper and set aside.
2. In a bowl mix together flour and baking powder. Set aside.
3. In a separate bowl, using a mixer, beat the butter and sugar until light and fluffy 3-4 minutes. Add the eggs and vanilla extract and beat until combined. Add the

flour mixture and beat until smooth.

4. Divide the dough in half and wrap each half in plastic wrap. Refrigerate for 1 hour or until firm enough to roll.
5. On a lightly floured surface roll out the dough to a thickness of 1cm. Keep turning the dough as you roll, making sure the dough doesn't stick to the counter.
6. Cut out desired shapes using a cookie cutter, then transfer cookies to the baking trays.
7. Bake for about 7-9 minutes depending on size or until they are brown just around the edges. Transfer cookies to a wire rack to cool.
8. Decorate!

FINAL UPDATE FROM ST. THERESE'S

Kinder 2018 Visits

The last Kinder visit to St Therese's for new students for 2018 was on the 21st of November. Thanks to everyone for making the little ones feel welcome.

Classes for 2018

St Therese's went to Year 3 for the first time in 2017. This has worked out well, so we will be continuing on with Year 4 for next year. At the moment the plans are for 3 classes in 2018 – Kindergarten, Year 1/2 and Year 3/4. If you know someone interested in enrolling at St Therese's please contact the front office.



Shyra and Leonard shared a book during the new Kinder's visit.



Sr Maureen, Lauren, Peter, Tanya, Kate, Jin, Father Nick, Na, Annette, Dougie and Ian celebrating mass down by the river.

Mass by the River

Many of the staff celebrated a special spirituality session and mass by the river recently. It was great to have Father Nick from Broken Hill attend and Kate from Bishop Columba's Office in Forbes.

Performance

The boys and girls recently performed 8 songs for some senior visitors at Maari Ma Health Centre. Thank you to Maari Ma for the treats afterwards on the front lawn!



Protective Behaviours Show

Last month the boys and girls joined with K-2 at the Central School for a live show to learn about keeping themselves safe around people. 'Ditto the Lion' cub was very funny and taught the children a lot of ways to stay safe and ask for help. Thank you to Mrs Cam and the staff for making the kids feel so welcome!



The children from St Therese's joined in with the Central School to dance with 'Ditto the Lion'!

MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly GTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

GP Review

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

Follow-up care

Our health workers will visit you to talk about your health and see how you are going with your medications.

GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dietitians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap...

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing an holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

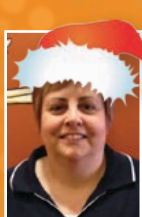
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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