



## DARLING RIVER DANCE

The Wings staff would like to thank the Maari Ma staff, community of Wilcannia and all the organisations who contributed to the success of the Darling River Dance.

The event was not just about coming together and having a good time with family but also about acknowledging strengths and resilience recognising what we have that no one else in the world has will help all community members to live with respect and pride for our living Barkindji culture. We must praise up and support our children in everyway. The Wilcannia mob really bought leadership and what it means to live joyously and playfully with resilience.

The kids inquisitive nature and quick learning styles weren't missed by international artists Z-Star Trinity. The two girls in the band were totally moved by their time in Wilcannia and Z-star can't wait to come back and share her culture of Trinidadian cooking with us (they make Johnny cakes with coconut). Local legends, The Black Shadows closed the night in true clay pan dance fashion with everyone's old favourites.

If you would like to see more photos and videos, check out the ABC and Wings Drop in Centre Facebook pages.



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**Maari Ma Primary Health Care Service**

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW



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# NEW BUBS!

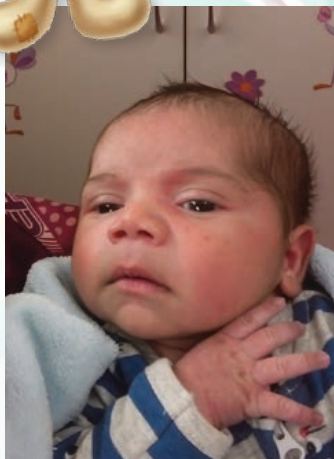


## What's On?

Congratulations to Mum, **Sapphire** and to Dad, **Charlie**, on the birth of their baby boy, **Gerard Hall**.

Gerard weighed 3620 grams and mum, Sapphire, was taken care of by the AMIHS team.

Gerard is baby brother to his proud siblings **Denzel, Tyra** and **Sahara**. Everyone at Maari Ma Health wishes bubs and the family all the very best!



**Baby Gerard**

Another congratulations on the birth of **Kitarna Shillingsworth** goes to Mum, **Jade Shillingsworth** and to Dad, **Andrew Jones**.

Kitarna was born on the 1st of May and weighed in at 3115 grams.

Mum, **Jade**, was looked after by Community Midwife, **Robyn Harris** and the AMIHS Team.

We wish Mum, Dad and Bubs all the best!



**Baby Kitarna**

And congratulations to Mum, **Reann Bugmy**, and to Dad, **Derek Kerwin**, for the birth of their baby girl, **Lasharna Kerwin**, who was born on the 7th May 2018.

Lasharna weighed in at 2990 grams, and Mum, Reann was looked after Community Midwife, **Robyn Harris** and the AMIHS Team.

Maari Ma Health wishes bubs and the family all the very best for the future!



**Baby Lasharna**

### Mondays

#### Playgroup

10:30am-12:00pm at the Safe House  
Run by Save the Children (Not on during the school holidays)

### Tuesdays

#### Playgroup / Little Kids & Books

10:30am-12.30pm at CentaCare  
Run by Save the Children, Maari Ma & CentaCare

### Wednesdays

#### Playgroup

10.30am-12.30pm at CentaCare  
Run by Save the Children, Maari Ma & CentaCare

### Thursdays

Home visiting for children aged 0-5 years with Save the Children  
Contact: Save the Children, 0459148034

To find out the latest about what's on, please be sure to regularly check our facebook page:

<https://www.facebook.com/maarimahealth/>





# WORLD NO TOBACCO DAY 2018

Thursday 31st of May was World No Tobacco Day.

This year Tackling Indigenous Smoking Project Officer **Tiffany Lynch** arranged a variety of activities for the Wilcannia community. In the lead up to World NO Tobacco Day, the TIS team invited community members to enrol in the "Quit for Heart Challenge" during the month of May. This was an opportunity for smokers to manage their smoking with a chance to win a gift hamper.

On the day of the event, the TIS team again invited community members to the Primary Health Care Services where they could talk about tobacco smoking, health risks, and quit options. Carbon monoxide and blood pressure screenings were also done. Smokers and non-smokers were invited to "pledge to quit or support someone to quit". Various freebies and lunch were provided on the day.

Special thanks to the Wilcannia Primary Health Workers and GPs for promoting the World No Tobacco Day event and raising awareness.



*World No tobacco day stall in Wilcannia Primary Health service.*




*Health Services Manager Anne McGillivray doing a blood pressure check.*

## FLU VACCINATIONS


The Healthy Start team of Jenny, Sherlie & Lillian did an immunisation session for Healthy Start families.

A total of 45 children, parents and carers were vaccinated for influenza at the Wilcannia Wellbeing Centre.

IT'S NOT TOO LATE!



**BOOM!**



**#FIGHT FLU**

**GET A FLU SHOT TODAY**



# COOKING AT ST. THERESE'S

Another great month of cooking with the kids at St Therese's in Wilcannia. The kids have been learning how many vegetables they should eat every day (5) to stay nice and healthy.

Gemma taught the kids to make vegetable faces using wraps and although many of the kids said they didn't like vegetables, they still ate all of their wraps!

The kids have also tried new ingredients like hommus and alfalfa sprouts this month!



*Preschoolers at Barlu Kurli Preschool making vegetable faces.*

## KIDS AT WINGS



**Kids at WINGS have mastered the Spaghetti Bolognese and Raspberry and Ricotta Muffins recipes!**

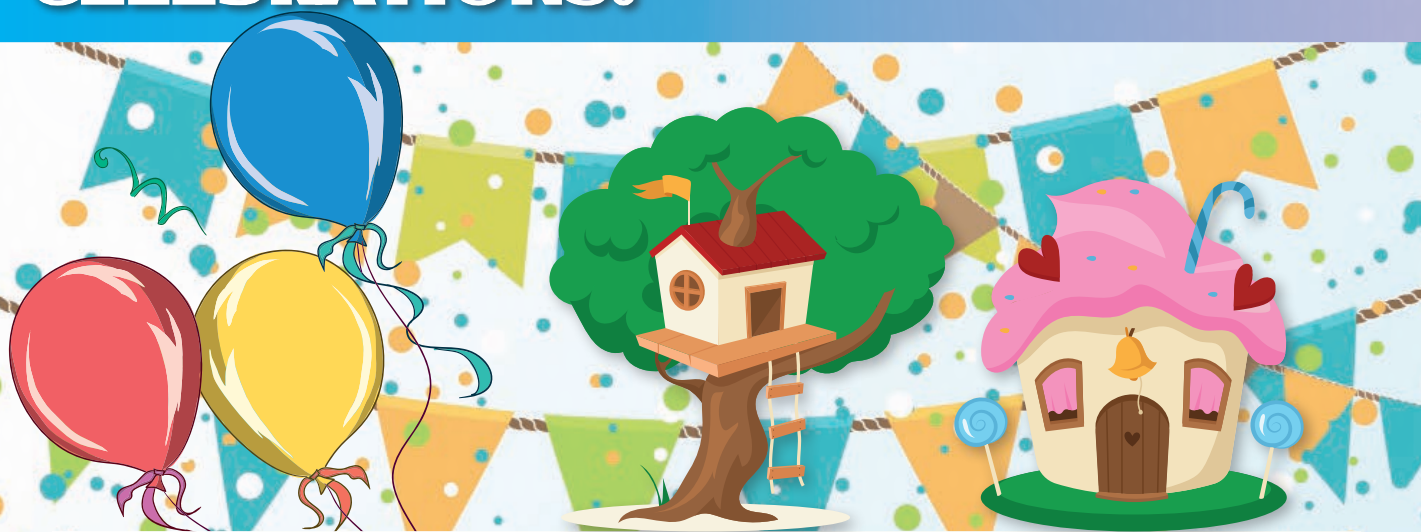
Gemma taught the kids how easy (and tasty) it is to sneak in more vegetables into their Bolognese sauce by grating zucchini, carrots and onion into the mixture.

The kids are greatly improving their culinary skills and are very proud of their efforts. They are enjoying serving their dishes to staff and friends at the Drop in Centre.





# FAREWELL CELEBRATIONS!



## **SAVE THE CHILDREN PLAYGROUP EARLY CHILDHOOD PROGRAM IS TRANSITIONING TO MAARI MA**

Playgroup will continue to run in Wilcannia, but from the beginning of term 3 in July, the program will become part of Maari Ma's program of activities.

The farewell event was held at Barker Park on 27th June 2018, where we recalled all the fun we had, enjoyed a BBQ and celebrated the beginning of a brand new program.

Thank you to everyone who attended this event!



## **WEST DARLING ARTS INDIGENOUS PHOTOGRAPHIC COMPETITION**

**West Darling Arts Music, CD & Sound Production Project for Indigenous musicians in Far West NSW - is nearing completion. Are you or anyone you know interested in participating in the Comp to find the cover that launches the CD in October 2018 @ Broken Hill's NAIDOC Day special event in Sturt Park.**

If you are an Indigenous person who'd like to participate in the CD Cover Comp please send your entries to PO Box 473 Broken Hill NSW 2880 or email them as an attachment to: [admin@westdarlingarts.com.au](mailto:admin@westdarlingarts.com.au)

Entries are due by: 9 July, 2018. With your entry, please include your name and contact details. Each entrant is limited to three photographs. Two [ 2 ] separate photos will be chosen by the panel of judges and each will win an iTunes voucher to the value of \$100.00

For further information contact  
Cherry on: 08 80879035



# WHY IS HAND WASHING SO IMPORTANT?

As winter approaches we have to remember to take care of ourselves and our families. For older people or sick people, hand washing is especially important because it helps prevent the spread of common infections such as colds, the flu and gastroenteritis.

Babies and children need to wash their hands too. If your child is too young to stand at a hand basin, you can wash their hands with disposable wipes or a wet, soapy flannel, but always make sure all soap is rinsed off and their hands thoroughly dried.

Hand washing is also one of the most important ways to prevent the spread of infection among people in hospital. People's immune systems are often weakened after illness or surgery, so infections are easy to catch and hard to treat. They may become life-threatening.

**When to wash your hands - Wash your hands before touching anything that needs to stay clean, and after touching anything that might contaminate your hands. Examples include:**

- When your hands are visibly dirty
- After going to the toilet
- After helping a child go to the toilet, or changing a nappy
- After handling rubbish, household or garden chemicals, or anything that could be contaminated
- Before you prepare or eat food
- After touching raw meat
- After blowing your nose or sneezing
- After patting an animal
- After cleaning up blood, vomit or other body fluids
- Before and after you visit a sick person in hospital
- Before and after touching a wound, cut or rash.

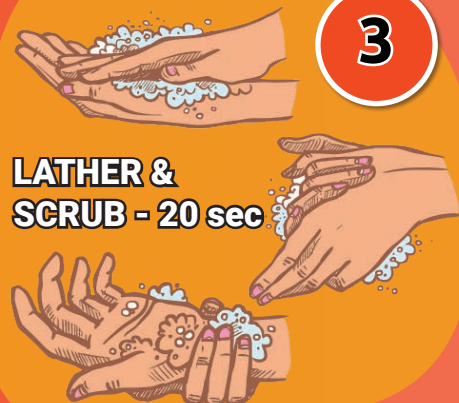
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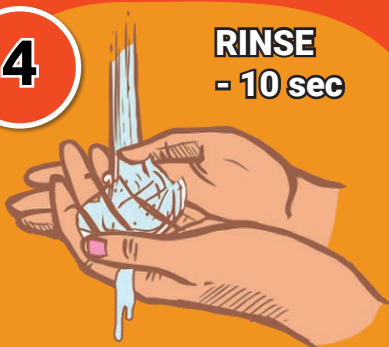


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4

**RINSE  
- 10 sec**



5

**DRY YOUR HANDS**



**Don't forget to wash:**

- Between your fingers
- Your fingernails
- The tops of your hands

**Don't underestimate the power of hand washing!**  
The few seconds you spend at the sink could save you trips to the doctor's office



# Keeping Feet Safe with Shoes

## by OVHS Endocrinology Team

If you have diabetes and hurt your feet, you have a bigger chance of a wound getting infected. If left untreated it can become really serious and you may need to have toes or more cut off (amputation). One way to stop this happening is to wear shoes that protect the bottom and top of your feet.



### Good shoes should:

- Have a strong sole (so when you step on something, like glass or wire, it can't cut your skin)
- Have a covering on the top (so that when you stub your toes they don't get hurt)
- Be stiff around the heel
- Have laces or Velcro to hold the shoe in place and stop your toes from sliding and clawing

### Shoes that aren't good for your feet:

- Thongs (thin soles, that make your toes claw & it's easy to stub them)
- Old shoes that smell, or are broken
- Shoes that are tight and rub your feet

If you have an ulcer, lost a toe or have feet that don't match the shape of your shoes, a podiatrist may be able help.

And if you have diabetes ask your diabetes educator if a review with the visiting OVHS Endocrine Team. Podiatrist may be able to help.



# 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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439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
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14 Ross St,  
Wilcannia, NSW 2836  
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