

# Wilcannia Community Newsletter



**Maari Ma Wilcannia staff**  
(Lindy Alderton & Robbie Harris absent)

Our Maari Ma staff in Wilcannia operate out of the Wilcannia Health Service along with other service providers from NSW Health. Currently we have **Judith Borg** who is the Manager for Wilcannia Primary Health, two alternating Wilcannia Clinic Coordinator's, **Lowra Koraba** and **Lynley Rebbeck**, three Primary Health Nurses, **Lindy Alderton**, **Lilian Gaiter** and **Mary Woolcock**, one Primary Health Worker Trainee, **Dana Newman**, two Community Support Workers, **Kevin Bates** and **Kerry King**, two Primary Health Workers, **Jenny Edwards** and **Veronica Edwards**, and one Community Transport Officer, **Robbie Harris**.

## Introducing the Maari Ma staff at the Wilcannia Health Service

Maari Ma's doctors visit Wilcannia regularly for clinics and we also have a Healthy Start doctor and Child & Family Nurse for kids and their families. Our midwifery service visits weekly and we have different specialists that visit either monthly or every 3 months. Please see the dates below to see when our doctors and specialists will be visiting the Wilcannia Health Service.



Maari Ma Health

### Wilcannia

- 2 **Elders' Birthdays / New Bubs**
- 3 **Mobile Clinic / Women & Children's Wellbeing Clinic / Healthy Start Clinic**
- 4 **WINGS Drop In Centre**
- 5 **WINGS Holiday Program**
- 6 **Wilcannia Community Dinner**
- 7 **Recipe: Apple and Cinnamon Muffins**
- 8 **Maari Ma Cycle of Care**

#### Visiting Maari Ma GP's – APRIL

4 April : Dr Vic Carroll, Dr Priscilla Htun & Dr Belinda Lorenzo  
 5 April : Dr Priscilla Htun & Dr Belinda Lorenzo  
 6 April : Dr Vic Carroll & Dr Michael Nugent  
 7 April : Dr Michael Nugent & Dr Aung Si Thu  
 8 April : Dr Michael Nugent  
 11 April : Dr Priscilla Htun & Dr Belinda Lorenzo  
 12 April : Dr Priscilla Htun  
 13 April : Dr Vic Carroll & Dr Stephen Gaggin  
 14 April : Dr Stephen Gaggin  
 18 April : Dr Vic Carroll, Dr Priscilla Htun & Dr Belinda Lorenzo  
 19 April : Dr Priscilla Htun  
 20 April : Dr Stephen Gaggin  
 21 April : Dr Stephen Gaggin  
 26 April : Dr Marion Christie & Dr Belinda Lorenzo  
 27 April : Dr Stephen Gaggin  
 28 April : Dr Stephen Gaggin

#### Visiting Specialists – APRIL

12 April : Smoking cessation  
 14 April : Pharmacist  
 27 & 28 April : Pharmacist

#### Wilcannia Hospital





## Elders' Birthdays

In this issue we have a special birthday wish for a few of our Elders.

Happy Birthday to **Shawn Mullarvey** who turned 51 on the 9th of March.

Congratulations **Shawn**, and best wishes from everyone at Maari Ma.

Also, a big Happy Birthday to **Veronica Edwards** who turned 65 on the 28th of February and **Kerry King** who turned 51 on the 27th of March.



## What's On?

### ANZAC Day

Monday the 25th of April

### Wilcannia Community Dinner

Last Wednesday of every month at the Community Hall

### WINGS Drop In Centre

Monday-Friday from 3pm-7pm

(Monday-Friday from 11am-5pm during school holidays)

### Playgroup

10:30am-12:30pm

Tuesdays at St. Therese's School

Run by Save the Children and Maari Ma staff as a support

Contact: Valerie Bugmy

(Not on during the school holidays)

### Little Kids & Books

10:30am-12:30pm

Every second Tuesday at St. Therese's School as part of Playgroup

Run by Lesley Harvey from Maari Ma with Susan Jordan as a support

(Not on during the school holidays)

## New Bubs!

Maari Ma would like to welcome three new bubs into the community.

Baby **Shaleeka Newman** was born on Tuesday the 2<sup>nd</sup> of February at 3:45pm, weighing in at 3245 grams. Shaleeka is the daughter of Primary Health Worker Trainee, **Bronwyn Johnson** and **Kevin Newman**. Dashanti is one very proud big sister. Bronwyn was looked after by Community Midwife, **Bryn Stables** and **Stevie Kemp**.



Baby Shaleeka

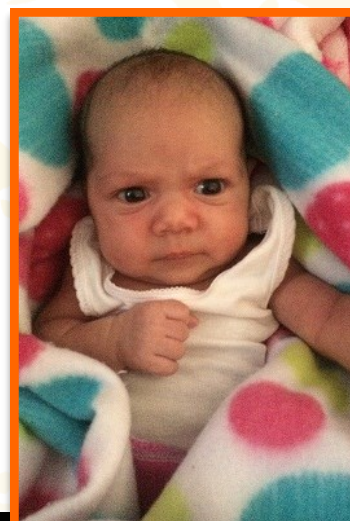
Baby **Denzel Dutton** was born on Tuesday the 9th of February, weighing in at 2760 grams. Denzel is the adorable son of **Saphire Hall** and **Damien Dutton**. Saphire was looked after by Community Midwife, **Bryn Stables** and **Stevie Kemp**.



Baby Denzel

Baby **Cassael Kennedy** was born on Tuesday the 23<sup>rd</sup> of February, weighing in at 2805 grams. Cassael is the daughter of **Sheree Hartnett** and **Michael Kennedy**. Blake and Shyra are now both a very proud big brother and big sister. Sheree was looked after by Community Midwife, **Bryn Stables** and **Stevie Kemp**. Stevie had the pleasure of being able to provide birth support to Sheree and said that it was a moment in her career that she will never forget.

Congratulations to all of our families and we wish you all the best!



Baby Cassael



# Mobile Clinic

The mobile clinic was out in Wilcannia from Monday the 29th of February to Friday the 4th of March. The van was parked at Ray Hunter Memorial Park. During this visit Dr Belinda Lorenzo and Dr Stephen Gaggin both spent one day during the week working out of the mobile clinic attending to GP reviews and ATSI Health Checks. Clinical staff from the Health Service supported the GP's on those days and attended client health screenings and immunisation catch ups. The next mobile clinic held in Wilcannia will be during the week of the 4th to 8th of April.



## Women's & Children's Wellbeing Clinic



## Healthy Start Clinic



The Women's and Children's Wellbeing Clinic runs every Tuesday in the Wellbeing Centre at the Wilcannia Health Service. This clinic targets ATSI Health Checks for women and children.



The Healthy Start Clinic runs every Monday in the Wellbeing Centre at the Wilcannia Health Service. This clinic is for children aged 0-8 years.





# WINGS

## Drop in Centre



*June Jones (left)  
and Natika  
Whyman (right)*

WINGS is an after school program for school aged children and is open from 3pm to 7pm. Transport is provided for kids who want to come to the centre and a number of activities are run throughout the afternoon. WINGS staff also run a holiday program during the school holidays from Monday to Friday. Please see Page 5 for the April school holiday program.

We have four Aboriginal staff currently working at WINGS - one Coordinator, **Natika Whyman** and three Youth Workers, **Justin Harris**, **June Jones** and **Phillip Hunter**. Staff provide a healthy afternoon tea every day for the kids and the kids have the opportunity to learn about different foods, and cooking every Wednesday when our Dietitian, **Kalynda Powell** visits WINGS.

**William Mafi**, who is a teacher from the Central School, runs dance classes for the children every Tuesday and Thursday at WINGS from 4pm to 6pm. The children have been learning different dances from countries such as Hawaii, New Zealand and Tonga. The children will be performing at the Central School on Friday 8th of April for Harmony Day.

### What's been happening at WINGS?



On Tuesday the 15<sup>th</sup> of March, staff from WINGS participated in a Science and Math's Workshop with Macquarie University and we have decided to incorporate some of the activities from the workshop into our April WINGS holiday program.

On Tuesday the 22<sup>nd</sup> and Wednesday the 23<sup>rd</sup> of March, Heaps Decent visited WINGS to run music workshops with the children. Heaps Decent visit WINGS as well as The Mission and Central School every few months. They are currently offering music programs at multiple locations including schools, juvenile justice centres, drop in centres and studios as well as running distinct arts projects with partners such as Shopfront Contemporary Arts and Performance, the Sydney Opera House and the Department of Juvenile Justice. Workshop program participants will be trained by Heaps Decent facilitators to use professional recording equipment and produce a professional standard EP. The program will also focus on creating positive and engaging opportunities for young people to express themselves, all the while enhancing creative and life skills such as teamwork and literacy.

# WINGS 2016

## April School Holiday Program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11</b> Open 11am <b>Salt Dough Ornaments &amp; Jewellery Making</b> 3pm - 5pm <b>Boys Group</b>	<b>12</b> Open 11am <b>Sports @ Football Oval</b> 2pm - 5pm <b>Art &amp; Craft @ WINGS</b>	<b>13</b> Open 11am <b>Kids Cooking Classes &amp; Magazine Art</b> 3pm - 5pm <b>Bingo</b>	<b>14</b> Open 11am <b>Sports @ Football Oval</b> 2pm - 5pm <b>Art &amp; Craft @ WINGS</b>	<b>15</b> Open 11am <b>Play Dough Making &amp; Iron On Beads</b> 3pm - 5pm <b>Girls Group</b>
<b>18</b> Open 11am <b>Exploring Science &amp; Outdoor Games</b>	<b>19</b> Open 11am <b>Exploring Science &amp; Outdoor Games</b>	<b>20</b> Open 11am <b>Kids Cooking Classes &amp; Painting</b> 3pm - 5pm <b>Trivia</b>	<b>21</b> Open 11am <b>Day Out in the Park</b> → Touch footy → Paper plane contest 2pm - 5pm <b>Art &amp; Craft @ WINGS</b>	<b>22</b> Open 11am <b>Anzac Activities</b> → Poppy Making → Anzac Biscuits → Aussie Mobile Making 7pm - 9pm <b>Disco</b>







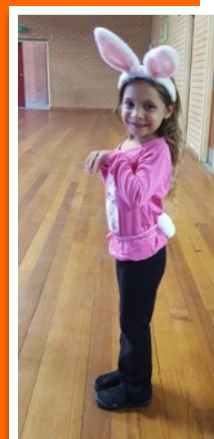
## ***Wilcannia Community Dinner***

Last month at the Wilcannia Community Dinner we had an Easter theme. We had a really great turn out with around 70 -80 people coming along to enjoy a yummy, healthy meal. We even had some of the Easter Bunny's little helpers hopping around on the night!

In the kitchen we had Kevin Bates, Stevie Harris and Karamilla Allen helping to prepare our Easter feast. Frances Lawson and a few of the students from the Central School also helped to prepare dessert for the night and we had one of the students, Evelyn come along to help us serve the food. We also had some Maari Ma workers including Alex Page, Gina Faulkner, Michael Porter, Dana Newman and Stevie Kemp helping to serve the meals and tidy up which was much appreciated—thank you!

We celebrated Easter with lemon and pepper fish (in recognition of Good Friday) and a lemon and tomato chicken. This was served with mashed potato and sweet potato and a garden salad. For dessert we had fruit salad and yoghurt, and some delicious banana and choc chip muffins that were made by the students at the Central School.

Sticking with the theme, everyone got to take home a small chocolate Easter egg each to enjoy.



***Thank you to everyone who helped prepare and  
serve the dinner and to all of the community  
members who attended!***

*The kids at WINGS recently cooked:*

## ***Apple and Cinnamon Muffins***

### **Ingredients:**

**2 cups of self-raising flour**

**$\frac{1}{2}$  teaspoon of cinnamon**

**$\frac{1}{2}$  cup of brown sugar**

**410g can of tinned apples,  
chopped**

**1 egg**

**$\frac{3}{4}$  cup of milk**

**60g of margarine, melted**



### **Method:**

1. Preheat oven to 180°C. Grease muffin tins with some spray oil or using muffin papers.
2. In a large bowl, combine flour, cinnamon, and sugar.
3. In another bowl, mix together the egg, milk, and melted margarine. Add to the dry ingredients and stir until well combined.
4. Fold through the chopped pie apples and mix together.
5. Fill each muffin cup with the mixture and place in the oven.
6. Bake for 20-25 minutes or until golden brown.

**Thank You**

***Thank you to everyone who contributed to our first  
Maari Ma Wilcannia Community Newsletter!***

**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**.

**START:** Your cycle of care starts with a twelve monthly **CTG/IPIP sign up**. This includes an **ATSI Health Check and followup** by a health worker.

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

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

# Maari Ma's Cycle of Care

**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**



**Kaylene Kemp**  
Manager:  
Community  
Engagement

**Kendy Rogers**  
Practice Manager:  
PHCS Broken Hill



## Maari Ma Primary Health Care Service

"Improving Aboriginal health and 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



Primary Health  
Care Service  
Broken Hill:

**439 443 Argent Street,  
Broken Hill, NSW 2880**  
**Phone:** 08 8082 9777 **Fax:** 08 8082 9778  
**Web:** [www.maarima.com.au](http://www.maarima.com.au)

Wilcannia  
Health  
Service:

**14 Ross St,  
Wilcannia, NSW 2836**  
**Phone:** 08 8091 5122 **Fax:** 08 8091 5911  
**Web:** [www.maarima.com.au](http://www.maarima.com.au)