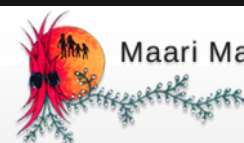


Wilcannia Community Newsletter

Wilcannia Community Dinner

The first Community Dinner of the year was held last month. Beef and chicken tacos, served with salad and guacamole, were served for dinner with healthy zucchini brownies and fruit and yoghurt cups for dessert. Elsie was very lucky to have lots of community members and staff helping her this month. Kendy, Evelyn and Kamala helped out all day and did a great job preparing the tacos and dessert. Kalynda, Deb, Alex and Lynley came down after work to help serve and clean up which was most appreciated.

After dinner, the kids from the Wings Drop-in Centre did some fantastic performances which the crowd loved. Approximately 50 community members attended the dinner which was a fantastic turn-out for the first event of the year! It was great to see lots of children and parents enjoying dinner together. Next month, the students from St. Therese's School will be performing at the Community Dinner.



Maari Ma Health

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HAPPY EASTER!

Maari Ma Health would like to wish everyone in the community a Happy Easter! We hope you enjoyed the break with your family and friends.

Easter Surprise

*Easter eggs,
Yellow and blue,
Easter eggs
For me and you.*

*Easter eggs,
Candy sweet.
Easter eggs
Are good to eat.*

*Easter eggs
Pretty and funny,
But...
Where oh where is the
Easter Bunny?*



Anzac Day, which is on the 25th of April, stands for Australian and New Zealand Army Corps. It is the day we remember all Australians who served and died in war and on operational service. This day marks the anniversary of the landing in Gallipoli in 1915 where soldiers fought for around 8 months and over 8,000 died. Dawn services are held all around Australia to remember those who fought for our country.

Around 1,000 Aboriginal or Torres Strait Islander men served in the First World War and many others fought in the Boer Wars and the wars that followed World War I. We remember them...

Lest We Forget.

Aboriginal War Veterans: The Lovett Family

The Lovetts hold the distinction of having more family members serve their country in various wars than any other family in the Commonwealth. A Department of Veterans Affairs building has been named 'Lovett Tower' in their honour.

The Lovett's ancestors are known in south-west Victoria as the "fighting Gunditjmara" and they fought British settlers in the 1840s.

Herbert Stahle Lovett served as a machine gunner on the Western Front during the First World War and then signed up again for the Second World War.

His son, John Lovett, still fights for the land his father had lived on and was entitled to under the Soldier Settlement Scheme after the Second World War. The land was instead handed out to white soldiers.

Herbert Lovett had to spend the rest of his life working on farms for other people.

- Information from *Creative Spirits* and photo taken by Stuart Mcevoy (*The Australian*)



John Lovett at the former Lake Condah mission in western Victoria where his father, Herbert Lovett, lived.

What's On?

School holidays

Monday the 10th of April—
Wednesday the 26th of April

Easter

Sunday the 16th of April

ANZAC Day

Tuesday the 25th of April

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

Playgroup is run by Save the Children with Maari Ma staff as 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

(Not on during the school holidays)

Maari Ma Staff Update

Maari Ma would like to welcome a new staff member to the Wilcannia Primary Health Care Service this month. **Deb Cushing** recently started with us as a Primary Health Nurse.

Wilcannia Preschool Cooking Program



Maari Ma's Dietitian, **Elsie**, has been running a cooking program at Wilcannia Preschool. There was a great turn-out for the second session, with 8 mums, aunts and grandparents attending with their kids. Elsie taught the parents how to make rice paper rolls which none of them had made before. The kids joined in and loved naming, touching and tasting all of the different vegetables. Both adults and kids had a go at rolling the rice paper with everyone's attempts improving each time!



After the rice paper rolls were made, the kids headed outside for an activity. This week, they made fuzzy fruit chunks with yoghurt. The kids loved dipping their fruit chunks in juice and then rolling them in coconut and yoghurt. It was great to see so many of the parents and staff helping the kids and getting involved.



Visiting Maari Ma GP's – MAY

1 May : Dr Penny Roberts-Thomson
2 May : Dr Penny Roberts-Thomson & Dr Vic Carroll
3 May : Dr Vic Carroll & Dr Michael Nugent
4 May : Dr Michael Nugent
5 May : Dr Michael Nugent
8 May : Dr Penny Roberts-Thomson

9 May : Dr Penny Roberts-Thomson & Dr Vic Carroll
11 May : Dr Stephen Gaggin
15 May : Dr Penny Roberts-Thomson
16 May : Dr Penny Roberts-Thomson & Dr Vic Carroll
17 May : Dr Stephen Gaggin
18 May : Dr Stephen Gaggin

22 May : Dr Priscilla Htun
24 May : Dr Stephen Gaggin
25 May : Dr Stephen Gaggin
29 May : Dr Marion Christie
30 May : Dr Marion Christie
31 May : Dr Stephen Gaggin

Visiting Specialists – MAY

2 May : Paediatrician
3 May : Podiatrist
4 May : Endocrinologist & Echo technician
10 May : Australian Hearing
11 May : Pharmacist
24 May : Pharmacist
25 May : Pharmacist

News from St. Therese's

New Administration Building

Preparation for the new administration building has started. Unfortunately, the large tree in the turning circle had to be cut down. This tree was special to many people and everyone will be sad to see it go. We tried to keep this tree but new rules and their diseased condition meant it had to go. The tree will be replaced with new plants and gardens as soon as possible.

Family Breakfast

Thanks to everyone who came along to the family breakfast at St. Therese's recently. **Brandee** and **Grace** helped prepare a lovely breakfast of bacon and egg muffins.

Singing by the River

Congratulations to the boys and girls for their great singing with the Central School last Tuesday before the River Healing Ceremony started. They sang beautifully and were a credit to St Therese's and their families.



Attendance

Well done and thank you to everyone for helping with getting all children to school every day. Missing one day a week makes a big difference to learning - no child can afford this. This is equal to missing 8 weeks a year! If your child is sick, or you know you are going to be away, can you let St. Therese's know and complete an absent note please.

Term 2 Excursion to Mutawintji

As part of the Paakantji Program, St. Therese's will be heading out to Mutawintji for an overnight excursion in Term 2 on Wednesday 17 and Thursday 18 May.



Strong and smart and deadly!
Well done to William, Leonard, Na, Malakye and Kylera for their extra efforts this week.

Tobacco Tip

If YOU smoke tobacco & a family member or friend is trying to QUIT, what can you do to help?

- 👍 Smoke outside and always away from the quitter.
- 👍 Keep your cigarettes, lighters, ashtrays and matches out of sight. They might be triggers for your loved one to smoke.
- 👍 Don't ever offer the quitter a smoke or any other form of tobacco, even as a joke!
- 👍 Join your loved one in their effort to quit. It's better for your health and might be easier to do with someone else at the same time.

Podiatry at Maari Ma Health

Maari Ma runs a Podiatry clinic every second Tuesday at the Primary Health Care Service. Podiatrists treat foot conditions. Healthy feet are important for babies, children, adults and the elderly. Foot care is especially important for people with specific conditions like diabetes. Treatment includes prevention, diagnosis, treatment and rehabilitation.

Some of the more common foot problems that podiatrists treat include:

- Skin problems
- Calluses and corns
- Nail disorders, like ingrown toenails
- Foot injuries
- Foot infections
- Overuse injuries of the foot and ankle.

In the month of March, the attendance for the Podiatry clinic was 89%. If you have an appointment at Maari Ma, whether it is to see a doctor or a specialist, we encourage you to attend your appointment. If you are unable to attend your appointment please call us on 8091 5122 to reschedule.



People with diabetes are more likely to develop serious foot problems because the condition may lead to:

- Reduced blood flow to the feet, which makes cuts and abrasions slow to heal
- Damaged nerves in the foot, which result in a reduced ability to feel minor trauma.

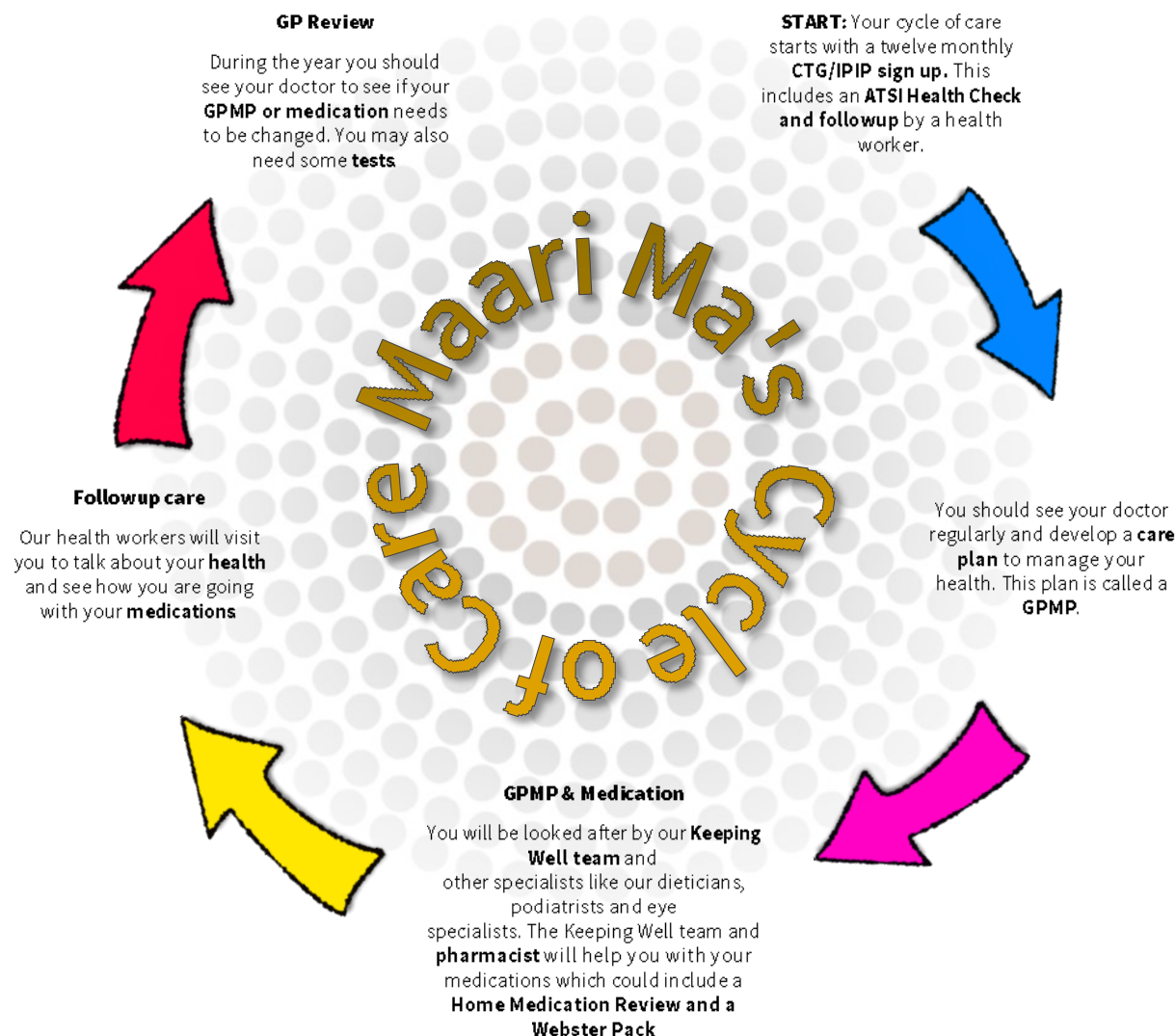
If you have diabetes you should:

- Have at least an annual foot check-up with a podiatrist
- Check your feet daily for cuts, blisters, bruises or signs of injury
- Seek advice or treatment from a podiatrist before trying to manage foot problems (such as corns, calluses or ingrown nails) themselves.

New Treatment Room!

The Wilcannia Primary Health Care Service now has a new treatment room. The converted area has proven to be successful in ensuring clients are now able to have ECG's, wound dressings, blood collections and procedures without delay.





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