

Wilcannia Community Newsletter

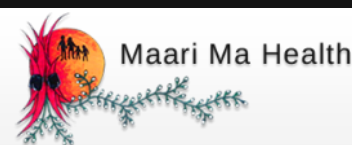


Wilcannia Does Have Balls!

Wilcannia's Ball was held on Saturday the 30th of July and what a memorable night it was. "Wilcannia does have Balls" was sponsored by the CRC, Centacare, Wilcannia Central School and the Newcastle Safehouse Organisation (through Delice) and Sr. Maureen's Op Shop.

Local band "The Black Shadows" kicked off the night, followed by The Outback Queens and Sydney band "2GT" made up of William Mafi's extended family.

A big thank you goes to William and Foketi and everyone else who helped make this night so enjoyable!



Wilcannia

2 National Aboriginal and Torres Strait Islander Day in Wilcannia / Update from WINGS

3 Celebrating 45 years of the Wilcannia Boomerangs

5 Wilcannia Community Dinner / Recent Class Awards at St. Therese's / IPTAAS

6 Self-Care program at Wilcannia Safe House / World Breastfeeding Week 2016

7 Healthy Start Clinic at the Wilcannia Primary Health Care Service / NSW Youth Advisory Council

8 Maari Ma Cycle of Care



National Aboriginal and Torres Strait Islander Day in Wilcannia

On Thursday the 4th of August CentaCare Wilcannia hosted the National Aboriginal and Torres Strait Islander Children's Day at Wilcannia Central School.

Taunoa Bugmy, the new Family Worker for Strong Young Families at CentaCare engaged with the children by hosting some games and activities for the school children on the small league oval. These games were revamped to involve the local environment in Wilcannia such as the Darling River.

Taunoa shared an old story that her father used to tell her when she was a child about naughty children and the old firebird by the river. Integrating the cultural aspect to the activities, Taunoa also showed the school children some other games that involved working as a team with the river being the centre-point.



The children were also treated to new hats and bags to represent and raise awareness of the importance of our children.

The 2016 National Aboriginal and Torres Strait Islander Day Wilcannia was successful and the Wilcannia community can proudly say that they were involved in a day of national significance.

CentaCare would like to thank the following services that contributed and supported the event - MPREC- Remote School Attendance Officer's, Wilcannia River Radio, Wilcannia Central School, Save the Children and Maari Ma Health.



What's On?

National Aboriginal & Torres Strait Islander Children's Day

Thursday the 4th of August

International Day of World's Indigenous People

Tuesday the 9th of August

National Healthy Bones Week / World Breastfeeding Week / Dental Health Week

1st—7th August

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

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 with Susan Jordan as a support

(Not on during the school holidays)

Update from WINGS

With the school holidays done and dusted the children have been getting back into their weekly activities with arts and craft, cooking classes on Wednesday and Footy for Fun on Thursday with Country Rugby League (CRL). Dance classes have also resumed on Tuesdays and Thursdays with this term's theme being country. The children have learnt a number of dances sung by the Wilcannia Community Choir, Boot Scootin' Boogie and 9 to 5 by Dolly Parton which will be performed the first week back after the school holidays.

Sunday the 7th of August was Friendship Day. At WINGS we have been doing activities around the importance of friendship such as group games which have taught the children the importance of working together as a team, sharing and communication skills. The children also got to make friendship bracelets.





Celebrating 45 years of the Wilcannia Boomerangs

The Wilcannia Boomerangs RLFC celebrated it's 45th reunion on Saturday the 13th of August by hosting a tribute march with players of the past and present, a triple header of football and a formal dinner.

The Wilcannia Boomerangs was formed in 1971 and only 6 of the team's original players are still with us today.

President, **Brendon Adams** said the club wanted to show their respect to a group of men that created a club and changed the Wilcannia community forever. Against diversity and any barriers, if you unite and stay strong, you can achieve anything—and that's exactly what our Elders did.

The day commenced with a tribute march through the town to the oval. A BBQ breakfast was provided to community and the 3 games of football started soon after. In the first game the Menindee Yabbies defeated the Broken Hill Saints 32 to 26. The Wilcannia Boomerangs were led out by the Originals to play against the Menindee Wedge-Tail Eagles. The Boomerangs took out the game with a convincing win 72 to 12. The last game of the day was won by the Wilcannia Parntu Warriors over Broken Hill United 80 to 6.

The Original Elders received a replicate jumper from 1971 at the presentation night. The jumper has a team photo on the front and the names of the entire first team that played on the back. A special video was also played on the night to pay tribute to the first Boomerangs team.

Legend player, **Cyril Hunter**, said, "It was special and emotional to see the community and the club talking about us and what we meant to them. It meant a lot to us."

Entertainment for the night was by "Picking up Bones".

*The Wilcannia Boomerangs RLFC would like to thank Wilcannia River Radio, **Kalynda** from Maari Ma Health, Warra Warra Legal Centre, Murdi Paaki Regional Enterprise Corporation, Outback Builder's Specialist, Broken Hill Hip Pocket Work Wear, Wilcannia Golf Club, Mid Lachlan Housing, State Land Council, **Rick and Jo Gates, Dwayne and Roslyn Evans, Kylie, Shirley and Dodie** from the Wilcannia Decoration Ladies, **Steven Duggan** and **Gary Taylor** for their contribution and time.*



Original players from 1971

Back row: Malcolm Clark, John Kennedy, Raymond Harris, Badger Bates, Noel Clark, Norman Kay, Normal O'Donnell

Middle row: Colin Hunter, David Clark, Doonkie Johnson

Front row: Cyril Hunter, Robert Bates, Kevin Bates, Chris King

Ball boy: Mark Hampton

Photo from Paul Brown

More photos on page four...



Wilcannia Community Dinner

The July community dinner was a busy night with around 80 people attending. Meatballs in tomato sauce, pasta bake, garlic bread, mashed potato and salad was served for the main meal and there were lemon and coconut muffins, apple and cinnamon muffins, fruit salad and yoghurt for dessert.

Stevie, Cissy and Kamala gave Dietician, **Elsie**, a hand in the kitchen. Kamala made the very delicious meatballs that went so well with the cheesy pasta bake. **Frances Lawson** and her students from Central School made the lemon and coconut muffins that were an absolute hit on the night.

It was a very successful night, with hardly any food left over and plenty of full bellies!

*Thank you to Maari Ma staff **Kalynda Powell, Michael Porter, Kevin Bates and Heather Curyer** for helping out during the day as well as on the night! Also, a big thank you to everyone else who helped make another great community dinner!*

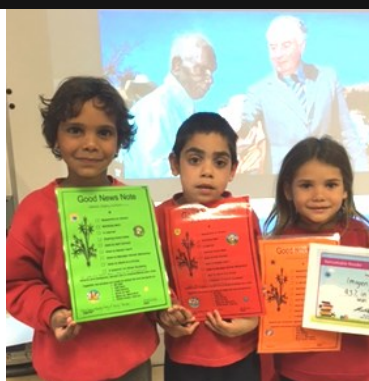


Recent Class Awards at St. Therese's

Congratulations to **Leonard, William & Imogen** for their fantastic learning!

St Therese's Spring Fete

Please put 1 September in your diary to come up to the St Therese's School Fete. If you can help out please be in contact with Aunty Jinxy today!!!



IPTAAS

If you have a referral from your doctor to see a specialist interstate or in another town you should organise your travel arrangements as soon as your appointment is made. Maari Ma Health can help you with this. Please contact the Primary Health Care Service on 8082 9777.

Self-Care program at Wilcannia Safe House

Maari Ma delivered a Self-Care program at the Wilcannia Safe House last month. The program aimed to create awareness about the importance of maintaining self-care. Relaxation techniques that can be used to reduce stress were introduced to the ladies and they also learnt ways to identify when to use these techniques.

Participants engaged in hands on activities which included homemade masks, exfoliating and foot soaks. Information provided to the women included taking care of you and how this can assist with improving wellbeing and mood. Instructions were provided with a positive affirmation card attached.

Six participants joined the program and said that they enjoyed all of the activities. They also said they felt instantly more relaxed and happier. One of the women commented, "At first I wasn't going to do it. I'm glad I did it, it was good. My skin feels really soft and I feel good".

The program was well received and will most likely be run again in the near future.



Thank you to all of the wonderful participants!



WORLD BREASTFEEDING WEEK 2016
BREASTFEEDING
A KEY TO SUSTAINABLE DEVELOPMENT

The first week of August is also World Breastfeeding Week. This year's theme is about raising awareness of the links between breastfeeding and the Sustainable Development Goals which were developed by our world's leaders. By recognising that

breastfeeding is a key to sustainable development, we will value our wellbeing from the start of life, respect each other and care for the world we share.

Breastfeeding for the first 6 months of your baby's life provides your bub with many health benefits such as important nutrients and protection from deadly diseases.

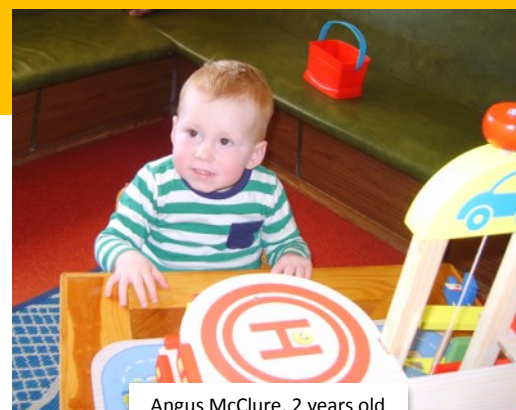
For more information on breastfeeding, please see a member of our Healthy Start Team or talk to your doctor when you visit our service.

Healthy Start Clinic at the Wilcannia Primary Health Care Service

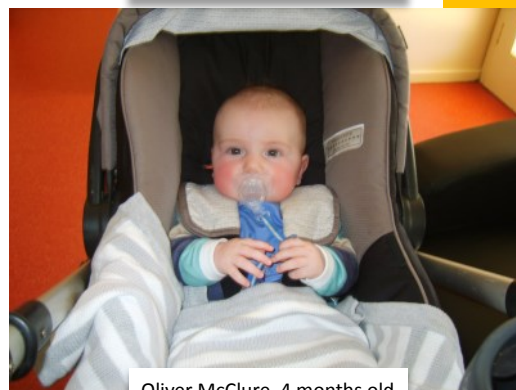
Maari Ma runs a weekly Healthy Start Clinic and we have a GP on Mondays and Tuesdays every week. On Mondays, Child and Family Health Nurse, **Sherlie Barnett**, visits Wilcannia and works with Aboriginal Health Practitioner, **Jenny Edwards**, to see mums and bubs. On Tuesdays there is a Women's and Children Health Clinic that involves ATSI Health Checks for mums and children from 8 to 15 years of age. Both clinics are well attended each week.

Over the last 12 months we have completed more than 50 ATSI Health Checks in our Women's Health Clinic. The regular GP for this clinic is **Dr Marion Christie** and she is very well liked and respected by our community mums. Both clinics are usually fully booked each and every week and we are even getting parents booking their own appointment for their child's health check.

To the right are some pictures of the little ones who attend our Healthy Start Clinic. If you would like to make an appointment for you or your child please call us on 8091 5122.



Angus McClure, 2 years old



Oliver McClure, 4 months old



Apply NOW to be considered for a position on the...

NSW Youth Advisory Council 2017

The NSW Youth Advisory Council (YAC) plays an important role in guiding NSW Government youth affairs and raising the views of young people.

Applications are sought from young people with relevant life experience, a keen interest in youth affairs and/ or experience in youth and community organisations.

The YAC provides a direct avenue of communication between young people and the NSW Government. The YAC meets regularly

throughout the year to provide advice to the Minister responsible for Youth, Mr John Ajaka and to the Advocate for Children and Young People, Mr Andrew Johnson on issues, policies and laws that affect children and young people in NSW.

The 12 YAC members, aged between 12 and 24, come from all over the State and are broadly representative of the diversity of young people living in NSW.

Hurry! Applications close 30 Sep 2016

Apply online now at www.acyp.nsw.gov.au

Learn more about the YAC and its role
at www.acyp.nsw.gov.au/yac2017

NSW Advocate for Children and Young People
Ground Floor, 219-241 Cleveland Street,
Strawberry Hills NSW 2012

Feel free to contact the office on
(02) 9248 0970
acyp@acyp.nsw.gov.au



Office of the
Advocate for Children
and Young People
acyp.

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 dieticians, 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

Wilcannia
Health
Service:

**14 Ross St,
Wilcannia, NSW 2836**
Phone: 08 8091 5122 **Fax:** 08 8091 5911
Web: www.maarima.com.au