

Wilcannia Community Newsletter

Update from

WINGS

The kids at WINGS recently had a day out at the basketball courts where the children and adults enjoyed shooting hoops and kicking the football around. The children also spent some time drawing on the courts with chalk. They also received a special treat of zooper doopers which were provided by Family & Community Services. With the weather starting to warm up they are looking forward to more days out at the basketball courts and football oval.

Check out the San Choi Bao recipe that the kids recently cooked on Page 6!



Maari Ma Health

Wilcannia

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New Bubs



Stevie Kemp and Tiffany Cattermole with baby Timothy



Maari Ma would like to welcome one new bub into the community this month.

Congratulations to **Kirely Billing** and **Timothy Quayle** on the safe arrival of baby boy **Timothy James**. Baby Timothy was born on the 1st of August, weighing in at 3200 grams. He was named after his great grandfather and also shares his first name with his father. Timothy is the new grandson of Aboriginal Health Practitioner, Jamie Billing. What's really special about his birth is that Aboriginal Health Practitioner, **Stevie Kemp** and **Tiffany Cattermole** assisted and supported Kirely. Having Stevie there as a support person and Tiffany as her midwife was such a great feeling.

World Breastfeeding Week

World Breast Feeding Week was held from the 1st to the 8th of August this year.

Here at Maari Ma we celebrated this by creating a display board of posters in the Primary Health Care Service waiting room. Additional breastfeeding promotional posters were placed along the walkway to the Community Kitchen. The Community Kitchen was then the venue for a free morning tea on the Thursday. This was well attended by clients, families and staff. It was an opportunity to provide low-key education and discussion around breastfeeding. As community Elder, Maureen O'Donnell rightly said, there are mixed messages about breastfeeding from the community. On one hand, we know that it is best for the babies, on the other mothers are made to feel embarrassed to breastfeed, especially in public. This is not just a local issue, but a global one.

Many people do not realise the wonder of breast milk. It is made specifically for the needs of your baby and its properties will change depending on your baby's needs, for example, more antibodies if baby is sick. Whilst formula is "safe" for babies, it is definitely not the better option.

Breastfeeding is important as it will set your baby up for life, and decreases your baby's chances of developing asthma, diabetes, obesity and ear infections, just to name a few. Breastfeeding also has protective factors for the mother, including reducing the chances of certain cancers. It also has some contraceptive qualities, and can be used (with guidance) as a natural way to space children. Breastfeeding is also free!

The World Health Organisation recommends that babies be exclusively breastfed for the first six months of life, and for breastfeeding to then continue (with food introduced as well), until the child is two.

If you have any questions about breastfeeding, please speak to the AMIHS team at Maari Ma.



What's On?

National ATSI Children's Day

4th August

International Day of the World's Indigenous Peoples

9th August

World Breastfeeding Week

1st–8th August

Healthy Bones Action Week & Dental Health Week

7th–13th August

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

Supported by Lesley Harvey from Maari Ma

(Not on during the school holidays)

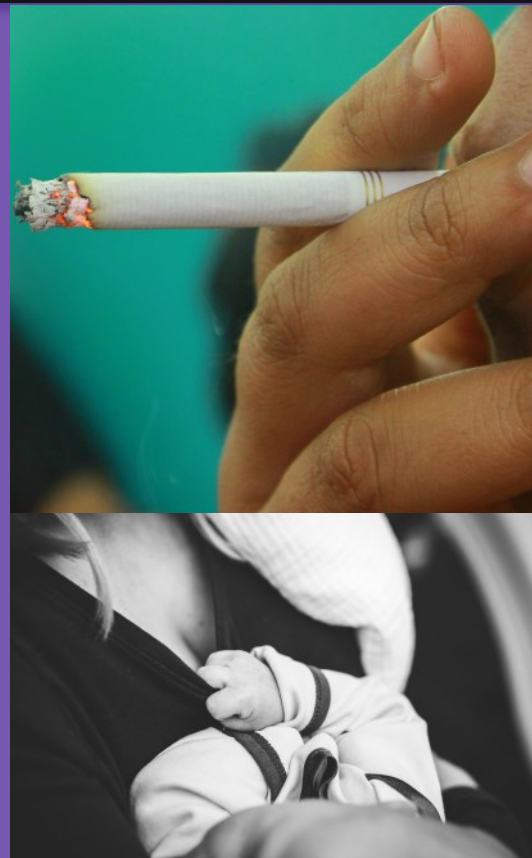
I am a smoker, but I want to breastfeed my baby...

Research has found that smokers are less likely to begin or persist with breastfeeding compared with non-smokers.

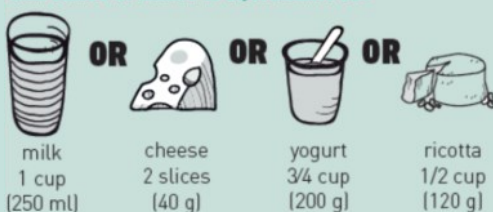
It is a common belief that if mothers smoke it is safer to give their baby formula, however babies who are formula fed are more likely to suffer the effects of second-hand smoke compared to breastfed babies. This is because infant formula does not protect against illness like breast milk does.

Harm minimization if you are a smoker, but want to breastfeed your baby

1. Smoke straight after a breastfeed—Nicotine levels in your breast milk are halved in about 97 minutes after a cigarette. The longer between smoking and a breastfeed, the less nicotine your baby will be exposed to through your breast milk.
2. Don't smoke in the house or the car—Keep the area around your baby as smoke-free as possible. Don't allow anyone else to smoke near your baby.
3. Cover up and clean up—Each time you have a cigarette, the smoke is trapped in your clothing, hair and skin. You won't always be able to change your clothes, brush your teeth, shower or wash your hair after each cigarette. However, you could think about having a 'smoking outfit' or something to cover your clothes, which you keep outside to change into. Cover your hair with a shower cap or scarf. You can then wash your hands and brush your teeth when you take off the outer layer.



ONE SERVE OF DAIRY IS EQUIVALENT TO:



It's recommended that more than 50% of intake from dairy foods is reduced-fat varieties.

How to increase your daily serve of calcium

Boost your calcium intake by eating at least 2.5 serves of low-fat dairy per day. These include milk, cheese or yoghurt. Some other food sources include soy milk, tofu, broccoli, almonds, green leafy vegetables, sardines or salmon with bones.

National Healthy Bones Week was held during the first week of August.

The aim of this week is to raise awareness of osteoporosis and ensure that everyone is taking action to build and maintain healthy bones.

Some tips to maintain healthy bones are:

1. Increase your daily serve of calcium
2. Stay active! Go for a walk or commit to regular exercise
3. Enjoy some time outdoors to absorb vitamin D from the sunlight—especially in the morning!

HEALTHY BONES ACTION WEEK

Stronger Bones, Stronger You



COOKING AT ST. THERESE'S FOR HEALTHY BONES ACTION WEEK

To raise awareness about Healthy Bones Action Week the students made ricotta toasts for their cooking lesson with **Elsie**. This involved mixing the ricotta with vanilla, cinnamon and a little bit of honey to make a delicious mixture, which was then spread on wholemeal or fruit toast. The kids had never tried sweetened ricotta before and enjoyed taste testing the mixture while they added the flavourings. The kids cut and decorated their toasts with a mixture of sliced banana and strawberries as well as shredded coconut and pepita seeds. Ricotta is a great source of calcium and protein, which helps keep muscles and bones strong in growing kids. **Great job kids!**

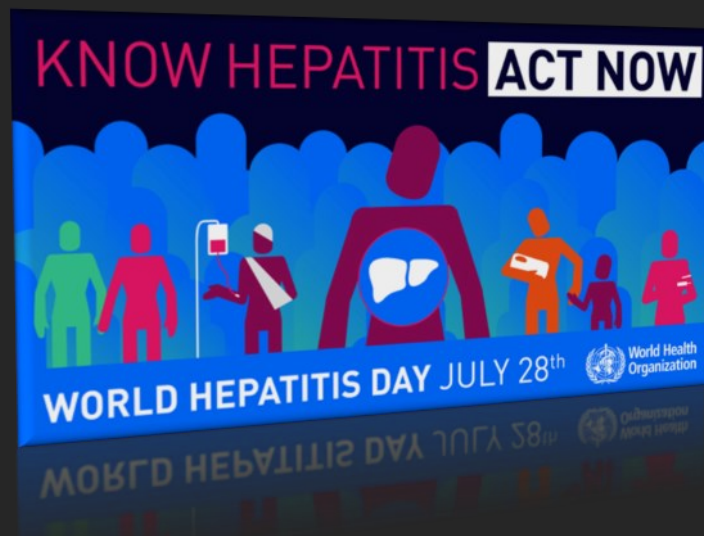
Hepatitis Awareness Week

The last week of July was Hepatitis Awareness Week. World Hepatitis Day is observed during this week on the 28th of July. This day aims to raise global awareness of hepatitis and encourage prevention, diagnosis and treatment. Aboriginal and Torres Strait Islander people are more at risk of getting Hepatitis B or Hepatitis C.

Some myths about Hep B...

You can't get hep B from:

- hugging or kissing
- another person's tears or sneezes
- sharing cups, plates, clothes, food, showers or toilets
- mosquito bites



How long does the Hep C virus survive outside the body?

Hep C can survive outside the body from at least 16 hours and up to a few weeks. In most cases it will be dead within four days, but many factors contribute to its ability to survive or not.

Changes in temperature, exposure to the sun's UV radiation and the chemical environment can impact how long the virus survives outside the body.

Can I pass Hep C onto my baby?

If you're a woman with hep C and you are pregnant or planning on falling pregnant, then there is a small chance that you could pass hep C on to your baby. This chance is between 4-6%. This means that out of every hundred babies whose mums have hep C, around five of those babies will be exposed to hep C. This is because mother and baby have different blood supplies and hep C is only passed on via blood to blood contact. It is likely that this blood to blood contact happens during the actual birth, when the woman giving birth bleeds and the baby has small cuts or abrasions from the birthing process, therefore the mother's blood can enter the baby's bloodstream.

VISITORS AT ST. THERESE'S



11 young men in Year 12 and 5 staff from De La Salle College in Melbourne visited St. Therese's recently.

The students assisted around the school with gardening, earth moving, painting and maintenance jobs as well as helping the children with their learning. Unfortunately, the trip to Mutawintji had to be cancelled due to the road being a bit tricky for the bus after the rain. The boys went out to White Cliffs instead.

Thanks to all who made the men welcome in Wilcannia. The school was so pleased with their visit to St Therese's they want to come back again in 2018!

Wilcannia Community Dinner

On the menu at last month's Community Dinner was lemon roast chicken, vegetarian lasagna, smashed potatoes and lemon syrup cake with fruit salad.

At this dinner we welcomed **Jade Shillingsworth** to the Community Dinner team along with **Tania Lawson**, who started in June. Both Jade and Tania are working as Community Dinner assistants and **Elsie** is very happy to have 2 fantastic cooks working alongside her.

Approximately 40 community members attended the dinner last month, which was a great turn out for a cold, wintery night. Two fruit and vegetable boxes were raffled off to those who attended the dinner. One of the happy winners of this prize was **Casey Harris**, one of the fantastic workers from WINGS. Fruit and vegetable baskets will be raffled off at future dinners to encourage community members to cook healthy meals for themselves and their families.

Thanks to everyone who came along and helped out!



IPTAAS (Isolated Patients Travel and Accommodation Scheme)

Important note:

*Maari Ma Health is NOT able to cover the cost of **food** or **drinks** while you are away and we are NOT able to provide **cash** to patients under any circumstances.*

If you have a specialist appointment that you need to travel for you should consider putting some money aside for food, drinks and any other items you may need while you are away from home.

Staff Update



Maari Ma would like to welcome back Jason Gowin.

Jason worked for Maari Ma for seven years up until 2011 in Broken Hill and in Wilcannia as a Primary Health Care Nurse. He will be with us for the next six months working in Wilcannia and focusing on ATSI health checks.

Ingredients

- 250g Lean Beef mince
- 4 mushrooms
- 1 carrot, grated
- 1 tbsp Olive oil
- 1 onion, diced
- Garlic clove, crushed and minced
- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- Coriander leaves (Optional)
- Iceberg lettuce leaves

Method

1. Heat the oil in a large frying pan over medium-high heat. Add the beef mince. Cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince changes colour. Add the garlic and onion, cook until onion is translucent.
2. Add the mushrooms and carrot. Cook stirring, for 1 minute or until combined. Stir in the oyster and soy sauces and cook stirring, for 2 minutes or until well combined and heated through. Remove from heat.
3. Place the lettuce leaves, cup-side up, and serve immediately by spooning the mince mixture into the cup.

*How to make
San Choi
Bao*



2017 National Dental Week



When is it time to see the Dentist?

- ⇒ Parents are encouraged to bring their children in from 6 months of age. Then every 6 months after.
- ⇒ If you or your child have early signs of decay – Early signs of decay appear as white lines along the gum or yellow-brown spots that don't brush off.
- ⇒ If it has been longer than 1 year since your last check-up.
- ⇒ If you are experiencing sensitivity to cold or sweet things.
- ⇒ If your teeth become sensitive to hot or you are experiencing pain please contact the Health Service as soon as possible.

What's good for my teeth?

- ⇒ Brushing your teeth twice a day. Especially at night!
- ⇒ Avoid foods that are high in sugar or acidity. For example: sticky lollies and soft drinks. A diet high in sugar and soft drinks will increase your risk of dental decay.
- ⇒ Eat foods that are good for you – plenty of fruits and vegetables.
- ⇒ Drink water as much as possible. Drinking water is not only good for your health; it also protects your teeth from harmful bacteria.
- ⇒ Change your toothbrush every 3 months.
- ⇒ Wear a Mouthguard when playing sport to protect your teeth.
- ⇒ Smoking affects your teeth and can lead to gum disease. If the gum disease is not controlled properly you may eventually lose your teeth.
- ⇒ Sippy cups should be introduced to children from 6 months on. We recommend water or milk. Juice and Cordials are VERY high in sugar and can cause early decay.
- ⇒ **DO NOT** give your child soft drinks!
- ⇒ Please do not let your child sleep with a bottle in their mouth. This can lead to tooth decay.

How do I make an APPOINTMENT?

- Adults should make an appointment to see their GP. The GP will then place them on a waitlist. Once you get to the top of this list reception will call you for an appointment.
- Parents or carers of children aged 0-18 can contact Maari Ma Health to schedule an appointment with the Dental Therapist.



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