

Wilcannia Community Newsletter



Merry Christmas from all of us!



Wilcannia



Our holiday wish for you

May your holidays be happy days, filled with love and laughter

And may each day bring joy your way in the year that follows after!

On Friday the 2nd of December, Maari Ma staff from Broken Hill, Wilcannia and Menindee came together for our annual staff meeting. It was a relaxing and enjoyable day with presentations from our staff members highlighting our achievements over the last year.

Our staff would like to wish you and your family a very Merry Christmas and a safe and Happy New Year.



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Please tell us what you think of our services

At Maari Ma we know it's important to learn from community feedback. Your feedback is important - good and bad, because we use what you tell us to improve our services.

You can give us your feedback or make a complaint in a few ways:

- Tell a member of staff who you feel comfortable with and they will pass your feedback / complaint on to the right person
- Fill in a feedback / complaint form and drop it into the Primary Health Care Service (you can pick up a form from the waiting room at the Primary Health Care Service or in the foyer of the Regional Office)
- You can send us a message via our website www.maarima.com.au
- You can talk to Kaylene Kemp, Manager of Community Engagement 8082 9888 or Kendy Rogers, Practice Manager 8082 9777.

If you have a serious complaint about our health care services and you'd rather talk to an independent body you can talk to the Health Care Complaints Commission free phone call 1800 043 159 (www.hccc.nsw.gov.au)

Elder's Birthdays

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

Robert Wilson turned 88 on the 2nd of December and we hope he had a great birthday.

Happy Birthday to **Paul Bates** who turned 62 on the 10th of December.

Leslie (Waddy) Harris turns 65 on the 27th of December and we wish him all the best.

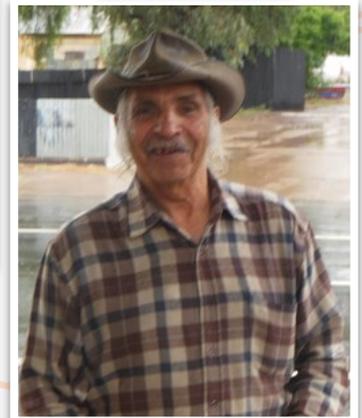
Congratulations **Robert, Paul and Waddy** and best wishes from everyone at Maari Ma.



Paul Bates



Robert Wilson



Waddy Harris

Staff Update

Last month we farewelled AMIHS PMHAOD Worker, **Susan Jordan**. Susan has worked for us for 5 years and she has been a great member of the Maari Ma team, providing support to families and kids. She will be missed and we wish her all the best for the future.



Susan Jordan

Tobacco tips for the festive season

- ✓ *Avoid other people's smoke, don't breathe it in.*
- ✓ *Drink less alcohol, ½ your usual amount, and one alcohol-free day per week.*
- ✓ *Drink less coffee and caffeinated beverages. Perhaps consider herbal alternatives as well.*
- ✓ *Christmas can be a stressful time for many of us. Pre-plan your Christmas time with extra NRT, relaxation, exercise and a support person/network. Lifeline is a 24-hour 7-day a week counselling service on 131 114. Talk about your feelings to help reduce the cravings that can occur during emotionally challenging times.*
- ✓ *Eat breakfast every day.*

Light a candle at Christmas for your loved ones....not a cigarette!!

WISHING YOU ALL A HAPPY, HEALTHY & TOBACCO FREE CHRISTMAS.



News from St. Therese's

Flying Doctors Visit

Three trainee doctors recently visited to St Therese's to tell the children about life as a doctor! The boys and girls plastered their broken fingers (pretend!), checked each other's hearts with a stethoscope and practiced brushing teeth. Thanks doctors and to Miss Sam and Miss Grace for organising.



Dr Bianca from the RFDS teaching the kids how to give your teeth a good brush



Dr Shirley and the kids with their "broken" fingers

Heaps Decent

The children made some great music with the Heaps Decent Team from Sydney last week. Listen out for the tunes on the radio!



Christmas Carols at Central School

On Wednesday the 7th of December, St. Therese's boys and girls sang in Carols by Candlelight evening with Central School students, families and community members at the Community Hall.

Some carols were presented by the students, and other carols were sung by everyone.

Some of the carols that were sung were: Aussie Jingle Bells, Australian 12 Days of Christmas, Oh Holy Night, Frosty the Snowman, We Wish You a Merry Christmas, Deck the Halls, Santa Claus is Coming to Town, Away in a Manger, Joy to the World, Christmas in Australia, and Rudolph the Red Nose Reindeer.



Central School Update

The students at Central School have been very busy with end of year activities in the last few weeks.

Heaps Decent

Heaps Decent visited the school recently to work with students on making songs and music. At this visit Heaps Decent spent time with both Kalthi Year 3 & 4 students and Secondary.

It has been a great experience for the students to work with such talented artists, especially in applying the latest electronic technology.



Maari Ma Tobacco Focus Groups

Secondary completed the third of their three education sessions on tobacco, nicotine and smoking with **Anshul** from Maari Ma's Tackling Indigenous Smoking Team. It has been a well-received program, with some excellent up to date information on the health aspects of smoking and its negative impact on all parts of the body. We used our newly refurbished library for the sessions and students completed

worksheets on the new whiteboard tables and fantastic seats.

Anshul worked with **Rhonda, Katelyn** and **Dorothy** on some of the worksheets.

Katelyn and her Year 6 class joined Secondary for the seminars as part of their Transition to Year 7 program.



Year 6 and Year 12 Farewells

This year Central School decided to combine this important celebration and it was a great success.

Everyone sat together in the library and enjoyed a delicious meal prepared by staff at the school as a special gift to the wonderful students and their families.

Below: **Sheldon, Kirsty, Jane, Katelyn** and **Shadaysha** received beautiful certificates and gift vouchers

Congratulations to Shaylyn and Evelyn!

Shaylyn's family has been a wonderful support for her over the three years of her HSC pathways program. Shaylyn received a number of TAFE awards for her outstanding effort in Education Support Certificate III. She is now qualified to be a Student Learning Support Officer at any Primary School.

Evelyn, her sister **Dorothy**, and parents **Sean** and **Loretta** at the Year 6 and Year 12 farewell.

Pictured right, Evelyn has almost finished her 100 days of work at the local Wilcannia Hospital as part of her Assistant Nursing Traineeship. Many thanks to **Annette** and **Dawn** at the hospital who have helped Evelyn on her way to becoming an Assistant Nurse.

Evelyn's family has given her such strong and committed support to enable her to achieve her HSC combined with 3 TAFE qualifications over three years of her HSC Pathways program.

Right: Evelyn and her family



Above: Shaylyn and her sister, Natika

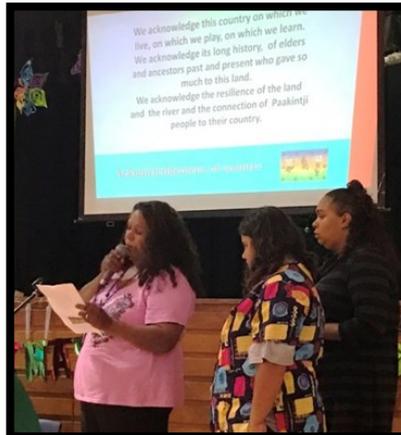
Central School Update – *Continued*

Wilcannia Central School Presentation Day

The Central School recently had their Presentation Day and **Mr John McGregor**, Projects Officer AECG, played the didgeridoo during the assembly. He played this whilst **Mrs Monica Kerwin-Whyman** presented the acknowledgement of Country. The acknowledgement of Country was read by Mrs Kerwin-Whyman and School Leaders, **Evelyn** and **Shaylyn**.

Mr McGregor also presented the Paakintji Language Awards. **Rashaun Harris-Wilson** was one of the recipients of this Award.

There were three student performances during the assembly; Taba Naba from the Torres Strait Islands by Wantaali, Rockin Round the Christmas Tree by Kalthi and The Cup Song by Tharhta.



School Fete

After the special assembly and a delicious lunch students enjoyed their fete – with showbags, jumping castle, giant slide, sponge throwing, face painting, second hand books, delicious cakes, spiders, popcorn, iceblocks, games, beauty products and much more. It was a very relaxed and happy event, and a great way to finish the school year.



Carols by Candlelight

Central School students recently participated in Carols by Candlelight with St. Therese's students, families and community members. It was a lovely, enjoyable evening!



Wilcannia's Christmas Community Dinner

The final community dinner of the year was held in Wilcannia on Friday the 9th of December. The event was held in conjunction with the Mental Health Month concert and was attended by a number of other community organisations, including the FWLHD, Warra Warra Legal Service and NEAMI. Dinner was served at 5:30pm and was followed by a music video put together by Warra Warra Legal Service and an amazing performance by **Dion Drummond**.

The menu was very traditional and included roast chicken, roast beef, ham, potato salad, pasta salad and green salad. A selection of desserts such as pavlova, sticky date pudding, chocolate truffle balls, fruit salad and custard were available on the night.

A number of Maari Ma staff helped **Elsie** and **Stevie Harris** in the kitchen throughout the day, including **Kalynda Powell**, **Kevin Bates** and **Veronica Edwards**. **Lynley Rebbeck** also assisted during the evening and was a great help giving out the Christmas presents Elsie had organised to all of the extremely excited children! It was also fantastic to have some off the staff from the NEAMI recovery centre helping to serve the food to the hungry community. This month was Stevie's last community dinner and as always, he did an amazing job preparing and cooking the meal.

Approximately 75-80 community members attended the event and it was great to see so many parents enjoying the event with their children. The kids were absolutely in awe of the beautiful gingerbread house which was made especially for the event and they had a great time knocking it down and eating it when the event finished! This community dinner was a fantastic way to celebrate Christmas and end the year in Wilcannia. Elsie is very appreciative of the help and support given by Maari Ma staff members and would like to offer special thanks to Stevie Harris for many years of dedication to the Wilcannia community dinners.

Wilcannia's Carols by Candlelight

The Carols by Candlelight was held after the Community Dinner and everyone did a great job singing. It was a lovely night enjoyed by all!



Uncle Stevie Harris—Thank you for all of your help with the Community Dinners!



Dion Drummond performing



Appliance Replacement Offer

The NSW Government is offering massive discounts on new energy efficient fridges and TVs. You can get 40% discount on a fridge and 50% discount on a TV. If you are eligible for this offer you can order your appliances from The Good Guys. To be eligible you must meet the following conditions:

- be a NSW resident
- hold one of the following concession cards
 - Pensioner Concession Card
 - Health Care Card or Low Income Health
- Care Card from Centrelink
- Veteran's Affairs Gold Card
- own a fridge that is more than 6 years old
- own a plasma or cathode ray tube (CRT) TV.

Go to <https://appliance.environment.nsw.gov.au/Suitability> to apply.

This Year's Christmas Recipe! Reindeer Cupcakes

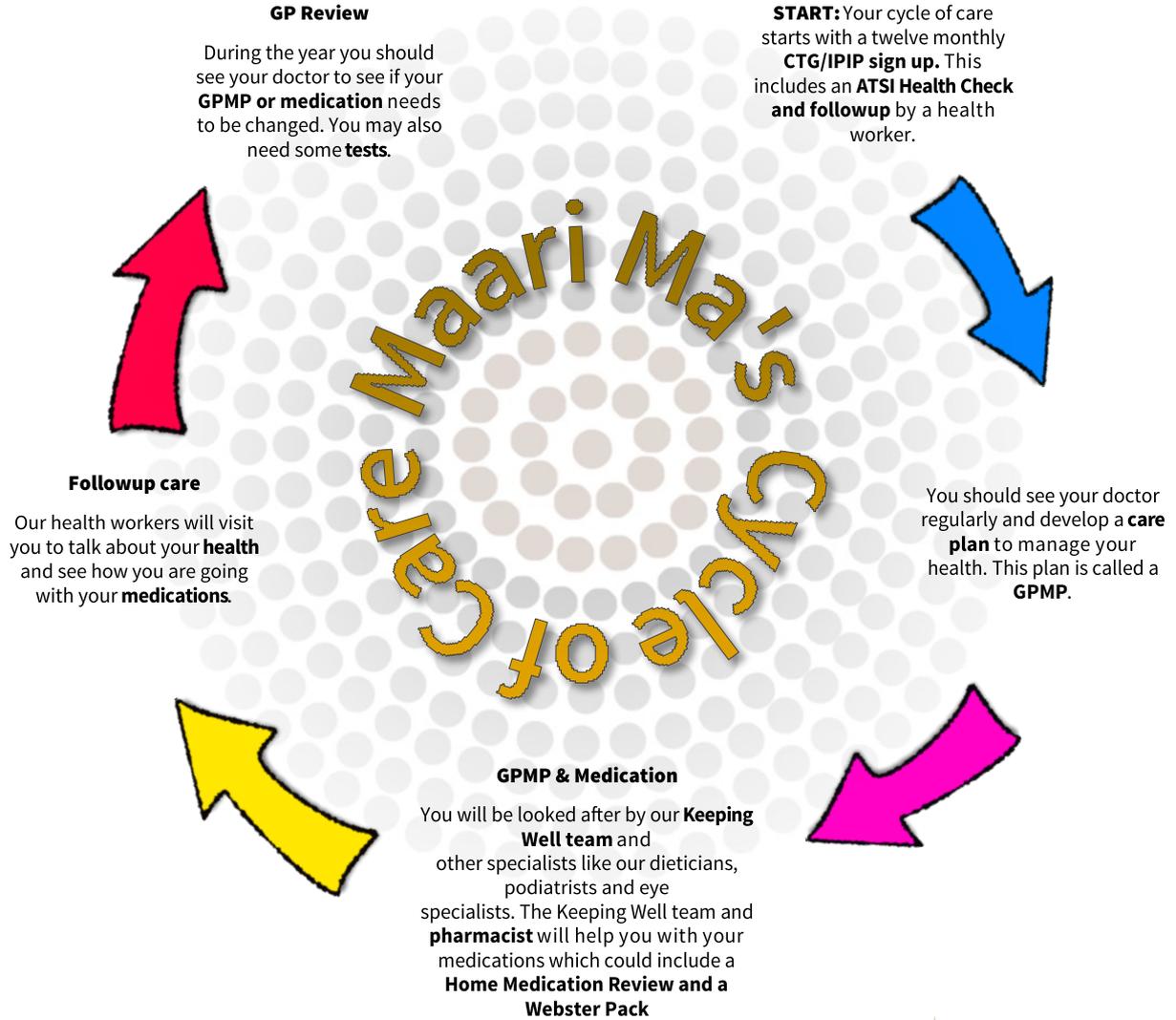
Method

1. Preheat oven to 160C.
2. In a pan, melt chocolate and keep warm.
3. In a bowl, beat butter and sugar together until pale and creamy. Add eggs one at a time, mix well after each addition.
4. Add flour, cocoa and melted chocolate to the bowl and mix well.
5. Spoon the mixture into muffin cases.
6. Bake for 15-20 minutes and transfer to a wire rack until cooled completely .
7. When cool, spread frosting over each cake. Arrange pretzels, M&M's and chocolate buttons to make the reindeer faces.

Ingredients:

- 200g milk chocolate
- 125g butter, softened
- 1 ¼ cups brown sugar
- 3 eggs
- 2 cups self-raising flour
- ¼ cup cocoa powder
- 1 bag pretzels
- 1 bag white chocolate buttons
- 1 bag M&M's
- Chocolate icing pens
- Chocolate frosting
- Christmas themed muffin cases





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:

**2439-443 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