

Wilcannia Community Newsletter



Jin, Leonard and Jada enjoyed the face painting during NAIDOC Week



Patricia, Kylera, Na and Emmitt were busy making Johnny Cakes during NAIDOC Week

The kids at St. Therese's have been keeping busy!

Kids from St. Therese's and Central School participated in many different events during NAIDOC week. They were involved in face painting and had a go at making Johnny cakes.

Thank you to all who helped paint these terrifying faces!

NAIDOC WEEK



Maari Ma Health

Wilcannia

The Tobacco Control Project / Anshul Visits Wilcannia

2

WINGS School Holiday Program / More on Shaylyn Whyman

3

Wilcannia Community Dinner

4

Indigenous Language Song Competition / Census Night / Tobacco Tip

5

Home Medicines Review

6

Maari Ma Cycle of Care

7

Wilcannia's Got Talent!

Congratulations to all of the kids who were involved in this night. St. Therese's staff were very proud of the boys and girls that stood up on stage to either dance or sing. The children were so happy with their trophies and prizes.



Na, Kiah, Patricia and Elsie - Excellent singing Patricia!



The boys and girls after their performance at Wilcannia's Got Talent

INTRODUCING

the Tobacco Control Project: Focus Groups and Surveys

What's On?

NAIDOC Week

3rd—10th July

National Diabetes Week

10th—16th July

Hepatitis Awareness Week

25th—29th July

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)

Why are we running the Tobacco Control Program?

Tobacco, in any form, is the leading cause of various preventable diseases and death.

Young adults, especially those who are already dealing with various kinds of stresses, are vulnerable to the addiction. The earlier the addiction begins, the more difficult it becomes to quit. Tobacco can have a bigger effect on your social and emotional wellbeing long term and can control your lifestyle choices.

We encourage you to make the change for your family and to promote NO SMOKING in your home and car.

What we will be doing?

There has been a decline in the number of Aboriginal youth who smoke which is great news for communities across Australia, but work still needs to be done to prevent the uptake of tobacco in youth in our community.

Local retailers have been doing a great job in keeping up with the government regulations, however we as a community need to work together to prevent the supply of tobacco to youth.

How will we be doing it?

Any program for the community is incomplete without participation and feedback from the community, so to make this program work we will be talking to youth, retailers and other community members.

We will have focus groups with youth about the kinds of questions we should use in our survey. This will help us develop a survey that is appropriate for young people.

The survey will help us to learn more about the current trends in smoking amongst youth. It will be completely confidential and personal details are not required.

Informal interviews as well as education sessions with community members will be offered so we can gain community perspective, knowledge about the subject including information about the trends in sales. Education about the effects of smoking and support for quitting will also be available.

We also plan to hold focus groups with community members to get feedback about our Tackling Indigenous Smoking Program.

What will we do with the information?

All of the information provided by the community will be analysed to understand the trends in smoking amongst youth in our community.



Anshul visits Wilcannia

Our Project Officer—Tobacco Control, **Anshul Kaul**, visited the WINGS centre on the 29th June and the 12th July. Both visits were successful as the kids were keen on knowing more about the Tobacco Control program and the effects tobacco has on kids.

A Youth Focus Group was organised and participating youth gave their feedback on the survey which will soon be given out to young people in the community to find out more about the current smoking trends amongst young people in the community. A big thank you to the kids who helped with this!

Our new iCO Smokerlyzer which links to an app on your mobile was very popular amongst the kids at WINGS. Smokerlyzers are used to measure the Carbon monoxide levels in your breath. Carbon monoxide is one of the main chemicals that is released from smoking tobacco and when it enters the blood from the lungs and combines with haemoglobin, it blocks the blood's ability to carry oxygen to body cells.

Our Tackling Indigenous Smoking team will continue to make frequent visits to Wilcannia to promote the Tobacco Control, and Smokefree Homes and Cars projects.

A big thank you to the kids who were part of the focus group!



Anshul Kaul (back right) with the kids at WINGS

Wings School Holiday Program

Forty plus kids attended the WINGS Drop In Centre during the first week of the school holidays. The kids were involved in many fun activities such as jewellery making, painting, cooking, dream catcher making, boys / girls group and activities on the football oval.

The second week of the school holidays was also filled with exciting activities. **Lesley Harvey** visited the centre once again to do science with the kids. One of the activities created a colour-changing milk using food colouring and dish soap which resulted in an awesome reaction and a beautiful explosion of colours. There was also a celery and food colouring experiment as well as marble dipped vases. The staff at WINGS would like to thank Lesley for her visit and for the wonderful work she does with the children at WINGS.

The staff at WINGS would also like to thank the School Attendance Officers (SAO's) for their help with transport and for the delicious lunches that they prepare for the children.



More on Shaylyn Whyman

Shaylyn was recently nominated and short listed for the 2016 Western NSW Training Awards. This was in regards to the traineeship that was combined with her TAFE course, Certificate III in Education Support. Shaylyn has just been awarded the School Based Trainee Award for Western NSW and she will now progress to the State Awards in Sydney. Congratulations on this achievement and we wish you all the best!



Shaylyn on the left receiving her award

Wilcannia Community Dinner

The June community dinner was combined with the Wilcannia's Got Talent event. The dinner was held at the Wilcannia Central School and it was a big day in the kitchen with **Foketi** and her crew of volunteers helping dietician, **Elsie**, out to make enough food for the community. The menu consisted of roast chicken and kangaroo, roast vegetables, salad, damper, lemon cheesecake and trifle. There was a big line-up for dinner, but everyone managed to get a healthy and delicious meal!

The night kicked off with the 'Weeping Cloud' musical which was performed by a group of kids from the Central School and the local choir group. The rest of the talent quest happened after dinner and included performances from St. Therese's school and the dance group from WINGS Drop In Centre. Maari Ma sponsored the event and provided trophies for all of the performers, as well as a number of other prizes. Although the event wasn't a competition, special prizes were given to **Patricia Whyman**, the dance group from the WINGS and the kids from St. Therese's. The kids were all very excited to receive their new scooters, skateboards and bikes!

Maari Ma staff also set up an area promoting the White Ribbon campaign which aims to end men's violence against women. White Ribbon ambassadors, **Peter Crossing** and **Jamie Billing**, addressed the audience during the evening to promote awareness around this issue.

Maari Ma staff including **Michael Porter**, **Alex Page**, **Kalynda Powell** and **Anshul Kaul** also attended the dinner, helping to serve food and clean-up afterwards. Approximately 120 people attended the event and it was great to see so many community members enjoying a great family night out.

Thank you to everyone who helped make this night a success!



We're inviting schools to work with their local Indigenous community to translate the song Marrin Gamu into the first language of their area, then to record students singing it.

First prize is a visit from a video production team to film students singing. Runner-up prize is a bespoke language resource package designed for your school by First Languages Australia.

Check out the Marrin Gamu website:

www.marringamu.com.au/cross-curricular-programs/ for an example entry and teachers' notes to help you get started, and find more details about the competition here:

www.splash.abc.net.au/newsandarticles/blog/-/b/2294738/indigenous-language-song-competition

Entries Close: 5pm 10th August 2016

Indigenous Language Song Competition

Can you sing a song in the traditional language of your area?



Census Night

Tuesday the 9th of August is Census Night. It's important that every household completes the Census to get an accurate snapshot of Australia today, to help shape our nation's education, health, transport and infrastructure tomorrow.

The 2016 Census will be Australia's first predominantly digital Census. From August 1, households will receive a letter with a unique Census Login. Every household must use it to complete the Census online, or follow the directions to order a paper form. In some locations, households will receive a paper form upfront, with the option to complete it online.

AUGUST 9 IS CENSUS NIGHT.

IT'S OUR MOMENT TO PAUSE AND MAKE A DIFFERENCE.

 **Census**
census.abs.gov.au

Tobacco Tip

The last week of July is "OCD & Anxiety Disorders Week". Research has shown that smoking increases stress levels overall. Smoking may appear to relieve stress as nicotine has a short-term anti-anxiety effect. However, much of the calming effect of a cigarette is due to the relief of symptoms (such as irritability, restlessness) caused by nicotine withdrawal. Also, some of the relaxation from smoking is from having a break and a few deep breaths, not the cigarette itself.

Smoking increases stress by causing frequent withdrawal periods during the day between cigarettes. Nicotine is a stimulant and releases stress hormones such as adrenaline, so if you are a smoker and suffer from anxiety, quitting tobacco could actually improve your mental health and reduce the risk of other chronic conditions.

Slap on a nicotine replacement therapy patch, use some nicotine replacement gum, puff on a nicotine replacement inhaler or try the Nicotine Oral Mouth spray to help with withdrawal or talk to your doctor or Health Worker about Champix. Quitting tobacco will help you BREATHE better both physically and mentally.

- Information from www.aascp.org.au and Colin Mendelsohn.

Home Medicines Review



What is a HMR?

A pharmacist visits the patient at their home or wherever they feel comfortable talking. The pharmacist talks with the patient to help them learn more about taking tablets and using medicines. The patient can ask questions about any worries with their medicines.

Are you eligible for a HMR?

Patients that may eligible for a HMR are usually people who:

- are taking a lot of tablets
- have just come out of hospital
- have had a lot of changes to their medicines
- are having problems with medicines or are not taking their tablets
- are not getting better as quickly as expected
- are taking medicines that need monitoring with blood tests
- have had many doctors

How does HMR help the patient?

HMRs help educate patients about their tablets and other medicines. HMRs can help patients understand their medicines when the doctor does not have enough time to go through all of the information.

The Pharmacist explains:

- the best way to take medicines safely
- why to take them
- how to get the best results

Information goes to the patient's doctor

After the HMR, the pharmacist sends a report to your doctor and can discuss ways to help the patient with any problems they have found. The doctor may decide to make some changes to the patient's medicines.

Alex Page is the Pharmacist at Maari Ma Health. Alex sees patients in Broken Hill, Wilcannia and Menindee. He visits Wilcannia a couple of times a month. If you have been referred to see the pharmacist for a HMR by your doctor, it is important that you are available for your appointment.

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 8082 9777 to reschedule.

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

Wilcannia
Health
Service:

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