

Wilcannia Community Newsletter



Congratulations Shaylyn Whyman!

Last year **Shaylyn Whyman** completed her Certificate III Education Support as part of her HSC and she is currently completing the rest of her HSC this year. This month Shaylyn has received two very important TAFE Western and TAFE NSW Awards—*The TAFE Western Outstanding Graduating Student Award for Aboriginal Trainee of the Year*, and *TAFE NSW Gili (Eora word that means “to shine”) Awards for Trainee of the Year*.

Shaylyn's achievements show just how hard she has worked and how committed she is to learning. Her teacher, **Gail Sparrow**, said:

“From the moment that I observed Shaylyn in the classroom I was very impressed—she was very mature and demonstrated a genuine care for her students.”

Her supervisor from Wilcannia Central School also had very positive things to say about her and noted that she was very attentive to students who were having a hard time with their learning activities.



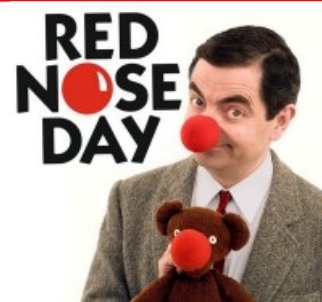
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Wilcannia

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***Congratulations Shaylyn and we wish you all
the best in completing your HSC!***

Friday the 26th of June is Red Nose Day. This day is about raising awareness of Sudden Infant Death Syndrome (SIDS). Pregnant women can reduce the risk and prevent SIDS by keeping their baby smoke-free before and after birth. To avoid exposing your baby to smoke, don't let anyone smoke near your baby - not in the house, car or anywhere your baby spends time (www.sidsandkids.org).



Mobile Clinic



Maari Ma's Mobile Clinic was at Ray Hunter Memorial Park recently and Flu vaccinations were made available to clients. Manager, Wilcannia Primary Health, **Judith Borg**, said 20 people attended on Tuesday and 11 on the Wednesday. It's the first time the van is being used in Wilcannia specifically for Fluvax shots and Judith said many residents who wouldn't normally go to the health service have attended the van which is very good to hear. All staff were taking turns in working from the van so it was a great team effort.

Wilcannia River Radio & Community Restorative Centre (CRC) Basketball Success



The official Wilcannia Basketball Opening Day was a great day with around 60 people turning up to play. From the 60 people, six teams were organised in different colours. The day officially started at 12pm and didn't finish until around 6pm as everyone was enjoying themselves too much and didn't want to leave! Maari Ma's Dietician, **Elsie Patterson** and Diabetes Educator, **Michael Porter** helped out on the day, providing water, fresh fruit and smoothies made by our famous smoothie bike.

Wilcannia River Radio would like to thank the crew from Murdi Paaki Regional Enterprise Corporation (MPREC)/Community Development Employment Program (CDEP) for helping make this day a success. They would also like to thank the CRC for supplying the equipment and BBQ on the day.

Both the radio station and the CRC have been working very hard to rejuvenate the local basketball court so it was great to see members of the community attend. Another gala day will be held soon!

What's On?

Red Nose Day

Friday the 26th of June

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)

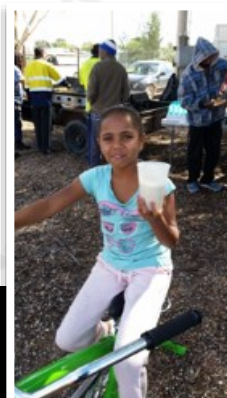
Little Kids & Books

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)



WORLD NO TOBACCO DAY

Make every day World No Tobacco Day.

www.who.int/tobacco

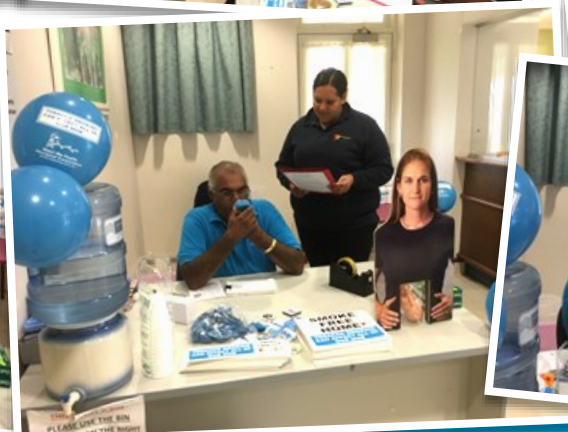


World Health Organization

31 MAY

Tuesday the 31st of May marked World No Tobacco Day. Around 6 million people in the world die every year from smoking, with approximately 600,000 occurring from second-hand smoke. Currently in Australia around 42% of Indigenous people aged 15 and over smoke. World No Tobacco Day is about raising awareness of the effects of tobacco on smokers and their families. It also focuses on the benefits of quitting.

In Wilcannia **Kevin Bates** and **Lynley Rebbeck** set up stands on the day at the health service. Kevin provided community members with information, resources and the option of carbon monoxide screening. As you can see other staff and community members were keen to be involved.



Thank you to all staff who helped out on the day and thanks to the community for taking part !

St Therese's Community School



St. Therese caters for boys and girls from Kindergarten to Year 2, with enrolments for Year 3 now being taken for 2017 as the school seeks to grow.

The school has Indigenous staff as well as non-Indigenous staff who aim to continue the great work of the Sisters who looked after the children of the community for 50 years. St. Therese has many exciting programs with parents supported in helping children attend school through the daily bus run and breakfast program. The children also enjoy a prepared nutritious lunch and healthy fruit break.

Other programs include weekly speech therapy, prayer and birthday assemblies, Books in Homes, weekly nutrition lessons with a visiting dietician, art competitions, community visits and sporting events.



The school encourages the development of strong literacy and numeracy skills, as well as an understanding of history, culture and language of the local people through the Paakantji Cultural Program. The Religious Education Program helps students interact respectfully with each other and their teachers. Father Nick from Broken Hill visits St. Therese every month to say mass or lead prayer celebrations.

St. Therese have plenty of interactive tools such as iPads, laptops, desktop computers and interactive whiteboards to help the children with their learning.

The school is a wonderful, supportive place for children to grow and learn. For more information about St. Therese's Community School please phone (08) 8091 5933 or visit us on **Warrali Avenue, Wilcannia**.



Check out the new Veggie Garden!

St. Therese now have their own veggie garden! The boys and girls each planted two or more plants in a new raised garden bed near the kitchen. The children are keeping an eye on their snow peas, lettuce, beans, spinach, silverbeet and celery. Hopefully the weather and the roos will be kind. The picture below shows Leonard, Na and William adding some mulch!



Walk to the River

Recently, as part of the Science and Paakantji Program (as well as keeping fit!) the children walked down through the bush to the river. Along the way Uncle Chris showed us some animal tracks as well plants we can use as medicine. Dougie enjoyed a swim at the end!!!

Life Education

Last month the boys and girls visited the Life Education van at the Central School. Miss Michelle helped the kids learn about making healthy choices and body parts. They even met Happy Healthy Harold the giraffe!



What's happening at WINGS?

The WINGS dance group has been very busy getting back into practice after their break during the school holidays. The children have been working on a drum dance from the Cook Islands for the talent show that was held on the 20th of June. This term the children will also be doing musical theatre.

Football season is here and the kids have been talking about playing footy and going to watch their Dads and Uncles play (which gets them excited about playing). WINGS have decided to hold sports days on the oval so the kids can play a fun game of football.

WINGS staff have been busy planning for the upcoming school holidays which start on Monday the 4th of July. The centre will be open from 11am to 5pm during the holidays and the first week will have a NAIDOC theme. Activities for the week will include boomerang painting, an Indigenous games day on the oval and a black, yellow and red disco. During the second week the kids will explore science with **Lesley Harvey**. Lesley visited the centre last holidays and held a maths and science workshop for the children, which they absolutely loved!



Paediatric Clinic

Paediatricians provide specialist care to infants, children and young people. They are able to provide an expert diagnosis as well as treatment and care for patients under the age of 18.

Maari Ma Health has a visiting Paediatrician, **Dr Shanti Raman**, who visits Broken Hill and Wilcannia once a month. Dr Raman sees babies and children that are referred to her by one of our doctors.

For example, your doctor might refer your child to a paediatrician for further assessment and treatment of:

- asthma and allergies
- poor growth
- behavioural problems
- developmental delay
- autism
- ADHD
- sleep problems
- brain conditions – for example, epilepsy
- problems with muscles or bones – for example, developmental dysplasia of the hip or bow legs
- disabilities like Down syndrome, cerebral palsy or fragile X syndrome
- faecal incontinence (encopresis) or constipation.

A paediatrician might also see your baby immediately after birth, to make sure everything is OK.



If you have any health concerns about your child, please raise these with your doctor at your next appointment or call our staff at the Wilcannia Health Service on 8091 5122.

West Darling Arts Aboriginal Artists Collective Touring Exhibition 2016

The West Darling Arts Aboriginal Artists Collective Touring Exhibition is a collection of recent works by Aboriginal artists from the West Darling Region, including Wentworth, Broken Hill, Menindee and Wilcannia. It is an exciting collection of works showcasing the talents of our Aboriginal artists through paintings and woodworks. The touring exhibition is part of West Darling Arts' Broadening Community Reach Project, funded by the Ministry for the Arts. The project is designed to develop, produce, present and exhibit Aboriginal art and culture from the Western Region.

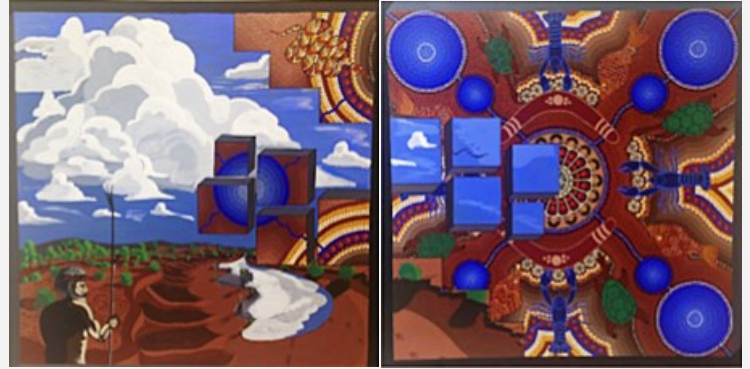


IMAGE: Shaun Kemp, *Waiting for the Rain*. Winner 2D 2016 Far West Aboriginal and Torres Strait Islander Art Prize

Wilcannia CPD Training Room (formerly Westpac Bank)

Reid Street, Wilcannia NSW 2636

Monday 20 June 2016—Friday 24 June 2016

OFFICIAL OPENING TUESDAY 21 JUNE AT 12:00pm

ALL WELCOME—LIGHT REFRESHMENTS PROVIDED

Also touring Broken Hill, Menindee, Tibbooburra and White Cliffs

West Darling Arts respectfully acknowledge the Elders and Aboriginal people who are the traditional owners of the West Darling Region, NSW.



*Supporting and Advocating Arts
and Culture in the Western Region*



Australian Government

Indigenous Languages and Arts



**ENDS
15th
July**

PHOTO COMPETITION



Children and young people have told us that they are tired of being stereotyped, in particular, through the photos and images used to represent them. ACYP together with children and young people want to shift the way children and young people are portrayed in our newspapers, on our televisions, and on our screens.

If you're under 25, we invite you to participate in the Real NSW photo competition which gives you the opportunity to show NSW the real you!

Get involved by taking a photo that's a glimpse into your world, such as your creative hobbies, engaging with your local community, volunteering, playing sports, exploring your favourite places, or hanging with your friends at school.

Learn more or enter the competition here:
www.acyp.nsw.gov.au/real-nsw



Office of the
Advocate for Children
and Young People
acyp.

**Enter the competition to win
iPads and many more prizes!**

Office of the Advocate for Children and Young People
Level 2, 407 Elizabeth Street Surry Hills NSW 2010
02 9248 0970 | acyp@acyp.nsw.gov.au

Wilcannia Community Dinner

Last month's community dinner was based on hearty foods that help keep people warm during winter. As it was cold and raining in Wilcannia on the night of the dinner, this theme couldn't have been more perfect! The menu consisted of braised beef with vegetables, slow cooked honey soy chicken, mashed vegetables, wholemeal bread rolls and self-saucing chocolate pudding for dessert.

Kalynda Powell, **Stevie Harris** and **Kamala** helped out Dietician, **Elsie Patterson** in the kitchen. **Aunty Maureen** from Wilcannia River Radio popped in for a visit in the afternoon to taste-test the chocolate pudding before it went in the oven—thanks Aunty Maureen!

Frances and her students from the Central School did an amazing job at making the puddings which were served with strawberries and proved to be a crowd favourite. **Evelyn** from the Central School did a great job of dishing out the main dishes as well as the dessert. Our Pharmacist, **Alex Page** did an awesome job of cleaning up at the end of the night, so thanks Alex!

Overall, it was a good night with approximately 45 people attending for a delicious, hearty meal.



The kids at WINGS recently cooked:

Chicken Curry & Rice

Ingredients:

- 500g-700g chicken breast fillet
- 2 onions
- 4 potatoes
- 1 capsicum
- 1 pack frozen vegetables
- 1 tbsp mince garlic
- 1 tbsp minced ginger
- 1 tbsp ground coriander
- 1 tbsp curry powder
- 1 tbsp ground cumin
- 1 can light coconut milk
- 2 tbsp vegetable oil
- 2 packs microwavable rice

Method:

1. Chop vegetables into small pieces and dice chicken.
2. Heat oil in pot and fry chicken until brown,
3. Add onion, potato, carrots, capsicum, mixed vegetables and stir.
4. Add spices, ginger and garlic and stir.
5. Add coconut milk and stir.
6. Bring to the boil, then turn down to a low heat and let simmer for up to an hour.
7. Microwave rice when ready to serve.



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