

Wilcannia Community Newsletter

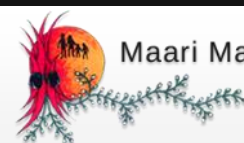
Cooking at St. Therese's

Maari Ma's Dietician, **Elsie** has been busy cooking with the kids in Wilcannia. At St. Therese's she helped the kids make healthy cheesecakes. The base of the cheesecake was made from dates, coconut and oats, which are a much healthier alternative to normal cheesecake bases! The filling was made from cream cheese, natural yoghurt and fruit which the kids really enjoyed blitzing together with the stick blender. They used banana, orange, lemon and frozen blueberries to flavour the cheesecakes. The kids then got to enjoy their creations during their fruit break.



Cooking at Preschool

Elsie also visited the Preschool to make fruit and oat cookies with the little ones. Everyone enjoyed taste testing the different types of dried fruit whilst they were being prepared, with the dried cranberries being a favourite! The kids did a great job measuring the ingredients and taking turns mixing them together. Everyone's favourite step was rolling the mixture into balls and flattening them out into a biscuit shape. Fruit and oat cookies are an easy, healthy recipe that kids of all ages can help out with. Good job kids!



Maari Ma Health

Wilcannia

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What's happening at WINGS?

With the holidays fast approaching WINGS staff have been busy planning activities. Some activities that will be happening during the holidays are NAIDOC Week activities such as boomerang painting, jewellery making, flag decorating & a black, yellow and red disco.

During the second week there will be a movie night at the police station with the theme Christmas in July. The children will do iron on beads, marble painting and will also be making their own scratch art.

The staff at WINGS were thrilled with the installation of some fresh computers for the kids to use. Thanks to IT Support Worker, **Dustin Mitchell** for doing a great job—it's very much appreciated by all at WINGS.



What's On?

Red Nose Day

Friday the 30th of June

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

(Not on during the school holidays)

Visiting Maari Ma GP's—JULY

4 July : Dr Priscilla Htun & Dr Vic Carroll

6 July : Dr Stephen Gaggin

12 July : Dr Stephen Gaggin

13 July : Dr Stephen Gaggin

25 July : Dr Marion Christie

26 July : Dr Stephen Gaggin & Dr Michael Nugent

27 July : Dr Stephen Gaggin & Dr Michael Nugent

31 July : Dr Penny Roberts-Thomson

Visiting Specialists—JULY

11 July : Paediatrician

13 July : Optometrist

20 July : Ophthalmologist

Kids Dental Clinics



Tyreece, Trevor & Tyson in the Dental room

The community is happy to have Maari Ma's Dental team visiting the Wilcannia Hospital again. Dental Assistant, **Penny Billings** and Oral Health Therapist, **Naim Yazdari** regularly visit Wilcannia and they see children up to 18 years of age.

What happens at the Dental clinic?

- It is recommended you visit the dentist every 6 months
- During your visit each tooth is checked and counted
- The dental team will give you tips on a good diet as well as good oral habits
- We can teach you good techniques with brushing and flossing
- Talk about how we can take care of our teeth
- Discuss how dental decay occurs and how we can prevent it
- We give you toothbrushes and toothpaste to take home to get you started on your bright and happy smiles!

If your child is experiencing any pain or you are concerned about their teeth please call the Wilcannia Primary Health Care Service on 8091 5122.

Mobile Night Clinic

Maari Ma recently held a night clinic in our mobile bus for Wilcannia's rugby players. **Dr Alex Beaudoin** was assisted by **Daniel Jackman** and **Shannon Edwards**. Many players came to have their health checks completed at the oval on their usual training night and as you can see it was the perfect night for it! Around 30 players attended which was a great turnout.

Thanks for the photo **Lynley!**



Rugby at Wilcannia

Families have been enjoying the rugby this season and Early Years Project Leader, **Lesley Harvey** attended a game last month at the Wilcannia Bourke Memorial Park.

Lesley is pictured with **Kylara Kerwin**, **Sarstia Harris** and **Ahmarnie Jackson**.

Another beautiful photo, thanks for sharing **Lynley!**

Staff Update

Sadly **Lowra (Daisy) Koraba** leaves us this month on the 30th. Lowra has worked at Maari Ma for 7 and a half years as an Administration Officer and more recently as a Clinic Coordinator in Wilcannia. She has decided to move back to Queensland to be with her family. Her bright, cheery smile and bouncy curls will be missed by all staff and community. Maari Ma would like to thank Lowra for her outstanding commitment to our service and we would also like to wish her all the best in the future.

Maari Ma would like to welcome one new staff member this month. **Robyn Harris** joined us as the new Community Midwife and will be visiting Wilcannia with **Stevie Kemp** weekly. Robyn was previously working at the Broken Hill Health Service. See Page 7 for photo.



APPLICATIONS OPEN FOR INDIGENOUS SUMMER SCHOOL SCIENCE EXPERIENCE

Applications are open now and close July 16, 2017.
2017/18 Summer School Dates

Townsville	11-19 th December 2017
Newcastle	3-11 th January 2018
Adelaide	12-20 th January 2018

ASSETS is part of a broader Indigenous STEM Education program funded by BHP Billiton Foundation and delivered by CSIRO.

For more information contact Ashleigh Fortington on 0472 840 155. For more information on ASSETS go to www.csiro.au/indigenous-ASSETS

Applications are now open for the ASSETS (Aboriginal Summer School for Excellence in Science and Technology) program.

ASSETS is part of a joint project by CSIRO and BHP Billiton Foundation which gives 105 Indigenous Year 10 students the opportunity to participate in an all-expenses paid, nine day summer school held in Townsville, Newcastle or Adelaide and an ongoing leadership and support program as they complete Years 11 and 12.

Unlike other science, technology, engineering and mathematics programs, ASSETS is unique in that it focuses on how Indigenous knowledge and science go hand-in-hand.

ASSETS Manager **Dr Jen Parsons** said students would have the opportunity to conduct scientific inquiries with an Indigenous context among other activities.

"During the 2016/17 summer schools, ASSETS students had the opportunity to connect with world leading scientists and STEM professionals from across the country, while also participating in cultural activities and sessions on study and career pathways," Dr Parsons said.

"The academic focus varies in each location and during the upcoming summer schools, students will be involved in everything from building sensors to monitoring wildlife habitats, investigating what causes spikes in blood pressure to learning about traditional astronomy."

Community Dinner

The next Community Dinner will be held on Wednesday the 28th of June. The dinners are usually held on the last Wednesday of every month. Each month there is a different theme and there is plenty of yummy food to go around for everyone. If you would like to help **Elsie** out in the kitchen please do not hesitate to contact the Wilcannia Primary Health Care Service.

How to Make:

Ricotta Pancakes!

Ingredients:

- 1 cup (150g) self-raising flour
- 1 teaspoon bicarb of soda
- Pinch of salt
- 2 tablespoons (40g) caster sugar
- 125g fresh ricotta
- 1 cup (250ml) skim milk
- 1 egg, beaten
- 25g unsalted butter, melted
- 1/2 lemon, rind grated, juiced
- Oil spray, to fry
- Sliced bananas, yoghurt and honey, to serve



Method:

1. Sift the flour, soda and salt into a bowl and stir in sugar. In a separate bowl, combine the ricotta, milk, egg, melted butter, lemon rind and juice, beating well until smooth. Gradually whisk this into the dry ingredients to form a smooth batter.
2. Heat a large heavy based, non-stick frying pan, spray lightly with oil and pour in 1/3 cup batter to form a 12cm pancake. Cook 2 pancakes at a time over medium heat for 3 minutes until bubbles appear over the surface, then flip over and cook for 1-2 minutes.
3. Keep warm while, cooking the remaining 7 pancakes. Serve hot with a spoonful of yoghurt, banana slices and some honey.



Friday the 30th 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.

- Information from www.sidsandkids.org

RED NOSE DAY

Seasons for Growth at St. Therese's

Primary Mental Health Worker, **Karen Elston** started the Seasons for Growth program at St. Therese's earlier this term. In the first session the kids decided that it was Autumn and were involved in activities that got them thinking about major changes in their lives and how they can impact us positively and negatively. The kids then wrote some of the changes in their journal and at the end of the session they openly shared some of these with the rest of the group.



During the second session the kids identified that it was Winter. The children were asked to again think about changes in their lives and how these changes made them feel. At the end of the session the kids had the opportunity to share their feelings with the rest of the group and they learnt that all feelings are normal and how they can manage their emotions.



The third session was about Spring. Spring focuses on treasuring memories, letting go and how everyone has different memories. The kids were very focused on their activities and were great at sharing memories and feelings. **Karen, Kalynda and Danielle** (from Centacare) also shared their own stories about major changes that had happened to them. The kids got to do some craft and focused really hard on getting their art work done.

The final session was on Summer. Summer is about choices and consequences. The kids listened while Karen was reading a short story and then they discussed the choices and consequences that were made in the story, followed by writing in their journal. A celebration followed and a certificate was provided to each of the children as well as some healthy food to finish off the program.



Well done to all of the children who took part in the program!

IPTAAS



IPTAAS provides financial assistance to clients who need support to attend specialist medical appointments. To be eligible for this assistance you must meet the following criteria:

- Have proof of a specialist appointment (appointment letter or referral from your GP).
- Have a healthcare card/pension card (if you do not have either you will need to attend the Far West Local Health District (FWLHD) IPTAAS office at the hospital – a Maari Ma staff member can support you with this).
- Currently receiving a benefit from Centrelink.

Maari Ma Health can assist you with making your specialist appointment and filling out your IPTAAS form. Parts 1 and 2 of the form need to be filled out by you and it is important that you include your **bank details**. Part 3 of the form is to be filled out when you attend your specialist appointment and this part must be given back to Maari Ma when you return to Broken Hill.

Maari Ma can provide assistance with travel and accommodation. This could include fuel vouchers, cab charges or booking of flights if you have flight approval from the FWLHD IPTAAS office. Accommodation can also be organised for you, but food and drinks are not included in this booking.

PLEASE 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.

Aboriginal Maternal Infant Health Strategy (AMIHS)



The Aboriginal Maternal Infant Health Strategy (AMIHS) is a NSW Health Initiative to improve access to services, increase birth weights and reduce premature births in Aboriginal families. AMIHS provides a community-based pregnancy care service until the baby is born then continue until the baby is six weeks old. The team at Maari Ma consists of a Community Midwife, **Robyn Harris** and Aboriginal Health Practitioner, **Stevie Kemp** working in partnership in a flexible and non-judgemental manner.

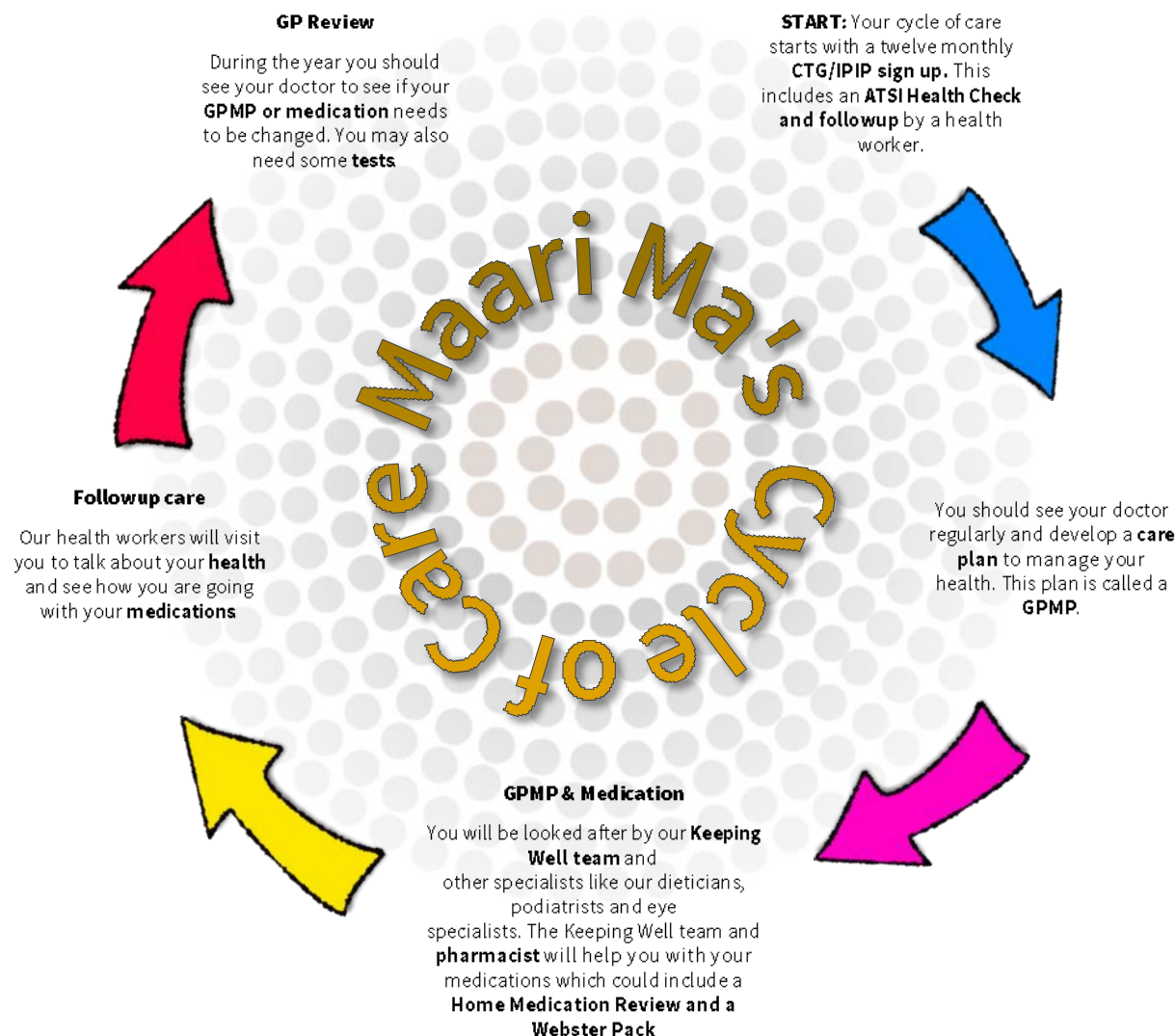


Stevie Kemp with new Community Midwife, Robyn Harris

The team aims to provide culturally sensitive continuity of care for women having Aboriginal babies, to improve health outcomes for them and their families, either in the clinic or in the home. The purpose of antenatal care is to monitor the health of both the mother and baby to check that the bub is progressing well. Postnatal care in community settings or at home provides clinical, psychological and education support, and it also assists with the transition to child and family health services and collaboration where necessary to other agencies.

Maari Ma's AMIHS team usually travels to Wilcannia on Wednesdays.

For more information on our midwifery service please call the Wilcannia Primary Health Care Service on 8091 5122.



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