

Wilcannia Community Newsletter

What's Happening at WINGS?

On Friday the 14th of October Wilcannia Central School hosted a Community showcase. The Wings Dance Group performed a dance routine to "9 to 5" sung by school teacher Sarah who is also a part of the Wilcannia Community River Choir. Two young girls from Wings along with Norma (school teacher) also performed an old routine to a drum dance from the Cook Islands. It was a spectacular show with over 50 community members coming along to cheer on their children.



Now that the showcase is over the children have been busy with dance classes 3 days a week to prepare for Carols by Candlelight which will be held on Friday the 9th of December at the school oval starting with a BBQ dinner at 7pm then followed by carols. The children have already learnt the routine to "All I Want for Christmas is You" and "Rudolph the Red-Nosed Reindeer".

Sadly, **Viliami** is finishing up at the end of this year. The staff and children would like to thank her for taking the time out to come to Wings.



Wilcannia

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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)

PINKTOBER at Wilcannia

Last month was Breast Cancer Awareness month and staff at the Wilcannia Primary Health Care Service showed their support by wearing pink t-shirts.

Thank you to everyone who made donations or showed their support for Breast Cancer in October.



Lynley Rebbeck, Kevin Bates and Veronica Edwards wearing pink for Pinktober



Staff Update

This month we farewelled Primary Health Nurse, **Lindy Alderton** who after nearly two and a half years with Maari Ma is heading back to New Zealand to be with her family. Lindy has been a great member of the Wilcannia team and she will be missed by staff and community.

PERINATAL DEPRESSION & ANXIETY AWARENESS WEEK NOVEMBER 13-19

This week aims to raise awareness about perinatal depression and anxiety, including the signs to look for and where to go to seek support.

Perinatal depression and anxiety is a serious illness. Up to 1 in 10 expecting mums and 1 in 20 expecting dads struggle with antenatal depression and more than 1 in 7 new mums and up to 1 in 10 new dads are diagnosed with postnatal depression each year. Even more are thought to suffer with anxiety. It's important for expecting and new parents, as well as those around them, to be aware of perinatal anxiety and depression, to know the signs to look out for and where to go for help.

Everyone's experience of parenthood, including perinatal anxiety and depression, is different. However, with the right treatment and support, new parents can make a full recovery. This year the Child & Family Health Centre and Maternity Unit held a BBQ at the Community Centre to celebrate everyone's unique journey of parenthood.

Maari Ma Health offers support to parents and families, so please call us on 8082 9777.

What's On?

Perinatal Depression & Anxiety Awareness Week

13th – 19th of November

White Ribbon Day

25th of November

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

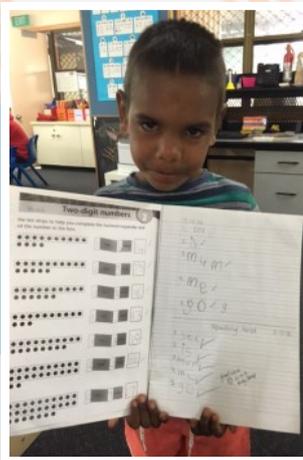
Every second Tuesday at St. Therese's School as part of Playgroup

Run by Lesley Harvey from Maari Ma with Susan Jordan as a support

(Not on during the school holidays)

What's Happening at St. Therese's ?

Bishop Columba visited St. Therese's recently. He sat by the river with the kids and staff and listened to **Aunty Janine** tell a story. He then played his bagpipes which everyone enjoyed. A lovely lunch was held in the park before the Bishop visited the classrooms to share a religion lesson. The school is looking forward to his next visit.



Maari Ma's Dietician, **Elsie**, recently visited St. Therese and made French Toast with **Uncle Chris, Emmitt, Imogen and Patricia**.

A big congratulations goes to **Steven** who recently received the Principal's Award for his learning in Literacy!

Update from Wilcannia Central School

Halloween

Many of the Central School students had a wonderful time celebrating Halloween recently.

Some staff from Wilcannia Central School set up Trick or Treat stops outside their homes. It was a really enjoyable and very social evening, with the kids and their friends staying for a while to chat and make sure they picked up their trick or treat bags.



Important Dates

Monday 28th November:
This week Year 6 start their transition to High School program.

Tuesday 29th and Wednesday 30th Heaps Decent is visiting – writing and creating music with upper primary and secondary.

Wednesday 30th November:
Maari Ma Tobacco Youth Focus program for secondary students.

Friday 9th December :
Presentation Day. Reports will be given to students and parents/carers.

Monday 12th December:
Attendance Celebration day.

Thursday 15th December:
Last day for preschool

Friday 16th December: Last day of Term 4.

Remembrance Day

In 1997, Governor-General Sir William Deane issued a proclamation formally declaring 11 November to be Remembrance Day, urging all Australians to observe one minute's silence at 11 am on 11 November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.

To acknowledge this day **Miss Jess** and one of her preschool students placed a remembrance day poppy in a sand box at the cenotaph.

Wilcannia Central School students participated in Remembrance Day at Baker Park. It was a sad and moving event, and a number of students placed poppies in the box at the cenotaph.

Temmiah Hunter read *In Flanders Field* by John McCrae to the audience – she did a great job and put feeling and thought into her rendition.

Students then had their recess at the park, playing on the equipment and looking at the river.



Wilcannia Community Dinner

The October Community Dinner was Halloween themed. Community members enjoyed a feast of chicken drumsticks, beef pasta, roast orange vegetables, spooky cupcakes, ghostly strawberries and chocolate mousse dirt cups. The carved pumpkin that was spewing guacamole was a crowd favourite!

Elsie had lots of help in the kitchen this month with **Stevie Harris, Rebecca Shillingsworth, Kate Cusack and Veronica Edwards** lending a hand throughout the day. Everyone had a go decorating the ghostly strawberries with scary faces! **Evelyn** from the Central School made a few batches of cupcakes for dessert which were absolutely delicious.

The dinner was held in conjunction with the 'Reclaim the Night' march, which was organised by the Wilcannia DV interagency. The march was held in the afternoon and finished up at the hall, where all of the local organisations had set up tables to promote their services. Around 70 to 80 community members participated in the event and it was great to see parents attending with their children. A few kids got in to the Halloween spirit and got dressed up as very scary ghosts and skeletons! LeBron was voted as the best dressed and chose a box of lego as his prize. All of the kids who dressed up in costume picked a prize for their efforts. All of the kids participated in very competitive games of musical chairs and musical statues to win the remaining prizes.

Kalynda Powell, Kevin Bates and Dana Newman helped out throughout the night with cleaning and serving which was most appreciated. A group of kids from the Central School did a few dances for the audience which were fantastic to watch! It was great to see so many community members enjoying the night.



Wilcannia Community Christmas Dinner

Our last Wilcannia Community Dinner for the year will be held on Thursday the 8th of December. The dinner will be at the Community Hall and Maari Ma staff from the Wilcannia Health Service as well as the Broken Hill Health Service will be hosting the event. If you are in Wilcannia that day, please come along and join in the festivities.

The kids at WINGS recently made:

Chicken Burritos



Ingredients:

Burritos

- 1 packet wholemeal tortillas/wraps
- 1kg chicken thigh
- 1 capsicum
- 1 zucchini
- 4 spring onions
- 1 packet taco seasoning
- 1 container light sour cream
- 1 packet reduced fat grated cheese

Tomato salsa

- 3 tomatoes, diced
- ½ red onion, sliced
- Juice from 1 lemon
- Pepper, to taste

Guacamole

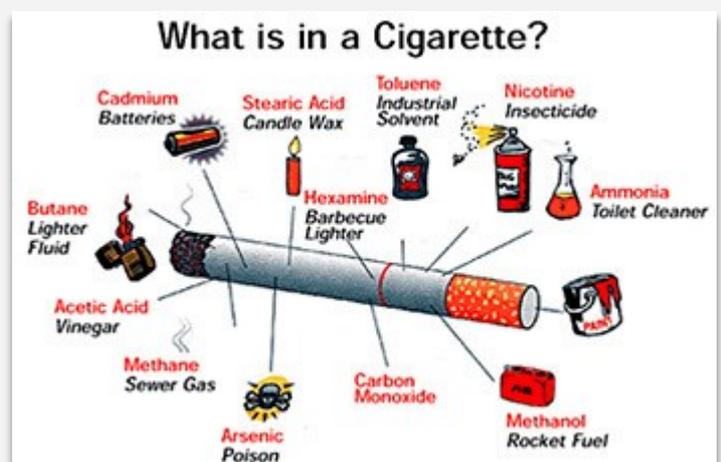
- 2 avocado
- ½ red onion
- Juice from 1 lemon

Method:

1. Slice chicken in to even strips. Heat frying pan to medium heat and spray with oil.
2. Add chicken to pan and cook for 5-10 minutes or until browned.
3. Add vegetables and taco seasoning and cook for an additional 5-10 minutes
4. Whilst chicken is cooking, prepare salsa and guacamole.
5. To prepare salsa: dice tomatoes and slice red onion. Add lemon juice and toss in a bowl with some cracked pepper.
6. To prepare guacamole: Slice avocados in half and remove flesh. Dice red onion and add to bowl with avocado flesh. Juice lemon and mash up avocado with onion.
7. Serve tortillas with salsa, guacamole, cheese and sour cream.

Education Session at Wilcannia Central School

Anshul Kaul, Project Officer—Tobacco Control, recently visited Central School to talk to the kids about what chemicals are in a cigarette. This was the second education session that Maari Ma's Tackling Indigenous Smoking Team has done at the school this year. 19 students participated in the session which started with a couple of videos about how cigarettes are made and what is really in them. Anshul then explained the chemicals that are in cigarettes as well as passive smoking. The students were then asked what they might like to do when they grow up and how passive smoking could affect them later in life. The kids then worked in small groups to identify household products in Coles and Woolworths catalogues that could be in a cigarette. Incentives were provided as a thank you to the students who participated.



Ophthalmology Clinic

An ophthalmologist is a medical or osteopathic doctor who specialises in eye and vision care. Ophthalmologists are different to optometrists in their levels of training and in what they can diagnose and treat. An ophthalmologist is licensed to practice medicine and surgery. They can diagnose and treat all eye diseases, perform eye surgery and prescribe and fit eyeglasses and contact lenses to correct vision problems. Many ophthalmologists are also involved in scientific research on the causes and cures for eye diseases and vision disorders.



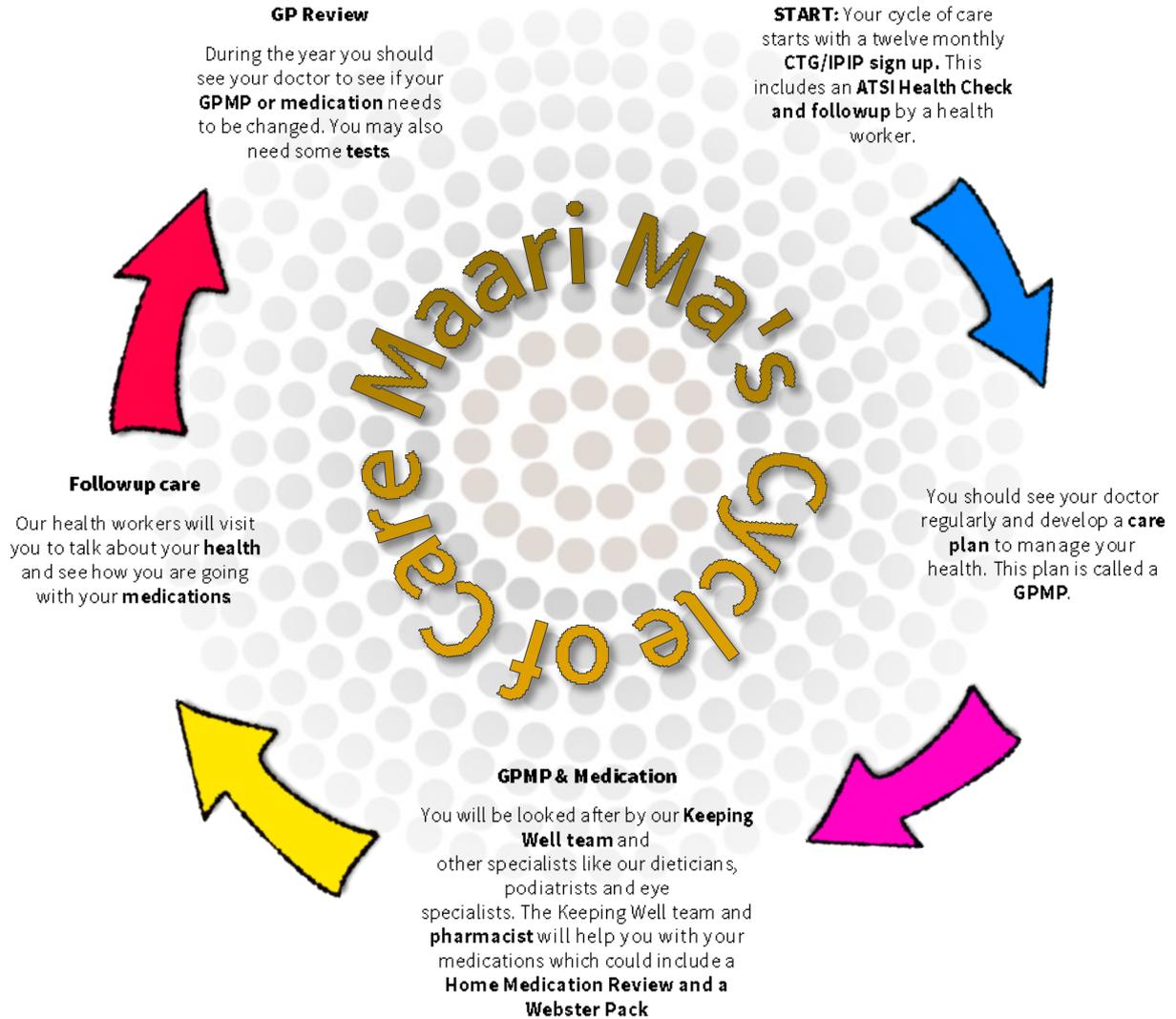
Below are some of the signs or risk factors for eye disease. If you experience any of these you should see an ophthalmologist.

- Bulging of one or both eyes
- Dark curtain or veil that blocks your vision
- Decreased vision, even if temporary
- Diabetes mellitus
- Distorted vision
- Double vision
- Excess tearing
- Eyelid abnormalities
- Family history of eye disease
- Halos (colored circles around lights)
- High blood pressure
- HIV or AIDS
- Injury to the eye
- Loss of peripheral (side) vision
- Misaligned eyes
- New floaters (black "strings" or specks in the vision) and/or flashes of light
- Pain in the eye
- Thyroid disease-related eye problems (Graves' disease)
- Unusual red eye

- Information from American Academy of Ophthalmology.

Maari Ma has a visiting ophthalmologist. If you are experiencing any of the issues listed here, please see your GP who may refer you to see the ophthalmologist.

For the last ophthalmology clinic this month, the attendance rate was 54%. 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.



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 a 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
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Service:

**14 Ross St,
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