

Wilcannia Community Newsletter

Bush Tucker Garden and Yarning Circle at St. Therese's



The kids and Mr Jeff have been busy with redesigning the yard outside the kitchen at St. Therese's. New paths, veggies, gardens and some incredible rocks have transformed the area! We now need to add some local plants - can you help us? Come over and have a look!



Maari Ma Health

Wilcannia

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Wilcannia Community Christmas Dinner

Our last Wilcannia Community Dinner for the year will be held on November the 29th. The dinner will be at the Community Hall and Maari Ma staff from the Wilcannia Health Service as well as the Broken Hill Primary Health Care Service will be hosting the event. If you are in Wilcannia that day, please come along and join in the festivities.

Visiting Maari Ma GP's

5 December : Dr Vic Carroll

6 December : Dr Stephen Gaggin & Dr Vic Carroll

7 December : Dr Stephen Gaggin

12 December : Dr Vic Carroll

13 December : Dr Stephen Gaggin

14 December : Dr Stephen Gaggin

19 December : Dr Dr Vic Carroll

20 December : Dr Stephen Gaggin

21 December : Dr Stephen Gaggin

Visiting Specialists

5 December : Cardiologist

6 December : Pharmacist

7 December : Pharmacist

12 December : Paediatrician & Renal

13 December : Physiotherapist

21 December : Pharmacist

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.

What's On?

Perinatal Depression & Anxiety Awareness Week

12th—18th of November

Food Safety Week

11th—18th of November

World COPD Day

Wednesday the 15th of November

White Ribbon Day

Saturday the 25th of November

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)

Perinatal Depression & Anxiety Awareness Week



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

Having a baby is both an exciting and challenging time. Adding anxiety or depression can make it difficult for you to function and feel like you are not a good enough parent. Both women and men can experience perinatal (during pregnancy and the year after birth) mental health issues and these can vary in intensity and symptoms. As a mum or dad it is easy to feel guilt and shame that can get in the way of seeking the help you need. If this is how you feel, know that you are not alone. Having perinatal anxiety or depression does not make you a 'bad parent'. In fact, seeking help early leads to a faster recovery with less impact on you, your relationship with your baby, partner and family.

The signs and symptoms of antenatal anxiety and depression are different for everyone and may include:

- ☁ Panic attacks (a racing heart, palpitations, shortness of breath, shaking or feeling physically 'detached' from your surroundings)
- ☁ Persistent, generalised worry, often focused on fears for the health or wellbeing of the baby
- ☁ The development of obsessive or compulsive behaviours
- ☁ Abrupt mood swings
- ☁ Feeling constantly sad, low, or crying for no obvious reason
- ☁ Being nervous, 'on edge', or panicky

Maari Ma Health offers support for parents and families. If you or someone you know needs support talk to a member of our Healthy Start team or come and see a GP at the health service.

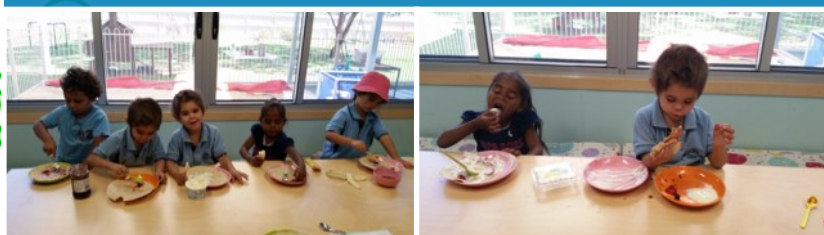
Wilcannia Cooking Programs

Maari Ma's Dietitian, Elsie and Lee-Ann Adams headed out to playgroup in Wilcannia recently. In addition to the usual fun activities, Elsie had organised for the kids and families to make pizzas for lunch. Lots of colourful ingredients were arranged on the tables for the kids to help themselves to. Ham, cheese and pineapple were the most popular toppings and the kids enjoyed snacking on the bowls of food whilst they were preparing their pizzas. It was great to see all of the mums get involved with helping the kids make their English-muffin pizzas – a perfect sized meal for little tummies! Setting up the ingredients in separate bowls is a great way to encourage young kids to try new foods and get involved in the cooking process.

Playgroup



Preschool



The kids at preschool recently made cream cheese, banana and strawberry quesadillas. The kids enjoyed spreading the cream cheese and strawberry jam on their wraps before arranging the banana slices, strawberries and blueberries on top. The delicious quesadillas were toasted and served with vanilla yoghurt. This recipe is a quick and easy afternoon tea or dessert snack that the kids will love! Recipe included on the next page.

St. Therese's



At St Therese's the kids recently made sandwich sushi. For this recipe, the kids were able to select from a variety of meat, salad and cheese options to fill their sushi rolls, including ham, roast chicken, carrot, capsicum, avocado, grated cheese and cream cheese. Instead of using the traditional seaweed and rice for the sushi, the kids used flattened wholemeal bread, making this a fast and convenient recipe idea. The main rule with this recipe was that the kids had to include at least one vegetable, which made for some creative, yet healthy sandwich fillings! The kids enjoyed adapting the recipe to include a sweet option, consisting of cream cheese, raspberry jam, banana, strawberries and blueberries. Between the 2 'sushi' rolls, the kids were able to try a variety of nutritious and colourful ingredients.

Cream cheese, Strawberry and Banana Quesadillas

Ingredients:

- 2 tortillas
- 1/2 - 1 banana
- 2 - 4 strawberries
- 1 - 2 tablespoons cream cheese
- 1 - 2 tablespoons strawberry jam

Method:

1. Spread the cream cheese on one side of a tortilla.
2. Spread jam on one side of another tortilla.
3. Make enough banana and strawberry slices to cover the bottom of one tortilla.
4. Place the other tortilla on top of the other tortilla.
5. Place in a toasted sandwich press until brown and crispy on both sides
6. Cut into triangles and serve immediately.



IMPORTANT NOTICE

Maari Ma Health (Regional Office & Primary Health Care Service) will be closed on **Friday the 1st of December** due to a staff meeting. We will re-open on **Monday the 4th of December** at 9am. If you have an emergency, please present to the Broken Hill Health Service or call 000.

Sorry
WE'RE
CLOSED



The Paakintji Men's Dance and Cultural Inc., Community Restoration Centre and the ECAV recently hosted the Strong Aboriginal Men Program (SAM) at the new Wilcannia Men's Hub (Leroy Johnson's Old Home).

Approximately 40 men attended the 3 day workshop. The SAM program was introduced to assist and help the men develop skills and knowledge to deal with issues in the community. It focuses on healing and forgiveness, as well as developing strategies with drugs and alcohol. The program also aimed to help the men understand conflict and the dispossession of Aboriginal men's identity.

There were several different activities that the men participated in to help them improve their journey. Documentaries were also shown to the men.

Brendon Adams, The Project Facilitator was very pleased and proud of all the brothers who attended as it showed that the men were driven to find solutions for their community. **Owen Whyman**, President of the Paakintji Men's Dance and Cultural, is also very proud of the local men's dedication and their commitment to the program.



The Paakintji Men's Dance and Cultural Inc. would like to thank the following organisations that assisted with this program:

- Women's Safehouse
- Murdi Paaki Enterprise Corporation
- ECAV
- Prime Minister and Cabinet
- Wilcannia Local Aboriginal Land Council
- Centacare
- Wilcannia River Radio



CELEBRATE CHILDREN'S WEEK

21-29 October 2017

Education
has the power
to transform
children's lives.

Wilcannia's Celebration of National Children's Week

National Children's Week was celebrated in Wilcannia with a BBQ lunch and activities for the children. The activities included a sandpit and water play outside in the shade of the verandah initially, then over on the lawn under the fig tree. The move was made as the children wanted to get in the paddling pool with the rubber ducks, on what was a hot, windy day!

Other activities included a craft table, playdough, wooden garage and cars, a tepee for imaginative play and a quiet read.

All of the kids names were put in a jar to go in the draw to win a prize and baby **Timothy Quayle's** name was pulled out. He won a 15 DVD pack of family friendly movies, kindly donated by **Jason Gowin**.

Maari Ma's Dental Team visit Wilcannia



Our Dental team travelled to Wilcannia on Monday the 30th of October to visit Wilcannia Central School.

Four classes were attended during the day to talk about dental health. The classes ranged from Kindergarten to Year 6.

Meg, Penny and Christene discussed the importance of your teeth, 'every day' foods and 'sometimes foods'. They also demonstrated the correct tooth brushing technique.

The Kindy class were able to dress up like a dentist so they could get used to what the dental team wear and they seemed to really enjoy that!

All of the children received:

- Toothbrush container
- Toothbrush
- Toothpaste
- Toothbrush timer

The kids from the Wilcannia Preschool and St. Therese's will be visited on Tuesday the 21st of November by the Dental team.

Maari Ma's Dental team will be back in Wilcannia on Tuesday the 28th and Wednesday the 29th of November to run clinics at the Wilcannia hospital. If your child needs an appointment with the Dental team, please contact the Hospital.



WHITE RIBBON

Maari Ma Health is a White Ribbon accredited workplace. This means we work together to prevent men's violence against women and provide a workplace that is safe and can support women in need.

The 25th of November is the International Day for the Elimination of Violence Against Women. This day is also known as White Ribbon Day and aims to create awareness around men's violence against women and what we can do to help.

We all need to speak out against men's violence against women. Silence and inaction will let this violence continue. Sometimes it is hard to know what to say and how to act, and you may feel uncomfortable about speaking out. However it is important to remember to keep yourself and others safe. Call 000 in an emergency.



In support of

Australia's campaign to stop men's violence against women

 **White Ribbon Australia**

Intervening in violent situations

This is what you can do when you see violence:

- 1 Stay safe:** Safety is really important in deciding when and how to respond to violence when it is occurring. If the situation is already violent and looks like it is escalating quickly, don't directly intervene. Call the police.
- 1 Create a distraction:** an indirect and non-confrontational distraction can help disrupt the situation. You can do this by starting a conversation with the victim or perpetrator about anything, for example the weather. This can help keep a potentially dangerous situation from getting worse.
- 1 Watch:** stand a safe distance away so the violent person knows they are being watched.
- 1 Ask for help from people near you:** speak out together to tell the violent person that his actions are unacceptable.
- 1 Support the victim:** talk to the woman to show your support. Ask if she needs help.

This year, White Ribbon are promoting their STOP Kit which provides community members with the knowledge and skills to help prevent violence against women, whilst still keeping yourself safe.

- S See:** Your actions are important in helping to stop violence against women.
- T Talk:** Words are part of disrespectful and abusive behaviour but words can also help stop abuse and prevent violence against women.
- O Offer Support:** Intervening doesn't mean putting yourself in danger.
- P Prevent:** The first step to ending violence against women is prevention.

- Information from White Ribbon Australia



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