

# Wilcannia Community Newsletter

## OCTOBER IS Mental Health Month!

Connecting with others is important for our health and survival. Feeling connected, valued and loved by others gives us a sense of security, support, purpose and happiness.

Close connections and good relationships with others allows us to enjoy the good times in our lives and helps us deal with the hard experiences we face. This is important for all of us! Unfortunately in today's society, we have many demands on our attention and time, and more people experience loneliness in Australia than ever before. For those experiencing or living with mental illness, loneliness can be far worse as individuals can face social exclusion, stigma and discrimination. As social beings, this can affect all aspects of our wellbeing.

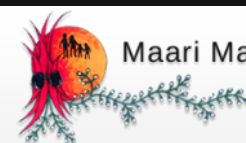
To help encourage people to connect with others, the theme for Mental Health Month 2017 is "Share the Journey".

This theme focuses on the importance of social connections in:

- Our journey to better mental health and
- Our ability to cope with life's challenges. Good social connections not only improve our overall mental health and wellbeing, they also build our resilience.

To raise awareness about Mental Health Month, comedian **Kevin Kropinyeri** visited Wilcannia to perform at the Wilcannia Community Dinner. Kevin was a huge hit with the young and the old and many laughs were shared. On the menu for dinner was cold meat including roast chicken and roast lamb which was cooked by dietitian, **Elsie** and Community Dinner Assistant, **Jade**. Cold salads were also on offer with a tossed salad, potato salad and tuna salad available. For dessert there were fruit and yoghurt cups, fresh fruit and cupcakes made by the preschool.

Thanks to **Elsie, Jade, Kayelene, Kalynda** and **Nathan Kickett** for helping out on the night and a big thank you to everyone who attended.



Maari Ma Health

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# Wilcannia Fun Day



**During the September school holidays the Wilcannia River Radio Station organised a Fun Day for the kids.**

Dietitian, Elsie attended the event with Maari Ma's famous smoothie bike. During the day, the kids had a variety of activities to choose from including basketball, tennis, arts and craft with Mission Australia and toys with Save the Children playgroup. As usual, the smoothie bike was very popular, with at least 5 kids constantly lined up at the table waiting to make themselves a healthy drink. Elsie also provided the ingredients for healthy wraps and sandwiches for everyone's lunch, which were beautifully prepared by the Remote Schools Attendance Strategy team.

Overall, the event was attended by approximately 70 children and 35 adults which was a fantastic turn out! A big thanks to Wilcannia River Radio for organizing such a fantastic event for the kids and their families.

## What's On?

**Mental Health Month**

**Breast Cancer Awareness Month**

**National Nutrition Week**  
15th—21st of October

**National Children's Week**  
21st—29th of October

**Lead Poisoning Prevention Week**  
22nd—28th of October

**Playgroup**  
10:30am-12:30pm  
Tuesdays at St. Therese's School

Run by Save the Children and Maari Ma staff as a 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

Supported by Lesley Harvey from Maari Ma

(Not on during the school holidays)

# PINKTOBER

**October is Breast Cancer Awareness Month and it is an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.**

Breast cancer is the most common cancer experienced by Aboriginal and Torres Strait Islander women and is the second leading cause of cancer death after lung cancer.

### Breast Cancer Risk Factors

- Being female
- Age
- Family history
- Previous breast cancer issues
- Genetics
- Hormones

- Women who began menstruation early or experience menopause later in life
- Lifestyle e.g. weight issues, high consumption of alcohol
- Hormone replacement therapy
- Increased breast density (measured by a radiologist)

*- Information from Cancer Australia & Breast Cancer Trials*

You don't need to be an expert to check your own breasts. Most changes are NOT due to breast cancer, but it is important you see your doctor at Maari Ma if you are concerned about any changes.





# Wilcannia Community Dinner

For the September Community Dinner, Assistants Tania Lawson and Jade Shillingsworth, worked hard throughout the day to prepare a delicious meal for the community.

Rebecca Shillingsworth also stopped by for a few hours in the morning to lend a hand. On the menu for dinner was slow cooked kangaroo curry and chicken and vegetable curry, accompanied by rice, pappadums and damper. For dessert, the girls made a delicious quandong and macadamia cake, which was served with fruit salad and custard.

The dinner was attended by approximately 50 community members, which was a great turn out! Although there were a few late-comers, everyone had a great feed and many people also took home leftovers in takeaway containers. More adults are attending the Community Dinner each month which is fantastic to see.

Maari Ma staff members **Kalynda Powell** and **Kevin Bates**, as well as previous Community Dinner Assistant **Stevie Harris**, helped out during the dinner and clean-up which was very much appreciated.



## Cooking at WINGS

In the first week of the September school holiday Elsie headed to WINGS to run a cooking program for the kids. On the menu for the day was sweet chilli chicken wraps with cream cheese and salad.

The kids did a great job dicing and cooking the chicken to perfection! This was a great opportunity for Elsie to reinforce the importance of food safety and hygiene.

The kids were very eager to serve the wraps to the rest of the staff, children and family members who were at the Drop-in Centre. The kids set up a production line, assembling and wrapping the sandwiches before delivering them to everyone. This proved to be a very popular recipe, with most people having second or third helpings!



### Fun with the smoothie bike

In the second week of the holidays, Elsie headed outside to the Wilcannia oval with the smoothie bike. Laser tag had been organised to entertain the kids for the day and the smoothie bike provided much needed energy and hydration for everyone! The kids had a great day playing laser tag and making healthy smoothies with banana, mixed berries, mango and yoghurt.

## West Darling Arts—Young Regional Artist Scholarship

The NSW Government is offering a total of 25 scholarships for young regional artists and cultural workers to undertake exciting and career-making professional development opportunities. Scholarships are open to artists, performers and arts and cultural workers from all art forms, including dance, design, digital arts, history, Aboriginal arts, literature, music, theatre, screen, curatorial and the visual arts.

**Applications open:** 4 September 2017

**Applications close:** 30 October 2017 (Midnight, AEST – Sydney time)

### Who can apply?

Individual artists and arts/cultural workers based in regional NSW. Funding range: Scholarships are valued at \$10,000. Please do not request more or less than this amount in your application.

Read more about this funding category in the [ACDP guidelines](#).

**Please note:** to apply for funding you will need to complete and submit the relevant application form on the [Create NSW online application system](#).

As soon as you begin an application, Create NSW will be in touch to provide information to help you plan your scholarship program and complete your application.

Create NSW is committed to supporting applicants with disability. Information can be provided in alternative formats upon request (i.e. large print or electronic). If you require assistance with your application please contact Create NSW on the details provided below.

### Contact Us

Lachlan Herd, Sector Investment  
phone (02) 8289 6437  
and email: [lachlan.herd@create.nsw.gov.au](mailto:lachlan.herd@create.nsw.gov.au)

## Staff Update

This month we farewell **Anne McGillivray** who has been Acting Manager of the Wilcannia Primary Health Care Service for the last couple of months. Thank you for all of your hard work Anne and all the best for the future. Also, thank you to **Heather Curyer** and **Daniel Jackman** for helping to manage the Wilcannia team throughout the year.

As Anne is leaving, we welcome our new Wilcannia Primary Health Care Service Manager, **Maree Parry**. Maree is a Registered Nurse and has been working in health care for many years. She has been completing orientation in Broken Hill before she heads out to Wilcannia. All the best in your position with us Maree!



Anne McGillivray



Meg Hurst



Maree Parry

**Meg Hurst** joined the Dental team as a Dental Therapist. Meg has had 12 years experience and used to work for the Greater Western AHS as a dental therapist. She has spent the last six years working as a Family Worker for CentaCare. She said she is very excited to be getting back into dental!



# National Nutrition Week

October the 15th to the 21st marks **National Nutrition Week**. This year's theme is to discover new ways to add veggies every day through Eating a Rainbow and trying something new. Have a bunch of different coloured fruit and vegetables every day to get the variety of nutrients, PLUS you'll love the variety of tastes and textures! Try a new vegetable, a new recipe, or try eating vegetables in a way that you don't normally eat them. There will be a smoothie recipe, healthy food and information available in the Primary Health Care Service waiting room.



**National Nutrition Week**  
15-21 October 2017

Nutrition  
Australia



## Update from St. Therese's

### Sydney Trip

Well done and congratulations to the boys and girls of St Therese's for a great excursion to Sydney.

Everyone saw lots of amazing sights and had loads of fun! For such little people the children went so well over the five days away from family!

Thanks to all the staff for giving up their free time for the week. Aunty Jinxy, Aunty Casey, Aunty Karen, Uncle Chris, Miss Bridgette, Miss Karen, Mr Jeff and Miss Annette did fantastically well looking after all the children.



*The boys and girls of St Therese's beautifully performed four Paakantji songs in front of 600 children at St Thomas' Primary School Springwood*



*St Therese's on the Manly Ferry with the Sydney Harbour Bridge in sight!*

## Farewell Miss Karen

Kids and staff at St. Therese's recently farwelled Miss Karen. Miss Karen arrived at the beginning of the year to teach Yr 2/3 for two terms. She loved the boys and girls of St Therese's so much she stayed on for term 3! However, due to family and work commitments Karen needs to return to Springwood. Thank you to Miss Karen for all her dedication, hard work and care with the children. Due to Miss Karen's efforts the kids were also able to get to Sydney! We wish Miss Karen all the best back at St Thomas' Springwood. (Miss Karen will be back in term 4 for a week). Miss Lauren from Newcastle will be teaching Yr 2/3 in Term 4.

## St Therese's Signs

The school recently created new signs to be put up in the park across from the Post Office! Congratulations to the boys and girls for their creative efforts to write a little about themselves to share with the community. Thankyou to staff for their persistent efforts ... and to Tom, Matt and Uncle Owen for coordinating a great project!



*Miss Jo with Na and Miranda at the Sydney Aquarium checking out the sharks overhead!*



*Learning about how money is made at the Reserve Bank of Australia - the children are holding pages showing the stages of printing*



*Uncle Chris, Leonard, Miss Bridgette and Jin adding bolts to the new signs*



# NATIONAL CHILDREN'S WEEK



## National Children's Week 2017

Broken Hill Early Childhood Education and Child & Family services are working together to implement a week of activities to celebrate children and highlight the importance of their right to play! **Come and join in the celebrations!**

### Monday 23rd

#### Reading at The Community Hub - Creedon St

Come and read a book with your child and show our community it's never too early to start reading to babies and young children

11:00 - 1:00

### Tuesday 24th

#### Reading in the town square

Come and read a book with your child and show our community it's never too early to start reading to babies and young children

10:00 - 11:00

### Wednesday 25th

#### Children's Day at Sturt Park

Come & celebrate the child's right to play. There will be meaningful play experiences plus morning tea. Activities + food is free!

10:00 - 1:00



**Because every child in the world has one thing in common. Their rights.**

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. The following events will be held in Broken Hill during Children's Week.

## VISITING MAARI MA GP'S- AUGUST

- 1 November : Dr Stephen Gaggin
- 2 November : Dr Stephen Gaggin
- 6 November : Dr Penny Roberts-Thomson
- 7 November : Dr Penny Roberts-Thomson
- 8 November : Dr Stephen Gaggin
- 9 November : Dr Stephen Gaggin
- 13 November : Dr Penny Roberts-Thomson
- 14 November : Dr Penny Roberts-Thomson
- 15 November : Dr Stephen Gaggin
- 16 November : Dr Alex Beaudoin
- 20 November : Dr Penny Roberts-Thomson
- 21 November : Dr Penny Roberts-Thomson
- 22 November : Dr Stephen Gaggin & Dr Michael Nugent
- 23 November : Dr Stephen Gaggin & Dr Michael Nugent
- 24 November : Dr Michael Nugent
- 29 November : Dr Stephen Gaggin
- 30 November : Dr Stephen Gaggin

## VISITING GP'S AND SPECIALISTS

### VISITING SPECIALISTS- AUGUST

- 1 November : Optometrist
- 8 November : Podiatrist & Pharmacist
- 9 November : Pharmacist
- 21 November : Paediatrician
- 23 November : Pharmacist
- 28 November : Smoking Cessation



**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](http://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](http://www.maarima.com.au)