

# Wilcannia Community Newsletter

He never looks for praises  
 He's never one to boast  
 He just goes on quietly working  
 For those he loves the most  
 His dreams are seldom spoken  
 His wants are very few  
 And most of the time his worries  
 Will go unspoken too  
 He's there... A firm foundation  
 Through all our storms of life  
 A sturdy hand to hold to  
 In times of stress and strife  
 A true friend we can turn to  
 When times are good or bad  
 One of our greatest blessings,  
 The man that we call Dad.

- Karen K. Boyer



## Happy Father's Day

Father's Day is a special day where we show our appreciation for our fathers, grandfathers, uncles or other males who have had an important role in our lives.

**Maari Ma would like to wish all father figures in our community a very Happy Father's Day!**



Maari Ma Health

### 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](http://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](http://www.hccc.nsw.gov.au))**



## Pizza at Dusk at Wilcannia Central School

Students, parents and families recently came together at Wilcannia Central School's Stephanie Alexander Garden to make and eat pizzas. It was a very happy event, and meant that families and school staff had time to talk about their children's learning, and could visit classrooms and look at all the activities that occurred throughout the day. Some of the students and Aunty Jenny made over 100 pizza bases using a self-raising flour recipe rather than yeast. These were baked before the event, so it meant only the topping needed to be cooked. The mud baked pizza oven managed the task very well and the pizzas were delicious.



## Desert Pea Media works with Wilcannia Central School Students

Recently secondary students from Wilcannia Central School worked with Desert Pea Media, Warra Warra Legal Service, Wilcannia River Radio, Wings Drop In Centre and other organisations to plan, script and record a video, which incorporates the Paarkintji language.

One of the goals was to challenge preconceptions of Wilcannia through hip hop music video. Students worked in the school's library, Wings Drop In Centre and at the dancing circle in the Mallee.

The creativity at the dancing circle was amazing, especially using fluorescent paint.

Many people have been involved in this program and the school would like to thank everyone for their commitment to these wonderful young people.



## What's On?

### Father's Day

Sunday the 4th of September

### RUOK? Day

Thursday the 8th of September

### World Suicide Prevention Day

Saturday the 10th of September

### National Child Protection Week

4th—10th September

### Women's Health Week

5th—9th September

### 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?

## Father's Day

We hope all the dads out there were spoilt on Father's Day! On the Friday before Father's Day, St Therese's held a special bacon and egg breakfast to celebrate Father's Day. It was great to see so many men at school! Unfortunately the rain stopped the kids showing off their touch footy skills.



The fellas, young and old, enjoying a bacon and egg sandwich!

## Indigenous Literacy Day

At the beginning of the month the kids at St. Therese's celebrated Indigenous Literacy Day by reading together in the Kulyi. All the boys and girls were able to choose a book to read to one of the adults. They were then able to take their new book home to keep. Hopefully these have been shared with all at home. Happy reading!



Kiah with dad, William



Lebron and dad, Leon

## Visit from St Ignatius Primary, Bourke

This month 11 students from St Ignatius stopped by on their way to Broken Hill. St Therese's were able to display their generous spirit by providing a sausage sizzle and salad for lunch. All the children then played together and had an ice-block.



Imogen, Jayda, Jin and Kathalka reading their new books with Miss Annette



The students from St Ignatius Primary, Bourke enjoyed their visit last week!

## Wilcannia Community Dinner

The August Community Dinner was a healthy, light meal which included lemon and herb fish, beef and vegetable skewers, mashed potato and sweet potato, salad and apple and berry turnovers with custard and fruit salad for dessert.

Stevie Harris and Kevin Bates helped Dietician, Elsie out in the kitchen. Stevie and Kevin put in a great effort, spending hours peeling the kilos of potatoes for the mash and assembling the beef skewers. It was also the first time they had made apple and berry turnovers and they both did an amazing job working with the short crust pastry. Frances and her students at the Central School also helped out by making some turnovers which were absolutely delicious!

Karen Elston from Maari Ma came down to help out with serving the food. It was her first community dinner and she was a fantastic helper! Evelyn also helped out and it was great to have another person serve the meals to the hungry community members! Approximately 50-60 people from the community attended the dinner and everyone enjoyed a nice healthy dinner together.



***Thank you to everyone who helped out on the night!***

## Healthy Start Clinic

These lovely bubs recently attended Maari Ma's Healthy Start Clinic at the Wilcannia Primary Health Care Service. The clinics are held every week on Mondays and Tuesdays in the Wellbeing Centre which is separate to the Wilcannia Hospital. The Wellbeing Centre is a family friendly environment where kids can play before or during their appointment.

***If you would like to make an appointment for you or your child please call us on 8091 5122.***



Tyliela Mitchell with mum, Doreen Mitchell



Always great to see a dad attend their little one's appointments—Lashara Jones with dad, Reggie Shepherd



# Wilcannia Disco

This month a group of students from Beechworth Secondary School in Victoria came to visit Wilcannia for a few days. The aim of the trip was to provide the students with an opportunity to learn more about Aboriginal culture and the challenges that people face living in a remote area. This involved the students staying in Wilcannia for 5 days as well as going out to White Cliffs for the day with one of the local community members who taught the students all about local bush tucker. To finish off their time in Wilcannia a BBQ and disco were arranged for the students by Wilcannia River Radio and Murdi Paaki at the WINGS Drop In Centre.

It was great to see some of the local kids come along as well for a BBQ dinner and a dance. The boys seemed to bond more over the music with a few budding DJ's on show, while the girls enjoyed each other's company all dancing together.

We even had a few of the local ladies come along on the night to help with the cooking and encourage the students to try some delicious kangaroo rissoles.

After dinner, there was more music and dancing with one of the staff members from the radio station teaching some of the students her dance moves.

All of the food was donated by local community members or the students themselves.



***A big thank you to everyone who donated food and helped organise the disco! It was really great to see the whole community come together to provide a wonderful experience for these students while they were visiting Wilcannia.***

# WINGS 2016 September–October

## Holiday Program

	Monday	Tuesday	Wednesday	Thursday	Friday
September	26 Open 11am	27 Open 11am	28 Open 11am	29 Open 11am	30 Open 11am
	<b>Fruit Fans &amp; Painting</b> 3pm - 5pm <b>Sports @ The Oval</b>	<b>Iron on Beads &amp; 3D Paper Craft</b> 1pm-3pm <b>Sports on Oval &amp; Dance Classes @ Wings</b> 3pm-5pm Girls Group	<b>Minute to Win it Games &amp; Teenagers Focus Group</b> 1pm-3pm Sports on Oval & Dance Classes @ Wings 5pm Community Dinner	<b>Cooking Classes &amp; Play Dough Craft</b> 1pm-3pm Sports on Oval & Dance Classes @ Wings 3pm-5pm Boys Group	<b>Paper Roll Dragons &amp; Jewellery Making</b> 1pm-3pm Sports on Oval & Dance Classes @ Wings
October	3 Open 11am	4 Open 11am	5 Open 11am	6 Open 11am	7 Open 11am
	<b>WINGS CLOSED PUBLIC HOLIDAY</b> Mobile Youth Van @ Football Oval BBQ Lunch	<b>Colouring in Comp &amp; Outdoor Games</b> Mobile Youth Van Teenagers Focus Group	<b>Family Fun &amp; Sports Day @ Football Oval</b> Mobile Youth Van	<b>Coloured Rice Jars &amp; Juggling Ball Making</b> Outdoor Sports 6.30 - 9pm Disco	<b>Science Activities:</b> <ul style="list-style-type: none"> <li>★ Crawling colours</li> <li>★ Invisible ink with lemons</li> <li>★ What absorbs more heat?</li> <li>★ Exploding rockets</li> <li>★ Floating egg</li> </ul>





# Mental Health Month 2016

## Learn & Grow

**Our Mob  
Our Culture  
Our Strengths**

### Guest performer Dion Drummond

Dion- Moogera is of Aboriginal and Torres Strait Islander descent. Born in Kuku-Yalangi Land - Mossman Queensland, Dion shares traditions from mainland and island culture through dancing, storytelling & singing.



#### DARETON

Wentworth Football club  
11th October 2016  
Doors open 12pm

#### BROKEN HILL

West Football Club  
12th October 2016  
Doors open 5.30pm

#### WILCANNIA

Central School  
13th October 2016  
Doors open 5.30pm

#### MENINDEE

Community Hall  
14th October 2016  
Doors open 5.30pm

**FREE ENTRY AND MEAL, GIVEAWAYS AND DOOR PRIZES**

**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 dieticians, 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  
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