

Wilcannia Community Newsletter

HAPPY FATHER'S DAY

Sunday the 3rd of September was 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.

We hope all father figures in our community had a great day!



Maari Ma Health

Wilcannia

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VISITING MAARI MA GP'S- OCTOBER

- 4 October : Dr Alex Beaudoin
- 5 October : Dr Alex Beaudoin
- 11 October : Dr Alex Beaudoin & Dr Vic Caroll
- 12 October : Dr Alex Beaudoin
- 17 October : Dr Vic Carroll
- 18 October : Dr Stephen Gaggin & Dr Vic Carroll
- 19 October : Dr Stephen Gaggin
- 24 October : Dr Vic Carroll
- 25 October : Dr Michael Nugent
- 26 October : Dr Stephen Gaggin & Dr Michael Nugent
- 27 October : Dr Michael Nugent
- 31 October : Dr Vic Carroll

VISITING SPECIALISTS- OCTOBER

- 10 October : Paediatrician
- 11 October : Pharmacist
- 12 October : Pharmacist
- 19 October : Ophthalmologist
- 26 October : Pharmacist
- 31 August : Pharmacist





What's On?

Father's Day

Sunday the 3rd of September

RUOK? Day

Thursday the 14th of September

World Suicide Prevention Day

Sunday the 10th of September

National Child Protection Week

3rd—9th September

Women's Health Week

4th—8th September

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—run by Save the Children and supported by Maari Ma staff

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)

Wilcannia Community Dinner



The August menu for the Community Dinner was roast lamb, roast pork, assorted vegetables, fruit jelly cups with custard and chocolate tart cups.

The two community dinner assistants, **Jade Shillingsworth** and **Tania Lawson**, did a fantastic job preparing the meal throughout the day. **Elsie** was on hand during the day to help out but Jade and Tania definitely put in all the hard work!

Kevin Bates and **Dana Newman** popped down just before 5pm to 'taste test' the meal before the rest of the community arrived. They both had extremely positive feedback after trying the roast pork and vegetables!



Approximately 50 community members attended the dinner this month. It was great to see more adults attending with their children and families. Three lovely fresh fruit and vegetable baskets were raffled off after dinner to some excited community members. The August dinner was very successful and planning for the September dinner is already underway!

DID YOU KNOW THAT SMOKING CAN MAKE YOU MORE STRESSED?



Research has shown that smoking increases stress levels overall.

Smoking may appear to relieve stress as nicotine has a short-term anti-anxiety effect. However, much of the apparent calming effect of a cigarette is simply due to the relief of symptoms (such as irritability, restlessness) caused by nicotine withdrawal (nicotine dependence usually much higher). Also, some of the relaxation from smoking is from having a break and a few deep breaths, not the cigarette itself.

Smoking increases stress by causing frequent withdrawal periods during the time between cigarettes. Furthermore, nicotine is a stimulant and releases stress hormones such as adrenaline thus for a smoker who has a diagnosed history of anxiety; quitting tobacco could improve mental health and reduce

the risk of other chronic physical conditions.

Slap on a nicotine replacement therapy patch, use some nicotine replacement gum, puff on a nicotine replacement inhaler or try the Nicotine Oral Mouth spray to help with withdrawal, or talk to your doctor or health worker about Champix. Quitting tobacco will help you BREATHE better both physically and mentally.

October is mental health month!

This year's theme is "Share the Journey". Connecting with others is so important for our health and survival. Research tells us that 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 and 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.

- Information from *Way Ahead—Mental Health Association NSW*

To raise awareness around mental health in our region, comedian, **Kevin Kropinyeri** will be doing shows in the following towns:

- Dareton on the 10th of October
- Broken Hill on the 11th of October
- Wilcannia on the 12th of October
- Menindee on the 13th of October

Kevin Kropinyeri is an Indigenous comedian from Australia and is fast becoming one of Australia's leading Aboriginal stand-up comedians. This will be a fun night out for all families and food and drinks will be supplied. Giveaways including showbags and door prizes will be given out on the night.



Watch this space for more information and as Kevin would say, "Stay deadly"!

RUOK? DAY™

14 September 2017

R U OK Day was on Thursday the 14th of September. All around Australia, RUOK? Day encourages us to check in with our family and friends to see how they're doing. A lot of the time it can be really hard to know how someone is feeling and the only way to learn is to ask them. Having this conversation is really important and will help to reduce suicide rates as more and more people going through tough times feel safe to talk about what they're experiencing.

Got a niggling feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts, more agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up.

Here are some simple steps that could change a life:

1. **Ask**
2. **Listen**
3. **Encourage action**
4. **Check in**

Before you can look out for others, you need to look out for yourself. And that's ok. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

- Information from ruok.org.au

If you are unable to talk to family or friends or know someone that might need help, Maari Ma Health has many health professionals who can help you. Call us on 8091 5122 for more information or to book an appointment.

WINGS

SEPTEMBER - OCTOBER SCHOOL HOLIDAYS PROGRAM

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Open 11am	Open 11am	Open 11am	Open 11am	Open 11am
Juggling Ball Making & Jewellery Making	Activities with Mission Australia Paper Plate Aquarium	Kids Cooking Classes & Kite Making	Canvas Painting & Paper plate & Cup Kaleidoscope	Floating Chalk Paint & Musical Masterpiece
Save the Children Play Bus	Save the Children Play Bus	Save the Children Play Bus	Save the Children Play Bus	Save the Children Play Bus
Closed 5pm	Closed 5pm	Closed 5pm	Closed 5pm	Closed 5pm
Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Open 11am	Open 11am	Open 11am	Open 11am	Open 11am
PUBLIC HOLIDAY	Activities with Mission Australia Iron on Beads	Laser Tag @ Community Hall Sponsored by Wilcannia Safe House	Kids Cooking Classes & Beaded Wind Chimes	Colour Fun Run
	Save the Children Play Bus	Save the Children Play Bus	Save the Children Play Bus	
Closed	Closed 5pm	Closed 5pm	Closed 5pm	Closed 5pm

BUS RUNS PROVIDED - CALL 80915368

Update from St. Therese's

Helpers at St. Therese's

St Therese's is very lucky to have many people across NSW interested in how we are going and offering help. Last week Mr Allan Jones from Parramatta Diocese came to help out with the children's learning and offer some encouragement and advice. We are very grateful to Mr Allan and to the school communities of Xavier College at Llandilo, St Nicholas of Myra at Penrith, Holy Family at Luddenham and Corpus Christi at Cranebrook.



The boys and girls with Mr Allan who came to help out last week

Hearing Tests

Many of the children recently had their hearing tested at school by the uni students from Hearing Australia.

Visit to the Queen's Head Gallery

Miss Karen and Auntie Jinxy recently took the boys and girls to the Queen's Head River Meeting Gallery. This was part of their learning about local history. The children asked lots of great questions and saw some familiar faces on the TV screen! Thankyou to Andrew for allowing us to visit the wonderful gallery he has created for the community.



Kiah and Lebron checking out the handprints they placed on the wall last year at the Queen's Head River Meeting Gallery!

Father's Day Breakfast

St Therese's hosted a special Fathers Day Breakfast on Friday the 1st of September. Bacon and eggs (and baked beans) plus tea and coffee were served followed by an assembly. We hope all the dads and pops out there had a Happy Father's Day.

Trip to Sydney

The kids were lucky enough to go on a Sydney trip thanks to some generous funding that was provided to the school. They stayed in Dubbo on the way there and on the way back and stayed in Manly when they reached Sydney. Watch this space for information on the trip and photos!



The boys and girls received boxes of art supplies from new friends in Parramatta Diocese! Thank you!

Cooking at St. Therese's

Maari Ma's Dietitian, Elsie recently taught the students how to make chicken and veggie sausage rolls. The students were very excited to make this recipe to celebrate the last cooking session of Term 3.

Elsie introduced the students to a new ingredient this week – shallots – which was used as an alternative to normal brown onions.

The students did a great job grating the vegetables and mixing the filling together. As the pastry was still a little frozen, the kids used the warmth from their hands to make it easier to work with. Everyone did a great job rolling the meat in the pastry and the kids made enough sausage rolls for lunch the next day!

Chicken and veggie rolls are a much healthier alternative to normal sausage rolls and can be a great meal or snack to have occasionally. Great work kids!



Ingredients

- 300g chicken mince
- 2 teaspoons of crushed garlic
- 2 tablespoons of hoisin sauce
- 2 sheets of puff pastry
- 2 teaspoons of sesame seeds
- ½ onion, grated
- 1 carrot, grated
- 1 zucchini, grated
- 1 egg, lightly beaten

Method

1. Preheat oven to 180°C. Line two baking trays with non-stick baking paper.
2. Place the mince, onion, garlic, carrot, zucchini and hoisin sauce into a large bowl. Season with salt and pepper, and use clean hands to mix together.
3. On a clean board, cut one pastry sheet in half. Lay ¼ of the mixture along the centre of each piece and roll pastry over to enclose. Repeat with the second pastry sheet.
4. Brush rolls with beaten egg and sprinkle with sesame seeds. Cut each roll in half, seam side down, onto the prepared baking trays. Bake for 25 minutes or until golden brown.

*Yummy
Chicken & Veggie
Sausage Rolls*



CELEBRATE CHILDREN'S WEEK

21-29 October 2017

Education
has the power
to transform
children's lives.

The year's National Theme 2017 UNCRC Article 29 is "Education should develop each child's personality and talents to the full.

It should encourage children to respect their parents, their cultures and other cultures." 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.

Watch this space for more information on activities that will be held during Children's Week this year!

Visiting Endocrinology Team

Endocrinologists are specially trained physicians who diagnose diseases related to the glands. The diseases they are trained to treat often affect other parts of the body other than the glands.

The glands in a person's body release hormones. Endocrinologists treat people who suffer from hormonal imbalances, typically from glands in the endocrine system or certain types of cancers. The overall goal of treatment is to restore the normal balance of hormones found in a patient's body. Some of the more common conditions treated by endocrinologists include:

- Adrenal disorders
- Osteoporosis and bone health
- Diabetes
- Endocrine disorders in children (lack of growth, problems with puberty)
- Heart problems (high cholesterol, triglycerides, high blood pressure)
- Men's health (infertility, testosterone levels)
- Pituitary disorders
- Thyroid disorders
- Weight and metabolism
- Women's health (menopause, infertility, some menstrual problems)
- *Information from Hormone Health Network*



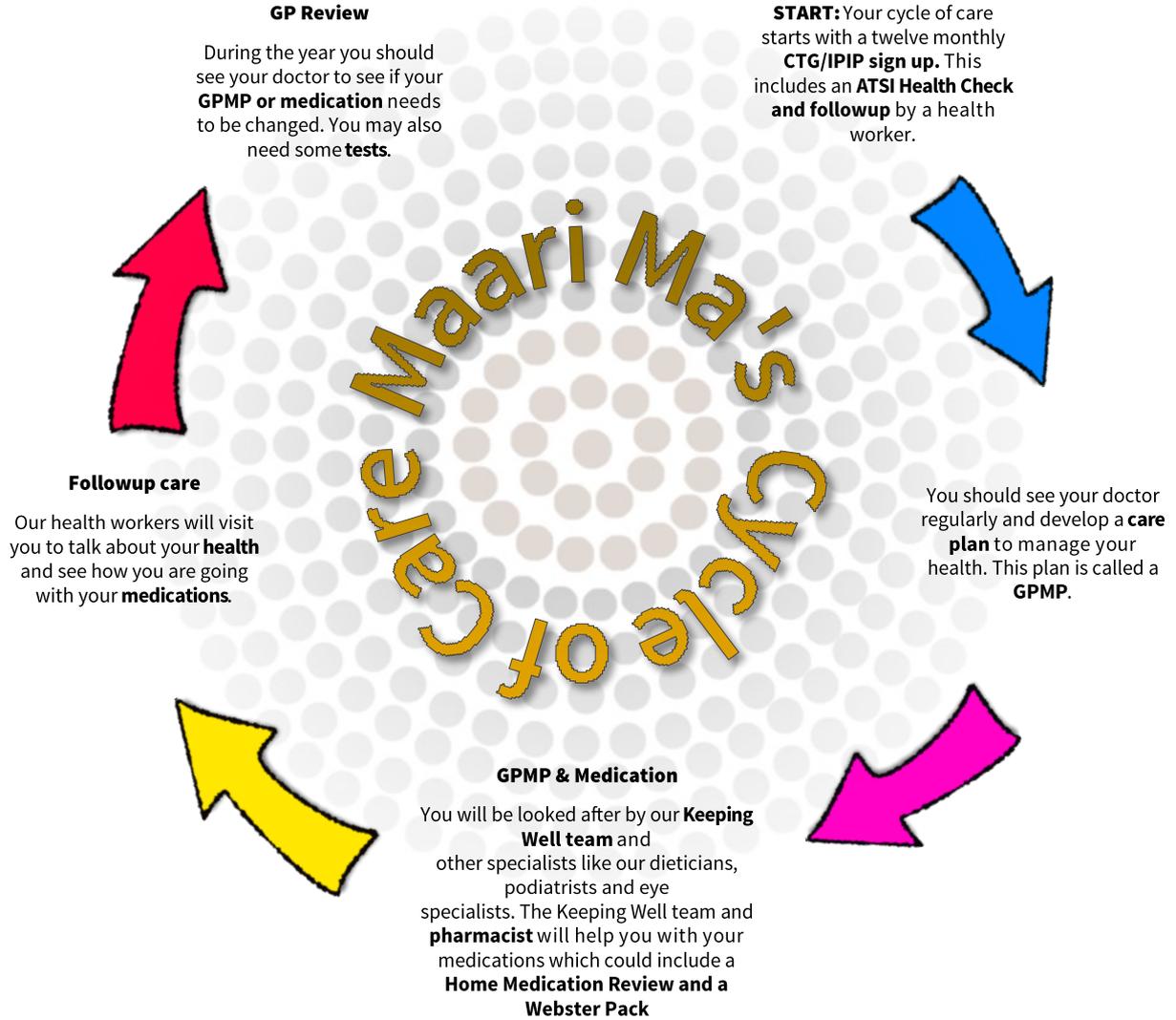
Our visiting endocrinologists are **Dr Stephen Twigg** and **Dr Albert Hsieh**. We have a specialist nurse, **Margaret McGill** and a podiatrist, **Georgie Frank** who visit with the endocrinologists. Maari Ma specialist nurses **Gina Faulkner** and **Anne Waterman** support the team when they are in the region.

Usually when you have an appointment you see the podiatrist, the nurse and one of the endocrinologists. An appointment might take an hour or so.

The podiatrist will check your feet, check that you have good circulation and that there are no sores, scrapes or wounds that could become a problem. She might also talk to you about the types of shoes you should wear.

The specialist nurse will talk to you about how you are going with your lifestyle – are you eating and drinking the right things, doing enough exercise, stopping smoking and not drinking too much alcohol. The nurse might also have a discussion with you about your mood as we know that people with diabetes might become depressed sometimes. Finally she will talk to about how your regular testing is going and give you a plan for when the sugar readings are too high or too low.

At the end you will see the endocrinologist who will put the whole picture together. He might talk to you about changing your medication or he might suggest that you start using insulin. He may also suggest some other tests but your GP will talk to you further about them.



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 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