

ACTIVITIES IN LILWUNS PLAYGROUP

Story Time

On Tuesday 3rd February we had 18 children visit Lilwuns Playgroup. Staff decided to try something different at story time by telling a story using puppets.

The group included pre-schoolers as well as their siblings during the school holidays. We had a puppet story called *Help Ever Hurt Never* and how the mother talked to her children about having 'helping hands'. We then followed the theme of the story throughout the week reminding the children to have their own helping hands.



Music

Lilwuns Playgroup was the place to be on Monday 2nd February. We had around 10 children visit the centre. The children began practising a song accompanied by musical instruments to perform at our next visit to the residents at Halls Creek Frail Age. The staff have been very impressed with the children's enthusiasm and the drums have been a real hit!

There are so many benefits to introducing music to children early in life. Some of these are: it is fun; teaches children rhythm; they fine tune their motor skills; makes for great team work.

We recognise children are individuals but when they collaborate with other children they can create something extra special.



RHEUMATIC HEART DISEASE

Elise Tucker from Community Health delivered the Rheumatic Heart Disease workshop at Ningkuwum-Ngamayuwu on Monday 2nd February. She stated the main function of the heart is to squeeze oxygen into the blood and push the blood through the body. Scabies can stop this happening by weakening the valves and making it hard for blood to flow freely. If you have scabies, go to the clinic to get it checked out and treated.

WOMEN'S CLINIC UPDATE

Elise took this opportunity to update us all on the success of the first women's clinic. Apparently, 8 women turned up to have a full check up. The next clinic is on Wednesday 26 February. All women are encouraged to make use of this valuable service.

JUNGARNI-JUTIYA - MONEY MANAGEMENT

This was my first visit to Ningkuwum-Ngamayuwu (CFC) on Tuesday 3rd February 2015. Armed with all the pamphlets I considered might be of interest, I headed across - wallets, wristbands, and key card holders bulging from my bag.

The Mums were abuzz with questions relating to Workshops on the Approved Money Management Course – more specifically – what the selection of ‘incentive prizes’ would be. We yarned about which of the Workshops would be specifically useful to their needs such as ‘Making Money Last Until Payday’, ‘Planning for the Future’, ‘Internet and Phone Banking’ ‘Credit Can Be A Hazard’. I closed by explaining that ‘incentive prizes’ would be awarded on completion of all 9 workshops.

The Workshops will be held at Ningkuwum-Ngamayuwu (CFC) on Tuesday mornings starting at 9.30am. My grateful thanks to Centre Manager Maria, ‘Mums & Bubs’, and staff.

- By Jean Galvin—Money Management Worker, Jungarni-Jutiya



NUTRITIONIST VISIT NINGKUWUM-NGAMAYUWU Wednesday 4th February

Little ones have lots of growing to do and only have little tummies so it's good to give them healthy snacks during the day. Today we showed some healthy snacks for little ones to help them grow up strong

Here are some good tucker to buy at the shop for snacks: Fruit – fresh, canned, frozen it doesn't matter; Yoghurt; Boiled eggs; Cheese; Savoury crackers (ones with grains in them); Raisin toast; Cut up veggies e.g. carrot, tomato; Tin of tuna; Baked beans and Peanut butter on bread/crackers (instead of jam).

Water and milk are the best drinks – cordial, fruit juice and soft drink have big mob sugar that is no good for little ones – they can also fill up little tummies so they are not hungry for healthy snacks (mentioned above).

Next month we are going to count how many teaspoons of sugar in different drinks – come on down to Ningkuwum-Ngamayuwu on Wednesday 4th March.

- By Tobi Farquhar - East Kimberley Health Promotion Officer, Accredited Nutritionist



NEW CEO APPOINTED TO WUNAN FOUNDATION

Wunan staff in Halls Creek got to meet the incoming CEO of Wunan Foundation, Christian Zahra, at Ningkuwum-Ngamayuwu on Wednesday 4 February 2015. Christian comes with a diverse background in a range of organisations, bringing with him skills and experience well suited for the nature of the role he is about to undertake. Christian has held senior positions in KPMG and Pacific Strategy Partners and has a Bachelor of Economics degree and holds a Master's in Assessment & Evaluation. The expertise and insights he has will assist Wunan to move forward in a changing environment.

Ningkuwum-Ngamayuwu staff wishes outgoing CEO Nick Thomas well in all his future endeavours.

OUR FIRST BIRTHDAY PARTY

Ningkuwum-Ngamayuwu celebrated its first birthday party for 2015 on Friday 6th February. It was Alex (4) and Barbreesh (3) birthday. The staff at Ningkuwum-Ngamayuwu baked a cake and a tray of muffins. We also had lots of fresh fruit to share.

We encourage more children's birthday parties at the centre. If the parties are planned for during playgroup (Monday to Friday 9-12noon) staff can assist with organising the event.



If the party is planned for after hours there are few conditions to remember:

1. Book with Maria or Jocelyn in the office.
2. Clean up the area after use.
3. Look after our centre especially the playgroup, equipment, kitchen and utensils.
4. Keep numbers for our reports/statistics.

MATERNAL HEALTH

On Monday 9th February, Ann from Community Health did her first workshop on maternal health at Ningkuwum-Ngamayuwu Children and Family Centre. Also present was Jenny the midwife at Yura Yungi Aboriginal Medical Service.

Ann told us the importance of folate to our growing baby and how iodine is good for brain development. She told us that baked beans is good for iron and how Vitamin D is good for our bones and it is free from the sun. However, Ann did stress to stay out in the sun for only 10mins in the morning and afternoon. She told us how alcohol can have damaging effects to a baby throughout their lifetime. How smoking while pregnant makes the baby feel unhealthy inside and wants to come out early.

Maternal Health workshop will be held same time as Sexual Health every Monday morning from 10-11am at Ningkuwum-Ngamayuwu.

We had 27 blokes from Job Pathways, Jungarni Jutiya, Nathan from Drug and Alcohol who works at the sobering up shelter near the Frail Age Care and Yura Yungi and SEWB crew. We were yarning, having a feed/drinks and a good day and talking about our next field trip. Trevor suggested we go to Bullock Hole near Springvale Station as it is a good fishing spot and is near Basil's country where he was working long time ago so that's good he can tell his stories about the good old days.

Next week we will talk about healthy lifestyle and looking after your body and we will have Nathan from drugs and alcohol talk about his work and what he does.

- By Doug Dolby, Aboriginal Health Worker, Yura Yungi



MENS CIRCLE

On Wednesday 11th February we had our men's circle meeting and bbq at Ningkuwum-Ngamayuwu Children and Family Centre.

MOVIES UNDER THE STARS

On a positive note, the kids in town have been on their best behaviour over the past week and as a reward Halls Creek Police held a Movie night on Friday 13 February 2015. Approximately 50 kids and parents came along to take advantage of the free sausage sizzle and a chance to watch a movie under the stars. All of the kids received a free Lego car that was kindly donated by the Shell Roadhouse.

We would also like to thank, Wunan Ningkuwum-Ngamayuwu known as Halls Creek Children & Family Centre, PRK Radio for arranging the equipment and Edem and KG from Youth Services for all of your help!

Let's keep our kids safe and see you at the next event which will be a Blue Light Disco on 13 March 2015.

- *By Simone Taplin, Halls Creek Police*



L to R: Carolyn, Angela, Dorothy, Jodi and Maria

Outcomes:

- Next time Angela in town, she will read a story to the children at Lilwuns and get them to retell the story;
- Angela to provide Little Nuggets and Lilwuns with a chart illustrating the age and progression of a child.
- Process for referral: where workers see a child that may need help with their speech to talk to the carer and suggest referral to Minna who will in turn refer to Angela.

KCLS VISITS NINGKUWUM-NGAMAYUWU

We are lucky to have a strong partnership with the Kimberley Community Legal Service (KCLS). They last visited Ningkuwum-Ngamayuwu on Wednesday 18th February.

KCLS travels to Halls Creek from Kununurra when court is sitting in Halls Creek to give advice and to represent their Halls Creek clients.

If you need to speak to a lawyer about:

- Housing issues
- Criminal Injuries Compensation
- Debts
- Family law/Child Protection
- Motor Vehicle issues
- VROs/Other legal issues

Then contact KCLS on freecall 1800 686 020 or 9169 3100.

EARLY YEARS NETWORK MEETING

The Early Years Network members (Carolyn McAdam - Manager Little Nuggets, Angela Studer - Speech Therapist, Dorothy Bradshaw - Education Advocate Lilwuns Playgroup, Jodi Bradshaw - Education Advocate Lilwuns Playgroup and Maria Lovison - Manager Ningkuwum-Ngamayuwu) met for the first time on 16 February 2015 at Ningkuwum-Ngamayuwu.

Maria gave an update on the purpose of the meeting - it is an opportunity for those people who work in the early years area to share information about early years issues and to make connections that will result in collaboration to benefit our children in Halls Creek. We talked about upcoming events that we can collaborate on such as the National Closing the Gap Day.

Angela explained the stages of development so that we as workers can keep an eye out for those children that are not developing.



L to R: Vanessa Lynch (para legal), Steph Triefus (student/trainee) and Hannah Levy (Lawyer)



L to R: Deniqua, Angela (Speech Pathologist), Carum, Hannah (Physiotherapist), Sevina and Casey (Occupational Therapist).

NEURODEVELOPMENTAL CLINIC

Angela (Speech Therapist), Casey (Occupational Therapist), Hannah (Physio), Robyn Long and the paediatrician, Dr Shveta Patel joined us to run their Neurodevelopmental Clinic at Ningkuwum-Ngamayuwu. Marina Lever (Learning Support from HCDHS) and Maria Lonie (School Health Nurse) also joined us during the day. It is a good chance for everyone to catch up with some children and families that need some extra support. We are able to coordinate a variety of different services for the families, rather than attending lots of individual appointments.

It is so nice to be able to use Ningkuwum-Ngamayuwu Halls Creek children & Family Centre space as it is so family and child friendly. Thanks for having us!

Angela the speech therapist will be back in March for some interactive book sharing!

- By Angela Studer, Senior Speech Pathologist

SEXUAL/MATERNAL HEALTH



It was great that Tamar Howard, Community Healthy Nurse Manager from Community Healthy was able to help out with the Sexual & Maternal Health Workshop at Ningkuwum-Ngamayuwu on Monday 23rd February while Elise was away.

Tamar confirmed all that Elise had said in past workshops that Sexually Transmitted Diseases can do lots of damage to our bodies. Sometimes there are no signs and other times there are. The important message on the day is to get regular check-ups and use a condom.

WOMENS CLINIC

Tamar reminded everyone at the workshop that the womens clinic is on Thursday 26th February. Dr Pip is visiting and can do all the necessary checks.

All Halls creek women are urged to make use of this valuable service. You can either make an appointment over the phone or walk in to Community Health to make the appointment.

MENS CIRCLE

Wow! I think this month has been the largest gathering of the men circle. It is so good to see so many men joining the circle and even better to see new faces.

The mens circle met for the second time this month at Ningkuwum-Ngamayuwu to talk mens business. Around 16 men made up the circle on Wednesday 25th February. Some even joined the community gathering before the mens circle got under way.

The men meet every second Wednesday at Ningkuwum-Ngamayuwu.

Must say, Doug Dolby is doing a wonderful job organising the mens circle and taking on the catering role.

For further information about the mens circle, contact Doug Dolby, Aboriginal Health Worker at Yura Yungi Medical Service.



LILWUNS VISIT HALLS CREEK DISTRICT HIGH SCHOOL

Our lilwuns visited Jane at the Halls Creek District High School for the second time this year. We only had two on the day but that did not stop us from keeping our appointment.

Jane read the book *"Owl and the Pussycat"*. This followed our theme at the playgroup. The two boys really enjoyed the ready session in the library with Jane. Thanks Jane!

We take this opportunity to thank Halls Creek District High School for continuing the partnership with Ningkuwun-Ngamayuwu. Our lilwuns learn so much from the experience.

Lilwuns from Ningkuwun-Ngamayuwu visit the Library at Halls Creek District High School every Tuesday from 10am to 11am. We encourage all parents with lilwuns to come join us in visiting the school for story time.



ACTIVITIES IN LILWUNS PLAYGROUP

Our Education Advocates in Lilwuns Playgroup have chosen an "Owl" theme for the next couple of weeks to meet their requirements to plan activities that cover letters, health, colour and shapes.

Here you see the children painting the tree and night sky for the owls, gluing the insects on that owls love to eat and then making an owl face with yummy things that they love to eat.

Look out for our completed "Owl" activity in the next newsletter.



NEW PHONE NUMBER FOR THE CFC

The CFC now has a new phone number- 08 9168 5122. Little Nuggets can be contacted on the old number 91685100.

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