

MURRIN BRIDGE NEWSLETTER

2nd May 2006

Issue 10

Health News

Now that the Murrin Bridge Health Centre is being utilized 5 days a week both Jacqueline and Sandra are working on programs that will include elderly men's, women's and youth.

When details are clearer we will inform readers as to what and when. One idea to date is cooking of Johnny cakes etc along with basic check ups.

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Sandra is on holidays for the next four weeks. She will no doubt catch up with family and friends and plenty of R&R.

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The Doctors are at the Murrin Bridge Clinic on Wednesdays only. Patients are reminded to bring their Medicare card for all visits.

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Anyone wishing to have their BSL taken, your height, weight measured see Sandra at the Health Clinic. Also Blood will be taken on every second Monday.

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The community Health Meeting regarding Building Healthy Communities will be on the 4th May. Further info will be posted in the next edition.

Sport

Competition starts on the 6th of May (this Saturday) 2006 in Griffith.

Parents are reminded that training takes place each Friday. To register your child please contact the following people: Jackie Dutton, Tanya Orr or Debbie Hutton.

Construction Site

Construction of footpaths and storm water drainage is all but finished. The remaining few weeks will see clean up of works to date.

Happy Birthday to

Harry Cromelin, John Johnson, Roselyn (21st) last Friday.

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A reminder to anyone wishing to put in birthdays please drop details into CDEP Office.

<h1>CDEP NEWS</h1>

The elders of Murrin Bridge, Lake Cargelligo and Euabalong are participating in many fun activities held at Euabalong Café. Morning Tea and Lunch are provided. Anyone who is interested in participating can contact Pearl Harris or Lana Clarke. Such activities include quilt making, scrap booking etc.

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Centrelink:

There are proposed changes to AB-Study/ CDEP to come into place mid year. Any persons in receipt of both should talk to Pearl at Centrelink office.

Any persons with centrelink issues or concerns please feel free to call into centrelink office and discuss with Pearl.

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Vet Centre:

Bruce Cameron will meet with Board Members this Wednesday 3rd May to discuss the Vet Centre.

We will relay discussion points to you via the newsletter in next issue.

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CDEP Conference:

The CDEP Board Members will attend a conference in Dubbo re changes to the CDEP Program. Once the Board has received this info they will pass on all info and how those changes will affect individuals, CDEP and the community.

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Small business conference:

The painting and decorating crew attended a three day conference in Condobolin last Wednesday, Thursday and Friday re small business.

The team gained valuable information into running a small business. The time away was enjoyed by all with some enjoying the luxury of room service, and they said the tucker wasn't bad either.

Land Council:

It has been reported that fire hydrants are being damaged by Individual/(s). We ask that community members discourage people from maliciously damaging these essential items of equipment.

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 Next working party meeting to be held at the women's building on Monday the 8th of May at 1pm.

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Fire alarms:

Anyone wishing to install fire alarms before deadline should contact MLAHMA on 1800 231 160.

Preschool News:

Welcome to second term to all staff and children. We hope that everyone has enjoyed their two weeks holiday and are looking forward to exciting progress for the remainder of this term.

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Cook is Crook:

Regular cook for the preschool, Faye King is off work with a broken arm. Everyone at Murrin Bridge Preschool wishes Faye a speedy recovery. Her place will be filled by Leanne Rafferty.

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 Murrin Bridge Preschool was pleased to have back for a couple of days Kiara Johnson, who has been away for a while. We certainly wish Kiara and mum a safe journey and look forward to her return one day.

Murrin Bridge Aboriginal Health Service

The Murrin Bridge Health Clinic will be open for 5 days a week. It will now be open from Monday—Friday.

Also the position of vacant transport driver has been filled by John Marlow. Please note that transport will only be available for those who have made contact with the Aboriginal Community Health Support Worker (Jacqueline Dutton).

As of the 1st of May 2006 medical transport will be booked in as first in best dressed, so to speak, until an agreement is put in place with CDEP and Murrin Bridge Health in the regards to a second vehicle.

Aboriginal community health support worker:

We are looking at improving our transport service and Jacqueline Dutton has been moved into position of aboriginal community health support worker for a temporary period.

Jacqueline will no longer be the transport driver for medical purposes to other towns. She will now be handling all bookings for these matters. Sandra will no longer take bookings, so to make a medical transport booking or if you have any health related issues, ideas or concerns please contact Jacqueline Dutton.

MBAHS negotiating to commence building healthy communities program and in order to do so we are seeking members represented from the various organizations to be a part of a steering committee, these organizations have been contacted in relation to the above.

Future MBAHS Meetings:

- 2nd May
- 6th June
- 4th July
- 1st August
- 5th September

Anyone wishing to become a member of the MBAHS are welcome to apply, membership forms can be picked up from Jacqueline at the Health Centre.

DON'T MISS OUT!

Logo Competition:

The logo competition for MBAHS will conclude next week. Any entries entered after this date will not be considered for the \$300 prize for the chosen design.

The design should incorporate community and holistic health.

Entries can be left at the clinic and all entries will be displayed on a wall at the clinic.

Get your entries in before it's too late.

Health Transport Bookings:

The transport to patient bookings has been going well to date. We still ask that anyone requiring transport or wishing to make a booking for health related issues please run it by Jacqueline Dutton first.

The MBAHS will review this program at a soon to be held general meeting to look at ways of improving the service. Anyone with suggestions on how the service can be improved can leave their suggestions, comments with Jacqueline, Craig, Abe, Marline, Alice, Dorothy or drivers John and Graham.

INFORMATION AND HELP

For Aboriginal Girls

Are you expecting a baby or think you might be?

Would you like someone to talk to or to get info on what you need to do to look after yourself and the baby?

If you've just had a baby would you like to have your baby checked?

Would you like info on how not to fall pregnant or get diseases?

Ring Susan Hall on 6898 1200 or just drop in to Community Health, Yelkin Street, on Thursdays or Murrin Bridge Health Centre on Wednesdays.