

MURRIN BRIDGE NEWSLETTER

2nd May 2006

Issue 10

Health News

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 women's Health Nurse will be out this Friday the 21st of April.

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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.

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Eye Specialist (Optometrist):
The eye specialist (optometrist) will be at the Murrin Bridge Health Centre this Thursday the 20th of April.
Please come and put your name down if you need glasses or you eyes checked.

Construction Site

A reminder to all parents to please ensure that your child is not playing near the work sites.

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Footpaths and storm water drainage construction is nearing completion. The job done to date is certainly a great benefit to the community. In the next week or two we will see tidying up and completion of footpaths.

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Once again we ask for parents assistance in keeping kids away from cement.

Happy Birthday to

Gemma Ferguson (21st)

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

Message from James

I extend my gratitude to all members of MBAAC for the support and co-operation extended to me during my time as co-ordinator.

To have achieved the goals that we have so far for the CDEP would not have been possible if not for the team spirit.

Good luck, health and prosperity to everyone at Murrin Bridge.

James

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James was farewelled by CDEP and community members at a BBQ where he was handed a goodbye card which was signed by many community members. The evening saw James relax and enjoy a few beers, laughter and even a dance or two.

CDEP NEWS

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 book-ing 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 visit Murrin Bridge on Wednesday 3rd of May to meet with CDEP Board Members to discuss details of the VET Centre. We will advise as to outcomes of discussions in later newsletter.

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CDEP wishes to extend our sincerest thank you to our favourite African James Okerenyang who will officially leave his employment as CDEP Co-ordinator to take up a position in Wagga. We wish James all the best and extend an open invitation to visit us here at Murrin Bridge at any time.

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Where one door closes another door opens and the CDEP Management has endorsed Betty Harris to fill a temporary Co-ordinator position through until end of financial year (June 2006) after which the position will be advertised.

As a part of CDEP's vision we want to encourage as many locals such as Betty to aspire to positions for now and in the future. The management certainly will give Betty their fullest support we in turn expect all CDEP Members to do likewise.

Kal—Linga News:

Construction of new house in lorne street Lake Cargelligo by Gary, Shane and Clayton is progressing nicely. Brick laying will commence next week and then the men will start lining the inside of the house.

Keep up the good work boys.

Sport

Junior Rugby League are seeking nominations for this season from children that are aged in these groups:

- 8's
- 12's
- 13's
- 14's

Competition starts on the 6th of May 2006 in Griffith.

For further information please contact Jackie Dutton, Tanya Orr or Debbie Hutton.

Group 20 Side:

Local boys have been selected to represent Lake Cargelligo/Murrin Bridge in the Group 20 Side.

These boys are Michael Mitchell, Matthew Hatley, Edward Dutton and Sam Ridley (Condobelin).

Training began last Wednesday in Griffith and their first game is in Wagga next weekend against Group 9 on Saturday 29th and Sunday 30th of April.

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The boys play Hillston this weekend in a trial match under lights at Hillston.

Murrin Bridge Aboriginal Health Service

There is some good news as of this week. 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 of 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.

Logo Competition:

The logo competition for MBAHS will conclude on 2nd May 2006. 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 on before it's too late.

Health Transport Bookings:

Here is a list of the places and dates that the Health Bus will be traveling to this month. Anyone requiring transport or wishing to make a booking for health related issues please run it by Jacqueline Dutton first:

- 18th April—Griffith
- 19th April—Wagga
- 20th April—Bathurst
- 21st April—Griffith and Albury

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.