

# WILCANNIA COMMUNITY NEWSLETTER

## — Maari Ma Health Aboriginal Corporation

### NEW HEALTH SERVICE



MAARI MA PRIMARY HEALTHCARE SERVICE

JULY 2022 | ISSUE 50

We've had some planning delays, some funding issues and then COVID, but Maari Ma is now ready to actually achieve a long-held organisational goal: a community-controlled health service in Wilcannia.

Funds have been secured with the help of Regional NSW, the Indigenous Land and Sea Corporation, the Commonwealth Department of Health, the NSW Ministry of Health, and Maari Ma's own funds, to construct beside the Darling/Baarka River as per the designs developed by project managers, Troppo Architects, in consultation with Wilcannia staff and community.



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"Improving Aboriginal health and closing the gap"



## NEW HEALTH SERVICE (CONT)

**Locals Michael 'Cassidy' Kennedy and Brendon Adams joined Executive Operations Officer, Nola Whyman, to hear Cary Duffield from Troppo Architects go over the plans.**

Not far from where they're standing there's a trench that was dug to determine if there were any buried Aboriginal heritage artefacts.

Well known local archaeologist, **Sarah Martin**, had been on the site doing an Aboriginal heritage assessment.



*This is the block at the end of Bonney St, adjacent to the existing Wilcannia weir.*

## ON SITE INSPECTION

**A meeting was held at the site of the new Wilcannia Health and Wellbeing Centre with the builder and architects present.**

David Payne Constructions (DPC) from Dubbo is a family-owned business and DPC's Graham Wheeler had a good first look at the site and discussions them, along with local community members, regarding the Centre as well as local employment opportunities.

Local employment on this project is important and it's also a big focus for a number of the project's funding bodies. It not only means local jobs, it's skilling the local workforce, offering on the job training as well as doing courses.

REDI.E, the employment agency in Wilcannia, has already helped a number of people to obtain their Certificate I and Certificate II in construction and to get their NSW White Card - or general construction induction card – which is a requirement for workers who want to carry out construction work.



*Maari Ma CEO Bob Davis with Cary Duffield from Troppo, Scott Robertson representing the Department of Health and Andrew O'Loughlin from Troppo before the trip out to Wilcannia.*

There were lots of good ideas shared about what we may be able to do regarding availability of construction workers for mentoring younger workers and those who are less experienced.



## NEW HEALTH SERVICE (CONT)



**There's a spectacular Black Box – also called River Box - tree on the site that's going to be kept and incorporated into the centre of the site.**

These trees, which are widespread throughout most parts of Australia, were actually used for bush tucker when other seeds were scarce.

Fruiting branches were cut down and placed in the sun to induce the capsules to open. Once the seeds were extracted they were soaked and treated with several changes of water to remove the bitterness.

They were then dried, ground on a grinding stone and eaten.



*You can see clearly in the foreground of this photo one of the trenches that was dug to determine if there were any heritage artefacts on the site.*



As well as the formalities, there were lots of good informal discussions over lunch between the builder, architects, Maari Ma team and local community members.

Pictured above left are **Michael 'Cassidy' Kennedy**, **Cary Duffield**, **Nola Whyman** and local elder, **Shirley Evans**.

On the left are **Graham Wheeler** from David Payne Constructions, **Scott Robertson**, **Andrew O'Loughlin** and local elder, **Cyril Hunter**.



# WELCOME BRANDON ADAMS

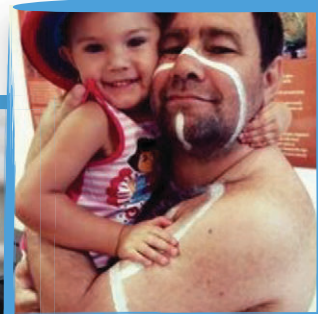
**Brendon is a proud young Ku-Ku Yalangii (Cape York) and Woppaburra (North Keppel Island) man.**

He loves his sports and even though he lives in Wilcannia, far west NSW, he is a true Queenslander, loyal to the Broncos, Maroons, Reds and the Lions.

But the part he is most recognised for is his commitment to the community that he has lived in for 20 years, Wilcannia.

He was very proud when, as the Site Manager of RED!.E business, he won several awards including the prestigious Tony Staley Award in Broadcasting at the 2019 Community Broadcasting of Australian Association with the Wilcannia River Radio team.

He also won the State Indigenous award with TAFE and Water NSW in Primary Partnership Industry. Finally he is a proud father of 7 and grandfather of 4 grand-daughters and recently a grand-son.



In Wilcannia he is known as BB Adams.



## kiila laana



**Tobacco Specialist Professor Renee Bittoun and Leanne Aldridge from TATU (Tackling Indigenous Smoking program Redfern) arrived in Broken Hill on Monday 27th of June.**

Prof **Renee** spoke with 'muuku' (be smoke-free) program participants in support of their smoke-free journey in Wilcannia, Menindee, and Broken Hill. Staff were also able to gain access to expert information while Prof. **Renee** was on site.

**Leanne** joined the trip to connect with the local environment and see parts of the outback she had not yet seen.

**Prof. Renee** will be back in August.



**TATU team member Leanne Aldridge Tobacco Specialist Professor Renee Bittoun and kiila laana's Education Officer Tiffany Lynch**



**Professor Renee and TATU (Talking About Tobacco Use) Leanne provide tobacco education to Wilcannia staff.**



# CALL IT OUT



## FIRST NATIONS RACISM REGISTER

**“One of the most powerful  
ways to create change is  
the telling of stories”**

Larissa Behrendt AO

### HAVE YOU SEEN OR EXPERIENCED RACISM?

**Call It Out!** on the First Nations Racism Register – an independent, secure and Indigenous-led online reporting tool where you can report any type of personal or institutional racism, including:

- IN PUBLIC OR PRIVATE
- WITH A SERVICE OR BUSINESS
- IN THE MEDIA OR ONLINE



#### WHAT HAPPENS WITH YOUR REPORT:

Reports will be held safely and confidentially by the Jumbunna Research team to inform an annual report to help expose and address racism facing our communities.

#### HOW TO MAKE A REPORT:

Scan the QR code below with your phone or head to our website [www.callitout.com.au](http://www.callitout.com.au)



Contact us:  
[info@callitout.com.au](mailto:info@callitout.com.au)  
[www.callitout.com.au](http://www.callitout.com.au)  
(02) 9514 4454



Jumbunna  
Institute for Indigenous  
Education and Research



## 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 ATSI Health Check and a follow up by a health worker.

## FOLLOW-UP CARE

Our health workers will visit you to talk about your health and see how you are going with your medications.

# MAARI MA CYCLE OF CARE

## GPMP & MEDICATION

You will be looked after by our Keeping Well team and other specialists like our dietitians, 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.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.



## Maari Ma Primary Health Care Service

*Improving Aboriginal Health & 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.



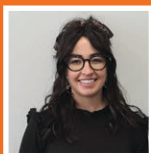
**Kendy Rogers**

Service  
Manager:  
PHCS



**Nola  
Whyman**

Executive  
Manager  
Operations



**Tegan Hinchey-  
Gerard**

Executive Manager  
Aboriginal Health  
and Community  
Wellbeing

### 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

**PHCS Broken Hill**  
439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
Fax: 08 8082 9778

### Occasional services

Heart specialist  
Kidney specialist  
Diabetes specialist  
Child health specialist  
Eye specialist  
Alcohol specialist  
Smoking specialist  
Podiatry  
Optometrist  
Psychiatrist  
Child and Adolescent  
Psychiatrist  
Pain Specialist

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