

# WILCANNIA COMMUNITY NEWSLETTER

## — Maari Ma Health Aboriginal Corporation

### KIILA LAANA



MAARI MA PRIMARY HEALTHCARE SERVICE

SEPTEMBER 2022 | ISSUE 59

**Dave Doyle, who has a history of working with native ingredients, joined the team for a cook-up in preparation for Father's Day with 3 great ideas incorporating native ingredients that anyone can cook.**

Video clips are available on the kiila laana Facebook page.

To keep with the native ingredient, theme the Kiila laana Facebook page organized a give-away to include Dave's own sweet chilli and quandong sauce and native mint. Dave ordered desert finger limes, frozen quandongs and lemon myrtle, but unfortunately didn't make it in time for the video clips.



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"Improving Aboriginal health and closing the gap"



# KIILA LAANA

(continued from page 1)

Also added was a hand-crafted and painted wood carving from Amany Mitha located in Gypsum Street.

The winner was announced on Thursday 1st of September just in time for Father's Day.



**WIN**

Entries close  
**WEDNESDAY 31ST AUGUST**

Winner announced  
on Facebook

**THURSDAY 1ST SEPTEMBER**

- Follow this page
- Like this post
- Tag a friend
- Share post

kiila laana



**DO YOU  
KNOW  
WHAT  
YOU'RE  
VAPING?**

**WEED KILLER MAX**

Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover. They just don't put it on the pack. Get the facts at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)

NSW



## WELCOME TO CHLOE BRANDIS

who has taken up the position of Broken Hill / Wilcannia Clinic Coordinator working with Jeanette Rogers in the dual role.

Chloe has provided this background: "I'm a proud Noongar/Yued/ Nykina woman from Perth, Western Australia. I have chosen to work for Maari Ma because I have always had a passion for our mob, culture, health (physical, mental, spiritual) and being a part of the local community. I am looking forward to seeing where this opportunity will lead me in the future. "





# THE DEADLY BLUES



**The Deadly Blues Ambassadors arrived in Wilcannia in late July to help spread awareness around Healthy Eating and Healthy Choices amongst our youth.**

The Deadly Blues Ambassadors work in partnership with Maari

Ma Health and enjoy coming to Broken Hill and surrounding towns, meeting the locals and having photos and a yarn with community members.

They provide positive role models while discussing choices and encouraging youths to make decisions that keep them safe and

healthy. With a game of rugby and a chance to grab signatures from ex-rugby legends Reni Matai (Canterbury, Cronulla, Parramatta), the legendary Sonny Bill Williams (Boxer, also played for Bulldogs and Roosters and New Zealand in rugby union and league), Willie Mason (played for Australia and Tonga and

Canterbury Bankstown) and Jeff Hardy (250 games, played for St George).

It was a successful few days visiting Menindee., Wilcannia and Burke Ward School in Broken Hill. The kids all enjoyed the interactions and photo opportunities.





# THE DEADLY BLUES











**FREE**  
11AM - 4PM  
**6 OCT**

**SPRING  
HOLIDAY  
MURAL  
WORKSHOP**

WITH ARTIST JAMES PRICE

Places limited, please register to avoid disappointment.

NSW GOVERNMENT  
BROKEN HILL CITY COUNCIL



Create an artwork to show what fun means to you! It could be about your favourite place, people, activities or anything you can think of to represent you at your happiest and healthiest. Artworks can include drawings, paintings, photographs, digital illustrations or videos.

The competition is open to all children and young people up to the age of 18 living in NSW. It's not about being a good artist, it's about finding inspiration and sharing your voice through art.

**ENTRIES CLOSE:** Friday, 7 October 2022

Age group categories: Under 5, 6-11, 12-18

9 winners will receive an award and prize:  
1st Prize - \$200 gift card, 2nd Prize - \$100 gift card, 3rd Prize - \$50 gift card

For more information and to enter, use the QR code:

NSW GOVERNMENT | acyp | OFFICE OF THE ATTORNEY GENERAL | Children & Young People



NSW  
**children's  
Week 2022**  
Art Competition

**September is Sexual Health screening month and Maari Ma is offering to screen anyone that is sexually active.**



**SEXUAL HEALTH**  
AWARENESS MONTH  
SEPTEMBER

Sexually active means contact with another person (such as penetrative intercourse, oral sex, anal sex and genital to genital contact) that can lead to a sexually transmissible infection (STI). Having a sexual health screen can mean early treatment of an undiagnosed STI and protection amongst our community if everyone is screened regularly. To have a screening, schedule an appointment to see your GP.



# RECIPES USING NATIVE INGREDIENTS

## SWEET POTATO AND NATIVE BROCCOLI TOTS

### INGREDIENTS

- 1 head Broccoli (or 250g of frozen broccoli)
- 500g Sweet potato, cubed (frozen or fresh)
- ½ cup cauliflower rice
- 1.5 cups grated cheese
- 1/3 bunch spring onion
- 1 egg, lightly whisked
- 20g butter, melted
- 1 cup bread crumbs
- tbs. Mustard weed
- Tbs. Native spinach

### METHOD

1. Preheat oven to 230°C (210°C fan-forced). Line a baking tray with baking paper.
2. Finely chop broccoli
3. In a microwave safe bowl, microwave broccoli and sweet potato in water until tender. Drain and allow to cool
4. Mix all ingredients together until very well combined
5. Roll table spoonful's of mixture into balls. Press balls into cylinder shapes. Place onto the prepared baking tray.
6. Bake until the undersides are golden. Flip over and cook until bottoms are golden.
7. Cool slightly then serve with tzatziki and sweet quandong and chilli sauce



## KANGAROO AND VEGETABLE SKEWERS

### INGREDIENTS

- Ingredients
- Kangaroo mince
- 1 Zucchini
- 1 Red onion
- 1 Capsicum (any colour)
- 1 tin of pineapple pieces in juice
- Skewers
- Sweet Chilli and Quandong sauce to taste
- Mountain Pepper
- Salt bush

### METHOD

1. Soak the skewers in water 5 minutes
2. Chop vegetables into sizable chunks
3. Combine kangaroo with sauce and pepper in a bowl and make into meatballs
4. Thread vegetable and meat on skewers
5. Cook in an oven at medium heat until kangaroo is well cooked
6. Sprinkle with salt bush and serve with extra sweet chilli quandong sauce and Tzatzili





# RECIPES USING NATIVE INGREDIENTS

## LEMON CUPS



### INGREDIENTS

- 2 lemons (zest and juice)
- 2 cups Cream
- ½ cup milk
- Tsp Lemon myrtle
- Tsp desert lime
- Tsp finger lime
- 1/4 cup Quandongs (finely chopped)

1. Whisk together lemon juice, ½ the zest, cream, milk, lemon myrtle and limes until soft peaks are formed
2. Mix through quandongs
3. Garnish with lemon zest and quandongs

## TZATZIKI



### INGREDIENTS

- 2-3 lemons
- 2 sups of plain yogurt
- 1/2 cup milk
- 1 cucumber
- Native river mint

1. Use a lemon zester or grater to grate the skin of clean lemons.
2. Juice the lemons and finely chop the cucumber.
3. Whisk



## 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 dieticians, 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 a 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.

### 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  
Optometrist  
Psychiatrist  
Child and Adolescent  
Psychiatrist  
Pain Specialist



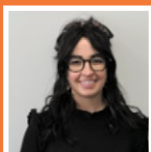
**Kendy Rogers**

Service  
Manager:  
PHCS



**Nola  
Whyman**

Executive  
Manager  
Operations



**Tegan Hinchey-  
Gerard**

Executive Manager  
Aboriginal Health  
and Community  
Wellbeing

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