



# WILCANNIA COMMUNITY NEWSLETTER

## — Maari Ma Health Aboriginal Corporation

COMSAFE TRAINING SERVICE



MAARI MA PRIMARY HEALTHCARE SERVICE

NOVEMBER 2022 | ISSUE 59

### Do you know what to do if a fire breaks out?

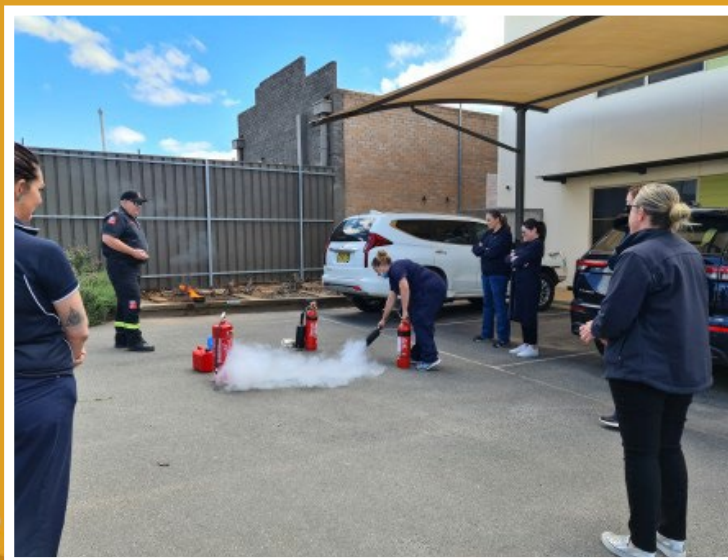
Maari Ma offers Fire Safety Training to staff twice a year and provides selected personnel in each of the Maari Ma buildings with extra training as the fire warden who is in charge in the event a fire breaks out.

ComSafe Training Officer Fire and Rescue NSW Scott Parker provided Maari Ma staff with education on the safe procedure to contain and extinguish a fire

should one occur. Scott discussed the different types of fires that could occur, such as electrical or oil, and how to read the fire extinguishers so that the fire can be contained with the current fire extinguisher. Staff were

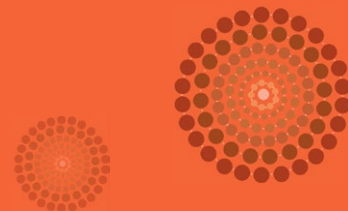
able to test their skills on a small controlled fire held in the car park at the back of the PHCS in Argent St.

If a fire breaks out, Maari Ma asks all clients to follow directions of staff towards the nearest exit.



### IN THIS ISSUE

- 1 COMSAFE Training Service
- 3 Graduate Diploma in Indigenous Health Promotion
- 4 Learning together / Kiila Laana
- 5 Mental health expo / Long distance healthcare
- 6 Cycle of Care



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[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

"Improving Aboriginal health and closing the gap"





**STANDARD FIRE ORDERS**

ACTIONS TO BE CONSIDERED ON DISCOVERING A FIRE:

**R** "Rescue" any person/s in immediate danger (Only if safe to do so)

**A** "Alarm" Raise the alarm and follow your emergency procedures

**C** "Contain" Close doors to contain the fire and smoke

**E** "Extinguish" Attempt to extinguish the fire only if you are trained and it is safe to do so

**ComSafe** is the commercial training business unit of the New South Wales Fire Brigades.

**WHEN USING AN EXTINGUISHER REMEMBER P.A.S.S.**

**PULL**  
**AIM**  
**SQUEEZE**  
**SWEEP**

**WHEN USING A FIRE HOSE REEL**

1. Turn on stop valve.  
2. Run out the length of the hose required.  
3. Turn on the water at nozzle, direct the stream at base of fire.  
4. Ensure you leave a direct egress path between you and the nearest Exit Door / Egress Route.

**NOTE:** Fire hose reels should only be used if it is safe to do so.



A firefighter in a dark uniform stands next to a red fire hose reel mounted on a wall. A yellow door is visible in the background.

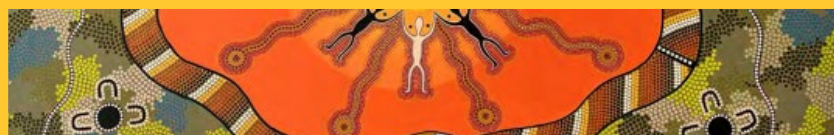
**FIRE EXTINGUISHER USAGE CHART**

TYPE OF EXTINGUISHER	A	B	C	E	F	
Water	YES	YES	NO	NO	NO	Dangerous if used on flammable liquid, live electrical equipment and cooking oil / fat fires
CO2	YES	YES	YES	YES	YES	Dangerous if used on electrical fires
FOAM	YES	YES	YES	YES	YES	Dangerous if used on electrical fires
DRY POWDER (ABC)	YES	YES	YES	YES	YES	Special Precautions are available specifically for various types of metal fires. Check report advice
WET CHEMICAL	YES	YES	YES	YES	YES	Generally not suitable for molten metal fires. Do not spray on liquid fires
WET CHEMICAL (CULINARY)	YES	YES	YES	YES	YES	Dangerous if used on electrical fires
WET CHEMICAL (INDUSTRIAL)	YES	YES	YES	YES	YES	Check the characteristics of the specific extinguisher

NOTES: \* Limited colour code. This extinguisher is not the same as those for the rest of the fire. It is not a fire extinguisher.







### Make a difference to the social and emotional wellbeing of Aboriginal and Torres Strait Islander communities

- ▶ **Learn the theory and practical skills of health promotion so you can help improve the health of your community**
- ▶ **Enjoy the flexibility of online learning**
- ▶ **Study at no cost to you, all fees covered**
- ▶ **Apply now**

Are you an Aboriginal and Torres Strait Islander health worker with an interest in social and emotional wellbeing or mental health? Do you want to take your career to the next level? This course may be for you.

You will learn from a team led by Aboriginal and Torres

Strait Islander academics on how to promote social and emotional wellbeing (SEWB) in your community.

SEWB describes the holistic understanding of health that many Aboriginal and Torres Strait Islander peoples have. It includes the cultural, spiritual, social and emotional wellbeing of the individual, family and wider community. It also considers a variety of factors that contribute to health such as policy and the environment.

Promoting SEWB over mental health is a more effective and all-encompassing way to address the myriad factors that contribute to health and wellbeing.

Apply now and be on the path to joining our cohort of graduates, many of whom have fulfilling careers in a variety of sectors including community, health, government and education.

#### Learn to work with your community

Throughout the course, you will learn to:

- Identify the SEWB health priorities, needs and strengths of your community
- Work in partnership with your community to develop SEWB health promotion and prevention programs
- Implement and evaluate these programs in community, ensuring continued improvement

#### Where the course can take you

On completion of your studies, you will be able to:

- Address any SEWB issue using best practice health promotion and prevention tools and processes
- Act to improve the SEWB of your community and the wider population
- Progress your career and act as a role model to your family and community
- Enrol in higher university degrees

#### What study will look like

The course can be undertaken fully online over 2 semesters (12 months). It consists of 6 units of study delivered as Blocks throughout the year, they are:

Block 1: Community profiling and setting priorities  
Block 2: Health promotion program planning  
Block 3: Goals, objectives and strategies  
Block 4: Communication  
Block 5: Research and evaluation  
Block 6: Art, science and politics of prevention

*\*Optional face-to-face workshops may become available subject to health advice around COVID-19.*

#### Your costs covered

Thanks to a generous private donation, there are no fees payable to study this course. All students will be awarded a scholarship that covers:

- All course and course-related fees
- Access to one-on-one tutorial support
- A financial contribution towards study costs
- Travel, accommodation and meals for any face-to-face classes (pending COVID-19 advice, see 'What study will look like')

#### Entry requirements

You must have:

- At least three years relevant work experience in SEWB, mental health or a health-related role
- Proof of prior learning (including technical and vocational training [TAFE] or other university study)
- A letter from your employer expressing their support for your study plans OR a personal statement explaining how the course will enhance your professional development
- A statement of Aboriginal and Torres Strait Islander identification

#### For more information

sph.gdihp@sydney.edu.au  
+61 2 9351 1973  
[sydney.edu.au/courses/graduate-diploma-in-indigenous-health-promotion](https://sydney.edu.au/courses/graduate-diploma-in-indigenous-health-promotion)





Are you a **student** with a **disability**?  
Or are you a **parent** or **carer**?

**Come along to this free training session**

- Learn how to work well with your pre-school, school, uni or TAFE
- Find out more about adjustments

**Where:** Online via Zoom

**When:** Thursday 17<sup>th</sup> November, 12:30pm – 2:30pm

**Register:**

<https://LearningTogetherOnlineDaytime.eventbrite.com.au>

Are you a **student** with a **disability**?  
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**Come along to this free training session**

- Learn how to work well with your pre-school, school, uni or TAFE
- Find out more about adjustments

**Where:** Online via Zoom

**When:** Tuesday 15<sup>th</sup> November, 7pm - 9pm

**Register:**

<https://LearningTogetherOnline.eventbrite.com.au>

Australian Centre for  
**Disability Law**



[www.disabilitylaw.org.au/education](http://www.disabilitylaw.org.au/education)



kiila  
laana



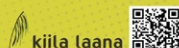
Join our  
deadly  
role models



muuku  
pledge



join a  
smoke-free  
future







**FREE COMMUNITY EVENT!!**

**SUPPORTED BY LOCAL COMMUNITY MENTAL HEALTH SERVICES**

# Mental Health Expo

**BROKEN HILL**  
**November 8th 2022**  
**Venue: Broken Hill Entertainment Centre**  
**11am - 2pm**

Light lunch and refreshments supplied

**Special Guest**



"We can save the lives of individuals, if we change the way society understands, perceives and interprets mental illness." - Sam Webb

**SAM WEBB**  
[www.samwebb.com.au](http://www.samwebb.com.au)

SCAN HERE TO REGISTER

or phone **80873477**

## Do you travel long distances for specialised healthcare?



If you travel more than 100km one way or 200km within a week you may be able to claim financial assistance towards travel and accommodation costs.



To find out if you are eligible

**Ask**  
your social worker or healthcare team

**Call**  
1800 478 227

or

**Visit**  
[iptaas.health.nsw.gov.au](http://iptaas.health.nsw.gov.au)



**Isolated Patients Travel and Accommodation Assistance Scheme - IPTAAS**

Scan the QR code to learn more.



## Having trouble paying your council rates?

Ignoring this debt makes it worse and your house can be sold.  
 The Council has a hardship policy. You might be eligible.

**Contact us for free and independent advice.**

<b>Far West Community Legal Centre</b>	 (08) 8088 2020 1800 300 036 Or come see us in Wilcannia:  26 October and 23 November  Wilcannia Safehouse and REDiE
<b>Legal Aid NSW (Broken Hill)</b>	 (08) 8004 9600
<b>CatholicCare Wilcannia-Forbes Financial Counsellor</b>	 (08) 8087 3477



OR\_CLSD010



## 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 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.

### 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

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Fax: 08 8091 5911 Web:  
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