



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

KIILA LAANA



MAARI MA PRIMARY HEALTHCARE SERVICE

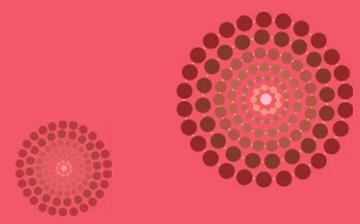
OCTOBER 2022 | ISSUE 58

Wilcannia WINGS kids were excited to join a colour run hosted by killa laana. *The colour run had a twist with the white shirts worn for the run used as an educational tool, providing youths with snapshots of current smokers/vapers surrounding their environment.*



IN THIS ISSUE

- 1 KIILA LAANA
- 6 Update on the new Wilcannia facility
- 7 Position vacant/ Have your say naming the Darling River / Family Mental Health Support Service
- 8 I-Assist training / Farewell



 www.maarima.com.au

 admin@maarima.com.au

 www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

KIILA LAANA





Kiila laana's media officer Sharon Hooker started the educational session by talking to the youths and discussing the effects of smoking and vaping to educate and prevent youths from taking up tobacco use.

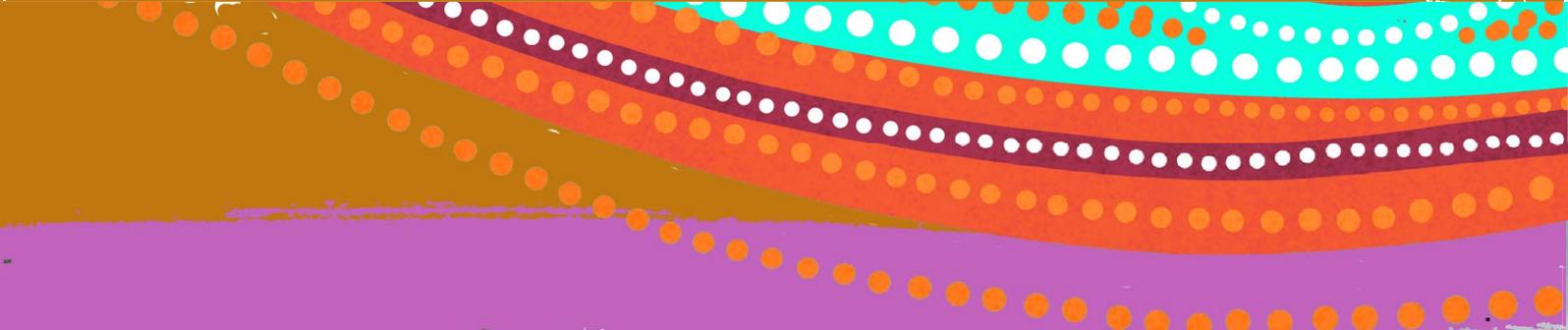
Early Years program officer **Leann Adams** spoke about her journey and the struggles of giving up.

Kids were then handed a shirt that had a tree printed on the front and a blank boxed area on the back along with a texta and asked to place a mark around the tree if someone they know smoked/vaped and on the back of the shirt kids wrote messages about what they think/feel about smoking/vaping.

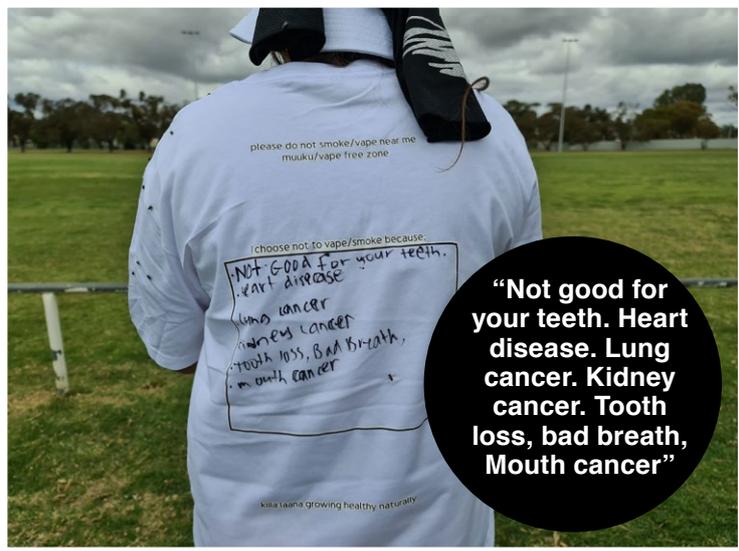
Everyone had a lot of fun and the activity opened up discussions around smoking. **Louise Moriarty** provided some activity while everyone had a BBQ lunch provided by PCYC.

Then the colour run took off to end a fantastic day at the oval. The run eventually turned into a tag game as the kids grabbed handfuls of coloured powder and chased each other around the oval.

Everyone was multi-coloured and exhausted by the end of the day.



Some of the youths messages about smoking/vaping



“Not good for your teeth. Heart disease. Lung cancer. Kidney cancer. Tooth loss, bad breath, Mouth cancer”



“It is bad for your teeth and not good for your health. It makes you sick”



“You will get sick”

“Not good for your health. Make ya sick”



“I am only a Child Myarlia”

MATCH THE EFFECTS WITH THE BODY PART

| | |
|--|--|
| Premature ageing, Hair loss, Yellow fingers | Cancers of Pancreas and colon |
| Hearing Loss | Smokers cough, COPD, Pneumonia, Cancers of respiratory tract |
| Aortic rupture, Heart disease | Gum infection, Bad breath, Tooth loss, Mouth cancer |
| Liver Cancer | Delayed wound healing, Weak immune system |
| High blood pressure, Blood clotting, Gangrene, Leukaemia | Rheumatoid arthritis, Osteoporosis, Bone fracture |
| Cataract, Night vision loss, Blindness | Reduced fertility, Ectopic pregnancy, Miscarriage, Cervical cancer |
| Kidney Cancer | |
| Impotency, Deformed & decreased sperms, Bladder Cancer | |

Youths were able to discuss some of the effects of smoking when matching the body parts to the illnesses caused by tobacco.

UPDATE ON THE NEW WILCANNIA FACILITY

Good news regarding progress on the new Wilcannia Health and Wellness Centre – Maari Ma now owns the Bonney St land.

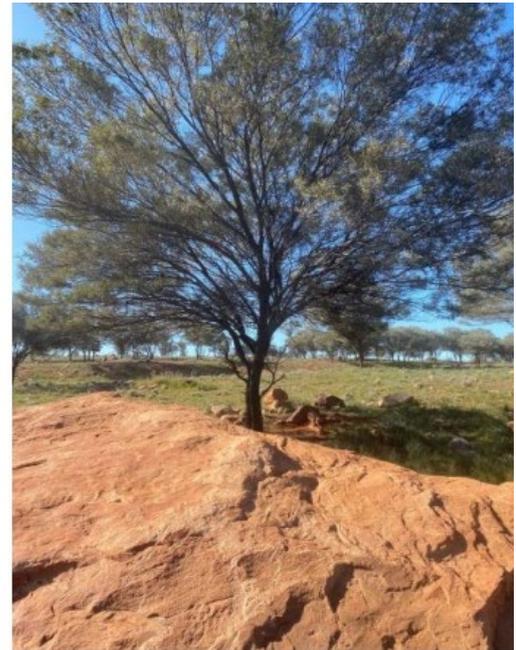
Council has requested an easement along the riverfront for a future public walkway which will be a great idea.

There are still some approvals to get before the builder can start construction and we expect these will take several weeks. However in the meantime, a meeting was recently held with the project managers and also the landscape architect in Broken Hill on landscaping issues.

Nola Whyman and Murray Butcher attended this meeting and they also looked at large stones in the area which could be used for a yarning circle and elsewhere on the site within the landscaping.

Murray and Nola provided insight into the proposed plants, including Paakintji names and uses, and a subsequent meeting has been held with Broken Hill Landcare which has an established nursery of native plants and is willing to work with the landscaper to propagate sufficient plants for our needs.

We are also excited to be talking to some of Wilcannia's artists about their involvement in the project, as well as Wilcannia's young folk.



WANTED

Senior Field Officer Grade ½ (Aboriginal Identified) Job Reference: 522953

Package includes salary (\$69,604-\$73,729), employer's contribution to superannuation and 17% loading for working weekends and public holidays

Full time temporary role up to 30 June 2023

Successful candidate may be eligible for remote area allowance

Located in Mutawintji Lands (Far West & North Central NSW)

Mutawintji Lands has a no pet policy and accommodation options may be limited

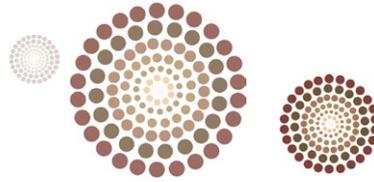
About the role:

• Working closely with the Park Manager and supervising a team of five, you'll be joining a supportive team undertaking a diverse range of tasks to enhance and preserve the natural and cultural heritage of our parks. This may include maintaining and constructing park facilities; protection of cultural sites; undertaking pest and weed control programs utilizing pesticides, chemicals or firearms; and assisting with fire management activities such as mowing, slashing, grading, and implementing hazard reduction burns and wildfire response.

• You will be relied upon to identify and prioritize maintenance works whilst ensuring they are completed safely and on time. Senior field officers are flexible and organized, and work well in a team environment or alone with minimal supervision. At times you'll be relied upon to also supervise other field staff and contractors. A trade background is beneficial but is not essential.

• Apply online at iworkfor.nsw.gov.au/job/senior-field-officer-aboriginal-identified-352521

Contact Leroy Johnson, Park Manager, Mutawintji Lands, West Darling Area, ph 0459 857 892, email leroy.johnson@environment.nsw.gov.au.



Have your say on dual naming the Darling River

The Geographical Names Board will be holding an open community forum to gather feedback on a proposal by the Barkindji Native Title Group Aboriginal Corporation to dual name the Darling River as **Baaka**.

The proposed dual name is for the extent of the Darling River, commencing approximately 39km NE of Bourke, winding through Bourke, Wilcannia, Menindee, Pooncarie and Wentworth where it joins the Murray River.

Assigning a place name under the *Geographical Names Act 1966* does not impact other legislation or change rights or responsibilities of the feature. A dual name will sit alongside the non-Aboriginal name, each part having equal status.

Come and join us for a yarn at:
Broken Hill Civic Centre
31 Chloride St,
Thursday, 13 October at
4.30 pm.



For more information contact:
Geographical Names Board
PO Box 143 Bathurst NSW 2795
T: 1800 025 700 E: SS-GNB@customerservice.nsw.gov.au

Family Mental Health Support Service (FMHSS)



Registrations are being taken for DRUMBEAT ran by CatholicCare Wilcannia-Forbes FMHSS team in Week 2 of Term 4!

DRUMBEAT is an early intervention strategy to prevent and increase resilience with hand drumming. DRUMBEAT builds social skills, increases self-esteem, explores connections through music and healthy relationships.

To register, please contact Jodie or Ellearne on 08 8087 3477.
Please note spots are limited to 8 participants per session.

| VENUE | DATE | TIME |
|--------------------------------------|--|---|
| 232 Lane Street – The Old Convent | 8 Sessions beginning on the 17 th of October 2022 | 3:30pm-4:30pm. Afternoon Tea will be provided |



To book a place or for more information contact us on
1800 067 067 ccwf.org.au

I-ASSIST TRAINING

Staff from Wings, Early Years and Strong Young Families recently attended a three day training course aimed at understanding how to intervene and provide support for community people at risk of suicide and self harm.



Each staff member participated in role playing and working with different strategies when dealing with people at risk. There was also a discussion

about their own safety and support when dealing with community. Well done to all who did the training – it's not an easy training course to do

but such an important one - helping a person with thoughts of suicide to stay safe and seek further help. Executive Manager Aboriginal Health

and Community Wellbeing, **Tegan Hinchey-Gerard** said staff did very well and received a certificate on completion of the course.

FAREWELL

Farewell Executive Manager Aboriginal Health and Community Wellbeing, Tegan Hinchey-Gerard.

Tegan has worked hard in the areas of engagement around the Early Years in Broken Hill and Wilcannia, and Strong

Young Families and Wings in Wilcannia.

Tegan was also instrumental in the work we did in Wilcannia and Broken Hill during the COVID Delta out-break last year.

Maari Ma wishes her well in the new position with Regional NSW as Manager Aboriginal Outcomes.



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.

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

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

Wilcannia Health Service
14 Ross St, Wilcannia, NSW
2836 Phone: 08 8091 5122
Fax: 08 8091 5911 Web:
www.maarima.com.au