

# WILCANNIA COMMUNITY NEWSLETTER

## — Maari Ma Health Aboriginal Corporation

### MESSAGES OF SUPPORT

**Dear Employees of Maari Ma Health, we, the students of Year 4/5 at Sacred Heart Parish School – Broken Hill, would like to take this opportunity to thank all the staff of Maari Ma Health for their continued service and efforts in the recent weeks.**

During Home Learning we have started a topic called 'Writing to Socialise'. We have learnt that this topic is all about communicating with others and maintaining/creating new relationships. We have learnt that there are many texts that fit under Writing to Socialise and one of those is an Email. We thought we would take this opportunity to write an email to your team showing our support.

With the recent Covid-19 outbreak here in Broken Hill and Wilcannia we are trying to understand how busy your staff



MAARI MA PRIMARY HEALTHCARE SERVICE

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has been in providing care and services to our community and the community of Wilcannia. We feel that your team has done an incredible job in making sure as many people as possible in our community have been able to get vaccinated. We know that Maari Ma has been working to support families in need during a scary time. We would like to thank all of your staff from doctors, nurses, office staff, cleaners and everyone in between for making sure the people in our area are getting what they need and protecting the entire community. We think you are such a great team! We hope this email brings a smile to your faces and is something positive to talk about in such a challenging time. Please pass on our great appreciation to all your staff for their hard work and effort during this current Covid-19 outbreak. We wish you all the best for the coming weeks and hope all your staff stay safe and well. Best wishes, Year 4/5 Students of Sacred Heart Parish School – Broken Hill



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

"Improving Aboriginal health and closing the gap"

## MESSAGES OF SUPPORT

“Yes, I have my vaccine with MM two weeks ago and a big thank you to MM for all the amazing work that the staff are doing in our communities”.

“Please pass on my compliments to the team. I literally turned up with no appointment and the team were amazing and accommodated me so I could get vaccinated”. “We’re all doing it tough atm with covid but a community way out west called Wilcannia are really affected.

I’m sending eight full bags out there guys full of sharks, NSW & Aussie training gear to help put a smile on your faces. Stay safe and all the best.” -Paul Gallen.

### NOTES OF APPRECIATION AND SUPPORT

Keep up the good work!

Thinking of you, wishing you all the best.

Att: Maari Ma Health  
Wilcannia NSW  
7th Sep 21

Take care  
Stay Strong  
Great work  
Thank you  
Best wishes  
Keep up the great work!  
Take care!

All The Best!

Stay Strong!!  
Thinking of you all.

Thinking of you during this difficult time!

All the best  
Linda.

All the best.  
Gina

Good luck!

Thinking of you

To the Wilcannia Community,

Best Wishes  
G

We are thinking of you all during this difficult time.

Keep up the good work.

Ovens Medical Group, Wangaratta, Victoria

Stay strong & All the best!

Thinking of you sending lots of best wishes!

Keep up the good work!

All the best.

Stay Strong  
people of Wilcannia  
Thinking of you.

Great work everyone  
Much appreciated!

Stay strong!  
Best wishes.  
Jenny

you're doing such a great job in this difficult time - we are thinking of you and wish you all the best - stay safe.

Stress.

You doing a wonderful job. ☺

Let fight together  
Stay Strong!



HANDY TO KNOW  
FOR LOCKDOWN

# FREE LIBRARY MEMBERSHIP

While the doors to the Library are currently closed you still have access to a wide range of resources for both recreation and education.

**Our eBook and eAudio platforms have a variety of features and a wide range of both fiction and non fiction titles for you to borrow. You can access these via a computer or smart device.**

**Wheeler's ePlatform** – contains around 12,000 eBooks and 200 eAudio for all ages. You are also able to place suggestions for purchase if the title you are looking for is not currently available in our collection but is available to purchase. **BorrowBox** – contains around 5,000 eBooks and 5,000 eAudio for all ages. With over 600 eBook and 2037 titles that are concurrent (no waiting). There is a large range of titles exclusively available through BorrowBox. **Indyreads** – contains around 16,000 eBooks and 2,500 eAudio for all ages. Indyreads also have material available in Spanish, Chinese, Vietnamese, French, Italian, Portuguese and Romanian. **Libby by Overdrive** - contains over 3,400 eMagazines, 1,000 eBooks, 1,000 eAudio and 34 titles that are concurrent (no waiting).

If you don't want to miss out on the latest addition of your favourite magazine you can subscribe and you

will be notified when the latest edition is available. **eStreaming Beamafilm** - Your library membership gives you access to over 1,300 titles. With documentaries, movies and tv series, there is sure to be something for everyone to watch. **Storybox Library** – A collection of video recordings of children's books. These stories are read aloud, CC (closed captions) are also available to help with word recognition. There are also a number that feature Auslan. Online resources **For KIDS Literacy Planet** – Provides activities and games to support learning from Kindy to year 12. This site makes learning fun. **Busy Things** – A collection of games and activities that make learning fun. Aimed at ages 3 to 11 topics include English, maths, computing, art and music, exploring the world and just for fun! **Busy Code** – Join Bead Man as he takes you through the fundamentals of programming with easy to follow steps and activities. **Online Resources** - The library also has a number of resources available for our members who want to do research and also support education.

If you are looking for reliable information, then you can explore: **Britannica Encyclopedia Online** – Reliable and up to date information that is curated by professionals. You can search for specific information or browse through the landing pages for Kids,

Teens and Adults for trending content or simply explore out of curiosity. **Gale** - With 21 products to browse and explore there is a wealth of information from books and authors, Interactive science, fine art, news, National Geographic Kids, National Geographic Virtual Library and so much more. Gale also allows you to save articles and information to your OneDrive or Google Drive. **Road to IELTS** – helps you to prepare for the IELTS (International English Language Testing System). It comprises a range of activities, videos, tutorials and practice tests to help you improve your confidence.

If you have not joined the library yet, you can join as an Online Member here:

[https:// bit.ly/bhlibero](https://bit.ly/bhlibero)

All our eResources can be found at:

<https://bit.ly/bhcclibrary>  
(eBooks, eAudio and eMagazines)



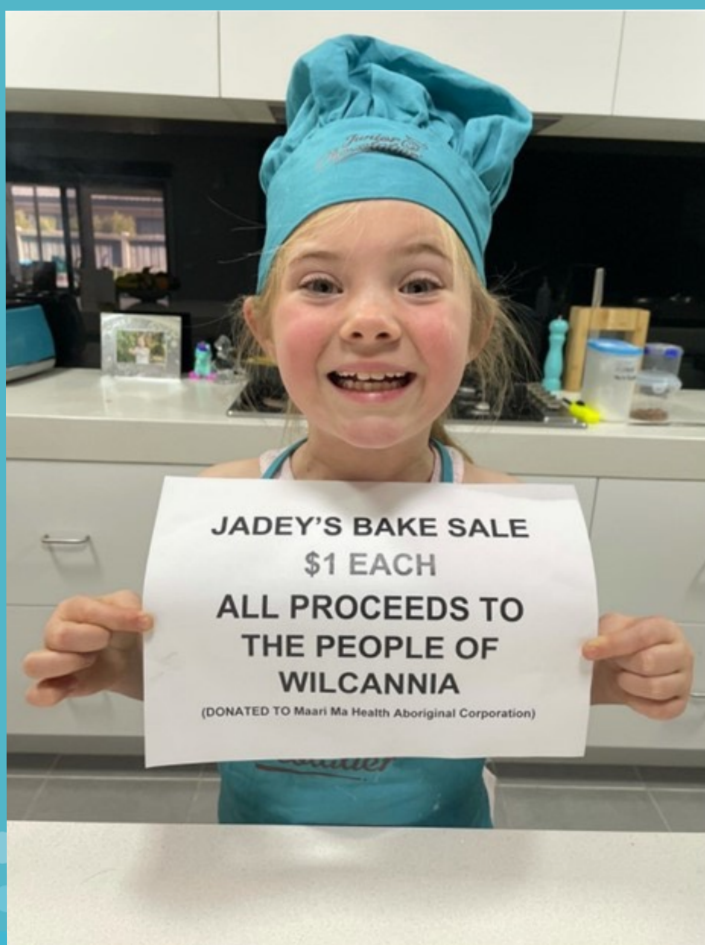
# A TOUCHING DONATION

**It's been unbelievable how far and wide the offers of assistance for Wilcannia have been and the contributions that have been made.**

This contribution is particularly touching.

Jadey - an eight-year-old girl from the Mornington Peninsula in Victoria, conducted a bake sale one weekend to raise money for the Wilcannia community. She raised \$64.00 and her parents doubled it to contribute \$128.00.

Her mum said in an email to us "Jadey sends her love and wishes she could bring some cakes up to Wilcannia – because cake fixes everything".



# GOOD360

The Good360 team has been working very hard over this latest wave of COVID lockdowns around the country – including Wilcannia.

The goods delivered by Good360 to Wilcannia were arranged through a company called Winc and three pallets worth around \$80,000 were delivered containing a variety of items including Koh cleaner, shampoo and conditioner, body wash, unisex jumpers and small bottles of hand sanitisers.

Good360 Australia Ltd Good360 is a matchmaker, helping repurpose things of value by directing them to the Australians who need them most. They bring together the people working to lift up Australian communities, and the brand new spare goods of businesses. They connect surplus with need.

Since launching in 2015 they have received and distributed more than \$99M worth of donated goods from some of Australia's leading brands.



## MOBILE CLINIC



**Wilcannia has had the mobile van going around to homes to talk to clients who have not had a vaccination and offering one.**

Maari Ma have been able to access quite a number of people and community members can ring up and request the mobile van to visit for a jab if they want to. Health Service Manager, Trish Bell, said the staff have really been going above and beyond – they’ve banded together and are working very hard for the community. Dr Vic Carroll was in Wilcannia mid September and we’ve had Dr Michael Nugent in Wilcannia later in the month. Dr Vic is scheduled to be coming back soon. They’ve been seeing any clients with Covid who need assistance – either by phone or making home visits if needed. They’re also attending to those with chronic health conditions as part of their usual ongoing care. Loi Zanetti has been ensuring The mobile clinic is a valuable asset for community

*The mobile clinic is a valuable asset for community vaccinations. Jason Gowin—who is in a transitional Nurse Practitioner role, talks to a community member about the vaccination and Dr Michael Nugent is pictured standing.*

vaccinations. Clients have their scripts and Jason Gowin—who is in a transitional Nurse Practitioner role, talks to a community member about the vaccination and Dr Michael Nugent is pictured standing. Jenny Edwards has been helping out with the reception desk and following up all the Healthy Start families. Kendy Rogers has the front desk running very efficiently – Kendy’s been going to Wilcannia every week since Lynley Rebbeck left in July – Trish said having Kendy there has been a godsend. Tiffany Cattermole has been in Wilcannia helping the clinical team and providing her usual midwifery service on a Wednesday. Robyn Fidge from Broken Hill has also been helping the clinical team. Executive Manager Operations, Nola Whyman, has been in Wilcannia talking to the community and assisting including

spending an entire weekend working alongside Jason Gowin and other volunteers unpacking a refrigerated truck that arrived with food. Staff are fielding lots of calls from the community—answering questions or helping out with general information and requests, and staff have been helping out with delivering masks and sanitisers to the community along with Covid information as well. Robbie Harris, Jenny and Veronica Edwards have been doing a great job ensuring that every Aboriginal community member’s house in Wilcannia were delivered a supply of masks and hand sanitiser and they continue to provide communication from community back to the team. We’ve also been assisting with the food distribution – Louise Moriarty, Veronica and Arnika Andrews have worked closely and tirelessly receiving donations and working with the food distribution coordinator to assist with the distribution of donations. While Wings is not open to children and families Tania Lawson, Caroline Hunter and Shanesh Harris are doing planning and data entry as well as lots of spring cleaning for when we can welcome the kids back.



**Kendy Rogers has been doing the admin role in Wilcannia for a couple of months. Her presence has been well timed with this outbreak but Linda is wondering if Trish will ever let her come back to Broken Hill!**

# OUTBACK LIBRARY LETTERBOX

This unique service has been operating since 1977 delivering library materials and services to isolated community members of Far West New South Wales.



Outback Letterbox Library is funded by the Library Council of NSW with the State Library of NSW.

## Benefits

The benefits of the Outback Letterbox Library service such as:

- › Access and increased awareness of library services
- › Connections to underserved locations
- › Connection to outside world in remote areas
- › Opportunities for lifelong learning
- › Door to door delivery in a large geographical area
- › Able to match readers habits
- › No cost to members – city library users access library services for free

A unique and valuable service to those who may otherwise be without a service.

## Quick links

Catalogue <https://bit.ly/bhlibero>  
 Website <https://bit.ly/bhcclibrary>  
 Mobile printing <https://bit.ly/bhclprint>



## Contact us for more information

**Broken Hill City Library**

245 Blende Street

PO Box 448 Broken Hill NSW 2880

P: 08 8080 3460

E: [BHLibrary@brokenhill.nsw.gov.au](mailto:BHLibrary@brokenhill.nsw.gov.au)

W: [www.brokenhill.nsw.gov.au/Facilities/Library](http://www.brokenhill.nsw.gov.au/Facilities/Library)



# Outback Letterbox Library



## Service

Outback Letterbox Library Service offers free delivery, including return, of library materials. It covers an area approximately 238,000 square kilometres, reaching South Australian, Victorian and Queensland borders.

## Membership

You can join online or in person.

## Borrowing

The borrowing period is six weeks, you can renew items twice if no one else has requested the item. Membership includes all online

resources such

as eBooks and Britannica encyclopedia.

All Outback Letterbox Library members are welcome to visit the library to select their own items and participate in all programs.

In a 2017 ABC article one member said -

"Having a bag of books is like Christmas every six weeks!"

Outback Letterbox Library timeline

1. Your selected books are packaged and delivered by post in our specially designed green sturdy bags.

2. You have them for a period of 6

weeks. Included in the pack is a selection form for the next items you want to borrow.

3. To return the items, flip the address tag to display the library's address and simply put it back in the post, we take care of the rest.

4. Upon arrival, your books are quarantined for the recommended amount of time, before being put back into circulation. After that, we check the selection enquiry from your package and prepare your next shipment.

# COVID-19 SAFE TIPS



## Wear a mask

- Always take a face mask with you when you leave your home.
- Wear a mask around others, both inside and outside.
- You must wear a mask when you are at the shop(s) and attending the health service.
- When a nurse or doctor, or service provider comes to your home, wear a face mask before you open the door.



## Keep a distance from others

- Do not visit family and friends or allow visitors to your home.
- Stay 1.5 metres away from other people - don't shake hands or hug.

## Stay at home

- Only leave your home if you have a reasonable excuse.
- You can only leave for essential shopping, work or study, exercise, medical care or if you have carer responsibilities for an Elder, family member or neighbour.



## Keep your hands clean

- Use hand sanitiser or wash your hands with soap and water for at least 20 seconds.
- Clean things you touch after you use them.

## Stay connected

- Keep in contact with your friends and family over the phone.
- Reach out to people online through Facebook, facetime, messenger and other social media.
- Talk to your health care worker or a service provider about how you are feeling.



## Take care of your health

- Make sure you eat well.
- Get some exercise, including activities at the river, with your household or one person from a different household.
- Take time for the things you enjoy at home like arts and craft, cooking and gardening.
- Get tested if you have any COVID symptoms, even if they are mild.
- Speak to your doctor about when you should get your COVID-19 vaccination.



## Reach out for help

- Contact Maari Ma on 08 8091 5122 if you have any health and/or mental health questions or contact Healthdirect on 1800 022 222.
- You can call the Community Mental Health team on 08 8080 1556 for local support, or the Mental Health Line on 1800 011 511.

## Get the facts

- Keep up to date on information from your doctor or health care worker.
- Together, let's share positive NSW Health information with others.

# INFORMATION FOR LEAVING ISOLATION

**Your local health services would like to thank you and your family for following the NSW health self-isolation Public Health Orders.**

**You and your family have now completed home self-isolation.**



## Testing

You have now received a clearance certificate from NSW Health, which means you are clear from transmitting the virus to people around you.

You do not need to get tested for COVID-19 to prove your clearance.

You should get tested again if you experience new COVID-19 symptoms (such as fever, cough, sore throat, difficulty breathing, runny nose or loss of taste or smell).



## Stay at home rules

Most parts of NSW are still under stay at home rules. It is important that you and your family continue to follow these rules, by returning straight to your family home or staying where you are once you have finished your self-isolation. More information about the stay at home rules are on the other side of this fact sheet.



## Vaccination

People who have had COVID-19 infection should still be vaccinated against COVID-19. Please talk to your doctor about when you should get your COVID-19 vaccination and if you have any other health concerns.



## Support is available

Isolation can be hard on your mental health. Support is available if you aren't feeling your best, contact:

- Maari Ma SEWB on 042 982 9889
- Community Mental Health Team 08 8080 1556 to arrange for Mental Health Support
- Mental Health Line 1800 011 511, 24 hours per day, 7 days per week

## Other useful numbers to have on hand

The National Coronavirus Helpline 1800 020 080  
Beyond Blue 1300 224 636  
Lifeline 131114  
Kids helpline 1800 551 800  
NSW Medical helpline 1800 022 222  
Thirrili 1800 805 801  
Suicide call back service 1300 659 467



**Health**  
Far West  
Local Health District



## 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

*Maari Ma : Winner of 2017 Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.*



**Kendy Rogers**  
Service Manager:  
PHCS

### 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

**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](http://www.maarima.com.au)