

# WILCANNIA COMMUNITY NEWSLETTER

## Maari Ma Health Aboriginal Corporation

### MESSAGE FROM CEO

#### Richard Weston, Maari Ma CEO

Returning to Maari Ma as CEO after a considerable absence has been a rewarding experience. Much has developed not only in the town itself but also within the health service. The team's ongoing dedication to providing top-notch care is evident in their commitment to continuous training and staying updated with the latest information and certifications and the incredible efforts of the team to initiate recovery from the



COVID-related disruptions of the previous years including increased administered booster shots to a significant portion of the population though recent reports show a rise in cases across Australia since November so I urge everyone to stay vigilant over this festive season and continue to seek booster shots and regular health check-ups. It's unfortunate we won't be celebrating this Christmas at the new Wilcannia Health and Wellbeing Centre as we wait for the final piece of the puzzle that's delaying the building opening leaving us in anticipation: we hope to hear news of this early in the new year. Looking ahead, 2024 holds promise for more exciting advancements. I eagerly anticipate sharing updates through our newsletters, Facebook pages, and radio segments.

Once more, this holiday period promises soaring temperatures, prompting us to prioritise our community's well-being. Let's make sure our neighbours, friends, family, and even our pets are taking the necessary measures to keep cool and properly hydrated.

Wishing you all a healthy and joyful Christmas and New Year.



MAARI MA PRIMARY HEALTHCARE SERVICE

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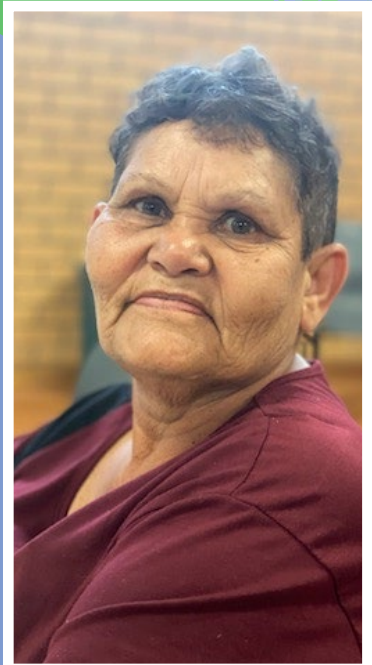
"Improving Aboriginal health and closing the gap"



## COMMUNITY DINNER

**In collaboration with WINGS, Strong Young Families and Playgroup, a community dinner was recently held with many families from the community taking the opportunity to enjoy a yarn over a good meal.**

WINGS said they're looking forward to holding more community dinners in the near future.

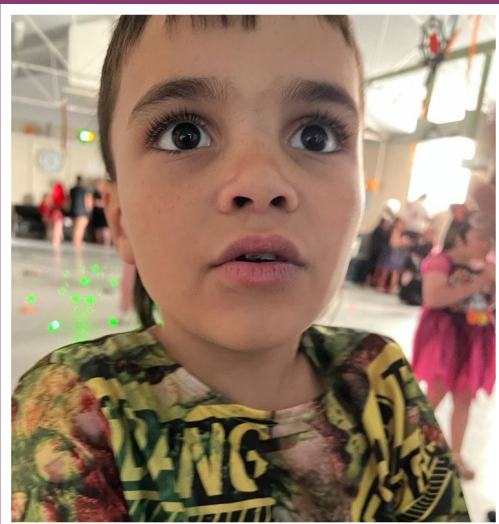




## TRICK OR TREAT

**The kids at Wilcannia had some fun at WINGS first Halloween.**

Kids and organisers enjoyed the opportunity to dress up in costumes and head to a scary disco. There was great feedback from the families with all the children getting into the spirit of things and enjoyed the disco and seeing what everyone was wearing.





## FASHION PARADE



**More than just a showcase of style and elegance, the Fashion Parade event embodies a community of individuals spreading awareness around domestic violence against women.**

A big thank you to Safe House and WINGS teams and all the other helpers for providing a great night of awareness for our community.





# FASHION PARADE





# Free Mental Health Service

Virtual Psychologist is partnering with Western NSW Primary Health Network (WNSW PHN) to unveil a ground breaking initiative- A free and comprehensive remote mental health support service offering text, video and audio counselling services. This innovative service was specifically designed to cater to the mental wellbeing needs of Western NSW communities that had been affected by the recent flooding events. Virtual Psychologist is accessible anywhere, anytime. Our team comprises of qualified mental health practitioners who are passionate about guiding individuals towards improved wellbeing.

## Text Sessions



Through Text based sessions, patients can openly share their thoughts and emotions, fostering deeper understanding of their mental health needs.

# 01

## Video Sessions



A personalised touch can make all the difference. Video sessions provide a warm and comforting space for your people to connect with our qualified mental health professionals.

# 02

## Audio Sessions



In the comfort of their own space, people can speak freely about their concerns during our audio sessions, creating a safe and confidential environment for healing.

# 03

## Booking made easy



Life can be hectic however Virtual Psychologist ensures your people receive the support they need at a time that best suits their schedule. No referrals needed. Simply scan the QR code below.

# 04



SMS

Funded by  
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WhatsApp

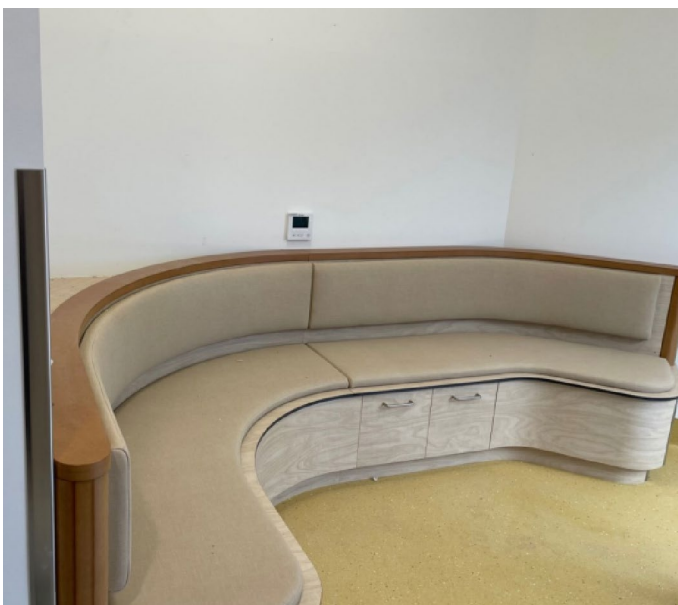


# WILCANNIA HEALTH SERVICE MOVE ON HOLD

**We have hit a bit of a bump in the road with the move into the new Health and Wellbeing Centre.**

We had hoped to have been in there a week ago but a last minute issue. It's a very minor issue but it is disappointing for all involved. We're not too sure how long it will take so we're in a bit of a holding pattern at the moment. I'd like to thank staff working at Wilcannia for your understanding and patience, and fielding the questions you're no doubt getting from the community. It will be all hands on deck once we get the green light and let's hope that's not too far away. In the meantime, Kendy Rogers has sent through some more photos of the Centre for those of us not based in Wilcannia—and it's looking great. There's still more landscaping to be done but we'll have to wait until summer is over so the plants don't perish in the heat.

-CEO Richard Weston







**Recently, Kiila Laana's Media Officer had a meeting with seven First Nation basketball players at the Basketball stadium.**

These basketball players are set to become ambassadors for Kiila Laana in the campaign against youth vaping, joining forces with the netball girls in the ongoing effort to educate and prevent youths from taking up vaping.

The day's agenda included an educational session and discussions on the issues surrounding vaping, strategies to support individuals looking to quit vaping, a photoshoot with the Tim Gimbert Images photography team, and concluding the day with voiceover recordings for radio and TV.







The outcomes from this productive day will serve as content for upcoming TV and radio commercials, as well as poster and pamphlet campaigns.



Checkout the kiila laana Facebook page to see who won this amazing prize.





Department of Planning and Environment



November 2023

## Wilcannia Weir Replacement Project community information sessions 7 December



Come along and find out more about the  
Wilcannia Weir Replacement Project.

We will be holding information sessions in the town to give the community an update on the:

- approach being taken to secure the town's water supply
- design of the new weir and fishway
- progress of the sewerage (stormwater mitigation) works
- upgrades to Union Bend Road
- Community River Place recreational area.

Drop-in to find out more and to let us know what you think.

The sessions will be held on Thursday 7 December at the  
Wilcannia Community Hall from **10am to 1pm** and **2pm to 5pm**.

Refreshments will be provided.

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## 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

Executive Manager  
Remote PHCSs



Nola  
Whyman

Executive Manager  
PHCS

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