



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

YES REFERENDUM



MAARI MA PRIMARY HEALTHCARE SERVICE

OCTOBER 2023 | ISSUE 70

The Maari Ma Board has resolved to support the Yes case in the Referendum for Constitutional change and staff have rallied to support the campaign.

They see it as a unique moment in the nation's history which will pave the way for a more inclusive, respectful and equitable future. Maari Ma CEO, Richard Weston said there's no need to look further than Maari Ma to see what self – determination can do. "Twenty-eight years



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"Improving Aboriginal health and closing the gap"

YES REFERENDUM (CONT.)



ago, Maari Ma was established as a regional health service as a result of consultations with Aboriginal communities in Broken Hill, Central Darling, Wentworth and Balranald Shires, and the Unincorporated Far West Region.

The communities wanted better access to health services and they wanted more local Aboriginal people working in the system. That is – they wanted input into a health service that was going to affect them and they had that input.

Today Maari Ma delivers a range of services across the lifespan, and they are driven by two key strategies – our chronic disease strategy and our framework for improving Aboriginal child development and health outcomes. Two-thirds of our staff are Aboriginal working across the services and the programs we deliver.

It was the self-determination of Aboriginal people that helped establish our organisation. And it has been that self-determination that has seen our organisation grow to what it is today,” Mr Weston said.



There was a solid group of more than 50 people on September 16th for the Walk for Yes campaign in Broken Hill.

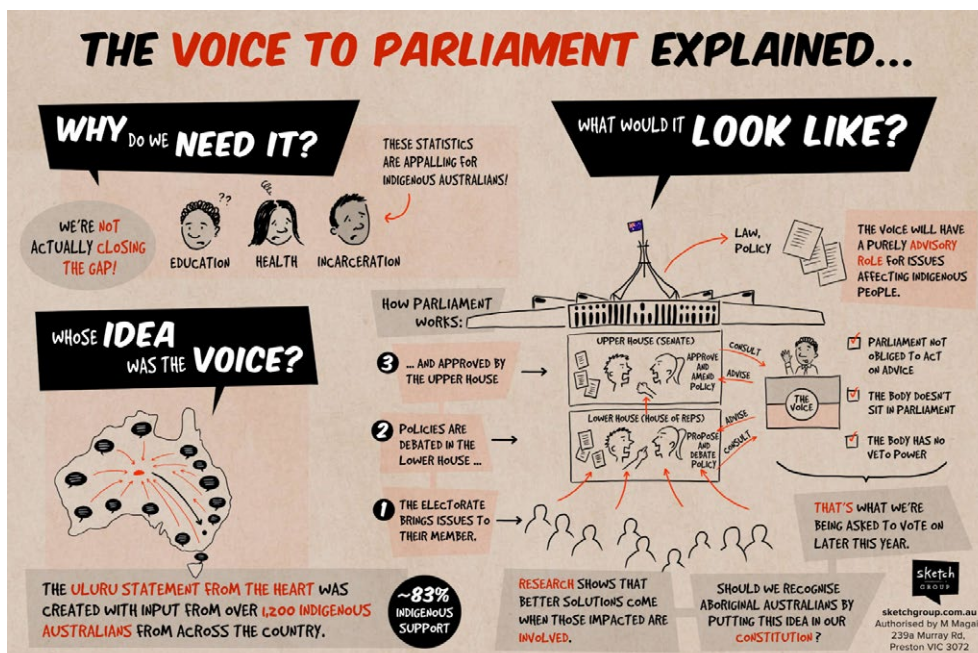
REFERENDUM RALLY

The group met outside the courthouse and walked down Argent Street to the Town Square where a rally and information session was held. The Coordinator for Broken Hill for Yes is Dionne Devlin and the rally – which included guest speakers and Yes volunteers for community engagement, gave people a chance to get information so they can make an informed decision on October 14.

With so much misinformation out there, going to the poll with an informed decision is really crucial. The Barrier Truth was there at the rally and Tim Gimbert took the above photo. Broken Hill for Yes will be holding other events including being present at the NAIDOC Family Fun Day at Sturt Park on Thursday October 5th. Broken Hill Walk for Yes volunteers have also been out and about doing letter box drops this month. Walk for Yes rallies were held across Australia on the same weekend as Broken Hill's.



Pictured at the Adelaide event are ABC broadcaster and Broken Hill Festival frequenter, Peter Goers with Maari Ma visiting specialist, Ros Powrie and our own Cathy Dyer.



"The laws that govern the continent now known as Australia were developed without its First Peoples. It is a system designed by non-Indigenous people for non-Indigenous people. It is a Constitution that does not recognise the presence of Aboriginal and Torres Strait Islander peoples before colonisation. This is a chasm in our shared history and an opportunity for reconciliation too long ignored.... A referendum on establishing an Indigenous voice to Parliament is a fork in the road. It is an opportunity to recognise Indigenous peoples in the history of this continent and a way to solidify an Indigenous voice on matters that impact us.... We support the Uluru Statement from the Heart. And we support an Indigenous Voice to Parliament."

Aurora Education Foundation.

CONSTRUCTION PROGRESS WELL



Wilcannia's Health and Wellbeing Centre is coming along as scheduled which is great news. The panels going up, the painting and landscaping is also moving along nicely. Executive Manager Remote Primary Health Care Services, Kendy Rogers said even since these photos were taken there would be a lot more work done. We're all looking forward to its completion and the day that we are operational from there but in the meantime it's good to keep up with the progress and to see everything taking shape.



WINGS

WINGS Drop-In Centre held a Bingo day as part of the school holiday program.

It was a great family fun day with a number of Elders and children winning prizes. Everyone enjoyed a BBQ lunch prior to starting Bingo and everyone that attended has a good day.





Opening Hours

Monday - Friday
9.00am - 5.00pm

Phone: 08 8082 9777

Fax: 08 8082 9778

Web: www.maarima.com.au

For any urgent medical treatment please present to the
hospital emergency department or call 000



Early Years team member Tina O'Neil presenting Jade Cicak with a hand carved and painted art work by Clinton Kemp thanks to Amany Mitha Aboriginal Art in Crystal Street.

In the lead up to Father's Day the Kiila laana Facebook page held a competition where followers were asked to share their photos of their family male role models this included father's, brothers, uncles and sons.

**muuku free
for baby & me.**

 kiila_laana@maari_ma

**take a step towards
a smoke-free
vape-free
future**

 maarima.com.au

Wilcannia playgroup had an opportunity recently to talk about smoking and vaping as the new posters for the Muuku free for baby me campaign begins to roll out across the region.

It became evident that most of our communities are not aware of the dangers of vaping nor the new laws concerning illegal sale of nicotine vapes and the soon to be introduced illegal sale of disposable vapes.

Vapes are not harmless and should be treated as dangerous like cigarettes, including avoiding vaping indoors, around children and in cars.

To help spread the message Kiila laana are in the process of developing small window stickers for community members to put in their homes stating the home is a smoke-free zone.

Below are the two stickers designs and kiila laana are asking for community input.





kiila
laana





kiila laana presents

Amazing Race



open to all community



- CURRY COOK OFF
- ART COMPETITION
- SMOKE AND VAPE FREE PLEDGE

Grab a team of up to 10
and race against each other

Prizes

Challenge prizes are donated to the
winning sporting group or choice of
community group.

Prizes are

1st: \$1000 2nd: \$750 3rd: \$500

This event is a Quit B Fit initiative

WED 18th OCT

1 PM - 3 PM

kiila laana building



Dolly Parton's Imagination Library

Give your child the best start to life through an
enriched home & community learning environment.

Children that are eligible and registered for the program
will receive a free, high-quality, age-appropriate book
in the mail each month from birth to age five.

To enrol, scan the QR code or visit the link:
[imaginationlibrary.com/au/affiliate/BBBROKENHILLANDCENTRAL
DARLING/](https://imaginationlibrary.com/au/affiliate/BBBROKENHILLANDCENTRALDARLING/)

You can also drop into your local library and
enquire if the program is available to you.



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

Executive Manager
Remote PHCSs



Nola
Whyman

Executive Manager
PHCS

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