



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

Playgroup returns for 2023



MAARI MA PRIMARY HEALTHCARE SERVICE

MARCH 23 | ISSUE 63

Playgroup commenced for term 1 on Friday the 10th of February.

Parents and carers were glad to once again be able to enjoy a yarn, lunch and activities with the preschool-aged children after the long break over Christmas and New Year.

Playgroups for preschool-aged children run every Friday morning from 10:30 am to 1 pm during school terms and the younger group, from age 6 weeks to 18 months, run on Wednesdays from 10:30 am to 1 pm during school terms.

Both groups encourage parents and carers to come along with their children and enjoy the complimentary morning tea and lunch.

Transport can be provided.
Call 0488 131 881



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www.maarima.com.au



admin@maarima.com.au



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"Improving Aboriginal health and closing the gap"

PLAYGROUP RETURNS FOR 2023





WELCOME

DR DINUKA

Dr Dinuka enjoys all aspects of clinical medicine from acute and chronic care to mental health and looks forward to contributing towards improved healthcare outcomes for mob while also being an active member of the local community.

Away from medicine, Dr Dinuka enjoys many hobbies, interests and pursuits. He is an accomplished pianist and Argentine tango dancer.

Dr Dinuka is also an avid soccer player and is passionate about the sport. Hailing from Scotland he also enjoys playing golf wherever he is.



CHILD & FAMILY NURSE - LANOLA TEU

Lanola had been working in Roma, Queensland as a child health nurse and also worked at Roma Hospital.

Lanola says her vision is to make a difference in people's lives with respect and dignity and says that's why she feels blessed to be working at Maari Ma with our similar values, and caring and culturally appropriate environment.



STAFF NEWS

Kendy Rogers has accepted the role of Executive Manager of Remote Primary Health Care Services.

The position is responsible for the overall management of Maari Ma's primary health activities in Wilcannia, Balranald, Menindee and Ivanhoe, and ensuring Maari Ma's outreach services delivered in Maari

Ma clinics and the local mainstream services are coordinated and accessible to Aboriginal people.

In addition, the position is responsible for the Regional Office Administration team, Board support and governance, and over sighting the operations of IPTAAS and the Integrated Team Care/ Marrabinya program.



Reparations for Stolen Generations survivors

The NSW Stolen Generations Reparations Scheme started on 1 July 2017 and finishes on 30 June 2023.

Reparations are a payment from the government to recognise the hurt caused when you were removed from your family.

Who can get reparations?

You may be able to get reparations if you were:

- removed from your family or apprenticed,
- by some NSW government agencies, and
- this happened before 2 June 1969.

Not all people who were removed by a NSW government agency can get reparations.

If you are not sure, talk to a lawyer.

What could I get?

You could get:

- a payment of up to \$75,000, and
- \$7,000 to help pay for your funeral costs.

How can I apply?

To get the application form:

- call Aboriginal Affairs on 1800 019 998. They can send it to you and help you fill it out, or
- download it at www.aboriginalaffairs.nsw.gov.au/healing-and-reparations/stolen-generations

Did you know?

Survivors of child sexual abuse who were abused in an institution may be eligible for a payment from the National Redress Scheme. Those who are eligible can apply any time before 30 June 2027. You can speak to a Community Legal Centre called knowmore for free help by calling **1800 605 762**.

Private lawyers are helping some people get compensation from the NSW government for harm experienced after being removed.

You can call:

- LawAccess NSW to find your local Community Legal Centre **1300 888 529**, or
- Legal Aid NSW **1800 793 017** to find out more.

What if I get refused?

You can ask for a review. You can get a lawyer to help you.

I don't know if I can apply – what can I do?

You don't need a lawyer to fill out the form – but a lawyer can help.

Talk to a lawyer at Legal Aid NSW or your local Community Legal Centre. This is free and confidential.

You can call:

- Law Access NSW to find your local Community Legal Centre **1300 888 529**, or
- Legal Aid NSW **1800 793 017**

They can also talk to you about other things you might need to think about like getting a will and planning ahead.

Other things to think about if you get reparations or compensation

- Financial counsellors can help with budgets, fines or debts and how to keep your money safe – call **1800 007 007**.
- Make a will. If you die without a will, your money and other stuff may not go to who you want. The Law Society of NSW can do wills for Stolen Generations survivors for free or less money – call **(02) 9926 0396**.

Who can support me with healing?

- Link-Up NSW can help reunite you with family members and can find you a counsellor – call **1800 624 332**.
- If you were in Coota, Kinchela, or Bomaderry you can get in contact with survivors of these places. Link-Up NSW may be able to help you with this.
- Call your local Aboriginal Medical Service.

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Artwork: © Luke Penrith

knowmore
free legal help for survivors

Community
Legal Centres
NSW

Legal Aid
NEW SOUTH WALES

knowmore
free legal help for survivors

Community
Legal Centres
NSW

Legal Aid
NEW SOUTH WALES

Have you or a family member served in the Australian Defence Force?

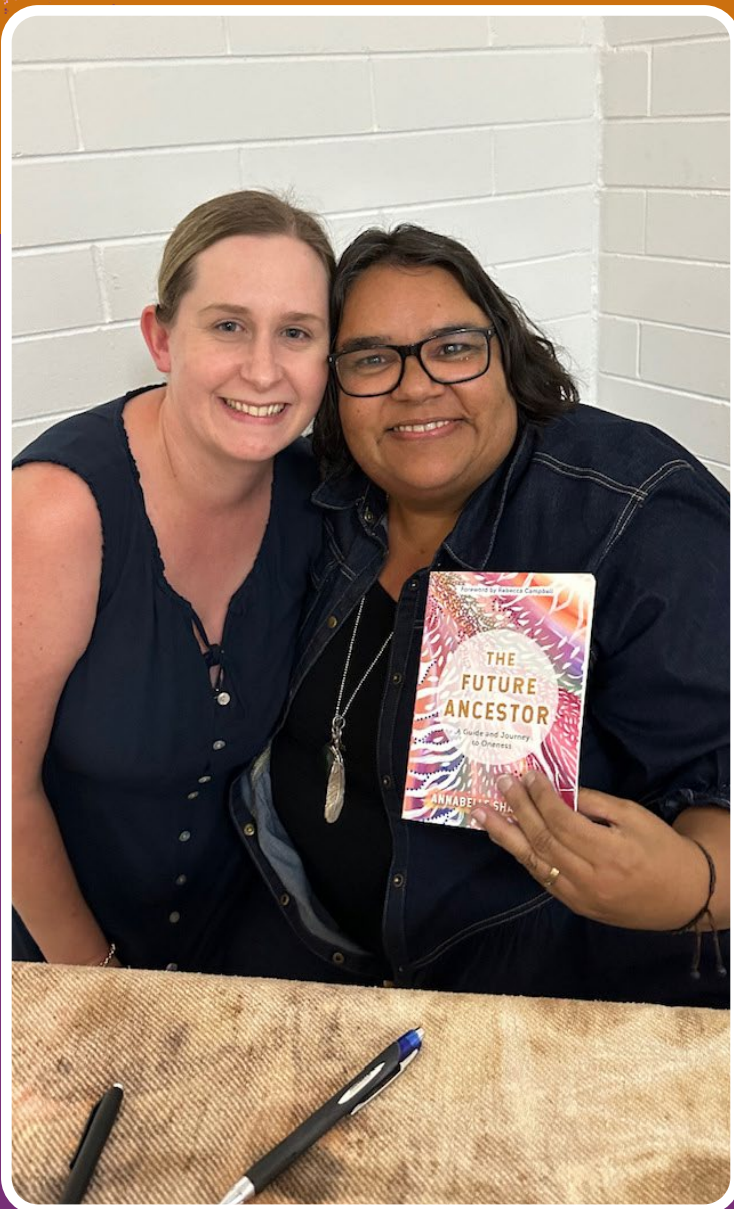
Your story can help others

We can give you free legal advice and help to get your story heard by the Royal Commission into Defence and Veteran Suicide.

You can contact us by calling:
1800 33 1800 (FREE CALL)

**DEFENCE & VETERANS
LEGAL SERVICE**

BALRANALD



Happy to be attending the book launch and signing of “The Future Ancestor” were Emma Moore (left) and Helen Murphy who are pictured with author, Annabelle Sharman.

Robinvale resident, Annabelle Sharman - who is an inspiration to whomever she meets and is a great supporter of Maari Ma, launched her book “The Future Ancestor” recently to an enthusiastic local audience.

Among those in attendance to congratulate Annabelle were Balranald Health staff - Manager, Emma Moore and Helen Murphy.

Emma said Annabelle is a proud Mutti Mutti woman who honours ancestral cultural heritage, knowledge, and wisdom and has a naturally

attuned connection to earth medicine. Emma said Annabelle is a regular in Balranald on her traditional lands holding workshops and space for others and said she has been a great supporter of Maari Ma Health Balranald since the health service opened and has been a guest speaker at their White

Ribbon events. Annabelle won a publishing deal with Hay House UK and Emma said Annabelle has done an amazing job telling her story in her book and continuing on her healing journey.

Congratulations to Annabelle from all of Maari Ma.

A HISTORY MAKING MOMENT FOR LOCAL FOOTBALL CLUB

Thanks to the talents of a local Indigenous artist and cricketer, and sponsorship from Maari Ma, the North Broken Hill Cricket Club has Indigenous uniforms for the first time in the club's history.

Sheldon Hall – a proud Ngayampaa man and husband of Maari Ma's Regional Administration Assistant Paegan Hall, created the design and the North Broken Hill Cricket Club were all very honoured to wear the shirts for the first time. Sheldon thanked the Club for asking him to be the artist and said it was very special to be part of a great moment in the Club's history.

The North Broken Hill Cricket Club posted the shirts on their Facebook page and thanked Sheldon, Paegan their son Jetta and Maari Ma for making it all possible. Sheldon has many strings to his bow and last year became a support worker with the Clontarf Foundation at Broken Hill High School.

On discussing the design of the shirts, Sheldon said the meaning behind the shirt is a representation of us all being together and being one team.

The big circles in the middle of the shirt represent a meeting place, and that for us is the cricket oval, where ever that may be on any given day.

The 4 lines going to the meeting place represent the paths travelled by us to come together for a game of cricket.

The 'U' symbols represent people/person & for us, that's the team all gathered around at our meeting place - the cricket oval and again, being one team.

Again, I thank the NCC and its board for not only asking me but allowing me to design & be a part of a great moment in this club's storied cricket timeline. Myself, Paegan & probably the biggest supporter of all Jetta is very thankful to be a part of this.'



Jetta, Sheldon and Paegan Hall



**IF YOU VAPE,
YOU ARE 3 TIMES
MORE LIKELY TO
TAKE UP SMOKING
CIGARETTES**



<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
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muuku
challenge

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

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