



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

WILCANNIA HEALTH AND WELLBEING CENTRE PROJECT



MAARI MA PRIMARY HEALTHCARE SERVICE

MAY 2023 | ISSUE 65

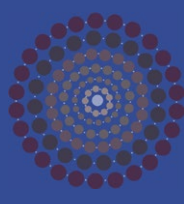
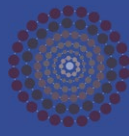
Work is going well with the construction of Wilcannia's Health and Wellbeing Centre in Bonney Street.

A site inspection was held recently by William 'Smiley' Johnstone who is overseeing the project, and Executive Manager Remote Primary Health Care Services, Kendy Rogers.



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"Improving Aboriginal health and closing the gap"



There had been a bit of a delay with the galvanised framework but that eventually arrived and it's all systems go, and once that framework starts to go up things will come along very quickly.

Builders, David Payne Constructions from Dubbo, are employing some local workers as well.



BE A VOICE FOR GENERATIONS

ACT TODAY FOR A **RECONCILED** TOMORROW

MONDAY 29 MAY 2023

12pm - 2pm

RECONCILIATION MARCH & COMMUNITY BBQ

March departs Town Square at midday followed by
Sea of Hands and community sausage sizzle in Sturt Park

ALL WELCOME

#NRW2023

NRW.RECONCILIATION.ORG.AU

BROKEN HILL
CITY COUNCIL


RECONCILIATION
AUSTRALIA



kiila laana

growing healthy naturally

muuku free for baby & me



kiila laana@maari ma



maarima.com.au





Kiila laana team recently developed a poster focusing the message on pregnancy and smoking.

The kiila laana team said it is important for pregnant women who smoke or vape to access the kiila laana program and try and manage their smoking for the baby's and mother's long-term health.

Tips to keep mother and baby smoke-free;

Avoid smoking/vaping in enclosed areas such as homes and cars

Keep smoke/vape mist from entering the home by providing a smoking area away from doors and windows



**smoke free
home**

kiila laana
growing healthy naturally

Wash hands and face with soapy water after smoking/vaping before holding a baby

Place a kiila laana smoke-free home sticker and a No Muuku In Here door mat at entry points. You can collect these from the kiila laana team at Maari Ma. Join the kiila laana grow healthy naturally program.





ENTER
TO
WIN

LIKE - SHARE - TAG

entries close
7am Wednesday 10th of May

Kiila laana Facebook page held a competition in the lead up to Mother's Day.

The competition required followers to like the post, share it and tag a friend.

The winner received a hand carved Red Mallee Gum wood design from Amany Mitha and a cook book using native ingredients, a heap of native spices and herbs, and lastly, body products thanks to Dave Doyle from Dave's Aboriginal Apothecary which included body butter, soap and lemongrass lip balm.



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

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