



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

WINGS STARTS CIRCUS TRAINING



MAARI MA PRIMARY HEALTHCARE SERVICE

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Circus Performance Troup training has started at Wings every Wednesday afternoon.

Louise Moriarty from Strong Young Families and Sister Liz Young from the Catholic Diocese of Wilcannia-Forbes are working with the kids with the support from Outback Theatre.



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"Improving Aboriginal health and closing the gap"

WINGS STARTS CIRCUS TRAINING



STRONG YOUNG FAMILIES SESSION WITH LOCAL ARTIST KARIN DONALDSON



**STRONG YOUNG FAMILIES
SESSION WITH LOCAL ARTIST
KARIN DONALDSON**



TOKEN OF APPRECIATION

Maari Ma's Wilcannia team received a lovely surprise from a Wilcannia community member following the move into the new Health and Wellbeing Centre.

Gordon Mitchell donated a bowl and clapping sticks as a token of appreciation to staff for all their hard work with the move to the new facility. Executive Manager Remote Primary Health Services, Kendy Rogers and Manager Wilcannia Primary Health Care Service, Liz Durose are looking at perhaps putting in a display cabinet where special items could be placed.



KIRBY BENTLY IN WICANNIA

Kirby Bentley was in the region for a Mental Health Basketball Challenge which was a joint collaboration between Regional NSW, Wings, Lifeline and Wilcannia Central School.

As well as being an accomplished AFLW player Kirby is also a netball player – and more recently an Australian Survivor contestant. Kirby spoke to the kids and encouraged them and their families to stay active, and look after their mental health. They all enjoyed the basketball challenge and shared a meal together.



The reality check that made Kirby Bentley a 'completely different person' An excerpt from AFLW News by Sarah Burt

KIRBY BENTLY IN WICANNIA

KIRBY Bentley embraces the word Gnalla (meaning 'ours') in all she does as a Noongar woman from Mount Barker, a small country town four hours south of Perth. She knows the importance of community, collaboration, and shared experiences. She's played two team sports professionally, is coach of the Western Bulldogs VFLW side and prioritises her family above all else.

Each group is as collaborative and united as the last, however, it hasn't always been this way - in fact, Kirby says herself that at times "ours" may not have been in her vocabulary much at all. As a professional netballer with the Perth Orioles (now West Coast Fever) for five years, Bentley believes she was somewhat self-absorbed (something we both agree is not at all in her nature now) due to the time demands of netball's elite level, but that all changed one day when she was 24, on January 12, 2009 to be exact. Kirby's Auntie Andrea was subjected to domestic violence and killed at the hands of her husband. It became the first domestic violence inquest in Western Australia and saw husband Kenneth sentenced to a life in prison, leaving their 13 children orphaned, something Kirby says made her a "completely different person".

"Seeing Mum break down the way that she did, I just don't know what I would do if I lost my sisters and seeing my cousins then become orphans because one parent was in jail and one no longer with us, it was a reality check," Kirby said. It was this realisation of the frailty of the human condition that saw Kirby join her sister at footy training the next weekend. "Because I saw the relationship Mum had with her sister and how close they were, I realised netball had meant I'd lost a lot of time with my sisters, so I started football training with my sister, just to get to know her better and come into her world. I wanted to build that relationship back up with her because life is actually pretty short," she said. Since that first training session, she's never looked back from the game she now lives and breathes.

"Football has been huge for not only what I've been able to do but how you can influence change because it brings us all together," she said. Kirby's passion for influencing this change is tangible, having lost her brother after he took his own life and Pop to cancer, she is under no illusions that the most important gift football has given her is the community and the ability to bring issues to the forefront of discussion. "Domestic violence and suicide prevention are pretty big among our people, it really highlights that life is short and that's something that you need to keep real because it is real to a lot of people," she said. "Being able to empower young girls to know that the struggles are real and there are people to go to if they are in need



RECIPES

BIG BUSH CURRY

INGREDIENTS

- 500G Beef cubed or minced
- 2 Onions diced
- 1 Red capsicum diced
- 3 Potatoes diced
- 2 cups Mixed frozen veg
- 1 tbsp Finely chopped ginger and garlic
- 1 tbsp. Curry paste
- 1tbsp Curry powder
- 1/2 tbsp. pepper
- 1 tbsp. Salt
- 1 can Crushed or diced tomatoes
- 1 can Coconut cream

METHOD

Sear onions in a pan with curry paste and curry powder until aromatic. Add meat and sauté until browned.

Place in a slow cooker with other ingredients and stir thoroughly.

Put slow cooker on low and cook for 1 hour or until potatoes are cooked.



SNAKE EYES



INGREDIENTS

- 250g Sugar
- 250g butter
- 500g Sifted self raising flour
- 1/2 cup Jam
- 2 eggs

METHOD

Cream butter and sugar together then add one egg at a time until combined.

Fold in flour Once combined take a teaspoon of the mixture and roll in to a ball.

Place on a lined baking tray and press the back of the teaspoon in to the dough to create a well for the jam. Continue with the rest of the dough.

Place 1/2 teaspoon of jam in to the well before baking.

Bake in moderate oven for 12-15 minutes.

Cool on a rack and store in an airtight container.

HINT*

Swap 2 eggs for 1/3 of an emu egg.

Swap Butter for Greek yogurt for a healthier version.



Exciting News for our Facebook followers! As Mother's Day approaches, the kiila laana team has once again teamed up with Tina O'Neil and Krista Tatt from the Early Years Team to create something truly special.

We've been recording delightful short clips that showcase cooking that's made with ease, feeds the family and encapsulates the joy of preparing meals with love.

These clips, filled with culinary creativity will soon be shared on the Kiila Laana Facebook page, just in time for you to recreate the dishes for your Mother's Day celebration. But that's not all! Tina and Krista are also thrilled to announce a Mother's Day giveaway that promises to enrich your kitchen with the vibrant flavors of native ingredients. This giveaway includes an array of native spices and jams, along with the acclaimed 'Bush Food Kitchen' COO-EE CUISINE cookbook—a treasure trove of recipes that Tina and Krista have brought to life in their videos. This Mother's Day, celebrate with the tastes and ingredients of easy, fun cooking ideas with Tina and Krista.

Keep an eye on our Facebook page for these captivating clips and your chance to win a fantastic Mother's Day gift.



Mother's Day

TO ENTER

- LEAVE A PIC IN THE COMMENTS OF THE INSPIRATIONAL WOMEN IN YOUR LIFE
- LIKE POST
- SHARE POST

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
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