



# WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

## CIRQUE DU SOLEIL TRIP



MAARI MA PRIMARY HEALTHCARE SERVICE

JULY 2024 | ISSUE 79

**Three staff members from Wings Drop In Centre, one from Playgroup, one from Strong Young Families, and one from OTYP, along with teachers from Wilcannia Central School and St Therese's Community School, and some parents, joined forces with Outback Theatre for Young People to offer the community a unique opportunity.**



Cirque du Soleil Trip

troupe workshop. Everyone, from adults to kids, had a blast trying out aerial apparatus, trampolines, tumble tracks, and mini tramps into foam pits. After an exciting day, the group relaxed at AWest Lakes Caravan Park, generously provided by Maari Ma, and enjoyed safe and comfortable transportation courtesy of CDC Transport, thanks to Transport NSW. The trip also included a visit to the Adelaide Zoo and West Beach Adventure Park.

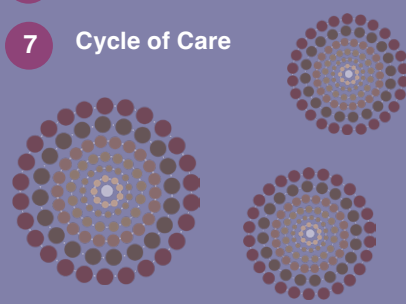
Meanwhile, the Wings Drop in Centre remained open four days that week with a dedicated skeleton staff, continuing to offer their regular food, indoor activities, and crafts to the community.

Thanks to Cirque du Soleil, Wings Drop In Centre received 50 tickets to attend the spectacular show Luzia in Adelaide. The VIP experience included a Q&A session with performers, including the Bendiest man in the world, which sparked numerous questions from our students. On our first night, we were warmly welcomed into the Circus tribe during a Circkidz performing



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- [www.maarima.com.au](http://www.maarima.com.au)
- [admin@maarima.com.au](mailto:admin@maarima.com.au)
- [www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

"Improving Aboriginal health and closing the gap"



CIRQUE  
DU SOLEIL  
TRIP









## WILCANNIA CHILD DENTAL SERVICES



*Early childhood nurses Lanola Teu, Catherine Andrew and Todd Kennedy with mascot Ollie.*

**Maari Ma's child dental services are trialing a new approach to treating children at the Wilcannia Wellbeing Centre along side Dr Nichelle Geary, the ECH nurses, Catherine and Lanola and AWP Jenny Edwards..**

The proposal for Child Dental Services at the Wilcannia Health and Wellbeing Centre aims to address poor oral health in children through prevention, early detection, and care.

The goals include increasing engagement with all families and children in Wilcannia, collaborating with the Healthy Start team for holistic wellbeing, and reaching out to families not currently accessing dental services. Services will include oral health education, fluoride

varnish applications, early detection screenings, and dental treatments such as silver fluoride.

The initiative started on May 6 with a trial period of three months, focusing on outcomes like patient numbers, new family engagement, and program goal achievement. The team comprises the Maari Ma Child Dental Team and the Healthy Start Team.



**Recently kiila laana's education officer Tiffany (Tiff) Lynch took to the airways and spoke with 2DRY FM announcer DJ Barry.**

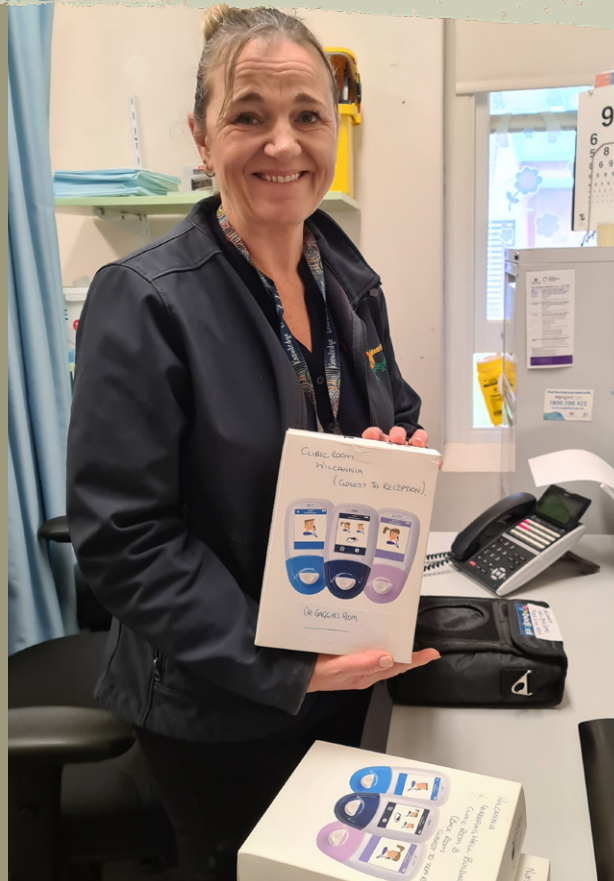
Tiff spoke about the World No Tobacco Day competition and thanked all who participated. Tiff finished the interview with some

helpful hints;

- Don't be afraid to have a conversation about vaping. Ask your children if they are vaping or have tried vaping. Just remember to be non-judgmental and let them know that you are there to help.
- There are rules and regulations in place to prevent the uptake and encourage cessation including vaping bans in schools in NSW. There are restrictions on where you can vape in public including sporting grounds, parks, hospitals and in vehicles with children under 16 years for example which are the same as the smoking restrictions.
- Just as a reminder, only people over 18 years can legally use nicotine vaping devices with a prescription only.
- Nicotine addiction is not about choice and it can be very difficult to give up. Getting support from a health worker will improve the chances of cessation.

If you listen to local radio, you will hear the kiila laana information commercials which provide some useful facts and points of referral for support. It is also worth mentioning that our service is not limited to media platforms and being able to yarn at community events, the kiila laana team can provide guidance to develop or review existing workplace smoking and vaping policies. We can provide information forums to community groups and this is not limited to schools, but we are available to sporting and social groups and external health care providers, government and non-for-profit organisations.

The best way to get in touch with the kiila laana team are either via our Facebook page or telephone us on 8082 9777.



Make sure to mark your calendars for every second Friday of the month, as 2DRYFM will broadcast a fresh interview featuring a representative from Maari Ma discussing pertinent topics.

Don't forget to tune in or stream 2DRY FM 107.7 to catch the conversation!



*Kiila laana's Youth Ambassadors recorded the 'Choose To Be Vape-Free' radio ads on 2DRY FM and Hill FM.*



## REGULAR HEALTH CHECK-UPS



### Keep your mob strong this winter

A yearly flu vaccine will help keep you and your mob strong.

**Regular health check-ups are essential not only to invest in your own wellbeing but also set an example for those around you .**

Regular health checks provide insights into your wellbeing, helping to detect potential health issues early on.

Whether it's a routine check-up or a specific concern, taking charge of your health empowers you to make informed decisions and live life to the fullest. Schedule your annual health check today. By doing so, you not only prioritise your health but also receive a free Deadly Choices Rugby Shirt as a reward for your commitment.



## 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

PHCS Broken Hill  
439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
Fax: 08 8082 9778

Wilcannia Health and  
Wellbeing Centre.  
4 Bonney St,  
Wilcannia, NSW 2836  
Phone: 08 8091 5122