



# WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

**WILCANNIA HEALTH AND WELLBEING CENTRE OFFICIALLY OPENED**



MAARI MA PRIMARY HEALTHCARE SERVICE

MAY 2024 | ISSUE 77

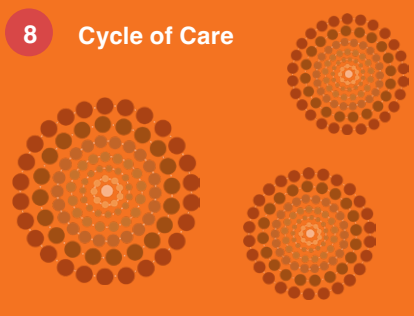
The official opening of the Wilcannia Health and Wellbeing Centre recently took place with an estimate of 100 people in attendance.

Whyman girls – Imogen, Amelia and Kathalka gave the Welcome to Country in Paakintji followed by a minute's silence to remember those who had passed and to acknowledge the land beneath our feet was and always will be Aboriginal land. The full Maari Ma board was present and Chair Des Jones was the MC.



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Aunty Shirley (on the left) and Aunty Ngiarie are pictured above with Health and Wellbeing Centre Manager, Liz Durose.

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-  [www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

"Improving Aboriginal health and closing the gap"

# WILCANNIA HEALTH AND WELLBEING CENTRE OFFICIALLY OPENED

One of the financial contributors to the build was the Indigenous Land and Sea Corporation whose Board member and Wiradjuri man, Roy Ah-See also addressed the gathering. The crowd then moved to the river front where they have the fire pit and everyone enjoyed the welcome dance by five young dancers which was followed by a cleansing smoking ceremony.

Auntie Shirley Evans and Auntie Ngiarie Cattermole cut the ribbon and unveiled the plaque officially opening the Centre.

It was great to see so many members of the community attend. Also attending were the Troppo architects (Andrew, Cary and Mitch), David Payne from David Payne Constructions, Roy Ah-See from the Indigenous Land Corporation, Sheree Ferrall and Bev Tucker from the NSW Department of Communities and Justice, Brad Astill, Denise MacCallum and Sally Pearce from the Far West Local Health District, Geri Wilson-Matenga (Director of the Centre for Aboriginal Health), Luke Sloane (Dept Sec for Regional Health) from NSW Health, Dr Laila Tabassum from the Australian Government Department of Health and Aged Care, Jenny Beach and Cory Paulson from the RFDS, Sally Brugger from the NSW Rural Doctors Network (who also lent a helping hand), Steve Morris – our business banker from the Commonwealth Bank and some of his colleagues from the Indigenous Banking section, Gemma Salteri and her 2 children from of the CAGES Foundation, Central Darling Shire Council's Administrator, Bob Stewart and GM, Greg Hill, and Dr Penny Roberts -Thompson who drove from Northern NSW with her husband Kingsley to be there.

There were lots of community members and Maari Ma staff who attended.



  
**THE WILCANNIA HEALTH AND WELLBEING CENTRE**  
was officially opened this day, 18 April 2024  
on the land of the Baakintji people  
for the benefit of the community of Wilcannia  
with thanks to  
Commonwealth Department of Health and Aged Care  
NSW Government  
Indigenous Land and Sea Corporation  
Des Jones, Chairperson, Maari Ma Health Aboriginal Corporation

# WILCANNIA HEALTH AND WELLBEING CENTRE OFFICIALLY OPENED



An exceptional acknowledgment and heartfelt gratitude to those who worked behind the scene on organising planning and preparation; Executive Manager Remote Primary Health Services, Kendy Rogers, Wilcannia Health and Wellbeing Centre Manager, Liz Durose and her staff – especially Naizel Enosa and Kevin “Buddy” Bates. There were lots of helpers from Broken Hill who helped Kendy with the organizing including Meg Hurst, Imogene Ragenovich, Michelle Parker, as well as Tania Lawson and Louise Moriarty who also helped out.

Thanks also to Harry Prescott and his off-sider Mick who put up the shade shelters and delivered the chairs and tables. Thank you to all



# WILCANNIA HEALTH AND WELLBEING CENTRE OFFICIALLY OPENED



*Everyone enjoyed the welcome dance that was performed by five young dancers - including one very young and reluctant dancer, but still making his mum proud. Owen Whyman accompanied the dancers on the didgeridoo.*

# WILCANNIA HEALTH AND WELLBEING CENTRE OFFICIALLY OPENED



*Imogen, Amelia and Kathalka Whyman gave the Welcome to Country in Paakintji. T*



*Maari Ma Board member for Wilcannia, Owen Whyman is pictured introducing the girls to do the Welcome*



*The Nutchi (Rainbow Serpent) by artist Andrew 'Thulli' Jones is a striking feature at the building.*

## WINGS DROP IN CENTRE

The team at WINGS DROP IN CENTRE were kept busy during the school holidays with plenty of activities to entertain youths.

Mission Australia organised laser tag, Nancy Bates made a return with a music workshop, there was Circus training and an excursion to Menindee Lakes that included canoeing, fishing enjoying Barkindji culture and other activities.



Pathfinders had a successful day at the Wilcannia Health and Wellbeing Centre recently which was used as the venue for community members to lodge applications for birth certificates.

39 people lodged their applications which Ron Naden from Pathfinders said was a great result. He said the location – outside on the deck, was ideal and said Pathfinders will be looking to return in the future to help with more applications. The Pathfinders National Aboriginal Birth Certificate Program has supported more than 19,000 applicants since June last year and holds face to face sign up days across Australia.

## PATHFINDERS IN WILCANNIA





**The Kiila Laana team recently conducted a survey among the youth of Broken Hill during their participation in Youth Week activities in Sturt Park.**

Focused on individuals aged 10 to 18, the survey's objective was to assess prevailing vaping trends and identify effective strategies for promoting a vape-free future among our youth.

The results uncovered that a notable proportion of teenagers have either experimented with vaping or are currently involved in it. Furthermore, the survey highlighted that most teens prefer discussing health concerns with either parents or friends, and they heavily rely on TikTok as their primary source of social media for information. The kiila laana team have included the survey below, offering a valuable opportunity to review the questions with your teenager and initiate open discussions

For more information on Teen smoking/vaping visit the kiila laana Facebook page or contact Maari Ma on 8082 9777 and speak to the kiila laana team.



# kiila laana

growing healthy naturally  
Tobacco Management Program



# muuku

be smoke-free vape-free  
Smoker's Program



# yapara

breathe easy  
Smoke-Free Home and Car Program



**1. Do you, or have you ever, vaped?**

YES/NO (please circle)

**2. If you vape, would you like to quit or cut down? (tick one)**

- I would like to quit
- I would like more information about quitting
- I am okay with what I vape right now

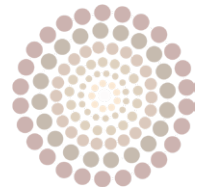
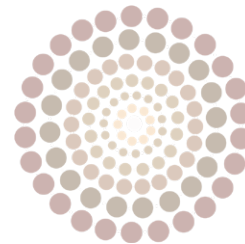
**3. If you wanted more information about reducing/quitting vaping, which step would you take first? (tick one)**

- Talk to a friend, parents or teacher
- Talk to a health worker (Aboriginal Health Practitioner, GP, Nurse etc)
- Use the internet or social media platform

**4. Which platform of social media do you use the most?**

Instagram Facebook Snapchat TikTok (please circle)

Other:.....



## 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

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