

MARRABINYA NEWS

Newsletter

March 2021

CLIENT SURVEYS TELL POSITIVE STORY

Numerous client surveys have been completed since our last newsletter and the overwhelming majority are very positive

Since the Marrabinya program commenced in November 2016 the staff have regularly engaged in seeking feedback from our clients and service providers. The general purpose of our client satisfaction survey is to assess how satisfied our clients are with the different aspects of our program/service. The Marrabinya team understand that identifying unhappy clients is just as important as identifying extremely happy ones. Over the past few months each of the Care Link Workers have been contacting clients to complete the survey and we are so pleased to see that the overwhelming majority of clients are very happy with the services they are provided. Many have said that without the support Marrabinya provides they would not be able to attend their scheduled appointments and that their health outcomes would be very different if a program like Marrabinya did not exist.

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"No improvements needed, leave it as it is. The service is excellent, they do a very good job. I have told all of my family about Marrabinya." Comments from a selection of our latest client surveys.

Pictured above is our Care Link Worker from the Gundabooka Cluster, Ms Lizzie Mann with satisfied client Mr Wally Demmery of Bourke NSW, also a clipping from the Western Herald newspaper that Mr Demmery organised.

Aboriginal Mental Health First Aid Course—Marrabinya Care Link Workers

On 15 March the Marrabinya team travelled to Bourke, NSW to attend their quarterly face to face meeting. This time the meeting was not in the same format as usual. Instead the team had an opportunity to undertake the accredited Aboriginal Mental Health First Aid course taught by Brewarrina instructor Mrs Tracy Gordon. Tracy works as a Receptionist at Orana Haven Drug and Alcohol Rehabilitation Centre, and is currently studying Cert IV Drug & Alcohol/Mental Health. Tracy's previous experience includes working with families and children and a Carer for disadvantaged children in remote Australia. Living in a remote community such as Brewarrina gives Tracy a realistic view of many of the struggles people face in outback Australia, particularly Aboriginal people who often face numerous obstacles during their lifetime. In the course of Tracy's introduction she informed the group that the course is a 14-hour Aboriginal and Torres Strait Islander Mental Health First Aid course and is available for any interested adult. Tracy went on to say that participants learn how to assist an Aboriginal or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based action plan. The course is based on evidence from the expert consensus of Aboriginal mental health professionals, many of whom also have lived experience of mental health problems.

After the 14 hour course is completed all participants are invited to become an accredited mental health first aider by completing an online assessment. The Marrabinya team heard about Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health problems in communities, as well as how to provide initial help, where and how to get professional help, and how to provide first aid in a crisis situation. Some of the developing mental health topics covered in the course include depression and anxiety, psychosis and substance use problems. The mental health crisis situations covered included suicidal thoughts, non-suicidal self injury (deliberate self harm), panic attacks, traumatic events, severe effects of drug and alcohol abuse, severe psychotic states and aggressive behaviours.



Pictured above Back Row, Left to Right: Gabby Bugg, Desley Mason, Kym Lees, Eileen Gordon, Candice Morrison, Lizzie Mann. Front row left to right: Tracy Gordon, Melissa Flannery and Joanne Bugg after the Aboriginal Mental Health First Aid training in Bourke NSW.



Caroline Bamblett attended the Breast Screening Yarning Circle in Cowra NSW.

Breast Screening Yarning Circles

Breast Screen NSW Greater Western Aboriginal Engagement Program

Caroline reported that the yarning circle is every two years when the Breast Screening Van is in Cowra, we sit around a circle and discuss why we should get tested, why we are afraid to get screened and the reason why early detection is the better outcome. 1 in 7 women in NSW will be diagnosed with breast cancer in their lifetime.

There were 7 Aboriginal women at the Cowra circle, all were screened, Marrabinya Senior Care Link Worker was in attendance and provided program education and handed out some resources.

The Van is current in Grenfell until next week and then will move onto Condobolin.

Cancer Council—Breast Screening

Breast screening saves lives. Screening is one of the most effective ways to detect early signs of breast cancer, meaning treatment outcomes are much better. Early detection is the best way to improve survival.

During Covid-19 many things were forgotten. While there was a brief pause of the BreastScreen Australia program in April 2020, states and territories have resumed services at a reduced capacity with COVIDSafe measures in place. Your health and safety are important, so measures have been put in place to reduce the risk of transmission against the ongoing risk of COVID-19.

Mammography is the recommended screening tool for the early detection of breast cancer. Each time you have a mammogram, your breasts are exposed to a very small amount of radiation. Mammography machines use the smallest amount of radiation possible while still getting a high quality image. The radiation from screening is about the same as 18 weeks of exposure to natural radiation in the environment.

If you want to know more about the potential benefits and risks of mammography, you may wish to talk to your doctor. For more information check our fact sheet on the early detection of breast cancer or call Cancer Council on 13 11 20.

BreastScreen Australia is the national breast screening program and actively invites women aged 50—74 to have a free two yearly mammogram. Women aged 40—49 and those aged over 74 are also eligible to receive a free mammogram but do not receive an invitation.

It is important to continue to attend screening when you are invited to do so.

If you have received an invitation, now is the time to tick breast screening off your list and make an appointment. A mammogram every 2 years is the best way to detect breast cancer early and improve survival.

To make an appointment at one of more than 600 BreastScreen Australia clinics nationwide, phone 13 20 50 at a cost of a local phone call.

If you are feeling unwell or can no longer attend your appointment, make sure you reschedule.

Keep Our Communities Healthy

Good health and hygiene
Stop the spread of COVID-19

Coronavirus (COVID-19) is a dangerous illness that can spread from person to person. Practicing good hygiene and staying health can help stop the spread in our communities.

- Cover a cough with the inside of your elbow instead of your hand
- Wash your hands with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating
- Put tissues in the bin and wash your hands straight away
- Keep a distance from other people, especially if they are sick
- Clean your home well, especially if someone gets sick

If you or your family get sick call your local health service for advice.

In an emergency call 000

For more information visit nsw.gov.au/covid-19 or call

Guidelines for Seniors Gathering Safely

There are no specific restrictions for people aged over 70 about self-isolating or staying home. You can choose when you go out, where you visit, and when to have visitors. However, people over 70 are at greater risk of more severe symptoms if they are infected with COVID-19. This may mean that you want to be more careful.

- Take a cautious approach about where you go and who you see.
- Keep gathering virtually (e.g. social media, video call) or via telephone where you can.
- Don't attend any gatherings if you are unwell. Get tested immediately if you have any COVID-19 symptoms and self-isolate until you get your test result.
- Where possible gather outdoors, away from crowded areas. Check the NSW Government website for restrictions around gathering outside in a public place which includes public parks, reserves, beaches, public gardens and spaces.
- If you meet indoors, choose a spacious, wellventilated space and keep the windows and doors open where possible. Postpone or reschedule large gatherings during heatwaves or on extremely hot days. Seniors should take extra care to stay healthy in the heat. For more information about COVID-19 and heat please visit: <https://www.health.nsw.gov.au/environment/beattheheat/Pages/heatwaves-covid.aspx>
- If you arrange to meet at an external venue, such as a community hall, club or restaurant, ensure you comply with the capacity limit of the venue. <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rule>



Our mob needs to get vaccinated to keep this virus away.

Darryl Wright CEO Tharawal AMS and Uncle Ivan Wellington

> KEEP OUR MOB SAFE

Contact Us

For more information about the Marrabinya program please give us a call.

[How to make contact with Marrabinya \(IHSS\):](#)

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