

WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

HELPING TO GET THE MESSAGE OUT



COVID-19 VACCINATION

WILCANNIA, TOGETHER WE CAN KEEP OUR MOB SAFE.

MAARI MA PRIMARY HEALTHCARE SERVICE

OCTOBER 2021 | ISSUE 48

Our Early Years Support Workers at Wilcannia, Shanisha Harris and Caroline Hunter have been assisting the FWLHD with their COVID 19 safe messaging.

They were recently filmed encouraging the community to be vaccinated and to practice good hand hygiene. Thanks Shanisha and Carolyn for helping with these important messages.

Meantime, Early Years Team Leader, Michelle Parker, and Executive Manager, Tegan Gerard- Hinchey have been meeting with the Wilcannia Playgroup team for planning and programming.



Staff have been back working onsite and are continuing to deliver resources for the home program, and are keeping in contact with families. Unfortunately, the outdoor area at Wings is unable to be used for Playgroup at this time as it needs a bit of a refurbish. Fortunately though we do have some funding from a donation and we'll be able to turf the area, provide

shading and also add a sandpit. Harry Prescott will be doing the measuring up for that and it's hoped work will be able to start as soon as possible.



IN THIS ISSUE

- 1 Helping to get the Message out
- 2 Vaccination Drive
- 3 Regional 2022 Youth Taskforce Applications
- 4 A Better Baaka and a Better Bidgee
- 5 Professor Renee Bittoun
- 6 Cycle of Care



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"Improving Aboriginal health and closing the gap"

VACCINATION DRIVE



It seems the vaccination drive with the assistance of AUSMAT has been very worthwhile.



It's been hard to gauge how many of our community have been wanting to have the vaccination but for whatever reason have not come forward or have been cautious.

With the door to door drive, Maari Ma has been able to not only deliver first doses, and to some people who have been hard to access, we've been able to ascertain those community members who have opted not to get vaccinated, which means we don't need to keep chasing them up.

We've also collected some good data in terms of clients who have relocated out of Broken Hill and those who have moved house.

It's been a mammoth effort all week with AUSMAT and the days have been long. Maari Ma's **Daniel Jackman** has done a great job of leading the process – he and **Tegan Hinchey-Gerard** with 10-12 staff were out there every day going to people's houses.

Thank you to all that helped and thanks also to **Dr Hugh Burke** for his coordination. Thank you to the AUSMAT team – there were 8 from AUSMAT going to the various locations around Broken Hill. Each person was provided with an information pack and everyone who had a vaccination will be contacted for the second jab.

Maari Ma will be providing the second dose both in the clinic and in the community.



Are you aged
between **12 – 24**,
live in **regional
NSW** with ideas
and thoughts
on **issues**
that affect
youths?

Speak up and
be heard for
the benefit of
our regional
towns.



REGIONAL
2022
YOUTH
TASKFORCE

Applications are now open

To find out more or apply, visit:
nsw.gov.au/RegionalYouthTaskforce

Applications to join the 2022
Regional Youth Taskforce open
on Tuesday 12 October 2021
and close at midnight Sunday
21 November 2021.



Join our online information sessions to hear more about the initiatives being considered to improve the **Darling-Baaka** and **Murrumbidgee River Systems**. Have your questions answered and provide feedback on how we can deliver a Better Baaka and a Better Bidgee.

The NSW Government recently launched these programs which are investigating a range of measures and initiatives, in partnership with the community, to deliver better environmental, cultural and connectivity outcomes across these two major river systems.

Water Infrastructure NSW will be hosting the first in a series of information and feedback sessions about the proposed programs. We will give an overview of the proposed initiatives that are currently being investigated by the project team and seek your initial feedback on what's being proposed.

Community feedback and input will play a crucial role in shaping which initiatives can be progressed to deliver a Better Baaka and a Better Bidgee and these sessions are just the start of our conversations with you.

There will be ample opportunities for you to find out more and work in partnership with us as we investigate and progress these programs. We look forward to commencing face-to-face engagement opportunities with you once COVID restrictions have eased and it is safe for us all to meet.

SESSION DETAILS

There is a day session and an evening session for each of the programs (Better Bidgee and Better Baaka). The content at the day and evening session for each program will be the same so you only need to RSVP for one session. RSVP using the links below or call 1300 081 047.

Better Bidgee Webinar 1

Monday 1 November 2021, 12.00pm – 2.00pm (AEST)

Better Bidgee Webinar 2

Monday 8 November 2021, 5.00pm - 7.00pm (AEST)

Better Baaka Webinar 1

Wednesday 3 November 2021, 10.00am - 12.00pm (AEST)

Better Baaka Webinar 2

Wednesday 10 November 2021, 5.00pm – 7.00.00pm (AEST)

PROFESSOR RENEE BITTOUN

TAKING SMOKING SERIOUSLY



Professor Renee Bittoun has held active roles with tobacco awareness around the world including public speaking, teaching and helped develop the 80's t.v commercial where a sponge is wrung-out and green nicotine is collected in a glass.

Renee offers education and advice to Kiilalaana's muuku program which is designed to help smokers manage their tobacco intake. You can take the muuku pledge at anytime and commence paving a path to a smoke-free future.



HISTORY

- Working in smoking cessation for more than 40 years
- Started the first clinic for Smokers in Australia in 1979
- Worked on the QUIT campaigns in the 1980's
- Taught the first courses for Nicotine Addiction and Smoking Cessation

- ▶ Came to Broken Hill initially more than 25 years ago to address smoking in the Greater Western Area Health Service. Teaching and educating health workers.
- ▶ Came to work regularly with Maari Ma as a consultant about 10 years ago.
- ▶ Role is to support and educate staff, and consult with staff in difficult to treat smokers.

WIDENING HEALTH INEQUALITIES BETWEEN INDIGENOUS AND NON-INDIGENOUS AUSTRALIA

- Overweight
- Lack of exercise
- Poor diet
- Smoking responsible for 1/2 of all early deaths**
- Increased risk of covid 19
- Worse in remote communities

WORLD NO TOBACCO DAY



#maarima

f Kiila - Laana-at-Maari-Ma

#COMMIT TO QUIT



kiila
laana



Check out our kiila laana Facebook page



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 a 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



Tegan Hinchey-
Gerard

Executive Manager
Aboriginal Health
and Community
Wellbeing

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