



# WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

PLAYGROUP 2023



MAARI MA PRIMARY HEALTHCARE SERVICE

MARCH 2023 | ISSUE 63

## It's been a good start to Playgroup in Wilcannia.

The first Playgroup of the year was held in early February along with school aged children commencing term 1. Eighteen adults and children attended in the new playgroup space for the first time. Playgroup is now being held in the Land Council building which worked well and provided lots of room.

There were a few dads that attended Playgroup also which is good to see.

A big thanks to the Wilcannia Playgroup team – Early Years Coordinator, Valerie ‘Puddin’ Bugmy and Early Years Support Workers, Nicola Bates, Caroline Hunter and Shanisha Harris for their work engaging with families and their positive

approach. HIPPY is also starting in Wilcannia this year and we already have 12 families enrolled in the two year program for children aged 3. In addition, we also have 16 children enrolled in the Aboriginal Families as Teachers program.



Playgroup is for pre-school aged children and provides opportunities for children to learn through play.

Contact the Playgroup team or call Maari Ma to enroll your child.



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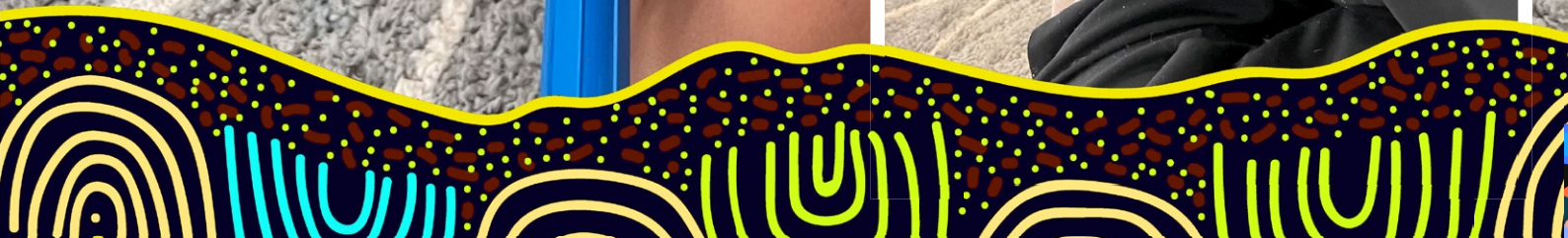
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"Improving Aboriginal health and closing the gap"









## ‘ABORIGINAL VOICES BEING HEARD’ IN THE WATER MANAGEMENT SPACE

### Why create an Aboriginal Water Committees?

The establishment of an **Aboriginal Water Committee** in our region is something that The Dept of Planning & Environment (DPE) believes will help us to ensure that any contact with Aboriginal communities is appropriate, ensuring there is a mechanism and process in place to meet the cultural aspirations and needs of Aboriginal people for the benefits of their communities regarding water. Priority 2 of the NSW Water Strategy says, **‘Recognise First Nations/Aboriginal People’s rights and values and increase access to and ownership of water for cultural and economic purposes’** and this is one step toward achieving that. A proposed role of the committees would be to provide a key point of contact for communication and consultation between DPE Water and Aboriginal communities for discussions on water management. By creating ‘go to’ groups, DPE hope to solve the confusion and lack of coordination caused by multiple teams from our department wanting to talk to Aboriginal communities.

### Interested in being on the committee?

Contact Dunghutti/Kamilaroi man Brad Delaney by 21st of March 2023 on M: 0414 844 820 | E: [bradley.delaney@dpie.nsw.gov.au](mailto:bradley.delaney@dpie.nsw.gov.au)





**IF YOU VAPE,  
YOU ARE 3 TIMES  
MORE LIKELY TO  
TAKE UP SMOKING  
CIGARETTES**



muuku  
**challenge**



## Reparations for Stolen Generations survivors

The NSW Stolen Generations Reparations Scheme started on 1 July 2017 and finishes on 30 June 2023.

Reparations are a payment from the government to recognise the hurt caused when you were removed from your family.

### Who can get reparations?

You may be able to get reparations if you were:

- removed from your family or apprenticed,
- by some NSW government agencies, and
- this happened before 2 June 1969.

Not all people who were removed by a NSW government agency can get reparations.

If you are not sure, talk to a lawyer.

### What could I get?

You could get:

- a payment of up to \$75,000, and
- \$7,000 to help pay for your funeral costs.

### How can I apply?

To get the application form:

- call Aboriginal Affairs on 1800 019 998. They can send it to you and help you fill it out, or
- download it at [www.aboriginalaffairs.nsw.gov.au/healing-and-reparations/stolen-generations](http://www.aboriginalaffairs.nsw.gov.au/healing-and-reparations/stolen-generations)

### Did you know?

Survivors of child sexual abuse who were abused in an institution may be eligible for a payment from the National Redress Scheme. Those who are eligible can apply any time before 30 June 2027. You can speak to a Community Legal Centre called knowmore for free help by calling 1800 605 762.

Private lawyers are helping some people get compensation from the NSW government for harm experienced after being removed.

You can call:

- LawAccess NSW to find your local Community Legal Centre 1300 888 529, or
- Legal Aid NSW 1800 793 017 to find out more.

### What if I get refused?

You can ask for a review. You can get a lawyer to help you.

### I don't know if I can apply – what can I do?

You don't need a lawyer to fill out the form – but a lawyer can help.

Talk to a lawyer at Legal Aid NSW or your local Community Legal Centre. This is free and confidential.

You can call:

- Law Access NSW to find your local Community Legal Centre 1300 888 529, or
- Legal Aid NSW 1800 793 017

They can also talk to you about other things you might need to think about like getting a will and planning ahead.

### Other things to think about if you get reparations or compensation

- Financial counsellors can help with budgets, fines or debts and how to keep your money safe – call 1800 007 007.
- Make a will. If you die without a will, your money and other stuff may not go to who you want. The Law Society of NSW can do wills for Stolen Generations survivors for free or less money – call (02) 9926 0396.

### Who can support me with healing?

- Link-Up NSW can help reunite you with family members and can find you a counsellor – call 1800 624 332.
- If you were in Coota, Kinchela, or Bomaderry you can get in contact with survivors of these places. Link-Up NSW may be able to help you with this.
- Call your local Aboriginal Medical Service.

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Artwork: © Luke Penrith

**knowmore**  
free legal help for survivors

Community  
Legal Centres  
NSW

**Legal Aid**  
NEW SOUTH WALES

**knowmore**  
free legal help for survivors

Community  
Legal Centres  
NSW

**Legal Aid**  
NEW SOUTH WALES

Have you or a family member served in the Australian Defence Force?

## Your story can help others

We can give you free legal advice and help to get your story heard by the Royal Commission into Defence and Veteran Suicide.

You can contact us by calling:  
**1800 33 1800 (FREE CALL)**

**DEFENCE & VETERANS  
LEGAL SERVICE**



## 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

Service  
Manager:  
PHCS



Nola  
Whyman

Executive  
Manager  
Operations

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