



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

WELCOME NEW RN



MAARI MA PRIMARY HEALTHCARE SERVICE

MARCH 2024 | ISSUE 75

Maari Ma extends a warm welcome to RN, Naizel Enosa who started at Wilcannia Primary Health Care one week before the move into the new Wilcannia Health and Wellbeing Centre.

Naizel – who says the best way to pronounce his name is to say Nigel but replace the ‘g’ with a ‘z’ – has come to us from working two years in men’s health in the Northern Territory at Nhulunbuy – ▶



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“Improving Aboriginal health and closing the gap”

WELCOME NEW RN (CONT)

◀ an Indigenous community in the Gove Peninsula in north-east Arnhem Land and before that in Injinoo, Queensland where his partner's family are.

Naizel's family are from Badu Island in the Torres Strait where he grew up and spent most of his life. Naizel studied a Bachelor of Nursing at the National Indigenous Knowledges Education Research and Innovation (NIKERI) Institute at Deacon University, Geelong. He says he's finding the Wilcannia community nice and he's been enjoying his first few weeks but he says he's still trying to acclimatise to the dry heat and thinks he needs a water mist spray to give him some humidity!

Naizel is wanting to become a nurse practitioner and has started a Master of Advanced Nursing Practice. He says he was fortunate to have worked with Nurse Practitioner, Jason Gowin for a couple of weeks before he headed off. He said they were able to talk about the courses and how practice is moving towards quality and safety, and changing to digital health. He says whatever he is learning in his course he's able to apply it to the workplace.

Welcome again Naizel and we hope you get used to the weather soon – the good thing is, is that we're heading into autumn. Thank you also for your work during the move.

Sometimes you need a little care too!

Am I a Carer?

A carer is someone of any age who looks after a family member or friend with a disability, a medical condition, mental illness or is frail due to age.



Are you one of Australia's 2.7 million unpaid carers?

Carer Gateway is an Australian Government initiative that aims to make your life a bit easier, with free access to practical advice and support for carers. Supports are totally personalised, based on your situation and needs, and include:

- Information and Referral
- Emergency Respite
- Counselling
- Carer coaching
- In-person and online peer support groups
- Specialised supports for young carers aged under 25
- Short term support packages
- Support navigating My Aged Care
- Support navigating Services Australia (financial payments for carers)
- Support planning for emergencies
- Support planning for the future
- Carer information sessions
- Advice and information on long-term sustainable solutions for carers.

To learn more about Carer Gateway, or to register for support, call 1800 422 737 or visit carergateway.gov.au



Homes NSW: Mobile Outreach Team

We are coming to your town!

What will the team be able to help with?

- Assist with any social or government housing questions you have.
- Assist with lodging your housing application online.
- Check in if you already have an applications
- Provide you with information if you are having a housing issue.
- Let you know what help there is for private rentals

The team will also have self-service kiosks for you to use on your own if you want to check something online or upload paperwork.

Come and have a yarn!

When:
17th April 2024 from 10am to 2pm

Where:
**At the Salvation Army Hall
196 Wolfram Street,
Broken Hill**



HOLIDAY PROGRAM



Do you know a Young Carer?



Young Carers are under 25, and look after a family member who has a medical condition, a disability or a mental health condition.

Young Carers can get support through the Young Carers Support Program.

Supports include:

- Help with Educational Resources
- After School Activities
- Social Activities
- Camps
- Counselling

The Young Carer Program is **FREE** to access.

If you are a young carer yourself, or you know a young carer, call **1800 422 737** for further information or to register.



SCAN ME TO LEARN MORE

carergateway.gov.au
1800 422 737 Monday-Friday 8am-5pm

There was great excitement during the holiday program with the arrival of a couple of rugby union reps including retired New Zealand rugby union player, Angus McDonald who came out to the oval during the sports afternoon to talk to the kids and throw the footie around.

They also cooked breakfast for the Wings kids the next morning before heading back to Sydney. Tania said she's catching up with Angus again soon to talk about what they can offer the April school holiday program. She said Angus did talk about the possibility of some rugby union scholarships.

WINGS



New police officer Nathan joined police liaison Brendon at WINGS during the school holidays.

Seen here playing handball with the kids and later joining Strong Young Families Coordinator Louise and helped out at the DISCO.

NANCY BATES HANGS OUT WITH WINGS CHILDREN



Accomplished musician and song writer, Nancy Bates came to Wilcannia for a couple of days at the end of the Wings school holiday program and gave the kids a real boost with her presence.

NSW coordinated, and to spend time at the Drop in Centre and encourage the musical talent within the children.

The good news is that Nancy will be back again during the first week of the holiday program in April where she'll be conducting two music workshops and she'll be bringing two bands with her.

Thanks to Wings Coordinator, Tania Lawson and staff Nerida Whyman, Naydine Whyman, Leonard Whyman and Casey Harris for all your good efforts with the holiday program.

Nancy lives in Adelaide now but she grew up in Broken Hill and her father was born in Wilcannia. She came out for the Wings pool party that Louise, Outback Youth Theatre and Regional



A WINGS MAGICAL CHRISTMAS

These great photos of Nancy and the Wings children are from her Facebook page.

Nancy wrote - "Had the best couple days in Wilcannia at the Wings Drop In Centre sharing music and yarnning. The Pool Party was lots of fun, with beautiful Wilcannia kids jumping up for a sing. Wilcannia is special to me because Dad grew up here, and I have so many special childhood memories of being with family and elders who are now passed. Wilcannia is a deadly little town, and people make you feel welcomed. You are never without a bed and a feed. Thanks for having me!"



Nancy also had fun with the Wings children joining in their activities at the Drop in Centre. She'll be returning on 15th April – at the start of the next holiday program.





yapara
breathe easy
muuku-free &
vape-free home



Expression of Interest

Carbon Monoxide (CO) is a colourless, odorless gas that can cause serious health risks if not detected early.

CO enters your home through burning fuel such as woodfires, gas stoves, and cigarettes.

Kiila laana's yapara program offers **free CO screening** for Aboriginal and Torres Strait Islanders.

Receive a free home screening by contacting Maari Ma Health Service on 8082 9777, scan the QR code and message your contact details or hand this information into Maari Ma Health.

Full Name: _____

Phone or Email: _____



439 - 443 Argent Street
Broken Hill, NSW 2880
Email: info@maarima.com.au
Tel: (08) 8082 9777



Carbon Monoxide (CO) is a colorless, odorless gas that poses a significant risk to indoor air quality and health when it enters the home.



This dangerous gas can infiltrate living spaces through a variety of sources, such as cigarettes, and wood heaters.

Other common household appliances such as gas stoves, heating systems,

water heaters, and dryers, if not properly ventilated, can release carbon monoxide into the air.

Additionally, running vehicles in attached garages, using gasoline-powered tools indoors, or operating charcoal grills and portable

generators inside or too close to the home can significantly increase the concentration of CO indoors.

For those concerned about the air quality in their homes, the Kiila Laana program offers an invaluable resource. This program provides free

carbon monoxide testing, helping to identify and mitigate the risks associated with this invisible, odorless gas often produced by burning fuels. Protect your family's health today by contacting the Kiila Laana program for your free home assessment.

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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