



# WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

## NT SENATOR'S VISIT



MAARI MA PRIMARY HEALTHCARE SERVICE

SEPTEMBER 2023 | ISSUE 69

### The region welcomed Northern Territory Senator, the Hon. Malarndirri McCarthy.

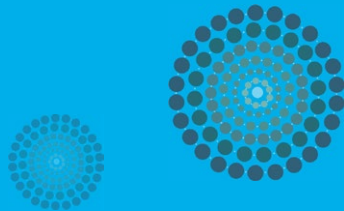
Senator McCarthy is the Assistant Minister for Indigenous Australians and Assistant Minister for Indigenous Health in the Albanese Government and has been a Senator for the Northern Territory since 2016. She came to the region to talk about health and local community issues and her visit was well received.

Right: CEO Richard Weston and Senator Malarndirri McCarthy



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

"Improving Aboriginal health and closing the gap"

## NT SENATOR'S VISIT



CEO Richard Weston caught up with the Senator in Broken Hill and Nola Whyman spent time with her in Wilcannia where she had the chance to go over plans for the Wilcannia Health and Wellbeing Centre, and do an onsite visit to the project which is part-funded by the Commonwealth government.

Senator McCarthy visited Menindee as well where she also spent time listening to the challenges and opportunities facing the community. Senator McCarthy posted

her trip on her personal Facebook page and spoke highly of the communities she visited:

*"A huge thank you to all those in Wilcannia who came and had a yarn in the park, shops and local golf club. Long term employment opportunities are much needed in places like Wilcannia along with increased housing. I'm pleased to see the progress of the Maari Ma health infrastructure and great to meet staff at the hospital."*

*Thank you for all that you do. Thank you to the aunties who talked with me about cost of living challenges and the need for social and emotional wellbeing support here. Looking forward to coming back again. Menindee is in good hands with many strong leaders advocating for their community, families and the region." "It's important to get out and just listen to the challenges and opportunities facing communities across Australia."*



## MISSION AUSTRALIA EARLY CHILDHOOD NDIS PARTNER IN THE COMMUNITY

### PARENT/CARER QUESTION & ANSWER SESSIONS

**ARE YOU A PARENT OR CARER WITH A CHILD,  
UNDER 9 YEARS OF AGE, AND YOU HAVE NDIS  
QUESTIONS?**

We are taking expressions of interest for Early  
Childhood NDIS question and answer sessions.

These sessions will be held via teams.

Please email your interest to  
[frostl@missionaustralia.com.au](mailto:frostl@missionaustralia.com.au)



Delivering the NDIS in  
your community

## AGPAL ASSESSMENT

Three representatives from AGPAL (Australian General Practice Accreditation Limited) conducted a review of our Primary Health Care Service's staff, policies and procedures at the end of July. Maari Ma received a number of commendations namely in the areas of infection control, cold chain management and IT (disaster recovery). Accreditation lets clients know that a general practice has met standards set by the medical profession.

These standards are designed to ensure high quality care is provided in a safe and well organised way. Importantly, accreditation recognises the achievements of the health care staff to meet the requirements of established standards.



**WHEN:**

**Tuesday 26th September,  
2.00 - 4.00pm (AEST)**



## Students & Centrelink Payments

**Tuesday 26th September 2 - 4pm**



This free online session will outline key issues determining young people's access to Centrelink payments while studying, with a focus on JobSeeker, Youth Allowance, Abstudy, Austudy and Youth Disability Supplement.

Speakers will cover the concepts of dependence/independence for people aged 21 or younger; study requirements including approved courses, approved education providers, and study load; and the way work rules and income from work can affect payments.

The session will include information about Centrelink payments for young people in crisis, and will explain how young people needing further support may access a Centrelink Social Worker. Speakers will also cover what young people can do if a claim is rejected, payment is stopped, or a debt is raised.

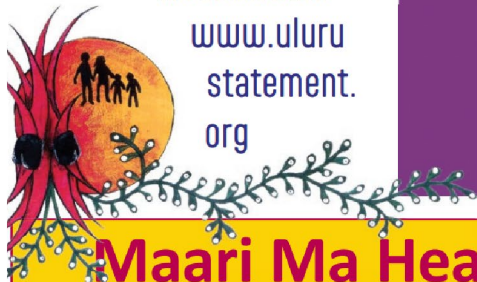
## VOICE REFERENDUM

Ilaari Ila supports the Yes campaign in the upcoming Voice referendum and encourages everyone to do the same.

The Voice isn't new, it's been decades in the making. The idea came directly from Indigenous communities, not politicians.

More than 80% of Indigenous Australians support it. For more information:

[www.ulurustatement.org](http://www.ulurustatement.org)



**Maari Ma Health Aboriginal Corporation** | (08) 8082 9777  
439 Argent Street

**Referendum date** **OCTOBER 14<sup>TH</sup>**



**The national Tackling Indigenous Smoking program has released an art competition for all Aboriginal and Torres Strait Islander children aged 12 years and under.**

The winner's design will feature in the Tackling Indigenous Smoking 2024 calendar, which is distributed nationally. The winner will receive:

- 1 x \$150 voucher for art supplies from Art to Art Australia
- 1 x \$150 voucher for Rebel Sport
- 20 Tackling Indigenous Smoking calendars (featuring the winning artwork) to share with family and friends
- Tackling Indigenous Smoking merchandise including sticker sheets, stress cubes, air fresheners and fidget spinners.

## HOW TO ENTER

Entrants will draw, paint or create a piece of art on the topic 'Why life is better without smoking or vaping'.

Entrants must send through a high resolution art scan (less than 10mb) along with their details via the Tackling Indigenous Smoking website.

Entrants must provide their name, age, parent/guardian's contact number, parent/guardian's email address, school and state.

Art needs to be able to be reproduced in the NBPUI TIS 2024 calendar. Entrants will:

- Submit their design as a JPG (up to 10 mb) in rectangular shape in landscape orientation
- Keep words on the artwork to a minimum
- Submit art which is colourful, engaging and interesting
- Ensure entry artwork is two dimensional to assist in printing and reproduction.

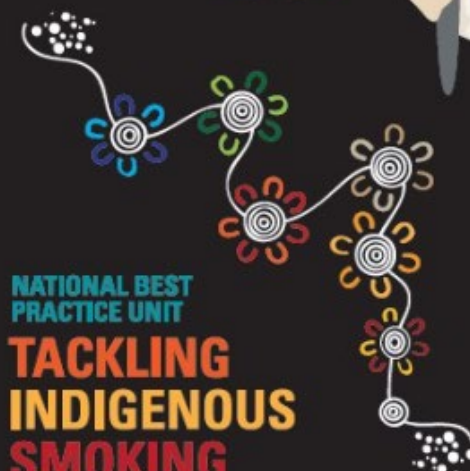
# Kids' Art Competition

**Love to create art? Enter this competition to be in the running to win a great prize!**

The Tackling Indigenous Smoking art competition is open to Aboriginal and Torres Strait Islander children aged 12 and under.

Create a design on the topic: **'WHY LIFE IS BETTER WITHOUT SMOKING OR VAPING'** for your chance to win art and sport supplies vouchers.

The winning design will be included in the 2024 Tackling Indigenous Smoking calendar!



**NATIONAL BEST PRACTICE UNIT**  
**TACKLING INDIGENOUS SMOKING**

[TACKLINGSMOKING.ORG.AU](http://TACKLINGSMOKING.ORG.AU)

Scan the QR code to enter now!



SCAN ME

**One entry per child.  
Competition closes 5pm  
Monday the 23rd of October**

## 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  
PHCSs

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