

Wilcannia Playgroup NATIONAL CONFERENCE PRESENTATION

Maari Ma's Wilcannia playgroup team delivered a paper at a national conference. 1200 delegates attended the SNAICC – National Aboriginal & Islander Child Care - National Conference which was held in September in Adelaide.



Maari Ma's Wilcannia Early Years Coordinator, **Valerie Bugmy** and Early Years Support Workers, **Shaylin Whyman** and **Shanisha Harris**, presented their paper BIG PEOPLE AND LITTLE PEOPLE PLAYING TOGETHER IN WILCANNIA, NSW at the conference. The focus was Aboriginal Community Members (the Maari Ma Wilcannia Early Years team) enriching parents as children's first teachers in a pilot home visiting program to improve their success in preschool and school.

It's a great achievement for the Wilcannia Playgroup team – it's no easy task to stand in front of so many people. The conference was convened to assist with the achievement of the SNAICC vision: An Australian society in which our communities are empowered to determine their own future; where the rights of our children, young people and families are protected; where our cultural identity and achievements are valued; and our children and families have access to culturally appropriate services. Pictured are Valerie, Shaylin and Shanisha.

Maari Ma Wilcannia playgroup team addressed delegates from around the country and from overseas at the 8th SNAICC National Conference in September in Adelaide. The conference discussed challenges and shared knowledge and experiences in raising happy, healthy and confident children in communities.

As well as providing a powerful and inspiring learning experience for all attendees it also provided opportunities to meet and experience some of the richness and culture of the local communities of South Australia. There were international, state and local keynote speakers, more than 70 concurrent sessions, yarning circles, panels and workshops; displays, poster presentations and exhibitors; cultural highlights and performances; and social events and opportunities to network and connect with peers. It was the largest conference of its type in the southern hemisphere for Aboriginal and Torres Strait Islander organisations, policy makers, researchers, government representatives, other non-government organisations and industry representatives to gather and make renewed commitments to Aboriginal and Torres Strait Islander children.



In this issue:

2

Corroboree
Yamma Ngunna
Baaka, What's On

3

Healing Program
Highlighted

4

5

Youth Work
Awards and
Conference

6

Introducing New
Staff

7

Get Deadly:
Tackling
Indigenous
Smoking

8

Community
Notices

9

10

Maari Ma Cycle of
Care



Maari Ma Primary
Health Care Service

"Improving Aboriginal health
and closing the gap"
Broken Hill, NSW



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

Corroboree

YAMMA NGUNNA BAAKA

YAAMA NGUNNA BAAKA (Welcome to our River) Corroboree has been a momentous occasion. Maari Ma are proud that three of the Wings program children, local dancers, and our Strong Young Families workers were part of the event when it came to the region.

The corroboree was a week long festival that started in Walgett on the 28th September, then went to Brewarrina, Bourke, Wilcannia and Menindee. Its aim was to highlight the plight of the Darling River to the nation. The Wilcannia Dance Group, Menindee Dance Group and the Tal-Kin-Jeri Dance Group from Adelaide performed under the stars near the Burke and Wills campground at Menindee on the 2nd October with around 300 watching the historic event. A similar number attended the corroboree the night before at Wilcannia on the banks of the Darling River.

The festival provided a focus for First Nations communities to have a voice and celebrate culture with family and friends, and the organisers said they were prompted to do something big to highlight the plight of the river system after the mass fish deaths at Menindee last year. They said they hoped the rolling event along the Darling would empower communities and put pressure on governments to assist the river towns.



What's On?

Mondays

Playgroup

10:30am-12:30pm at the Safe House
Run by Maari Ma's Wilcannia Early Years team (Not on during the school holidays)

Tuesdays

Playgroup / Little Kids & Books

10:30am-12:30pm at CentaCare
Run by Maari Ma's Wilcannia Early Years team

Wednesdays

Playgroup

10.30am-12.30pm at CentaCare
Run by Maari Ma's Wilcannia Early Years team

Thurs & Fri

Parents as Teachers Home Program for children aged 2-3 years with Maari Ma's Wilcannia Early Years team: 08 8091 5257



Kalypi Paaka Mirika Healing Program

MENINDEE

WILCANNIA

BROKEN HILL

Helping Our Mob

Reconnect with Country
Create Positive Change
Community Bonding

Supporting
Men's & Women's
Issues

Trauma Grief
Violence & Loss

Group Sessions

Individual follow-ups

**No Referral
Needed**

Healing is a DEADLY CHOICE. Call Maari Ma on

08 8082 9777



HEALING PROGRAM HIGHLIGHTED

Well done to **Marsha Files** and Maari Ma's Healing program team on the recent inclusion of the program in the NSW Government's second edition of the Domestic Violence Regional Strategy Groups (RSGs) quarterly newsletter.

The Healing Program team headed the snapshots of the region section and provided a good comprehensive run-down of the program. Other projects highlighted were South West Sydney DV events, Newcastle

youth program, Inverell community framework, Wollongong youth project and Blacktown courageous conversations. Deputy Secretary of the RSGs, Simone Walker, said the RSGs play an important part in implementation, leading projects and addressing issues in the regions in order to protect victims and hold perpetrators to account. She said in June 2019 the Premier recommitted to reducing domestic violence reoffending as a Premier's Priority, with a target of a 25% reduction in the number of domestic violence reoffenders by 2023.

HEALING PROGRAM SUPPORTS GENERATIONAL CHANGE IN FAR WEST NSW

Maari Ma Health have delivered their healing program to over 200 people in Far West NSW as part of a 2 year trial that is nearing completion.

Kalypi Paaka Mirika: Clear River Ahead Healing Program enables participants over 6 weeks to understand their circumstances and deal with stressors that may lead to violence. It will contribute to an evidence base for healing programs and received funding support from the NSW Domestic and Family Violence Innovation Fund and the National Healing Foundation.

The program targets prevention and early intervention by introducing therapeutic practices and skills within a localised cultural framework which highlights the strength of Aboriginal culture. The program develops knowledge and skills around change, culture, goal setting, violence, stress, trauma, resilience, loss, grief and managing grief.

A strength of the program is that it was designed and delivered by and for the Aboriginal communities of Broken Hill, Wilcannia and Menindee utilising local research developed with the University of NSW for the Community Safety Research Project.



Marsha Files from Maari Ma co-designed and trained workers for the Kalypi Paaka Mirika: Clear River Ahead Healing Program.

Youth Work Awards & Conference



Maari Ma was again nominated this year in the NSW Youth Work Awards 2019, this time in the category Outstanding Use of Data and was one of four nominees.

While not a winner (the winner in this category was WAGS the Dog Program) it was great to get recognition at the event held in Sydney which celebrates youth workers from across the state.

**NSW
YOUTH
WORK
AWARDS
2019**



The awards were part of a conference which aims to build and strengthen youth work practice, inspire attendees with innovative ideas, and connect them with others across the state. Wings Coordinator, **Tania Lawson** and Early Years Support Project Officer, **Lee-Ann Adams** attended the conference and awards night and said it was a very valuable experience. Tania said she took a lot of information and messages home with her and Lee-Ann said the two day conference was fantastic and an eye-opener. She said there was an Indigenous youth panel that told their stories of homelessness and how they got to where they are today. She said while it was heartbreaking it was also very inspiring. Tania and Lee-Ann are pictured above at the conference.

Introducing...



Congratulations **Samantha Wright-Downs** who is the new Manager at the Wilcannia Primary Health Care Service. Samantha has been working for Maari Ma as an agency nurse. Samantha is pictured left centre with **Shontae Harris, Amanda Everett, Kevin (Buddy) Bates, Sam Harley** and **Dana Newman**.

Maari Ma would like to introduce two new Dieticians to the team:

Gina first became interested in nutrition while studying it in high school which lead her to becoming a dietitian. She has a passion for sharing her knowledge of food and nutrition with others and is excited to start helping people meet their health goals.

Alina is a dietitian who is passionate about all things food and nutrition. She is keen on providing individualised, evidence based and holistic dietary advice to allow people to meet their optimal health and lifestyle goals. She wanted to become a dietitian because she noticed how much misinformation there was around food and wanted to apply it not only to her own life, but to others' and help those around her.



GET *Deadly*

Join the Tackling-Indigenous-Smoking-at-Maari-Ma Facebook page today:



<http://maarima.com.au/tis>



Maari Ma Health along with the Tackling Indigenous Smoking program have teamed up with Foodland in Beryl Street to bring you good nutrition and kick start a deadly lifestyle for you, your family and community.

Simply head to the Tackling-Indigenous-Smoking-at-Maari-Ma Facebook page. Like the post, tag a friend and share this opportunity. A winner will be announced each Thursday.

Maari Ma and Foodland Staff ineligible to enter.

WIN
To the Value of
\$80
Foodland Fresh Fruit & Veg Voucher

*To Enter Simply **LIKE** this post and **TAG** a friend.*

*Remember to **FOLLOW** Tackling Indigenous Smoking Facebook page*

WINNER announced each Thursday Via the Tackling Indigenous Smoking Facebook Page



Maari Ma and Foodland Staff Ineligible to Enter Competition



Registry of Births Deaths & Marriages

See you there!

We look forward to seeing you at this event.

Event details

DATE:	Tuesday 3 December 2019
VENUE:	Court House Café, 365 Reid St, Wilcannia
TIME:	10am – 2pm

We will be assisting Aboriginal people who require a birth certificate. We are also able to check if your child is registered, and if not we will help you through this process.

Identification requirements

TYPE:	Bring THREE types of identification along
EXAMPLE:	Driver Licence, Photocard, Passport
OTHER:	Medicare card, Centrelink, Bank card

You need to prove your identity so that we can issue a birth certificate. We will assist anyone who has limited identification to apply for a new birth certificate.

Contact information

Check our website for general info

www.bdm.nsw.gov.au

or contact our Community Engagement Manager at

bdm.events@customerservice.nsw.gov.au

WILCANNIA LEAGUE SAFE

Murdi Paaki
Regional Rugby League Council

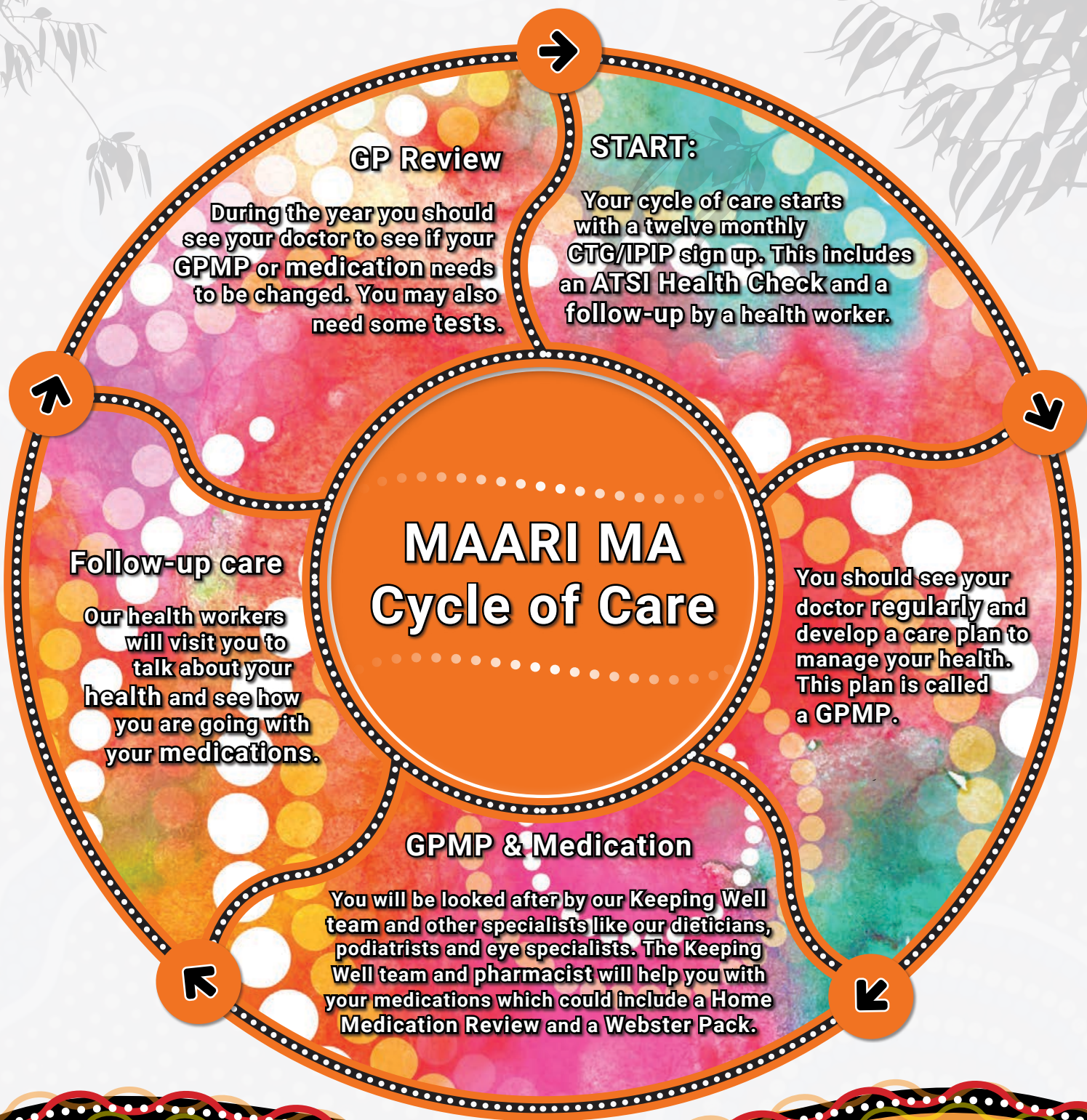


**@ WILCANNIA COMMUNITY HALL
TUESDAY, DECEMBER 3
FROM 4.30PM**

**LEAGUESAFE ON-LINE COURSE
(MINIMUM REQUIREMENT TO RUN WATER)
OPEN TO ANYONE AGED 14 +
@ 4.30pm**



**Contact Dallas on 0418 811483
or dreeves@nswrl.com.au
for more information.**



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.

Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

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

PHCS Broken Hill
439-443 Argent Street,
Broken Hill, NSW 2880
Phone: 08 8082 9777
Fax: 08 8082 9778

Wilcannia Health Service
14 Ross St,
Wilcannia, NSW 2836
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Web: www.maarima.com.au



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS