

KALYPI PAAKA MIRIKA Presentation



Between the 21st and 23rd of August CSRP staff members **Alinta Edge** and **Murray Butcher** attended the "Working with Family Violence in Aboriginal Communities" Forum at Lake Burrendong which was funded by No to Violence.

Alinta and Murray directed a PowerPoint presentation on the evolution of the locally designed healing program, Kalypi Paaka Mirika (Clear River Ahead). The staff explained the interconnected phases of the project from the chief investigators, to our yarning stories with the vignettes, to the adult survey and lastly the healing program.

Importance was given to the links of land and culture and their use and role in healing for Wiimpatja of far west NSW. Focus was put on the delivery of the program, the trials faced, what worked and what did not work so well. The presentation was well received by other attendees of the conference, and positive feedback was given in group discussion after the presentation.

A great contingent of representatives from far west NSW attended with men from all around the state coming together to talk about issues that affect our communities. Wilcannia was well represented with 10 men attending out of a total of 35 participants.



It was great to see the men and youth attend and be exposed to leadership and mentoring roles -they were well received by other participants and encouraged to be positive role models and active leaders of the future.

The conference was a great way to meet others from around NSW to get an understanding of what people are doing in community to tackle family violence, and how healing programs and other such programs aim to give our communities empowerment to address such important issues. Maari Ma would like to thank Alinta and Murray for the presentation, and for representing Maari Ma and our healing program.



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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/)

KALYPI PAAKA MIRIKA HEALING PROGRAM AT MUTAWINTJI NATIONAL PARK



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

WATER NSW Drop in Session

11am on 23rd October
Wilcannia Bourke Football Ground, Hood Street

FWAS TRIALS

9:30am -1:30pm on 3rd November
Victoria Park, Udora Road, Warren

On the 12th of August, 5 men attended Maari Ma's Kalypi Paaka Mirika Healing Program.

The 5-day workshop included walks to various sites within the Mutawintji National Park, cooking over an open fire and movie night.



The program allows support and discussions around issues relating to grief, loss, trauma and violence that impact the daily lives of individuals, families and communities.

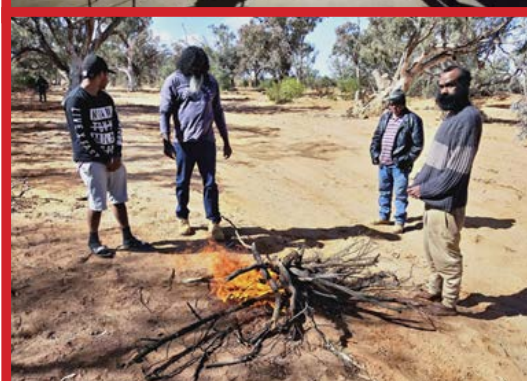
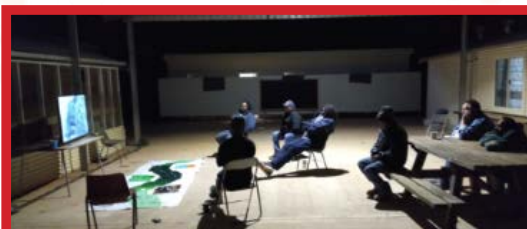
Everyone worked together by sharing in the cooking, collecting wood and sharing stories with each other around an open fire.

Maari Ma's **Murray Butcher** and **Peter Gough** who lead the Kalypi Paaka Mirika Healing program thank Mutawintji National Park traditional owners and staff, both office and on park for allowing the program to be run on country and appreciate the assistance and hospitality received. Murray Butcher said "Overall, the men thoroughly enjoyed participating in the workshops and visiting various cultural sites within Mutawintji".

Murray Butcher and Peter Gough would like to say a big thank you to the 5 community men who agreed to participate and state "it was an honour to be on country with you".

Above: A nice 'ashes damper' was pulled from the ashes.

Below: Everyone enjoying an open air movie night thanks to **Michael 'Smacka' Whyman**.





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



Baaka Cultural Centre



On 3rd September the Hon. **Mark Coulton MP** stated on the official MP's Facebook page he will be "Looking forward to seeing the Baaka Cultural Centre built here in Wilcannia - the product of a \$7 million joint Federal and State Government investment. This centre will showcase Indigenous culture & heritage, and provide a huge boost to the local economy & tourism offering - a great win for the Far West".

STOP IT AT THE START CAMPAIGN

Indigenous women experience hospitalisation rates for family violence related assaults up to 32 times higher than other women. This is a cycle of violence that starts with disrespect, and those attitudes can grow from a very young age.

Children are keen observers of what adults say and do, and are greatly influenced by them. When it comes to teaching respect, every adult influences a child's idea of what is right and wrong, whether or not they mean to. We can all have a positive influence on our young people, and set the standard for what is and what is not acceptable, right from the start.

Resources to help have been developed for the Aboriginal and Torres Strait Islander campaign which can all be found at the campaign website:

www.respect.com.au

VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START

October EVENTS



Wilcannia Weir Replacement

Community drop-in sessions

- WaterNSW is designing and constructing a new weir for Wilcannia to improve long-term water security for the town.
- A project team has been assembled to undertake the concept design and environmental approvals over the first 6 months.
- Come along and talk about the final location and how we are getting ready to build the weir during 2020.
- Information will be provided at Community BBQ's and an evening session.
- Everyone is welcome and we look forward to hearing from you.

Dates and locations: Starting at 11am a BBQ lunch at the following locations and dates:

- **Tuesday 22nd October** Kid's Playground Barkindji Dr - Mallee
- **Wednesday 23rd October** Wilcannia Bourke Football Ground - Hood Street
- **Thursday 24th October** Warralli Ave - Mission

An evening information session will be held between 5pm and 7pm at the Golf Club Bingo room on **Tuesday 22nd October** for those that are unable to make a BBQ lunch session.

More info: Email us - WilcanniaWeir@waternsw.com.au

1300 662 077

waternsw.com.au

[@WaterNSW](https://twitter.com/WaterNSW)



Did you know that smoking in or around your home or car can affect your family and friends?
Do you want to be part of Maari Ma's new Smoke Free Homes & Cars project?

ABOUT THE PROJECT

If you are a smoker, or have a family member who smokes inside the home or near the entry / exit of the house, then this program is perfect for you! Our Tackling Indigenous Smoking team can support you to monitor your carbon monoxide (CO) levels in your home using a CO monitor.

Incentives will be provided throughout the project.

If you have any questions about our Smoke Free Homes & Cars project, please contact Maari Ma's Tackling Indigenous Smoking (TIS) team on **8082 9777**.



Please remember that Maari Ma's TIS team is here to support you, whether you are considering quitting or even just wanting to change your smoking behaviours, we can help! We have trained health workers and specialist staff who can help you through your journey.



FAR WEST Academy of Sport

Follow us on Facebook
fwas.com.au

FWAS Under 18's and Under 16's Rugby League, Under 16's Ladies League Tag and Under 16's Netball Trials for 2020.

WHO IS ELIGIBLE?

Athletes that reside in the Far West Region (ie. area bounded by Lake Cargelligo-Lightning Ridge-Trangie-Broken Hill)

Rugby League Athletes (male) must turn 15 - 18 years of age in 2020

League Tag Athletes (female) must turn 14, 15 or 16 in 2020

Netball Athletes (female) must turn 14, 15 or 16 in 2020

WARREN

When: Sunday 3rd November, 2019

Where: Victoria Park, Udora Rd
WARREN 2824

Time: 9:30am – 1.30pm (Fruit platters and water provided)

Please note:

To be eligible for selection, **ALL ATHLETES MUST** trial at Warren on the 3rd November 2019.

If athletes are unable to trial on this date, a written explanation with your current team and Coaches details must be submitted via email to:

executive@fwas.com.au by Wednesday 30th October 2019

Transport

Athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring

Rugby League training gear, boots, water bottle, towel, tape for strapping if required & snacks.

NO Representative apparel – FWAS, Western Rams, Group 14 etc. to be worn at this trial.

How to enroll

Please apply via our web page fwas.com.au or by following the link on our Facebook page.

Phone (02) 6847 3638

Email executive@fwas.com.au

NOMINATIONS CLOSE

Wednesday 30th October, 2019

Supported by the



Mums & BUBS!



Congratulations to parents **Jodie Pearce** and **Paul Pearce** on the arrival of their new baby daughter, **Georgia Pearce**, born on the 19th of September, 2019, weighing 3505 grams.

Chloe was looked after by our Community Midwife **Tiffany Cattermole** and AHP **Bronwyn Johnson**. AHP Bronwyn was invited to support Jodie during her labour and birth. This was a first experience for Bronwyn. Bronwyn felt it was a privilege to be a part of this special time.



UNITED NATIONS CONVENTION ON A Child's Right to be Healthy

Article 24 You have the Right to be Healthy.

I like to be active, it's good for my body,
to run, to jump, to climb, to explore.

Creating is healthy for my mind,
discovering and playing all day.

I choose to eat a rainbow of foods to
grow me up strong, to give me energy,
to keep me healthy.

Crunchy green, raw orange, juicy red,
ripe yellow, sweet purple.

I choose water from the tap,
for sparkling eyes, clear skin and clean hands.

I am learning that I am what I eat,
I choose to be full of natural goodness.

Nurtured in the warmth of the Great Outdoors.
Healthy choices are good choices.
The choices I make today will shape

the person I will
become tomorrow.



lotterywest

Meerilinga
nurturing positive childhoods



Artwork by Kerry Jordinson 2014. Written by Fairy Queen Caroline.

MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

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.

Follow-up care

Our health workers will visit you to talk about your health and see how you are going with your medications.

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 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

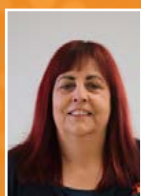
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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
Phone: 08 8091 5122
Fax: 08 8091 5911
Web: www.maarima.com.au



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS