# Meet the team...



Nurse Manager



Winch Centrelink Customer Service Advisor





### Maari Ma Health Balranald

95 Court Street Balranald NSW 2715

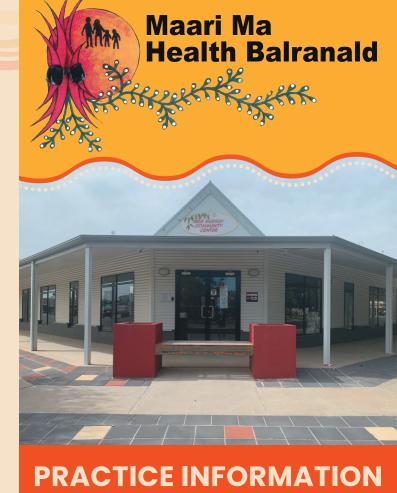
Ph: (03) 5020 0009 www.maarima.com.au



Maari Ma Health Balranald

**Opening Hours:** Monday - Friday 9am - 5pm





'Working towards better health for Aboriginal People'

Phone: (03) 5020 0009 www.maarima.com.au

#### **SERVICES**

Maari Ma Health Balranald aims to provide services to assist Aboriginal people and their families to achieve improved health outcomes within the community.

Our team consists of Registered Nurses, Social and Emotional Wellbeing worker, Administration staff and outreach services from



varying health professionals. We are available to all requiring access to the service. Call in to see how we can assist you.

Maari Ma means "coming together, working together" in the language of the Baarkintji people, traditional owners of the land in Far West NSW.

Vision: for Aboriginal people to live longer and close the gap; for families, individuals and communities to achieve good health, wellbeing and self-determination, supported by Maari Ma Health Balranald.

Come and see us - It's free! Services currently available:

- General Health Checks
- Wound Clinic
- Diabetes Clinic
- Mealth education
- Care Coordination
- Spirometry
- Pathology (bring your pathology slip)
- Child and Family Health Clinic
- Muuku Program (Smoker's program)
- Yapara Project (SmokeFree Homes Project)
- Counselling services
- Transport is available to and from the clinic on booking

Drop in or call us to make an appointment. Can't come to the Centre? Call us and we can make a home visit!

## **CENTRELINK SERVICES**

Government services—closer than you think
A local service can help you with Centrelink, Medicare
and other government programs and services.
Maari Ma Health Balranald is an Australian
Government Department of Human Services Agent.
Using their computers, you can log in to your myGov
account and do your business on the spot.
If you don't have a myGov account, the Agent staff will
help you to set one up.

There are phones for you to access phone self service or speak to a department service officer.

If you'd rather use your mobile phone or tablet, they've got free Wi-Fi available 24/7.

You don't need a password so you can get online straight away.

You can also use the Wi-Fi to download and install the Express Plus mobile apps.

The Agent staff can help you set up your digital services if you're not sure what to do.

You can also lodge forms, get your identity documents certified and pick up brochures. So next time you need to do some government business, drop in to Maari Ma Health Balranald.

#### **CENTRELINK HOURS:**

Tuesday 9am-12pm Wednesday 9am-12pm Thursday 9am-1pm





Aboriginal people with a diagnosed chronic disease can be referred to Marrabinya by their GP for assistance with specialist appointments, transport, accommodation, and medical aids. You might be eligible if:

- You are an Aboriginal or Torres Strait Islander person living in the region
- You have one of the following:
- Cardiovascular disease
- Diabetes
- Ohronic respiratory disease
- Chronic kidney disease
- Cancer
- Liver disease

Call in for more information.