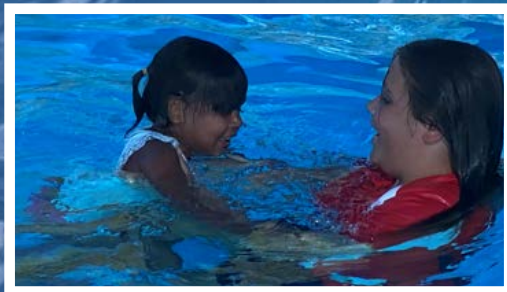
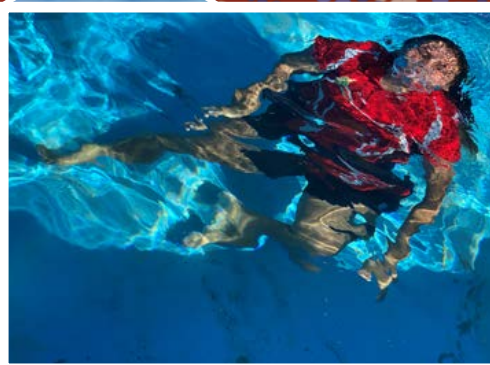


WINGS At The Pool

Children attending WINGS have been making the most of the warm weather by heading to the pool for their after school activities.

Going to the pool was designed to help stop the spread of COVID 19 and the kids have been having a great time while keeping COVID safe too. Executive Manager Aboriginal Health and Community Well-being, **Tegan Hinchey-Gerard**, says they've been coming to WINGS ready for the pool and after something to eat they head over there.



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Maari Ma Cycle of Care

HOW THE NDIS CAN HELP YOU

The National Disability Insurance Scheme or NDIS helps people with disability, their family, carers and the community. The NDIS helps people under the age of 65 with permanent and significant disability get care and supports. The NDIS will pay for reasonable and necessary supports that a person needs to live and enjoy their life. A disability is something in the body or mind that can make it hard for a person to do everyday things.



More information

You can talk to an NDIS representative, or the NDIS, at any time about your plan. You can also bring someone to your meetings.

For more information, please contact:

1800 800 110

[ndis.gov.au](https://www.ndis.gov.au)

enquiries@ndis.gov.au

Find us on Facebook/NDISAus

Follow us on Twitter @NDIS

For people with hearing or speech loss:

TTY: 1800 555 677

Speak and Listen: 1800 555 727

Indigenous Interpreting Services

The Local Area Coordinator can arrange an Indigenous interpreter if English is not your first language.

Other supports

Aboriginal and Torres Strait Islander people aged 50 years and over may be eligible for support through the My Aged Care program. For more information visit myagedcare.gov.au.

Maari Ma Primary Health Care Service



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

www.maarima.com.au

admin@maarima.com.au

www.facebook.com/maarimahealth/

COVID

WHEN CAN I LEAVE SELF-ISOLATION?

If you have no symptoms at Day 7

You must self-isolate for 7 days from the day you were tested. You can only leave self-isolation after 7 days if you do not have a sore throat, runny nose, cough or shortness of breath.

If you had a PCR test or you have registered your positive rapid antigen test, you will receive an SMS from NSW Health, but you do not have to wait for this SMS to leave self-isolation if it has been 7 days since you were tested. For example, if you were tested at 10am on Tuesday, you can leave isolation at 10am on the following Tuesday if you do not have any of these symptoms. You do not need to test before leaving self-isolation in NSW.

Wear a mask when near to or talking to other people and avoid visiting high risk settings (health care, aged care, disability care or correctional facilities) for a further 3 days. If you work in one of these settings speak to your employer before returning. If you have a severely weakened immune system (such as you are a transplant recipient or are receiving chemotherapy) you should take these additional precautions for a further 4 days (a total of 7 days following release from isolation).

If you have symptoms at Day 7

If you have a sore throat, runny nose, cough or shortness of breath in the last 24 hours of your isolation, please remain in isolation until 24 hours after your symptoms have resolved. If you are not getting better or you are concerned, call your GP.

Wear a mask when near to or talking to other people and avoid visiting high risk settings (health care, aged care, disability care or correctional facilities) for a further 3 days after you leave isolation. If you work in one of these settings speak to your employer before returning. If you have a severely weakened immune system (such as you are a transplant recipient or are receiving chemotherapy) you should take these additional precautions for a further 4 days (a total of 7 days following release from isolation).

If you have other symptoms after 7 days (eg fever, headaches) which are not getting better you can leave isolation but you should contact your GP.

If you are under the care of a clinical team, your team will tell you when you will be released from isolation.

DO I STILL NEED TO HAVE TESTING AFTER I HAVE BEEN RELEASED FROM SELF-ISOLATION?

Routine COVID-19 testing (such as workplace and school surveillance testing) is not recommended for 28 days after you are released from self-isolation. Check with your manager.

Big Smiles All Around



The child dental team visited Wilcannia Central School on Tuesday 16th of March.

Dental assistants, **Jayde Flentjar** and **Robyn Cattermole**, kicked off the sessions by reading an interactive book about teeth, function, healthy/ not so healthy foods and party bugs!

Jayde and Robyn provided fun activities for the kindy – y2 kids by getting them to draw food and party bugs on their laminated teeth and then, through demonstration with Maggie the dragon, the kids brushed the bugs off!! Dental Therapist **Megan Hurst** said the kids had a great time with their happy teeth smiles at the end!!

Years 3 and 4 did a lucky dip after answering dental questions correctly.

Megan sat in with the year 5/6 students and interactively discussed a word find.. naming the work... finding it and discussing what it meant. Such as Plaque (soft white stuff made of bacteria that causes tooth decay if not brushed off twice a day). Discussions also included healthy / unhealthy foods and recommended daily intakes.

The dental team are looking forward to having more classroom visits with Wilcannia Central High School and preschool kids.

The child dental team are available every Tuesday. Schedule an appointment through the Health service.



BROKEN HILL

MENINDEE

WILCANNIA

**SUPPORTING MEN AND WOMEN WITH
TRAUMA, GRIEF, VIOLENCE & LOSS**

KALYPI PAAKA MIRIKA

Healing Program

HELPING OUR MOB

- **RECONNECT WITH COUNTRY**
- **CREATE POSITIVE CHANGE**
- **CONNECTING WITH COMMUNITY**

Group sessions
Individual follow-ups
No referral needed

**Call Maari Ma on:
08 8082 9777**





Kiila Laana at Maari Ma

Published by Sharon Hooker · 2 hrs ·



🎉 We're always trying to improve and listen to what you want. To do this we need to hear from you, our 📢 Facey's followers 📢. So please take a short minute to complete the survey.

The survey can be anonymous, you have the option to skip the contact detail page.

<https://www.surveymonkey.com/r/NNQGDXL>



SURVEYMONKEY.COM

Can you spare a few moments to take my survey?

Please take the survey titled "kiilalaana branding survey 2022". Your feedback is important!

During the first week of March, the killalaana team held a survey to determine how and when the information about the programs is being heard. Questions asked pertained to where the audience is most likely to receive information such as T.V and radio stations along with knowledge of the Facebook page, yapara & muuku programs. The information will help the kiilalaana team better promote and deliver the programs.



The kiilalaana Facebook page gave away a \$200 Foodland voucher in early March. To enter the draw, the page asked followers to comment on who they think is a good role model. All the answers reflected family-inspired role models, such as nieces, nephews, parents, and elders. Facebook follower **Neisha Anton'xo Lavers** took home the prize.



Easter Holidays

School holidays started on Monday 11th until Friday 22nd April.

Find out what activities happened during the school holidays by following the WINGS drop in centre Facebook page.

Easter long weekend started on Easter Friday the 15th of April. A special time family and friends get together and build lasting memories. With COVID still about and the flu season upon us, make sure you pop into the health service and have your family vaccinated: from ages 5 years and up (2 jabs) and boosters for everyone 16+ and have piece of mind you and your family are fully protected from severe disease.



*WINGS school holiday program out soon.
Follow on Facebook.*



*Are you protected against COVID? Health service
now administering COVID vaccine from 5 years old.*

Pancakes

Not your ordinary pancake. This Easter use this opportunity to get creative in the kitchen. Use these pictures as inspiration. Cut fruit up and cook batter to the required shape. Let the kids decorate with the freshly cut fruit. This recipe is a healthier version but you wouldn't know it. Give it a try!

Ingredients:

1 small ripe banana
1 medium egg
2 tbsp. wholemeal self-raising flour
Oil spray

Instructions:

Step 1. Mash banana in a bowl until smooth. Whisk in egg and flour until smooth. Set aside for 5 minutes

Step 2. Lightly coat your pan with oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter and cook for 1-2 minutes each side.

Step 3. Wipe skillet clean and repeat with more oil and remaining batter.

Step 4. Decorate with fresh fruit.



Easter Activities

Would you like to make an Easter Hat? Here's what you need:

Printed stencils / colour in pencils / scissors / sticky tape.

Over the next two pages is a stencil of the Easter Hat. Print this out and colour in.



Step One: Cut out the images.



Step Two: Sticky tape the ears to the back of the head of the bunny.



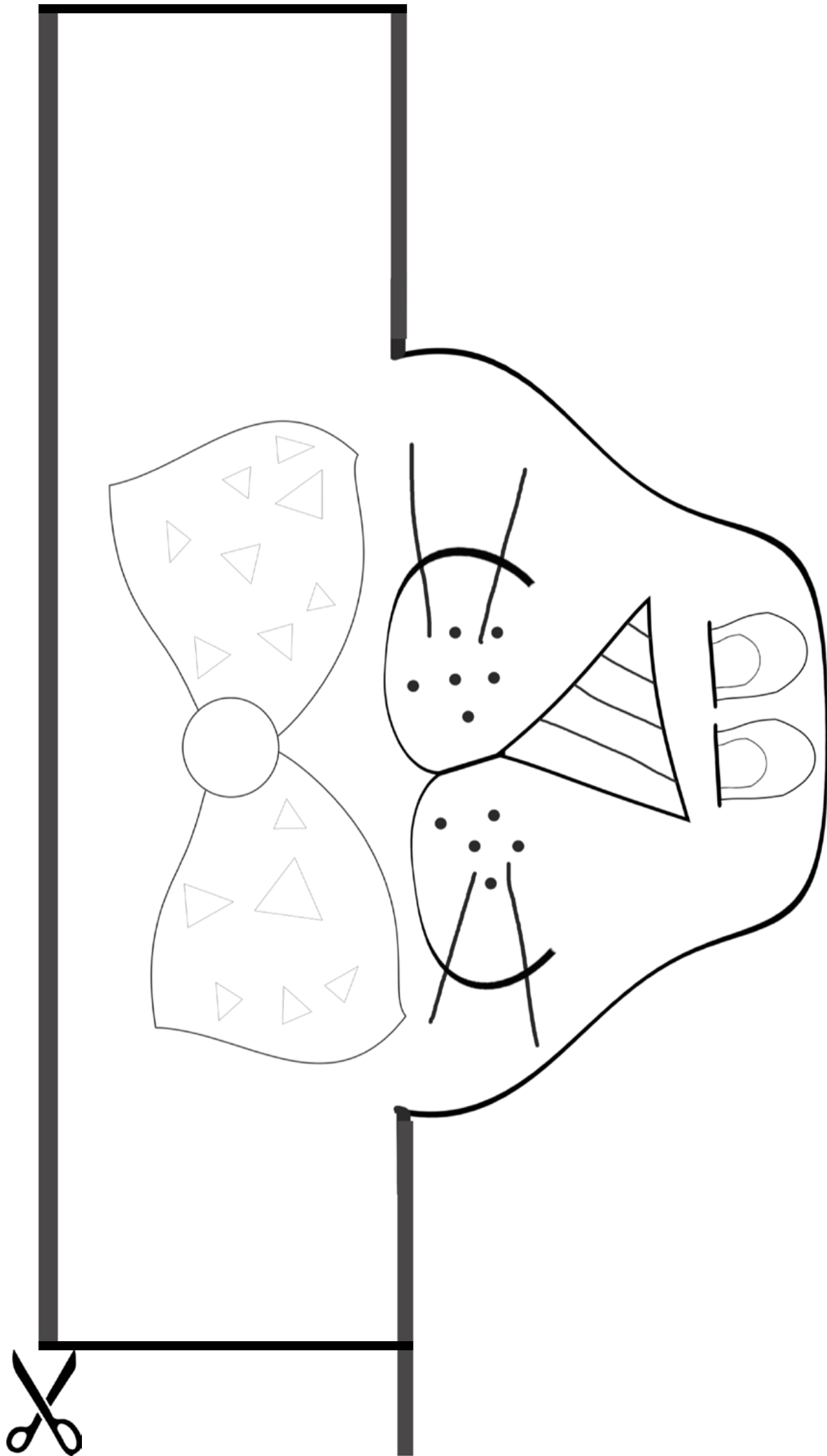
Next Steps:

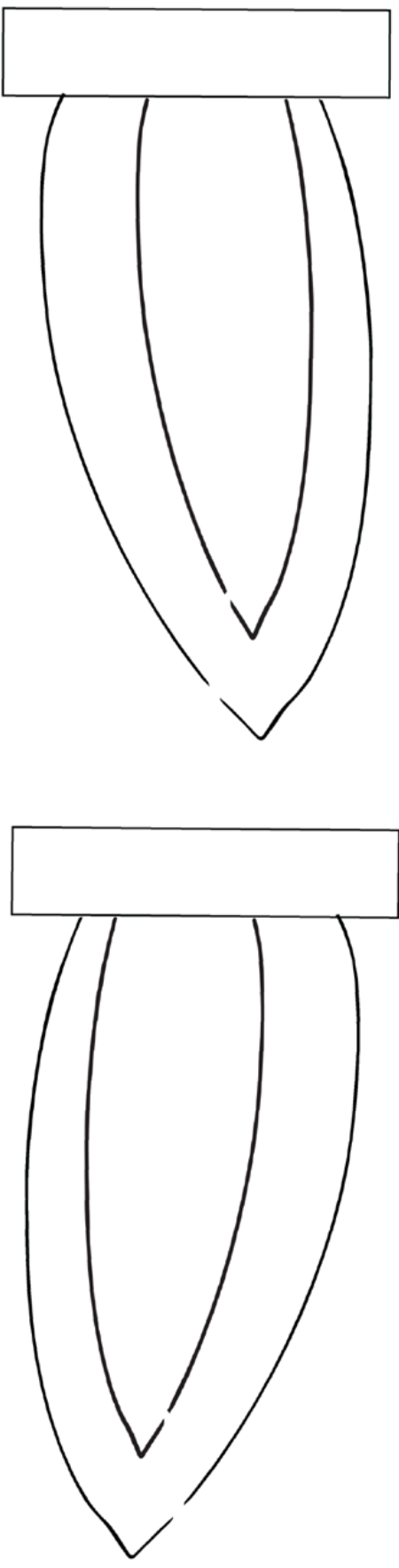
Sticky tape the paper strips to the sides of the Bunny head; one on either side of the bunny head.

Take note that the wording is correct and not upside down or in reverse.

Bring the two strips together around your child's head and secure strips with sticky tape.







HAPPY



EASTER

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 2017 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
Psychiatrist
Child and Adolescent Psychiatrist
Pain Specialist

Wilcannia Health Service

14 Ross St,
Wilcannia, NSW 2836
Phone: 08 8091 5122
Fax: 08 8091 5911

Web: www.maarima.com.au

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



Tegan Hinchey-Gerard
Executive Manager
Aboriginal Health and Community Wellbeing



Nola Whyman
Executive Manager
Operations



Kendy Rogers
Service Manager:
PHCS