

A MESSAGE FROM MAARI MA CEO,

Bob Davis

What a year!

Since March, Maari Ma's staff have been very focused on getting as many people as possible vaccinated against the coronavirus and I am pleased to see so many people have taken up this protection.

When COVID did finally come to our communities, I was equally pleased to see our staff going above and beyond to help our clients: supporting people in isolation with welfare checks, delivering groceries and medications, just calling to chat and check on people's emotional wellbeing. It was a difficult time for everyone but the strength of our people shone through. And now the river is up, the lakes are full and it's Christmas.

Maari Ma will be closed for the Christmas break but we look forward to seeing you all again in the new year, for your regular chronic disease checks, and the new COVID booster shot.

Enjoy time with your family, connect with country, refresh your spirit.

*Merry
Christmas*

MAARI MA CHRISTMAS AND NEW YEAR HOURS

Make sure to check you have enough of your regular medications.

Wilcannia Primary Health Service will be closing at 3pm on Thursday the 23rd December and reopening on Tuesday 4th January.



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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/)

EARLY YEARS



MISSOURI
COMMISSIONER
OF EDUCATION'S
COMMITTEE ON

**Parents
As
Teachers**



Back—Tina O'neil. Briony Callaghan. Valerie Bugmy. Michelle Parker. Krista Tatt. Front— Caroline Hunter. Adah Etrich. Shanisha Harris.

Congratulations to the Early Years team that have recently completed 21hrs virtual training in the Parents as Teachers program.

Parent as Teachers develops curricula that support a parent's role in promoting school readiness and healthy development of children. The approach is intimate and relationship-based. Embracing learning experiences that are relevant and customised for the individual needs of each family and child.

Farewell Loi Zanette



Loi Zanette has left after 18 months service. Loi was to retire in February 2022.

Due to the Covid-19 restrictions, Loi has not seen his family for almost 6 months.

Granted approval to enter SA, Loi brought forward his retirement by 3 months. We wish Loi all the best and hope to see him again in Wilcannia in the future.





FOLLOW THE KALYPI PAAKA MIRIKA TEAM ON FACEBOOK.

Kalypi Paaka Mirika, Barkindji language for “Clear River Ahead” is how we at Maari Ma aim to work through and understand how identity loss, violence, stress, trauma, loss and grief are affecting our communities in Far Western New South Wales, in particular Broken Hill, Menindee and Wilcannia.

Kalypi Paaka Mirika is a 5-day program which focuses on the strength of our culture and builds skills to recognise stresses and set goals, to understand the effects of transgenerational traumas, and to learn how we can help deal with such issues.

If you are 18yrs and older and you would like to join or find out more about the program please call one of the healing program team at Maari Ma 80829777.



Wilcannia Weir Replacement Project Community drop-in session

Water Infrastructure NSW invites members of the Wilcannia community to come to our drop-in session on 8 December so we can update you on progress being made on the project to replace the Wilcannia Weir.

We know how important this new weir is to your community in providing a secure source of water for the town, a healthier river and improved fish passage.

Come along to a drop-in session to find out about:

- how you can have your say during the public exhibition of the Environmental Impact Statement proposed for early 2022
- the updated project timeline and progress to date
- how to register your business to potentially work on the project.

Wednesday 8 December 2021
Between 9am - 11am

Wilcannia Community Hall
corner of Woore and Myers Street, Wilcannia

We are looking forward to meeting with you and listening to your feedback, so please come along.

For more information about the Wilcannia Weir project:

- visit dpie.nsw.gov.au/wilcannia-weir
- @ email wilcanniaweir@dpie.nsw.gov.au
- call 1300 081 047



COVID-19 plans will be in place to meet NSW Health COVID-19 protocols.



Some tips to help manage smoking and vaping over the Holiday Season...

Plan ahead:

Make sure you have plenty of Nicotine Replacement therapy like patches, gum, oral mouth mist, inhalators & lozenges. Use it liberally. You may need to use more over the holiday season than you normally would to manage cravings

Practice being a Non-Smoker; it is okay to say NO thanks. You may even find that your family and friends are more supportive than you think.

Start a new Christmas Tradition: make your home a smoke-free zone or choose a new holiday destination that doesn't remind you of smoking.

Know your triggers:

Reduce your caffeine intake; only drink half the coffee, tea, iced coffee, pepsi, coke or any other caffeinated soft drinks you normally drink.

Reduce your alcohol intake. Drink a citrus drink like orange juice in between alcoholic beverages. You could even have some fun making some festive mocktails instead.

Avoid other people's smoke, don't breathe it in. After so much time apart it will be a blessing to spend time with family, but stepping away for a few minutes does not mean isolating yourself. Take the opportunity to go have a yarn with family who don't smoke.

Get ahead of your cravings and use the NRT like gum, spray or the inhalator before you experience a need to smoke. For example, if you always feel like a cigarette when you

wake up or after a meal this is the time to use NRT products.

Try doing a short burst of exercise for a minute like some sit ups, star jumps or squats when you have a craving.

Get Support:

Smokers planning to quit do better reaching their goals with support. Talk to you GP or Health worker about joining the Muuku Program. You can contact the Kiila laana team at Maari Ma or link in via their Facebook page.

Christmas can be a stressful time for many of us and talking about your feelings and challenges can help in reducing your cravings. Maari Ma has a Social and Emotional Wellbeing team with counsellors available. Lifeline has a 24 hour/7 days a week counselling service available on 131114.

Download a Quit App to help keep you motivated and stay on track like "My Quitbuddy".



Emu bush in the colours of Christmas



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

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