

Wilcannia

PARENTS AS TEACHERS PROGRAM

Congratulations to the Wilcannia Early Years team, families and the young children on their success in graduating end of last year from the Wilcannia Parents as Teachers Program.

In July 2018, the Department of Education approved funding for the home based program which was written and developed by Maari Ma's Wilcannia Early Years team. The focus was on capacity building parent and child play interactions the year before the children attend the local preschool. Maari Ma's Wilcannia Early Years team developed play based activities and delivered these in each of the homes every fortnight. The feedback received from parents, kids and elders were all very positive.

Thank you to Wilcannia Early Years Coordinator, **Valerie Bugmy** and Early Years Support Workers, **Shaylin Whyman** and **Shanisha Harris** on all your work on this program.

The Wilcannia Parents as Teachers program was a great success this year thanks to the dedication of the Wilcannia Early Years team and the support of the families, and the Wilcannia community.



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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/)

TACKLING Indigenous Smoking



★ 20-30 MINUTES

Blood pressure and pulse drop. Hands and feet start to warm up.

★ 8 HOURS

Carbon monoxide in your blood drops while oxygen increases.

★ 48 HOURS

Senses of taste and smell improve.

★ 72 HOURS

Bronchial tubes relax.

★ 2 WEEKS to 3 MONTHS

Circulation, lung function and stamina improve.

★ 1 to 9 MONTHS

Coughing and sinus congestion decreases. Lungs are better able to clear mucus, keep clean and reduce infection. Overall energy increases.

★ 1 YEAR

Risk of heart disease drops to half that of a smoker.

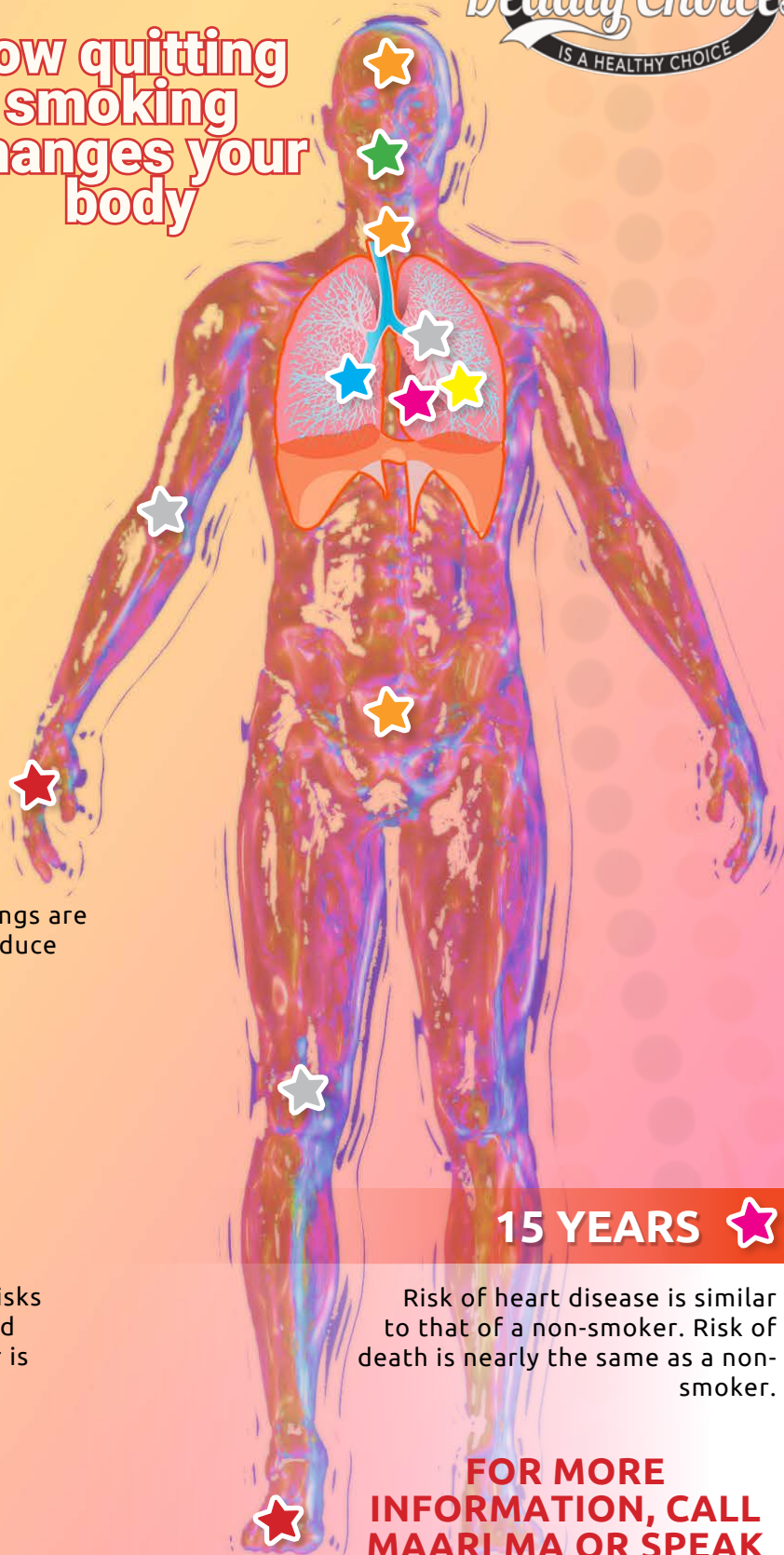
★ 5 YEARS

Risk of stroke is the same as a non-smoker. Risks of cancer of the mouth, throat, esophagus and bladder are cut in half. Risk of cervical cancer is the same as a non-smoker.

★ 10 YEARS

Lung cancer risk is half of that of a smoker. Risk of pancreatic cancer is roughly the same as a non-smoker.

How quitting
smoking
changes your
body



15 YEARS ★

Risk of heart disease is similar to that of a non-smoker. Risk of death is nearly the same as a non-smoker.

**FOR MORE
INFORMATION, CALL
MAARI MA OR SPEAK
WITH YOUR HEALTH
PROFESSIONAL**

NSW cycling laws at a glance:

- *Drivers must leave one-metre gap when passing a cyclist at 60kph or less.*
- *Drivers must leave 1.5 metres when passing a cyclist and the speed is more than 60kph.*
- *Drivers are allowed to straddle the centre line to pass a cyclist if they have a clear view of the road ahead and it is safe to do so.*

The penalty for drivers not allowing the minimum distance is a \$319 fine and two demerit points.

Bicycle riders aged over 18 must carry photo ID from March 1, 2017.

From March 1, 2017, riders will be fined \$106 if they do not have photo ID on them when stopped for breaking road rules.

Increased penalties are in place for cyclists who do not wear a helmet, run a red light, ride dangerously, hold on to a moving vehicle, do not stop at pedestrian crossings. Cyclists are advised they should allow one metre of space from pedestrians on shared paths.

Cyclists must carry photo ID

All bicycle riders aged 18 and over will be required to carry photo identification.

Cyclists who are suspected of committing an offence can be requested by a New South Wales police officer to show ID.

Riders have 12 months to "adjust to the new law", according to Transport for NSW.

Photo ID includes a current Australian or international driver's licence, NSW Photo Card, a passport, or a photo of the ID on a mobile phone or electronic device.

The new law was at the centre of protests outside State Parliament in February 2016 when cycling advocacy groups delivered a petition with 10,000 signatures calling on the Government to scrap the new law.

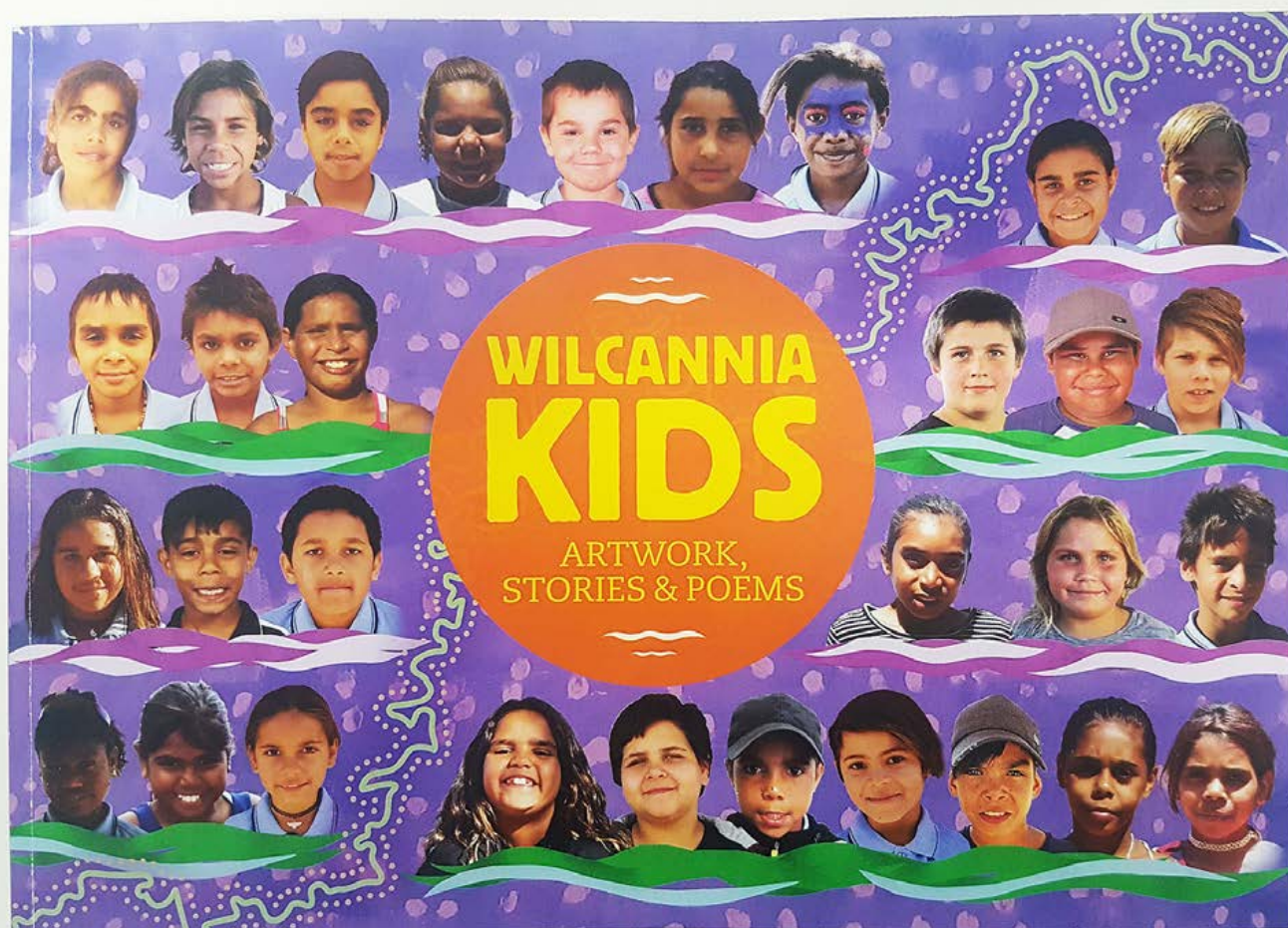


Fines for cyclists

- Riding without a bicycle helmet: \$319
- Riding through a red traffic light: \$425
- Riding furiously, recklessly or negligently: \$425
- Not stopping at pedestrian crossing: \$425
- Riding a bicycle that is being towed by a motor vehicle: \$319

Wilcannia Kids Artwork, Stories & Poems

A wonderful keepsake for Wilcannia Central School kids and their families is a book facilitated by Dr Vic's wife Jane, and Wilcannia local, Karin Donaldson, which showcases artwork and accompanying stories depicting everyday and magical scenes of family, culture and the environment.



Karin and Jane worked with each child to help them tell their story through art and words. The children's contributions have all been compiled into a wonderful book.

WINGS



WINGS helped provided some holiday fun with Fair Game from Sydney who came out and run some activities at the pool and they also provided activities at WINGS around healthy eating and on how to clean your teeth.

Fair Game do a lot of work in outback communities and this is the second time they have come to Wilcannia. The kids enjoyed having them here.



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

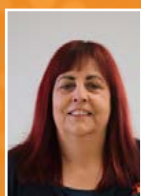
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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Kendy Rogers
Service Manager:
PHCS