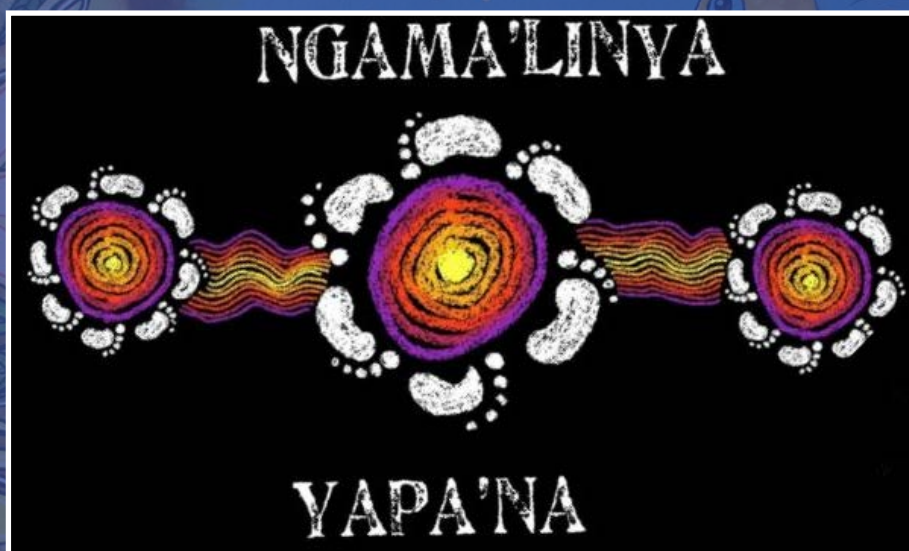


Ngama'linya yapa'na

We are very pleased to showcase the new logo for our newly named Ngama'linya yapa'na team (previously known as Healthy Start or Child and Family). Following a community competition we are super excited to unveil the winning entry by **Frances Dutton**.



It's a beautiful rendition of the Barkindtji translation of 'a mother and child on track/on a track'.

Frances says:

“ I am a 19 year old Barkandji woman from Wilcannia. Art has always been something that I have enjoyed doing so when I saw that Maari Ma were looking for a new logo for their healthy start program I thought I'd give it a shot: this is my first time to ever design a logo.

“My logo resembles a mother and baby/babies on tracks: the mother being the bigger footprints in the centre and the baby/babies being the smaller ones on the outside of the mother's. They are all connected as the mother is leading the babies.

“I was glad to have the opportunity to be able to try something new and design a logo and am very grateful that mine was chosen, as I have just recently had a baby myself and attended the healthy start program that is now known as Ngama'linya Yapa'na.”



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Maari Ma Cycle of Care



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/

WELCOME *New Staff!*

Please call in to the Wilcannia Health Service and say hi to Maari Ma's new manager, **Trish Bell**, if you haven't already met her. She has come to Wilcannia from New Zealand via the NT and Adelaide. Welcome Trish!



Welcome our new Pharmacy intern, **Blake McCallum**. This is our 4th year of intern pharmacists from Outback Pharmacies working at Maari Ma (many community members may recall previous interns **Simon Wark** in 2018, **Karen Whelan** in 2019, and **Jay Varatharajan** last year). Blake is from Booleroo Centre in the southern Flinders Ranges.

"I grew up on a small sheep farm in rural SA and ended up studying pharmacy in Adelaide but I decided I wanted to come back to a regional area to make more of a difference and be part of a community. Already loving Broken Hill after one week of being here! You might also see me at the pharmacies around town so feel free to say hey and have a chat. Hoping to learn lots and really make the best of my time here at Maari Ma in the next 12 months."

This is **Jess Gallagher**, our 2nd pharmacy intern with Outback Pharmacies, Maari Ma and the hospital. "I've come to Broken Hill from Bendigo in Victoria to experience what it is like to live and work in a rural setting. Feel free to come and say hello because I would love to meet you! "



Say hi to **Catherine**, our new dietician working with kids, teens and pregnant women. She grew up in Dubbo and studied in Canberra.

"Growing up in Dubbo and my university placement in Darwin ignited my interest in Aboriginal and Torres Strait Islander healthcare. I am looking forward to getting to know the clients and communities and working together to achieve their goals." Welcome, Catherine!



Dr Chris Hunt is one of our new GPs: he is from Adelaide.



Dr Claire Arundell is also a new GP. She is from Victoria.

Wilcannia COMMUNITY DINNER



On the 28th of January we had our first community dinner of the year at Nginnina Kurli (Courthouse Cafe.) The open mike night is going to be a regular feature on the last Thursday of the month. Maari Ma's new dietician **Arnika** was really grateful for the warm welcome she received from everyone.

I think it was unanimous that her quiche recipe was a hit. Try it at home. A big thanks to all our volunteers especially **Kianna** and **Myeisha** who helped with cooking, set up and did some singing on the night. Kianna won the volunteers prize of a mixed box of fruit veg and staples.

A big thumbs up from everyone for this month's recipe:

Spinach and Bacon Quiche

Serves 4

6 eggs

½ cup milk

½ cup grated cheese

1 tsp French onion soup powder

1 cup fresh shredded spinach OR ½ cup frozen spinach defrosted and drained

½ cup cooked diced bacon OR ham

1-2 tomatoes thinly sliced



Whisk together eggs, milk and French onion soup powder. Stir in grated cheese, spinach and bacon. Pour into a baking dish (spray with oil or line with baking paper) and top with tomato. Bake at 180 degrees until cooked through (approximately 30 minutes). An electric fry pan also works well if making larger quantities – cook on medium heat with the lid on.

We also played some old movies of parades in Wilcannia from the early 2000's. Had a quick preview of the films 'This is Water'. They were made by **Otis**, (at the pool) and his friend. They made them during the protests last year.

You can find them at

www.homelanders.com

Community Dinners will be held on the last Thursday of each month at the Courthouse Café. Come along between 6pm and 8pm and join us for great food and company. Anyone who volunteers to prepare the meal will go in the draw to win a fruit and vegetable hamper. See you there!



Did you get to the free screening of High Ground in Broken Hill?

Set against the stunning landscapes of 1930s Arnhem Land, HIGH GROUND chronicles young Aboriginal man Gutjuk, who in a bid to save the last of his family teams up with ex-soldier Travis to track down Baywara - the most dangerous warrior in the Territory, who is also his uncle. As Travis and Gutjuk journey through the outback they begin to earn each other's trust, but when the truths of Travis' past actions are suddenly revealed, it is he who becomes the hunted.

"High Ground" is an Australian thriller/mystery filmed in Kakadu National Park and Arnhem Land. (rated MA15+)

"A gripping, visually spectacular revenge thriller that makes superb use of stunning landscapes while also addressing the lingering scars of colonial-era racism." (Hollywood Reporter)

"In the magnetic Nayinggul, superb as the boy on the brink of manhood who must choose whether to reject anger or embrace it, the film showcases a notable new talent." (Screen International)

Have you heard of the Tertiary Access Payment?

This is a payment to help students with the cost of moving from outer regional or remote areas for tertiary study. The Tertiary Access Payment is a one off payment of \$5,000 paid in 2 instalments. It's to help eligible students with the cost of moving to study. This is for study after you've finished year 12 or equivalent.

If you're a university student, you must check your eligibility and claim the payment through your university. You can claim with your university if you're studying either:

- a higher education course
- a higher education Diploma that is eligible for FEE HELP.

If you're studying a Vocational Educational and Training (VET) course at a university you must claim through Services Australia. Eligible VET courses can be any of the following:

- Certificate IV
- Diploma (other than a Higher Education Diploma eligible for FEE HELP)
- Advanced Diploma.

You must also claim the payment through Services Australia if you're studying at a VET or higher education non-university provider.

To get the payment you need to meet some rules. These include:

- moving from an outer regional or remote area for tertiary study
- starting tertiary study directly after finishing year 12 or equivalent with no gap year.



Census

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2021 Census Field Manager

\$36.90 per hour (incl 25% loading) + super

(Contract/Temporary)

Roles start from May 2021

Earn extra income

Apply now: **censusjobs.adecco.com.au**

Adecco

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.



Kendy Rogers
Service Manager:
PHCS

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

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