



NEW YEARS RESOLUTION: Quit Smoking!



The Kiila Laana team understand the efforts made by every pledger to continue to pave a path towards a smoke-free future, so in December the team gladly meet with the current participants and presented a \$250 grocery voucher to each pledger for continuing to engage with the program and making small but important steps in reducing their tobacco intake.

The vouchers were from the kiilalaana program, an incentive to inspire participants to stay focused on the end goal of being tobacco-free. Kiilalaana's media Project Officer **Sharon Hooker**, said the gathering was relaxed and offered an opportunity for community members thinking of quitting to come along, meet the team and talk to others who have joined the program. Sharon said it was important to provide an activity as well, such as homemade body products using easily accessible ingredients such as Honey, Coconut Oil, and Sugars. This provided a relaxed atmosphere which resulted in a lot of laughs and interesting body product results, and also allowed pledgers to openly discuss any struggles or questions about their smoke-free journey.

JOIN ANYTIME!

1. Call Wilcannia Health Service and schedule an appointment with a health worker or GP.
2. Speak to the health worker or GP about joining kiilalaana's muuku program.

The Doctor will forward your contact details to kiilalaana and a team member will be in touch.



Muuku pledgers in Balranald said the vouchers are a welcomed gift especially at this time of year.



Paige Winch, Brittany Mitchell,
Rebecca Tier, Louise Murray,
Kelvin Murray



Viv Degoumois and
Marlene Fleming from
Broken Hill



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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/

STRONG YOUNG FAMILIES

The children at Wings are getting a privileged experience – being taught circus skills by a circus artist. **Louise Moriarty** of Strong Young Families has these skills among many others and eight children are very engaged each Thursday during their lessons, attending consistently and showing real talent. It's hoped we'll get the Flying Fruit Fly Circus from Albury to come out to Wilcannia to work with the kids and put on a performance for the community this year. The Flying Fruit Fly Circus is Australia's national youth circus and the only full-time circus school for people aged between 8–19 in Australia.

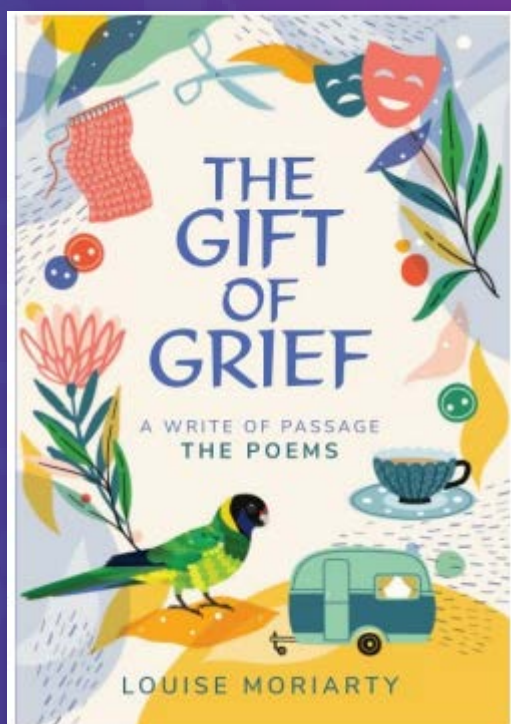


Helping the Grieving Process

Congratulations to **Louise Moriarty** from Strong Young Families who has published a book to help people who have lost loved ones - called *The Gift of Grief*.

About the Book

There is no more defining time than the passing of your Mother. We grasp for words to honour and understand. Often we fear the feelings that overwhelm us unannounced. Explore with Poet Louise on her journey of acceptance. Write in this journal as you unpack your thoughts and experiences. Creating an heirloom for your family, that is a gift. This wisdom of yours will be with your family in their time of need. Expression is healing. Insight your guide.





ENTRIES FOR THE **NATIONAL NAIDOC WEEK**
POSTER COMPETITION NOW OPEN!

If you are aged 13 years and over the National NAIDOC Committee invites you to submit your artwork for the 2022 National NAIDOC Poster Competition!

The winning artist will receive a \$10,000 cash prize (tax free) and their artwork will be used as the official 2022 National NAIDOC Week Poster. Additionally, they will receive a ticket for themselves and one guest to the National NAIDOC Awards ceremony.

In previous years, the winning artwork has been used to wrap public transport, used as the backdrop for a current affairs program, and was even on display at Expo 2020 in Dubai!

You can submit your poster by visiting the NAIDOC website and filling out the online form.

<https://www.naidoc.org.au/news/2022-national-naidoc-poster-competition-now-open>

**Entries for the poster competition close
14 March 2022 at 11:59PM (AEDT).**

Welcome!

Maari Ma welcomes **Jeanette Rogers** who has accepted the role of Wilcannia Clinic Coordinator. We look forward to working with you Jeanette!

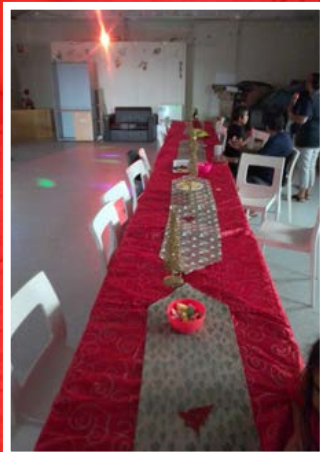


WINGS Drop-in Centre Christmas Party!

There were many smiling faces and squeals of delight as the kids saw Santa entering the building. It was a day of celebration just before Christmas at the WINGS drop-in center, after a tough year for Wilcannia.

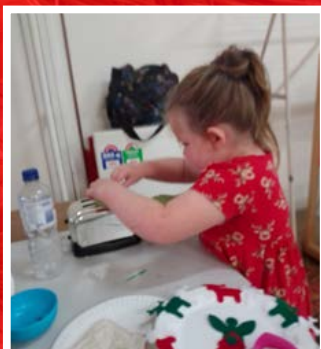
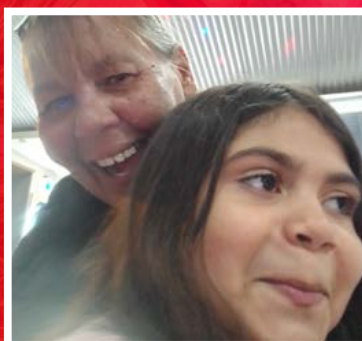
The photos depict a relaxed day with plenty of activities to keep the kids entertained as they waited for Santa to arrive. Around 45 kids attended and Santa handed out gifts to each child. Some of the gifts received were remote control cars, paint kits, arts and crafts sets, board games, and colouring-in stencils.

Maari Ma Early Years program officer **Lee-Ann Adams** prepared the lunch with help from the HIPPY team's **Tina Barraclough**, Early Years Team Leader **Valerie Bugmy**, Early Years team members **Shanisha Harris** and **Carolyn Hunter** along with the help from **Aunty June Jones** who prepared a roast dinner of chicken and beef, ham, cold meats, and salads.



WINGS Drop-in Centre Christmas Party

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WINGS Drop-in Centre Christmas Party

...continued





Census

Communication Officer Census Communications | Communications and Parliamentary Branch People, Culture and Communication Division of Australian Bureau of Statistics **Haidee Allan** sent in this message thanking everyone.

Hey you Mob!

A massive thank you to the residents of Wilcannia for participating in the 2021 Census. The 2021 Census count in Wilcannia couldn't have been possible without our wonderful local Census Field Officers.

A special thanks to **Murray Wilson, Belinda King, Erica Mitchell, Allison Whyman, Kelly Bates, Jay Johnson** (not pictured), and **Kerry King** (not pictured) for all their hard work to ensure community members' voices were included during the Census and for the support they gave our ABS Staff (**David Keys** - pictured).

Census data will be released in late June 2022. The data is used by businesses and community organisations to help plan local services.



WINGS school holiday fun kicked off the new year with activities including tie-dyed shirts & bags, making paper lanterns, movie night and activities at the local pool. Local police cooked a BBQ with the help of the children earlier in the year and a blue light disco was held on Thursday 27th January.





Indigenous Art Competition

caring@home for Aboriginal and Torres Strait Islander Families is a national palliative care project and is holding an Indigenous Art Competition to raise awareness about palliative care in the community.

The theme is 'Journey to Dreaming at Home'

Entries should focus on how care at home can help a person have a good end-of-life journey. Themes could include embracing spirituality, being with family, friends and community and/or connected to Country.

The artwork

Can be drawn, painted or printed on paper, canvas, or other similar medium or created in digital form. *Photography, film/video, ceramics or sculpture are NOT eligible for this competition.*

The artist

Aboriginal and/or Torres Strait Islander artists, over 18 years of age are eligible to enter.

The prizes

A range of cash prizes will be awarded, including a first prize of \$3,000.

ENTER ONLINE NOW

More information:

caringathomeproject.com.au

Important Dates:

- Entries open 20 October, 2021.
- Entries close 25 February, 2022.
- Winners announced 17 March, 2022.



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

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