

Starting School

Starting school can be stressful for everyone: mum and dad and murrpas! Starting school is exciting but can also be a bit scary. Some children are shy and anxious in new situations and find it hard to be apart from you. Here are some ideas:



Talk positively about going to school, making new friends and doing exciting new things like learning new songs, painting and playing outside.

Encourage your child to talk about how they're feeling before, on, and after the first few days.

Your child needs a good night's sleep for their brain to be ready to learn (about 10 to 12 hours). Set up a nice, relaxing bedtime routine – a drink, bath, brush teeth, cuddle, story, kiss and 'goodnight'. Set a regular time for bed.

Read lots and lots of books. Have a special time each day to read stories together – sit comfortably so your child can see the book and your face, and you can see theirs.

To help your child manage going to the toilet at school, give them lots of practice to undo, pull down and do up their clothes, flush the toilet and wash their hands, all by themselves.

Practice putting shoes on and doing them up, opening their lunchbox and water bottle on their own, and unwrapping sandwiches. All of these skills will make their start at school much easier.

Talk to the N'gama'linya yapa'na team (Healthy Start) if you have any questions or concerns.

The school term starts for the majority of primary schools in the western zone from Wed 3 Feb (check with your school for your murrpas start day: kindy kids often start on a different day to the other kids). Good luck!



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Murdi Paaki



Maari Ma Primary Health Care Service

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



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www.facebook.com/maarimahealth/

Wilcannia

NAIDOC CONCERT CELEBRATIONS

The WCS attendance officers team, Red.i, Safe House staff, Maari Ma's community programs, Health service staff, Uniting Care and so many others contributed in some way to make our NAIDOC family and community celebrations another huge success. In particular, thanks to the Golf club for their donation of their Xmas fireworks for this event in this unusual year. The Shire also supported the event with all the boxes ticked for a safe and successful event.

The entire performance was full of the amazing talent from our local area. Bands, singers and dancers were all proud people who currently live and work along our great Baarka.

Although we had some sorry business on both sides of the event, it is wonderful that the entire community came together to celebrate the great strengths of our wonderful town and the culture that thrives in Wilcannia.



**Naidoc
Community
Celebration
2020**



Special thanks to the Golf Club, for mad fireworks
and Maari Ma for community dinner.



Well done to all the performers,
dancers, bands and singers.



Disability Royal Commission

The First Nations Engagement team from the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability came to visit Maari Ma in December. They are keen for First Nations people with disabilities, or their families, to share their experiences and there are many ways to do this: in person, over the phone, in a private interview or a community forum or group, in a drawing or painting or whatever means people may want to use to communicate with the Commissioners.

There are a number of resources on the Commission's website to assist:

<https://disability.royalcommission.gov.au/share-your-story/first-nations-people>



NSW Aboriginal Child
and Family Awards 2020

COMMUNITY
MEMBER OF THE YEAR

Monica Kerwin

Winner



Congratulations to Wilcannia's **Monica Kerwin** being recognised by AbSec as the Community Member of the Year in the NSW Aboriginal Child and Family Awards for 2020. Monica was recognized for her community leadership through the Community Working Party, her work establishing a community kitchen feeding vulnerable residents during the lockdown, and for her work helping family members to heal after the loss of a loved one.

Another Award Winner!

Maari Ma's own, **Donna Jeffries**, a proud Wiradjuri woman, was nominated for, and won, the Health Award at the national Dreamtime Awards.



Donna has worked in health for many years, most recently establishing the Marrabinya program which operates across all of western NSW assisting Aboriginal people with a chronic disease to access the services and aids they need to manage their disease (funded by the Commonwealth through Western NSW PHN).

Connection Through Clothing

Strong Young Families has been running the OpShop at the old Courthouse Café in Wilcannia regularly on a Wednesday and **Louise Moriarty** said they've been getting around 15 – 25 people coming in with their children. A light lunch is provided and they've been supplying some families with nappies and formula from the SYF supplies that were stockpiled for COVID19. Louise said a complete spring clean of the Café has now been completed since playgroup moved out and they've been sharing seedlings for veggies and flowers that they've raised.

CHRISTMAS *Party & Holiday Fun*



Wilcannia's Wings Drop in Centre, Early Years Playgroup and Strong Young Families program have had a busy time in the period before Christmas and over the holidays.

The team are glad to see many people come back safe and well after some great holidays. Wilcannia was the most lovely place to be – not too hot, lots of rain, fantastic sunsets and some great fun.

Get your diaries out!

Lots is happening in Wilcannia!

The Op Shop is open 9am to 1pm at Nginana Kurli

Our first open mic night of the year will celebrate Survival Day.

WINGS Holiday Program

Wings holiday program has spent many afternoons at the pool. We would especially like to thank Inspector **Anthony Moodie** for his time, enthusiasm and energy in Wilcannia. He has worked tirelessly to create special moments between his staff and the kids such as the movie nights, fit for life workshops, discos and now with our new officer Alex, and Circus workshops. Mr Moodie will be moving soon with his family and we would like to wish him every success wherever they go.

Thanks also to all the hardworking staff from all the programs. The same people chip in no matter what the event. Most of all thanks to the parents and Elders who came along to volunteer and participate and make these events and programs a success during a very hard year.

Check out these clever kids and clever cops!)



We Need Your Help to Design a LOGO!

**PRIZE TO
BE WON!**



“Healthy Start” is changing their name to: “Ngama’linya yapa’na”

Which is Barkindji for “Mother and child on tracks”

There are many tracks that we take when we are growing. As a service to Aboriginal children and families, we want our name to reflect on our culture and the different paths our families follow to become the healthiest, strongest murrpas that they can be.

Within our team there are many different disciplines that work together. Like our new name, we would love for our logo to reflect on the many tracks our families take on the path to a healthy life.



**OPEN TO
ALL AGES!**

**Don't forget
that our new
logo must
relate to our
new name!**

Please deliver finished entries to Maari Ma admin or contact **Helen Freeman** on: **(08) 8092 9777** to organise for it to be picked up, or email: allied.health@maarima.com.au

**When we have chosen a LOGO, we will
organise a LAUNCH to celebrate our
name change. Stay tuned for more**

Journey through the “Ngama’linya yapa’ku” program

Who is in the team?

**Our team is a “one stop shop”
for all of your child's needs.**

- Aboriginal Health Practitioners
- GPs and Nurses
- Midwives
- Child & Family Health Nurses
- Lead Worker
- Youth Worker
- Sexual Health Nurse
- Aboriginal Allied Health Assistants
- Occupational Therapist
- Speech Pathologist
- Dietitian
- Social Worker



INDIGENOUS MARATHON FOUNDATION

#RUNSWEATINSPIRE

The Indigenous Marathon Foundation is a health promotion charity that uses running to celebrate Indigenous resilience and achievement, and create inspirational leaders.

Each year a group of 12 Indigenous Australians (six men and six women) are selected to train for the New York City Marathon with just six months of training. Education is a compulsory part of the Indigenous Marathon Project (IMP) program and all squad members are required to complete:

A Certificate IV in Sport and Recreation, a Level 1 Recreational Running Coach Accreditation through Athletics Australia, CPR and first-aid qualifications, and Media training.

Using their skills, knowledge and qualifications, these Indigenous Australians become healthy lifestyle leaders and return to their communities as agents of change, inspiring and encouraging people in their communities to adopt active and healthy lifestyles. The project uses running to change lives and provide a sense of empowerment, purpose and pride.

Applications are open for the 2021 IMP!

Does this sound like you? Go to <https://www.imf.org.au/imp/>

PLAYGROUP

2021 Playgroup: Playgroup is back – YAY!

Broken Hill Playgroup starts on the 5th February and the Wilcannia Playgroup starts on the 9th February.



Wilcannia PLAYGROUP

A message from Maari Ma's Early Years project leader:

We have had such a positive response with large numbers attending.

Some feedback from families are they love bringing their children to the 'drop in' because it is where they went as a child. Families think they're very lucky to have new resources for their children to play with.

Well done to **Puddin** – you're doing a fabulous job as Coordinator! It has also been great having Dodie on board and helping out with transport and engagement.

Wilcannia playgroup is on Tuesdays and Thursdays from 10:30am to 1pm. Playgroup is currently being held at Wings drop in.

For more information contact Puddin on **0417713969**.





Broken Hill Regional Art Gallery, Maari Ma Health Aboriginal Corporation and West Darling Arts invite Aboriginal and Torres Strait Islander artists residing in the Murdi Paaki region to submit entries for the 2021 Maari Ma Indigenous Art Awards.

The aim of the prize is to provide an opportunity to showcase and celebrate art works and creativity in the region by Aboriginal and Torres Strait Islander artists. The prize is non-acquisitive.

AWARDS

Open Art Prize

Artwork in any medium on any theme (Painting, drawing, sculpture, photography, film, installation etc.).

1st Prize - \$2000

2nd Prize - \$1000

Emerging Artist Award - \$1000

Nhuungku Prize for Excellence - \$1000

BHRAG and WDA Young Artist Prize*
- Art pack to the value of \$800

**Artists under the age of 18 will automatically be eligible for the Young Artist Prize*

**All female artists will automatically be eligible for the Nhuungku Prize for Excellence.*

MMIAA is presented in collaboration with the Broken Hill Regional Art Gallery, Maari Ma Health Aboriginal Corporation and West Darling Arts.

Entries Close:

Tuesday, 16th February 2021

Artworks Delivered by:

Tuesday, 16th February 2021

Official Opening and Awards:

Friday, 26th February 2021

Exhibition dates:

Friday, 26th February 2021 -
Sunday, 25th April 2021

LOCAL ARTWORK TO BE INTEGRATED INTO WEIR AT WILCANNIA

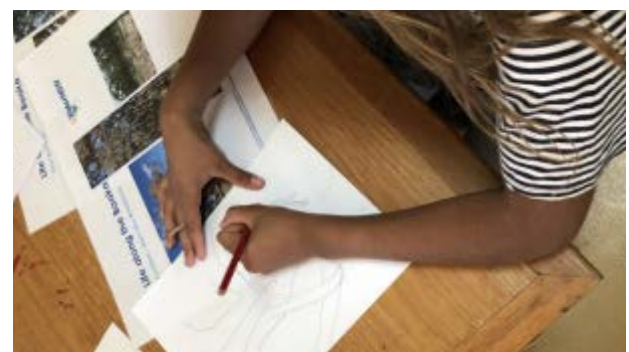
Water NSW was very appreciative of the support provided by Wings Coordinator, **Tania Lawson** and **Louise Moriarty** from Strong Young Families and staff during a recent trip to Wilcannia for the new Wilcannia weir.

The community welcomed representatives from Water NSW earlier this month as part of a visit aimed at getting community input for the façade of the weir. Tania and Louise hosted activities led by Water NSW at both Wings and at the Courthouse Café which involved community members developing artwork which will be integrated into the weir and surrounds during the program of works. Water NSW Community

Engagement Officer, **Felicity Rooney**, said the art workshops added so much value to the project and she said she was very grateful for the assistance.



The Water NSW art workshops were supported by Maari Ma's families, and the children from the Central School were also involved. Louise Moriarty from Strong Young Families is pictured above demonstrating yoyo skills.



COVID-19

We can all help keep our mob COVID safe.

Stay home if unwell



Got symptoms? Get a test



Wash your hands often



Keep a safe distance



> KEEP OUR MOB SAFE

For more information visit nsw.gov.au



Testing available at Maari Ma PHCS in Broken Hill and Wilcannia Health Service and other FWLHD facilities.



Murdi Paaki Services Ltd

(an initiative of Murdi Paaki Regional Assembly)

Tenant Support and Education Programme Overview

Murdi Paaki Services Ltd with funding through the Regional Aboriginal Housing Leadership Assembly offer our Tenant Support and Education Programme within the communities of:

- Bourke
- Enngonia
- Goodooga
- Walgett
- Collarenebri
- Cobar
- Brewarrina
- Weilmoringle
- Coonamble
- Gulargambone
- Ivanhoe
- Dareton/Wentworth
- Broken Hill
- Menindee
- Wilcannia
- Lightning Ridge

The programme involves five initiatives designed to support Aboriginal housing tenants to strengthen and sustain their tenancies through the provision of community education, service collaboration, community engagement and one on one tenant assistance. The five initiatives are:

One: Quarterly Newsletter

Purpose - Create awareness of programme events and support services available to tenants.

Two: Community Events

Purpose - A fun family event that engages Aboriginal housing tenants and community with service providers. Attendance is open to the whole community.

Three: Tenant Support Referral Service

Purpose - One on one support for all aboriginal tenants to provide links for assistance with the aim of strengthening and sustaining their tenancies via our referral service.

Four: Housing Application Support

Purpose - Assist and support the Aboriginal community members within the Murdi Paaki Region to apply for Aboriginal and or Social Housing through the Housing Pathways application process.

Five: Murdi Paaki Housing and Environmental Health Plans

Purpose - Assist each community within the Murdi Paaki Region in the establishment of their Housing and Environmental Health Plans.

Contact Information

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Broken Hill and Menindee

Jodi Nagy-
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Lightning Ridge, Goodooga, Walgett and
Collarenebri

Catherine Cubby-
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Bourke, Enngonia, Cobar and Wilcannia

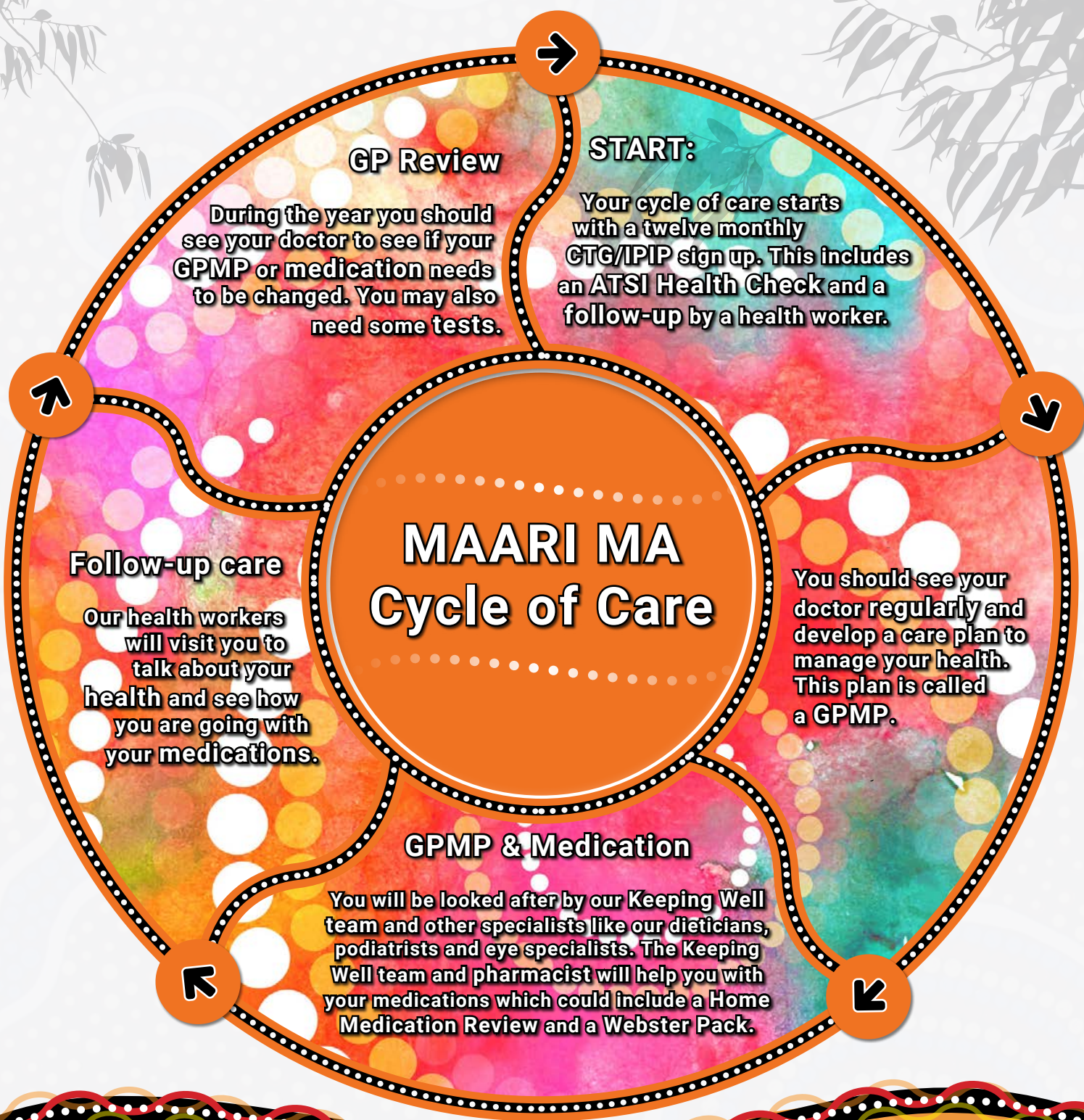
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Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap...

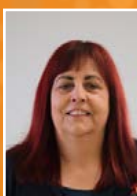
About MMPHCS

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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