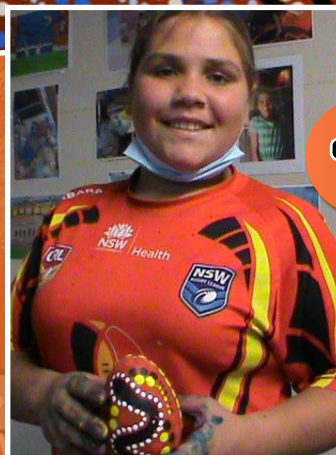


## WINGS Drop-in Centre School Holiday Fun

July school holidays were a lot of fun at the WINGS centre. **Lee-Ann Adams, Louise Moriarty, Janette Jones, and Krista Tatt** along with **Jada Crampton, Ann Harris, and Aunty June** had their hand's full organising activities and helping the kids.



Lee-Ann said:



We set up five tables before the kids entered the building, and you should have seen the kid's faces - they loved it!

We did a setup and ran through activities with the kids, which was great. It was nice to see the kids with their heads down concentrating and having lots of fun.

We had:

**A Puzzle Table** (for kids that don't want to participate they were happy to go on that table and do puzzles)

**A play dough table**

**Soccer games** set up at 2 tables

**Drums** ( we did a bit of drum beats lol)

**Tie-die T-Shirts**

**Dot painted Emu Eggs**

**Basket Weaving** ( very hard - not for small kids!)

**Crazy Hairs**

**Building with Kinetic Sand**

**Bead Making**

**Dress-Ups**

**Circus Training** ( Louise and Lee-Ann back at it again lol)

I had such a great time out there - very rewarding, and to see those kids happy, it makes me happy too!



See the photos on page 2!



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**Maari Ma Primary Health Care Service**

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



[www.maarima.com.au](http://www.maarima.com.au)



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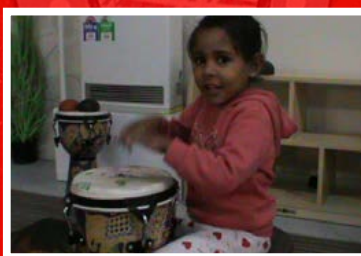
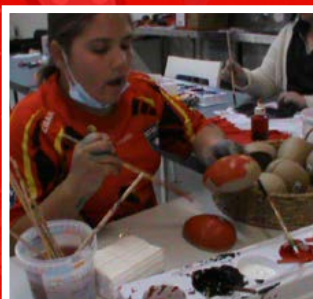
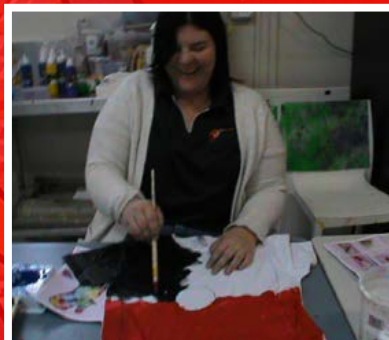
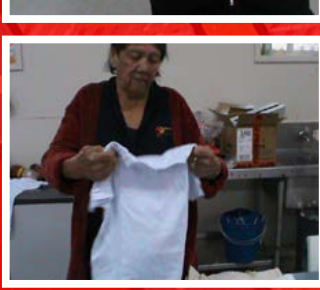
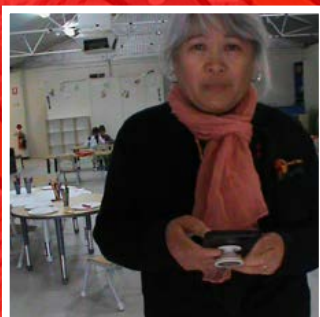
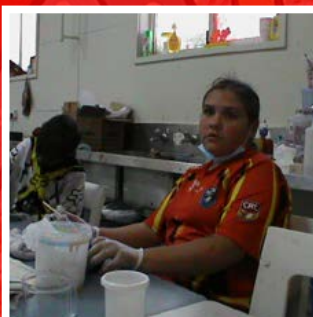
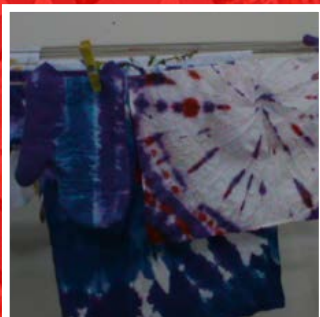
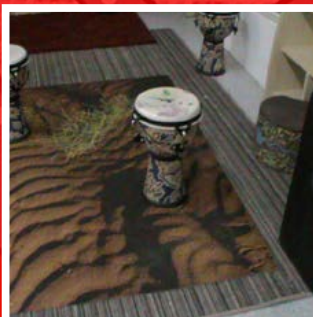


[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)



# WINGS Drop-in Centre School Holiday Fun

*...continued*



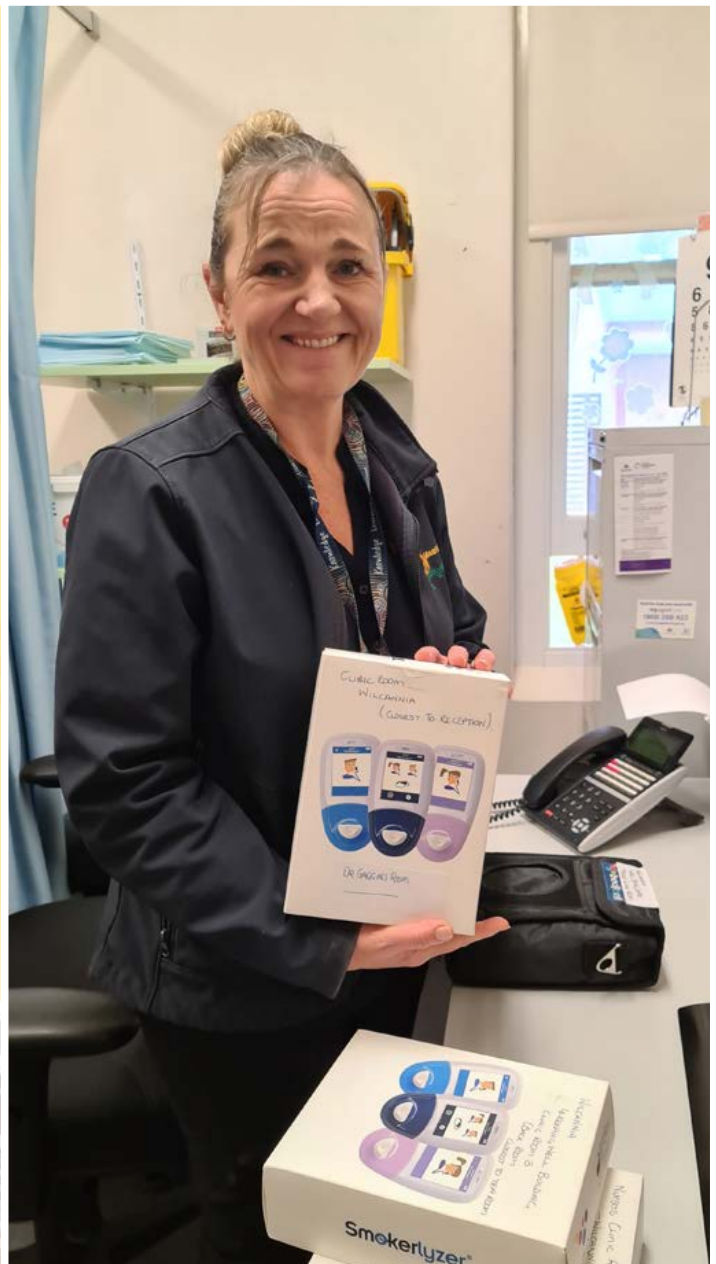


# Kiila Laana

The kiila laana team spent some time at the Wilcannia Primary Health Service in early June. The team took the opportunity to update staff on tobacco education and the importance of using smokerlyzer and carbon monoxide monitors. The monitors are used to indicate high levels of the dangerous gas carbon monoxide, that if unnoticed can lead to serious illness and sometimes death.

Educational Officer Tiffany recommends all homes should be tested for carbon monoxide levels especially if there are smokers, wood fires, and gas appliances in and around the home.

To have your home tested bring the attached breathe easy form to Wilcannia Primary Health.



Education project officer **Tiffany Lynch** is seen here replacing the old smokerlyzers with new ones and talking to Buddy about carbon monoxide.



breathe easy  
yapara program

## Expression of interest

Test your home for dangerous levels  
of carbon monoxide and have peace  
of mind the air you and your family  
breathe is safe

A free service to  
Aboriginal and Torres Strait Islanders

Full name:

---

Address:

---

D.O.B

---

Phone:

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for more information call Maari Ma 08 8082 9777



# Kalypi Paaka Mirika

Spots are now open to join the kalypi paaka mirika program.

Join Alinta, Kate, Max, and Murray in tackling issues of grief, loss, and trauma.



On discussing the topic of what to expect when joining the program Murray said:

'The locally designed program runs over 5 days with each day discussing what we do, and what we can do to deal with these issues as individuals, family and community. In the group discussions we will explore how we have used our resilience and strengths to overcome traumas and to understand why and how these traumas impact us, that we have the power to change outcomes when faced with such situations. And its about using the strength of our culture, addressing in a safe environment, the negative impacts of violence, power, trauma ,and grief and loss, and ways we can overcome these. Most importantly its about sharing ideas and learning tools based on our culture to make positive change in our lives.'

Kalypi paaka mirika 5 day program can be delivered over the full week or broken up into two weeks.

**Day 1:** introductions, successful adaption before colonisation, our strengths,

**Day 2:** discussing painful adaptation, effects of colonisation, roles of elders, men, women and children in past, present and future.

**Day 3:** What is power, what is violence

**Day 4:** what is trauma

**Day 5:** Grief, loss and sorrow

No referrals are needed. Please note that this program is currently only on offer to Aboriginal community members 18 years and above in the communities of Broken Hill, Menindee and Wilcannia.

**Call to register your interest on 088082**



Past men's groups have enjoyed helpful workshops, bush damper and visiting various cultural sites.







**In case of an emergency:**  
**Get out, Stay Out and Call Triple Zero (000).**

Visit [fire.nsw.gov.au/winter](https://www.fire.nsw.gov.au/winter) for more fire safety tips.

Or call Broken Hill Fire Station on  
(08) 8087 2233



**FIRE +  
RESCUE**





# 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 dieticians, 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

**PHCS Broken Hill**  
439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
Fax: 08 8082 9778

**Wilcannia Health Service**  
14 Ross St,  
Wilcannia, NSW 2836  
Phone: 08 8091 5122  
Fax: 08 8091 5911  
Web: [www.maarima.com.au](http://www.maarima.com.au)