Wilcannia Community Newsletter

March 2020 - Issue 37

MAARI MA Indigenous Art Awards



MAARI MA MAGIC



Amazing' art awards night







'Amazing' art awards night







Congratulations to Wilcannia Central School who received the 'Young Artist Award (under 18)' during the Maari Ma Indigenous Art Awards night held on the 28th February at the Broken Hill Regional Art Gallery.

The other winners were **Marcus** Kennedy (1st prize) and **Clinton** Kemp (2nd prize), Nhuungku Prize for Excellence winner was **Brandy Prescott** and Emerging Artist Award winner was Cally Doyle. The evening included live music, kids activities and art stalls.

Barrier Daily Truths iournalist Callum Marshall provided the community with the front page story which was published on Saturday 29th February. 600000000



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Maari Ma Cycle of Care



Maari Ma Primary Health Care Service

proving Aboriginal health and closing the gap" **Broken Hill, NSW**



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www.facebook.com/ maarimahealth/

Wilcannia Community Dinner

On Tuesday February 18th Dietitians, Alina Turgieva and Gina Absalom prepared a delicious dinner for around 40 people in the community with a choice of chicken or beef wraps with salad for mains and fruit salad or brownies with custard for dessert.

Gina said "It was a lovely evening with lots of children from WINGS Drop in Centre coming down for a meal".









ARCHITECTS VISIT WILCANNIA FOR TALKS ON NEW HEALTH FACILITY

Troppo Architects from Adelaide,
Andrew O'Loughlin and Cary
Duffield, were in Wilcannia during
February to talk to staff and
community about the new Wilcannia
Primary Health Care development.

It was the first of what will be many talks held on the new facility and the meeting went very well. Maari Ma discussed with the FWLHD the proposed gift of land within the current health precinct and while the architects pointed out some constraints

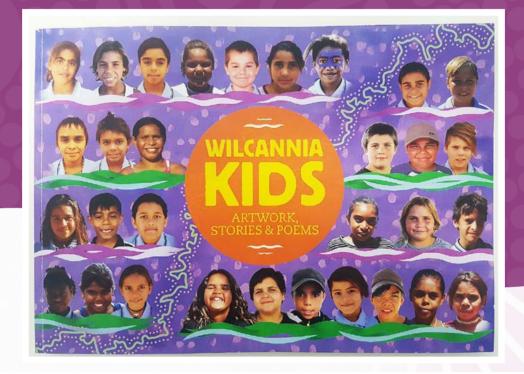
on the land everyone agreed that the new development needs to stay on or next to the precinct if possible.

Andrew and Cary talked to staff who provided their feedback after putting thought into the new facility. The architects also went to Wings, the Courthouse Café and the February Community Dinner to coincide with their visit. At the dinner they had a good opportunity to engage with the community and share a meal with them.

Wilcannia Keepsake:

Wilcannia Kids Artwork, Stories & Poems

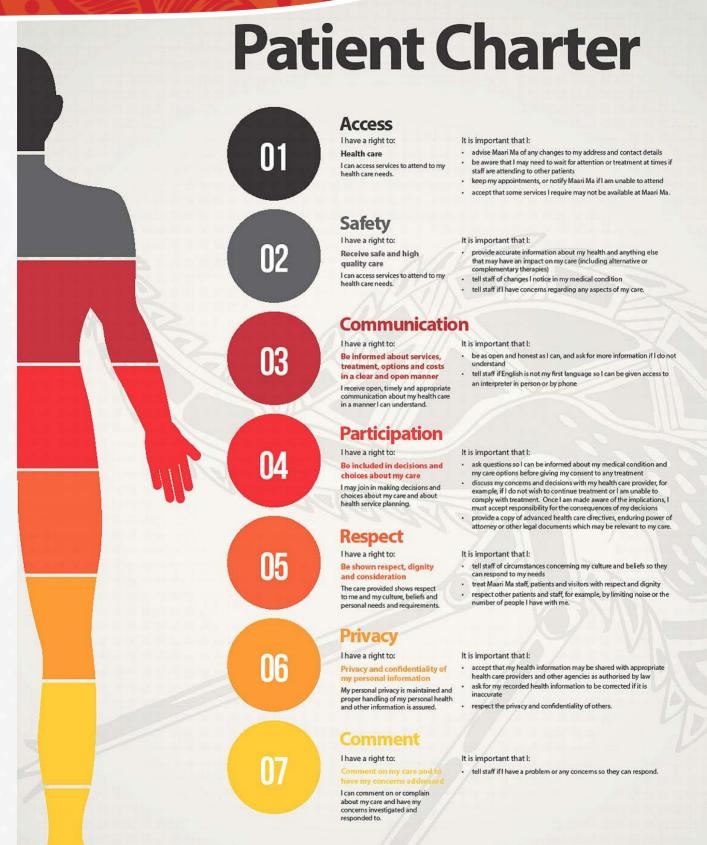
A wonderful keepsake for the children at Wilcannia Central School and their families has been produced thanks to the work of two very dedicated women. **Jane Carroll** and Wilcannia resident, **Karin Donaldson** have turned artwork and accompanying stories from the kids into a book depicting everyday life in Wilcannia. It includes scenes of family, culture and environment.







Your Right to Health Care Services



Adapted from Mater Misericordiae Health Service, South Brisbane, Queensland. http://www.mater.org. au/Home/Patient-rights-and-responsibilities.aspx (accessed 14 September 2011)

The Australian Charter of Healthcare Rights: http://www.health.gov.au/internet/safety/publishing.nsf/

Content/PriorityProgram-01 (accessed 14 September 2011)

Aboriginal Artwork by: Guy Crawford



Kiila Laana LAUNCH DAY

The weather was perfect for the Kiila Laana launch on Thursday 27th February.



Many community members attended and signed on to participate in the Yapara program which is designed to detect Carbon Monoxide in homes. Kiila Laana Project Officer Tiffany Lynch discussed various ways Carbon Monoxide can enter homes and explained the dangers this can cause, spiking interest and curiosity from the community about their home's CO levels. Tiffany encourages all Maari Ma members, especially pregnant mothers, to sign up for the 8 week program.

The Kiila Laana logo represents a branch from the Emu Bush and Maari Ma Board Chair, **Maureen O'Donnell** with Board Director, **Cheryl Blore** each planted an Emu Bush in front of the building.

They both then received their own Emu Bush to take home and plant.



Maari Ma Allied Health Team members Erin and Mele with Transport Officer Rachel (right).



Rotary Club members cooked a perfect BBQ with sausages or Vegetable patties and onion in bread.





Director Cheryl Blore with the Emu Bush gift and planting of the Emu Bush.





Board Chair, Maureen O'Donnell planting the Emu Bush and with her gift from Kiila Laana.



Maari Ma Board Director, Cheryl Blore with Midwifes Tiffany Cattermole (far left) Toni Bahler Kiila Laana Project Officer, Tiffany Lynch and Executive Manager, Primary Health Care Service Kaylene Kemp.

For more information call Maari Ma or speak with your health professional.

CP 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.

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Ala Your cycle of care starts with a twelve monthly CTC/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

Follow-up care

Our health workers will visit you to talk about your **health** and see how you are going with your medications.

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You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

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.

Maari Ma Primary Health Care Service



Improving Aboriginal Health & Closing the Gap...

Kaylene Kemp



Kendy Rogers

About MMPHCS

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.

please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the

Maari Ma: Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

Regular services

Occasional services

Kidney specialist Diabetes specialist

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

Wilcannia Health Service 14 Ross St, Wilcannia, NSW 2836 Phone: 08 8091 5122