

Survival Day Big Breakfast

Using the Courthouse Café has been a big experiment for Maari Ma, who wanted to create a space where young families could go out and have a social time with their young children as well as providing skill development activities. So far, it has been a hard year for bringing people together. But that hasn't stopped us from trying!

At the beginning of February, Maari Ma, along with the Courthouse Café team, celebrated Survival Day with a Big Breakfast. The event attracted many Elders and Mums of our young families. For our community, we are very happy that these people, who are the supports to our young families, feel so at home and welcome in the space.

The big breakfast was an opportunity to hear from Maari Ma's Mental Health team and Woman's Health workers. Also on that day, **Aunty Pam Greer** and the ECAV team were holding a two-day workshop. Many great conversations were opened up, especially amongst workers in town who deal with some of the big issues. Aunty Pam is looking at how we can network with other women around the world who are saying no to violence in their communities, and delivered a resource with the Wilcannia crew who attended her last project.



Aunty Shirl and Uncle Stevie



Social Distancing at Big Breakfast



Donna and Uncle Stevie cooking for Big Breakfast



Preparing prizes - Vicki and Janelle SAYO's Redie



In this issue:

2

Survival Day Big Breakfast

3

DRUMBEAT Program

4

Design for WINGS Taking Shape

5

Happy Birthday Veronica

6

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/

BIG BREAKFAST

...continued

The Courthouse team also hosted the inter agency meeting at the end of February to make sure services are working together and providing what is needed.

The big breakfast was a great opportunity for school staff to touch base with community and lent their super toaster and toasting skills. The school attendance officers from Redie, organised a hugely successful bingo activity. **Aunty Shirl** is consistently at every meeting and is the Op Shop mascot while **Uncle Stevie** kindly supported the cook up.



Maari Ma's dietician **Arnika** had a chance to get her head around the kitchen and the scrambled eggs as she readies herself for the next community dinner of Tacos and Trifle, held on the last Thursday of each month.



The Op Shop is another real success. With Wilcannia's limited shopping, it's always a treat when you find a bargain. The bigger bargain is the informal conversations that happen on the verandah while you are having a cuppa with everyone. This may seem like a small thing, but it's one of the few places to socialise in town

which doesn't revolve around alcohol. Also we have no agenda on that day, it is not a meeting or a consultation and there are no other outcomes.

So the pressure's off - everyone who comes seems to just appreciate the space and finding that one thing that they have been needing!

So drop in, especially if it's a Wednesday and enjoy the hospitality of Wilcannia!

DRUMBEAT

program



Two years ago, the Djembe drums arrived at Wings and when Zee Star did a concert, her drummer and band had heaps of the kids learning beats.

It has been two years since Wings acquired some Djembe drums and learnt about the DRUMBEAT program. DRUMBEAT is a program designed by Holyoake in Western Australia to build resilience through rhythm. It's an evidence based social and emotional learning program that enables real change.

Maari Ma's Wilcannia team, **Tania** and **Louise**, have just come back from doing the training with a group of social work students who are on placement in Broken Hill this term. They are looking forward to reinvigorating the use of the drums with this program.

"Over the years we have had the drums and they have been used by special guest artists with the children drumming along at performances. "ow we want to get a group that is willing to work through a longer process," said Tania from Wings.

Louise enjoyed the benefits of the program, "It is a great program both for emotional release and emotional regulation".

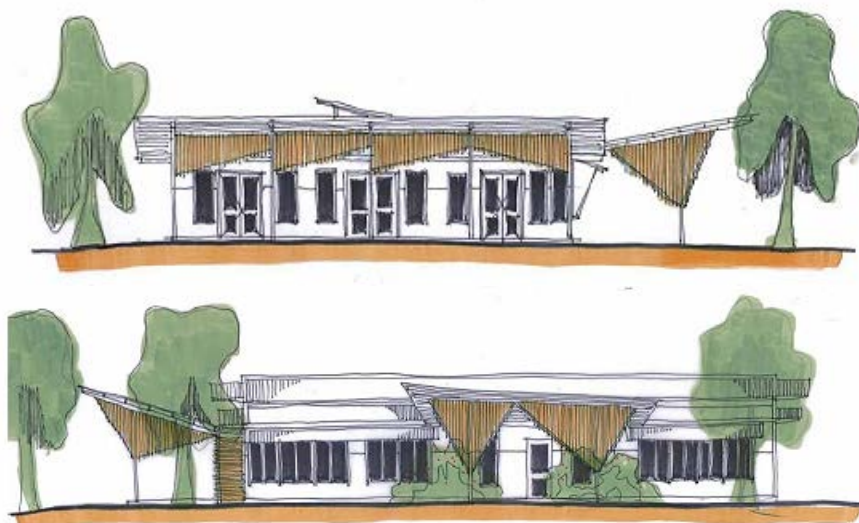
If you know any teenagers or young families who would like to volunteer to be a part of this group call Tania or Louise. It's going to be so much fun.

STEPPING UP THE BEAT

Holyoake's DRUMBEAT is the world's first structured learning program using music, psychology and neurobiology to reconnect with ourselves and others. DRUMBEAT incorporates hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to achieve positive outcomes.

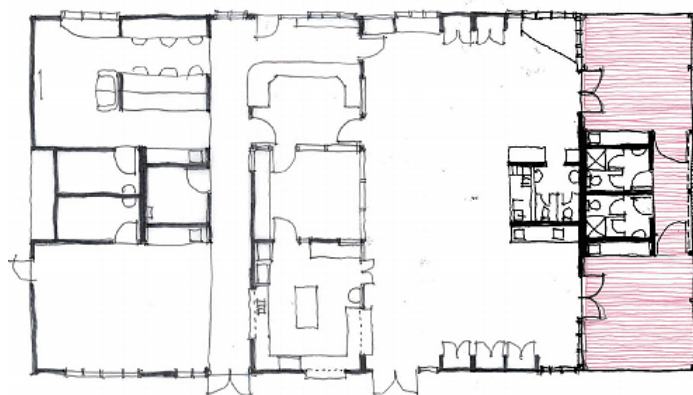
DESIGN FOR WINGS TAKING SHAPE!

Things are starting to move along with the new Wings building and a meeting was held recently with Wings and Early Years staff to talk through new sketches of the redevelopment. Troppo – the same architects we're using for the new primary health facility at Wilcannia – are doing the design and the building will be coming together in stages – what you see here (and on page 4) is stage 1 and includes a small enclosed area adjacent to the verandah on the right to keep little kids safe.



tropo

The new purpose built facility will be situated next to the current one and I hear staff are getting very excited with the prospect of providing such a great space for our young people in Wilcannia. You might recall that Troppo came out to Wilcannia last September and spent time with the kids and staff to get their creative input and valuable contributions. The first stage of the project is being made possible following a grant of \$1.6M from the Federal Government's Building Better Region's Fund.



The sketch on the left (going from left, top to bottom) shows the TV/computer room, the toilets then teens room. The middle section (top to bottom) is the entrance, staff hot desks, supervisor's office and then kitchen. The right hand room will be for Early Years and small children and will include small toilets.

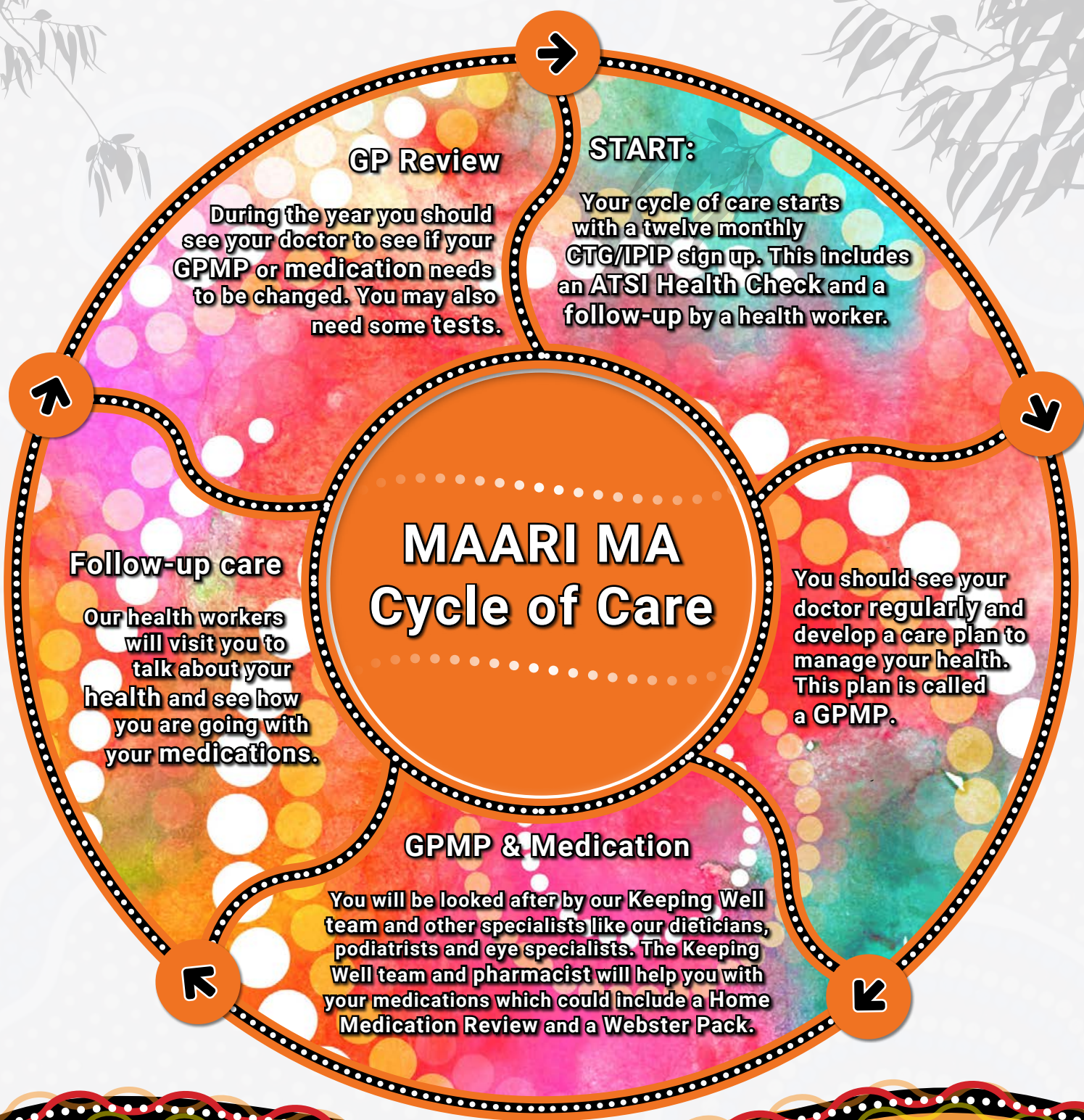


The second sketch on this page is an aerial view showing the current building and the placement of the new one. As mentioned previously, the facility will be built in stages. This is stage 1. Stage 2 will be the development of a bike track and landscaping and possible adventure playground. Stage 3 will be a basketball court that will be adjacent to the back of the building which will enable the kitchen to also act as a kiosk to the basketball.



Happy 70th Birthday Veronica





Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap...

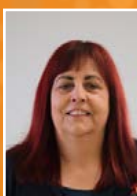
About MMPHCS

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