

## PLAYGROUP 2022

### COMMENCES AT WINGS DROP-IN CENTRE



#### In this issue:

#### The importance of preschool

Attending preschool gives children the best start in life. It provides important opportunities to learn and develop.

**Did you know?** The benefits of preschool last right through children's entire lives. Research shows that the benefits extend well beyond primary school. Higher levels of educational success, employment and social skills have all been linked to moderate levels of participation in quality preschool programs.

**But what if I'm enrolled in playgroup, HIPPY or another Maari Ma Early Years program, should my child still attend preschool?** The answer is YES. Just because your child is involved in other programs does not mean they don't need to attend preschool. While the other programs are also valuable and support your child's learning, your child still needs to attend preschool for the best start in life.

**My child is only three, are they too young to start preschool?** The answer is no, they're not too young. It is best to start your child from three years of age (earlier, if possible!). Two or more years of quality preschool improves children's literacy and numeracy when they start school compared to children attending no preschool, or only one year of preschool.

Enrol your child into preschool today. Children can start preschool from 2-3 years of age. If you would like support to do this or would like some more information, please give the Maari Ma Early Years Team a call or message on 8082 9888 or 0488 547 577.



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**Maari Ma Primary Health Care Service**

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



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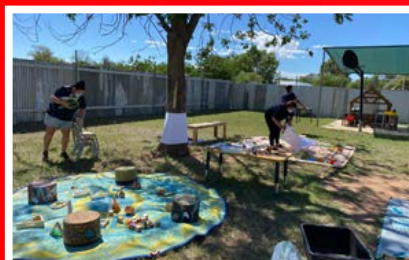
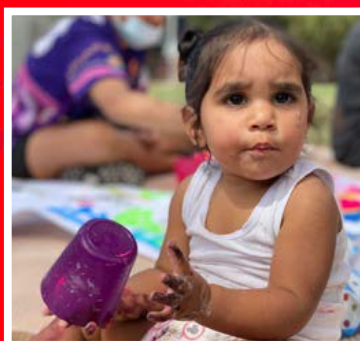


[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

*...More photos on next page*

# PLAYGROUP 2022

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# My Future, My Culture, My Way.

## Year 10 Choosing a pathway that's right for you

HSC

HSC +  
ATAR

HSC +  
Vocational  
Education and  
Training (VET)

HSC +  
School Based  
Apprenticeship  
and Traineeship  
(SBAT)

If you have any questions about your journey towards the HSC, reach out to the careers advisor or your favourite teacher to help you and your family plan your future.

### HSC

If you want to finish high school and set yourself up for a bright future, but you're not sure what your dream job is, the HSC is your best choice.

### HSC + ATAR

This is a great way to set yourself up for university. To follow this path, make sure you only select Board-Developed Courses as subjects.

### HSC + Vocational Education and Training (VET)

This pathway allows you to get an HSC and gain practical skills you need for your dream job. You can choose subjects that lead to an HSC but get you out of the classroom and into the real world:

### HSC + School Based Apprenticeship and Traineeship (SBAT)

SBATs combine paid work, training and school. You can get credit towards your HSC and a nationally recognised VET qualification, and also get paid work experience.

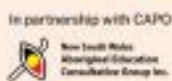
Work out which subjects to select

Learn more about the ATAR, SBATs  
and how to prepare for Year 11

[www.education.nsw.gov.au/premiers-priorities/resources](http://www.education.nsw.gov.au/premiers-priorities/resources)



We acknowledge the Traditional Custodians of the land, waterways and mountains on which we learn, grow and share. We acknowledge Elders past and present for their tireless effort in paving the way for our future young people. We extend that respect to our future leaders and youth of today.



Aboriginal artwork created by Felicity Adams who is a proud descendant of the Kamilaroi people, currently living and learning on Dharug Country.

My Future,  
My Culture,  
My Way.

## Year 11 and 12: Supporting your HSC journey



Reach out to the careers advisor or your favourite teacher to help you and your family plan your future.

Learn about the HSC minimum standard



Understanding HSC pathways

Career Planning

Get help with your HSC journey

### Left school? We want you back!

While most students complete their HSC over two years during Years 11 and 12, there are other options. If you want to study while you work, care for your family or, for example, take part in elite sports or cultural activities, there are pathways suitable for you.

### Moved between school and TAFE, but still want an HSC?

If you've completed some HSC subjects or other courses at a different school or TAFE, these might count towards your HSC. This is called a 'credit transfer' or 'recognition of prior learning'.

To find out more, visit:

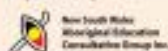
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In partnership with CAPO



Aboriginal artwork created by Felicity Adams who is a proud descendant of the Kamilaroi people, currently living and learning on Dharug Country.



Maari Ma has collaborated with Southern Cross Austero and prepared 6 new TV commercials, including one for the kiilalaana program.

The commercials are voiced by Murray Butcher and Alinta Edge and will circulate on the free-to-air stations throughout the year.

Alinta Edge voiced the kiilalaana commercial that highlights the programs offered such as yapara and muuku. Kiilalaana program is designed to educate, assist and support the reduction of tobacco use amongst our community.

The Muuku program is directed at smokers and offers support to manage their tobacco use by providing free nicotine replacement therapy, education, and participants are rewarded at certain times of the program when milestones are met. Currently promoted as the Muuku pledge which encourages smokers to take a pledge and reduce tobacco dependency.

Yapara is designed to combat carbon monoxide in homes by offering free carbon monoxide screening and a gift voucher on completion. Carbon monoxide comes from burning fuel such as wood fires, car exhausts fumes, and cigarettes. Carbon monoxide is a gas that you cannot smell or see but if left unnoticed, can lead to serious illness. It's encouraged that every home is screened for high levels of carbon monoxide.



muuku  
program

be smoke-free  
join today



breathe easy

yapara program

# Bon's Farewell

WISHING BON A VERY HAPPY RETIREMENT

Maari Ma wishes Wilcannia Primary Health Worker, **Veronica 'Bon' Edwards** a very happy retirement. Veronica has been working in primary health care in Wilcannia for more than 25 years and you may remember last year celebrated her 70th birthday.

She was employed by the FWLHD and seconded to Maari Ma. She will be very much missed by the PHC team but we're sure she will continue to keep in touch and continue to be connected to the community.





## 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.

# MAARI MA Cycle of Care

## 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.



## 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.*



**Tegan Hinchey-Gerard**  
Executive Manager  
Aboriginal Health and Community Wellbeing



**Nola Whyman**  
Executive Manager  
Operations



**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  
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### Wilcannia Health Service

14 Ross St,  
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