

WINGS and Strong Young Families Holiday Fun!

Maari Ma staff at WINGS and Strong Young Families ensured the kids had a good time during the April school holidays. It's always a very busy occasion for Maari Ma's community programs with staff providing a variety of activities.



It's always a very busy occasion for Maari Ma's community programs with staff providing a variety of activities. As pictured, holiday activities at Wings included cooking classes and hair and make-up activities, and the girls went to Wings to get ready for a fashion parade which was being organised by the Safe House.

In the meantime, the Strong Young Families Op Shop has become a hub for our young families to link with services. **Louise Moriarty** said the yarn ups held each Wednesday are an opportunity to not only get together but to find out what might be needed by community members. Donations are coming in fairly regularly and Louise said there is always new stock.

She said the community is very grateful for the resource in town, especially as many people can't get into Broken Hill or other areas to shop. Louise has given a shout out to Water NSW who is doing a drive to get evening gowns and suits for the upcoming NAIDOC Ball.



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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/

WINGS and Strong Young Families Holiday Fun! *...continued*

What a great event the recent fashion parade at Wilcannia looked. More than 40 children paraded on the catwalk at the community hall in front of family and friends to a backdrop of glitter and popular music. In between the modelling there were singing performances and



our Community Dinner was enjoyed by all. The girls and boys have been preparing for the fashion parade for some time and they really enjoyed all the preparation that went into it as well as the event. The Dream Bigger theme is not new to the Safehouse – they've been running similar themed events at Wilcannia for a few years. Unfortunately COVID19 put a pause on last year's events which made this year's parade even more special.



WATERNSW AT WINGS



Representatives from WaterNSW were in Wilcannia late March this year as part of their ongoing community consultation process and update to the Wilcannia weir replacement project.

WaterNSW is designing and constructing a new weir for Wilcannia on behalf of the State and Federal Governments under the Sustainable Rural Water Use and Infrastructure program. \$30 million in funding has been provided under the program to replace the weir.

Last December WaterNSW Education Officer, **Tracey Willingham** and Wilcannia community elder **Sissy King** visited Wilcannia Central, St Therese's Catholic School, Barlu Kurli Preschool and Wings to start working on piecing together artworks for the new weir site. Sissy shared some cultural stories with the students. The students then sifted through over 150 artworks that students and community members drew at the November workshops to select images to tell their own story or scene. A number of river life and underwater scenes were created across the sessions, and these were provided to the community and the kids last week for feedback.

Thank you to Wings Coordinator, **Tania Lawson** and **Louise Moriarty** from Strong Young Families for the time they spent with WaterNSW helping with the session with the Wings kids.



WaterNSW Education Officer, **Tracey Willingham**, spent time at Wings with the kids. In November 2020 a number of river life and underwater scenes were created at workshops. The scenes were used to make a couple of final stories that were provided back to the community for feedback during this visit.



BIG SMILES, GREAT ACHIEVEMENT

In early March there were big smiles at Wings and a celebratory Chinese meal with teachers at the Wilcannia Golf Club after staff graduated from TAFE with a Certificate III in Community Services.

Congratulations to **Tania Lawson, June Jones, Anne Currie** and **Casey Harris** on their achievements attaining their certificates. They are not only role models for the children and young people who attend WINGS, their skills and knowledge that their qualifications bring will enhance the work they do. Well done to all.

Tania said she made training and professional development one of her top priorities when she took on the role two years ago. Maari Ma thanks Tania for forging ahead with her goal and for recognising that training and development are among our most important objectives after achieving better health outcomes.



Des Rumble, Kate Groves and **Carolyn Arnold** from Broken Hill TAFE said the caring and commitment from the group was very apparent, and the course was oriented towards support and building on their skills. They said from the beginning TAFE wanted to design a course that would give the participants the most chance at success and they said they're very proud that they have come through and succeeded—saying they're a credit to their community. Casey said she recognised how much the group needed the encouragement from each other to get through, and at each step they gained more confidence and experience, while Aunty June said she's proof you're never too old to learn. Anne said commitment was key, that they got there in the end and all thanked TAFE and teachers for their encouragement. What a great effort.

CAPITAL WORKS PROJECTS UPDATE

The project managers for the capital works programs in Wilcannia have been working hard to get drawings finalised so that the projects – the primary health and wellbeing centre and the new Wings building, can go out to tender. **Andrew O’Loughlin** and **Cary Duffield** and the team from Troppo Architects are hoping that at least three building contractors will bid for the two projects.



Maari Ma’s **Trish Bell**, **Dr Stephen Gaggin**, **Tania Lawson**, **Valerie Bugmy** and **Michelle Parker** spent a fair amount of time looking at drawings, making suggestions and then looking at more drawings. It’s a time-consuming process but the details are important, and Andrew and Cary were very appreciative of everyone’s time. Central Darling Shire Council is currently going through a planning process to change the land use in Bonney St to be one that is suitable for the new building. Some templates are available at Practice Administration in Wilcannia if you would like to have a look and encourage community members to support this important step in establishing a community-controlled health service in a purpose-built facility – something that the community can be proud of and reflects the strong culture of the Wilcannia community.

Trish, Dr Gaggin and **Jason Gowin** attended the recent public meeting regarding the Bonney St land, along with Cary. Cary also went on to present at the Maari Ma Board meeting on the following weekend regarding the projects. While we wait for the land use change in Bonney St, Troppo has submitted the paperwork required for development approval for the new Wings building. These two projects will have a combined cost of more than \$6 million and hope that the community gets right behind them.

Maari Ma appreciates the steps Central Darling Shire Council is taking to help establish the health and well being centre and would like to encourage Wilcannia community to help support Maari Ma to build at Bonney Street.



SMOKE ALARMS

**ONLY WORKING
SMOKE ALARMS
SAVE LIVES.**



**Only working smoke alarms
save lives.**

**Ensure you have working
smoke alarms installed
throughout your home and
test them regularly.**

**FRNSW recommends smoke
alarms be interconnected in
each bedroom and hallways.**



**FIRE +
RESCUE**



**In case of an emergency; Get out, Stay Out and Call Triple Zero (000).
Visit fire.nsw.gov.au/winter for more fire safety tips**

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 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.

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