



GANDANGARA
Local Aboriginal Land Council

Marumali Health Brokerage Service & Health Promotion Better health and better care through education and support



About Us

Marumali is a Health Promotion and Brokerage Service which aims to help our Aboriginal and Torres Strait Islander Clients enjoy a longer and healthier life.

Health & Wellbeing

We support you to access the health services you need.

We have a holistic approach to meet your physical, social, emotional and spiritual needs.

Starting healthy habits early on can prevent many health issues from developing later in life. You can reduce the risk of severe health issues and / or developing chronic health conditions with a tailored plan!

Along with raising awareness of preventative health, we also encourage you to seek medical treatment early and to maintain a healthy lifestyle.

We support you in managing your Health and Wellbeing.

We help you navigate the health system and services available.

We provide education on the benefits of preventative health care.

Marumali runs a range of cultural health activities and wellbeing classes.

We help you make healthier choices fun and rewarding for everybody.

Come and join us!



The Many Ways We Can Help You & Your Family

Registered Aboriginal Health Practitioners & Aboriginal Health Outreach Workers

- Our dedicated Aboriginal Health Outreach Worker will keep the process simple and easy for you and be culturally appropriate.
- We will advocate on your behalf to ensure you get the optimal health care for you.
- We provide support in consulting with your GP and/or specialist to help you move forward with the next steps, such as treatment, rehabilitation and recovery.
- We can also provide transport to ensure you are able to attend your medical appointments.

Health Providers

Our Doctors and Specialists are provided with cultural capabilities training.

We can help reduce financial stress by paying for you to access a range of private specialists and services such as Cardiologists, Gastroenterologists, Paediatricians, Neurologists and so on.

We ensure all services are bulk-billed through Medicare wherever possible.

We provide education on the benefits of having a 715 annual health assessment with your local GP so you can utilise Medicare incentives designed to address Aboriginal and Torres Strait Islander people's unique needs.

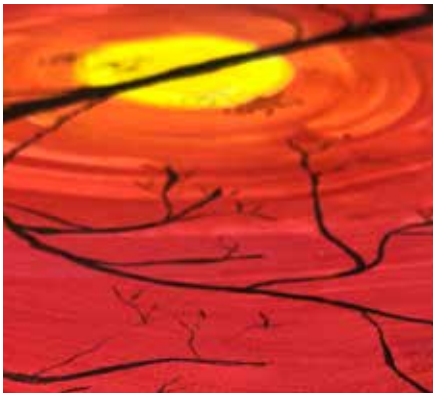
Cultural Education sessions to General Practitioners

We provide training on how to complete a comprehensive 715 Aboriginal and Torres Strait Islander Health Assessment.

We provide awareness on referral pathways for Aboriginal and/or Torres Strait Islander Clients.

We give you an opportunity to ask your questions in a safe environment, so that you feel more confident in servicing the Aboriginal and Torres Strait Islander peoples.





Cultural Health & Wellbeing Activities

Marumali runs a range of health and wellbeing groups and activities such as:

- Cultural Arts & Craft
- Didge & Dance
- Martial Art Fitness & Healthy Lifestyle
- Burrayi (Babies) Program
- School Holiday Health & Cultural Learning Days & Events
- Cultural Incursions for Schools, Child Care Centres & Education Providers.



We also engage with the community and help facilitate programs and activities for different age groups, such as:

- Elders Olympics
- NAIDOC Events
- School Programs
- Health & Wellbeing Expo's
- Community Day's & Events.



If you or anybody in your family need any of our services, please call our friendly Marumali team. We are here to help you.

If you are interested in attending any of the Marumali programs or activities or would like to engage Marumali in your next event, please call us on (02) 9602 9677 or email Marumaliadmin@glalc.org.au

www.glalc.org.au

<https://www.facebook.com/Gandangara/>



Gandangara Local Aboriginal Land Council

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Marumali Limited

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Gandangara Health Services Limited

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Gandangara Transport Services Limited

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At Gandangara LALC we care about Country and its sustainability that is why we use 100% recycled paper.

