



Maari Ma Health Aboriginal Corporation

Community Newsletter

Outback Rugby League

The Outback Rugby League was founded in 2007 and local Rugby games are played in Broken Hill, Wilcannia and Menindee. Rugby has played a significant role in our communities for many years, as it provides the opportunity for families to come together. It is also an opportunity to encourage youth and youngsters to participate in the games. Sport in our communities is important as it provides people young and old with physical activity and improves their mental wellbeing through social interaction and inclusion.

Teams from Broken Hill, Wilcannia and Menindee compete for the Hill FM/2BH cup every year. Maari Ma Health sponsors the Outback Rugby League and currently there are 7 teams that compete:

Broken Hill

- ➔ Saints
- ➔ United
- ➔ Geebung



Broken Hill United

Wilcannia

- ➔ Parntu Warriors
- ➔ Boomerangs



Menindee Yabbies

Menindee

- ➔ Eagles
- ➔ Yabbies



Menindee Eagles

Maari Ma would like to thank the Eagles, Yabbies and United for supplying us with team photos.

In this issue:

Outback Rugby League	1
Elder's Birthdays	2
New Bubs	2
NAIDOC celebration in the park	3
The Keeping Well Team	4
World Breastfeeding Week	5
Fare Assist	5
Aboriginal Women's Gathering	5
Maari Ma Staff Update	6
Preventing & Managing Chronic Disease	7

Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW

Elder's Birthdays

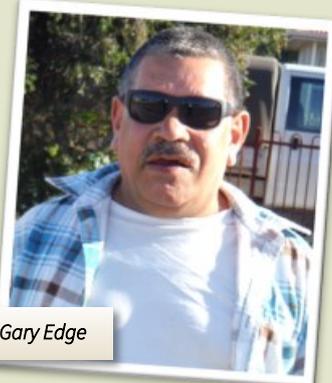
In this issue we have special birthday wishes for two of our Elders.

Congratulations to **Barbara Vale** who will turn 68 on the 16th of August.

Happy Birthday to **Gary Edge** who will celebrate his 51st birthday on the 31st of August.



Barbara Vale



Gary Edge

Congratulations **Barbara and Gary**, and best wishes from everyone at Maari Ma.

What's On?

Healthy Start Playgroup

10:30 am to 1:00 pm

Fridays at the TAFE playhouse in Argent St

(Not on during school holidays)

After school cooking group

3:15 pm to 4:30 pm

Wednesdays and Thursdays at the Child & Family Building at Maari Ma Health

(Not on during school holidays)

Cooking group for Parents

10:30 am to 12:30pm

Thursdays (before Playgroup) at the Child & Family Building at Maari Ma Health

(Not on during school holidays)

New Bubs!

Maari Ma would like to welcome three new bubs into the community.

Tiffany Clark and Barry Gould welcomed their beautiful baby boy, **Jarome Clark-Gould** into the world on Thursday the 3rd of July. Jarome weighed 2640 grams and is being spoilt by his big brothers **Tyrese and Braxton**.

Tiffany received antenatal care from community midwife, **Bryn Stables** and Aboriginal health practitioner, **Stevie Kemp**. We wish her and her family all the best.



Baby Jarome



Lisa Webster with Rakell and baby Mervyn

Lisa Webster delivered her gorgeous baby boy **Mervyn** on Friday the 4th July. Baby Mervyn weighed 2725grams. As you can see, Rakell is very happy to have her little buddy here. Lisa received her antenatal care from community midwife, **Bryn Stables** and Aboriginal health practitioner, **Stevie Kemp**. We wish them all the best for the future.

Joyce-Lyn Bugmy, Blackboy and Len Len from Wilcannia welcomed their surprise bundle of joy into the world on Thursday 17th of July. Joyce-Lyn was pre-booked for an elective section for this date and the count down took forever! **Bryn Stables**, community midwife for Wilcannia and Aboriginal health practitioner, **Stevie Kemp** provided Joyce-Lyn care whilst pregnant.

Stevie supported Joyce Lyn in theatre for this special occasion and was excited to have baby Curtis named with her name in it. **Curtis Charles 'STEVIE' Whyman Bugmy** weighed 3140grams. Stevie said that this was a special moment and that she can't wait to watch him grow and tell the tale of seeing him born. She also wanted to thank Joyce-Lyn and her loving family for allowing her to be involved throughout her whole pregnancy and said that times like these make her job so much more rewarding.



Joyce-Lyn with baby Curtis and Stevie Kemp

NAIDOC

a celebration in the park

NAIDOC week was held last month from the 6th to the 13th of July. It was a busy week that began with the flag raising ceremony at the Broken Hill Civic Centre. On the Thursday many of our staff members braved the cold in Sturt Park to work with other community organisations to promote health and wellbeing at the Family Fun Day. A healthy snack of stewed quandongs and low fat yoghurt was provided, as well as many take-home resources for families. Our stall was so busy that most of our resources were gone by lunchtime!



Maari Ma would like to thank everyone who was involved in making the Family Fun Day an enjoyable and successful day for all.

The Role of the Keeping Well Team

The Keeping Well team is responsible for delivering services to Aboriginal people who have a diagnosed cardiovascular disease and/or diabetes. The team currently manages approximately 140 patients with diabetes and/or heart disease.

We help our patients to achieve the following:

- ◆ Sign up to the Indigenous Health Incentive and Pharmaceutical Benefit Scheme Co-Payment Measure Program (CTG/IPIP)
- ◆ See a GP to have an annual Aboriginal or Torres Strait Islander Health Assessment (ATSI) health check
- ◆ See a GP to have a General Practitioner Management Plan (GPMP)
- ◆ See our Pharmacist to have a Home Medication Review (HMR)
- ◆ Have a Team Care Arrangement (TCA).

These form the Chronic Disease cycle of care.

What follow-up services does the Keeping Well team provide after the ATSI health assessment, GPMP & TCA?

All recommendations in the patient's ATSI health check, GPMP & TCA are followed up by members of the Keeping Well team as part of the Chronic Disease cycle of care.

The Keeping Well team will book their patients into the specialist services that they require such as the Dietician, Dentist, smokers program, Optometrist etc. We also help the GP's to complete further investigations, including home visits to check blood pressures, blood sugar levels and sometimes collect pathology.

As part of the Team Care Arrangement we deliver Webster packs to the elderly or clients who are unable to come into the health service.

The Keeping Well team helps Maari Ma's chronic disease patients manage their health by supporting them with transport, home visits, arranging appointments and ensuring all of our patients are signed up to the appropriate programs to enable them to get the best care available.





World Breastfeeding Week

World Breastfeeding week is from the 2nd to the 9th of August. The aim of this week is to promote exclusive breastfeeding for the first six months of life which provides a lot of health benefits to your baby such as critical nutrients, and protection from deadly diseases.

The theme this year is BREASTFEEDING: A Winning Goal—For Life, linking in with the Soccer World Cup and promoting the importance of a good start in life for future health and fitness.

On this theme, the Broken Hill Breastfeeding Working Party is promoting breastfeeding at all local football games – soccer, Rugby and AFL and encouraging all football clubs with clubrooms to gain 'Breastfeeding Welcome here' accreditation.



If you are sick or injured and need to see a doctor when the health service is closed you should try and get to the hospital. If you haven't got transport to get there you can use a free taxi service provided by Medicare Local called **Fare Assist**.

Fare Assist operates from 6 pm to 8 am on weekdays, after midday on Saturdays, and all day Sundays and public holidays.

To access the service call Yellow Taxis (131 008) or Independent Taxis (8087 7744), and **make sure you tell the operator you want to use the Fare Assist service** (otherwise you could be charged a fee). When you are ready to come home you will need to ask the hospital staff to ring the taxi company and book your return trip.

Please note this service is not for life threatening situations, if you think it is an emergency then call the ambulance (000) straight away.

ABORIGINAL WOMEN'S GATHERING

The Community Restorative Centre and Warra Warra Legal Service welcome you all to attend a women's gathering. We will meet weekly at the Warra Warra Legal Service every Tuesday. We welcome all Indigenous women, women with an Indigenous partner or women with Indigenous children. This group's intentions are to support women in the community affected by the justice system in any shape or form. This will also allow women of our community to express their concerns within the community through trust and will provide the opportunity to express their emotions through art.

EVERY TUESDAY

11.00PM – 2.30pm

TRANSPORT TO AND FROM AVAILABLE

WE ARE CHILDREN FRIENDLY

R.S.V.P.

Taunoa Bugmy – 0499081790 or 0880881617

Donna Kennedy – 08 80876766

Free Call: 1800 812 800



Maari Ma Staff Update



Zoe Dobson

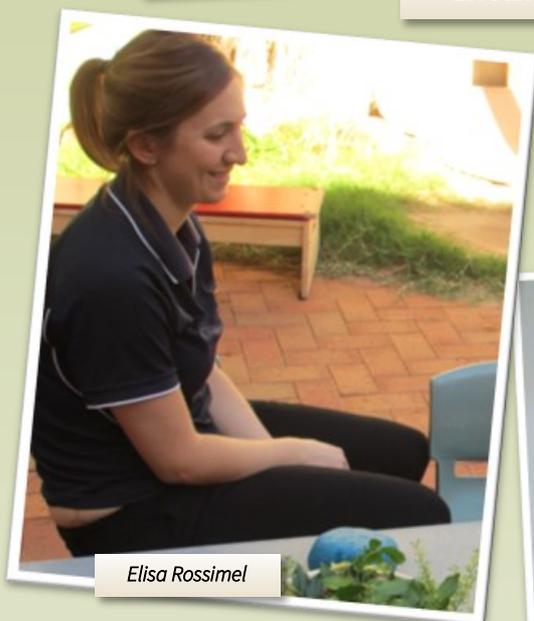
We have had a number of staff leave us in the last month. We said goodbye to **Zoe Dobson**, **Elisa Rossimel**, **Leesa Albert** and **Michele Williams**.

Zoe was our Remote Communities Facilitator and supported programs in Wilcannia, Menindee and Ivanhoe.

Elisa, our Dietician, left us for a job opportunity in Melbourne. Elisa was involved in developing the Maari Ma cookbook and played an important role in delivering nutrition programs and advice in Menindee as well as other towns. She was also an important part of the playgroup which is held on Fridays at TAFE.

Leesa, our Child and Family Health Nurse, has decided to return to her home state of Queensland. We wish her all the best for the future.

Michele has been with us for the last couple of years and worked in the Specialist Services team specialising in mental health for mothers and babies. She will be moving to Mount Isa to continue working with Indigenous families.



Elisa Rossimel



Leesa Albert



Michele Williams

There have been some recent changes to our management team at the Primary Health Care Service with Manager Primary Health Care Service, **Justin Files**, moving to our Regional Office to work on strategic partnerships and manage some of Maari Ma's frontline community services and programs. Director Primary Health Care, **Linda Lynott**, who used to work from the Regional Office has relocated to the PHCS and Practice Administration Team Leader, **Kendy Rogers**, is now our Practice Manager. There will be no change to any of our services provided at the Primary Health Care Service as a result - it's all business as usual.

Preventing and Managing Chronic Disease

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**.

START: Your cycle of care starts with a twelve monthly **CTG/IPIP sign up**. This includes an **ATSI Health Check and followup** by a health worker.

Followup care

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

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's Cycle of Care



Kaylene Kemp
Manager:
Community
Engagement



Maari Ma Primary Health Care Service

"Improving Aboriginal health and 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.

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

Occasional services

- Heart specialist
- Kidney specialist
- Diabetes specialist
- Child health specialist
- Eye specialist
- Alcohol specialist
- Smoking specialist
- Podiatry

428 Argent Street, Broken Hill, NSW 2880
Phone: 08 8082 9777 **Fax:** 08 8082 9778
Web: www.maarima.com.au