Our staff would like to wish you and your family a very Merry Christmas and a safe and Happy New Year. We hope to see you and your family in 2015!

On Friday the 5th of December, Maari Ma staff from Broken Hill, Wilcannia and Menindee came together for our annual staff meeting. It was an interesting and fun day with many presentations from our staff members highlighting our achievements over the last year.
Maari Ma would like to welcome one new bub into the community this month.

Congratulations to Cally Doyle on the safe arrival of her baby girl Emery Ena Lorraine Doyle. Emery was born on the 13th of November at 6:50pm, weighing in at 3265 grams and with a length of 47cm. Big brother Devlen Doyle was very excited to meet his new baby sister.

Cally received antenatal care from community midwife, Bryn Stables and Aboriginal Health Worker, Tarnee Tester. This was a particularly special occasion for Tarnee as she was there to witness the birth and acted as a support to Cally. Emery and Cally will continue to visit Maari Ma for postnatal care.

Sue & Dennis (Bulldog) finally tie the knot!

Congratulations to the new Mr & Mrs Williams! Dennis and Sue were married on the 15th of November, after having been together for more than 30 years! Selina Hall was Sue’s maid of honour and Anthony (Fred) Williams was Dennis’ best man.

Maari Ma would like to wish you all of the happiness that marriage has to offer.
White Ribbon is Australia’s only national, male led Campaign to end men’s violence against women. Intimate partner violence is the most common type of violence against women, affecting 30% of women worldwide, according to the a 2013 report by the World Health Organisation (WHO).

On Tuesday the 25th of November, Maari Ma took part in White Ribbon events. A procession was held in the morning where community members walked from Hungry Jacks to the Court House in Argent St and stood for a few minutes silence before proceeding to Lion Park in Blende St for a BBQ breakfast and acknowledgement of the new Ambassadors. A special lunch was held at the Maari Ma Primary Health Care Service, where staff were asked to support the event by bringing in a plate of food to share. Staff raised $190 from the lunch which will be forwarded to the White Ribbon Foundation.

Sandya Manickam from White Ribbon in Sydney visited Broken Hill for the event. Sandya said she appreciated the opportunity to learn more about our work and she said she looks forward to supporting the Broken Hill community in any way possible to increase engagement in the White Ribbon campaign.

Congratulations to Peter Crossing for becoming a White Ribbon Ambassador!
Physiotherapy Clinic

This year at Maari Ma we were able to gain the services of a Physiotherapist, Peta Bevan. Physiotherapy plays an important role in pain management. Currently, 1 in 5 people experience chronic (persistent) pain (pain that lasts longer than 3 months). Physiotherapy aims to help people with complex chronic pain to improve their quality of life by increasing their level of activity so that they are able to participate in day to day activities with their family and friends.

If you are experiencing pain, either acute or chronic, please talk to one of our doctors or health workers about a referral to see the Physiotherapist. Physiotherapy clinics are currently held once a fortnight (usually on Tuesday mornings) at the Primary Health Care Service.

For the last Physiotherapy Clinic in November, the attendance rate was 75%. If you have an appointment at Maari Ma, whether it is to see a Doctor or a Specialist, we encourage you to attend your appointment. If you are unable to attend your appointment please call us on 8082 9777 to reschedule.

Tobacco tips for the holiday season

**Cravings**
It’s normal to continue to have cravings in situations where you will normally smoke, but having just one cigarette after you have abstained could mean starting all over again. Stay vigilant and aware of your risks.

**Beware of overconfidence**
If you are doing well after a few weeks and have cut down your smoking or even stopped; congratulations, but sadly many smokers relapse even at this stage. Management toward long-term cessation is a process.

**Keep taking your medications**
It is tempting to cease medication when you are going well & maybe you do not need it, however the medication in most cases is why decrease in smoking cessation occurs. Stopping prematurely reduces chances of long term abstinence. Remain on medication for a minimum of 8-12 weeks. There are no time limit restrictions with NRT.

**Follow up visits to the clinic**
Research shows that smokers who regularly visit Smoking Cessation clinicians even after quitting are more likely to stay non-smokers.

**Beware of temptations**
Common causes of relapse are; Stress or emotional upset; alcohol & passive smoking. It is vital to be aware of these triggers & implement strategies to deal with them or alternatively avoid them altogether until you feel ready to deal with them. If a smoker lapses at this time, assisting them to get them back on track immediately is evidenced based best practice.

**Keep quick acting NRT handy**
Always carry fast acting NRT (mouth spray, lozenges, inhaler or gum). The oral mist can relieve cravings after 60 seconds. Anticipating cravings & having a dose of Nicotine 15-20 minutes beforehand is more likely to prevent lapse/relapse.

Source: www.colinmendelsohn.com.au
Christmas Recipes!

Strawberry & Banana Santa hats

Ingredients:
- strawberries
- bananas
- grapes
- pack of small white marshmallows
- toothpicks

Method
1. Cut tops off strawberries.
2. Slice bananas.
3. Place a grape on the toothpick, followed by a slice of banana and a strawberry.
4. Top with a marshmallow.

Fruit Christmas Tree

Ingredients:
- 1 apple
- 1 carrot
- grapes
- strawberries
- rockmelon
- pineapple
- kiwis
- blueberries
- mandarins/oranges
- toothpicks

Method
1. Cut base of apple off so it sits flat on a small plate.
2. Remove the core of the apple.
3. Stick the carrot in the apple and stick toothpicks in the carrot and apple.
4. Cut a piece of the rockmelon into a star. This will go on top of the tree.
5. Cut the tops off the strawberries and cut the pineapple, kiwis, mandarins/oranges into chunks.
6. Arrange all fruit onto the toothpicks.
7. Place the rockmelon star on top.
8. Enjoy!
Maari Ma Primary Health Care Service will be closed from Wednesday the 24th of December, reopening on Monday the 5th of January 2015.

During the closure if you are sick you will need to present to the Broken Hill Base Hospital. If it is after hours you can contact Yellow Cabs or Independent and request Fare Assist.

If it is an emergency, please ring 000.

Maari Ma Primary Health Care Service, Broken Hill

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Santa’s in town!

Attention all children. We have received a report that Santa is in Broken Hill!

He arrived earlier this month and will be in town until Christmas eve, when he embarks on his annual toy delivery run.

Of course he’ll be very busy in the lead up to Christmas, but we hear he’ll be taking a break from his present making between 11 am and 12 noon, Mondays to Saturdays, so that he can meet the local children.

See Santa

Where: Centro Westside Plaza
When: 11 am to 12 noon, Mondays to Saturdays

For more info call Centro Westside on 8088 3833.
Maari Ma staff update

We have had a few new additions to the Maari Ma team in the last month, as well as some great losses.

Maari Ma would like to welcome Michelle Parker, our new HIPPY Coordinator. Michelle previously worked at the Happy Day Preschool in Broken Hill and has already been introduced to playgroup.

Lesley Harvey has started with us in the role of Early Years Program Leader. Lesley has worked at Silverlea Early Childhood Services as a Director and Teacher for the last 13 years. Lesley will have an important role in organising playgroup as well as other early childhood programs and activities.

Kristy Kelly began working with us recently as a registered nurse in the clinic/community team. You will see Kristy when you visit the Primary Health Care Service.

Welcome back to Pia Brady. Pia did a placement with us last year when she was studying social work and now she has returned as an employee in the Primary Care Specialist Services team as a Primary Mental Health AOD worker.

Maari Ma would like to farewell Glenis Barnes, Cindy Toiava and Luke O’Donnell. Glenis has been our Human Resources Manager since 2006 and will be leaving us at the end of the year. We thank her for the great contributions she has made to our organization and wish her well in her retirement. Cindy has worked in the Keeping Well Team and in Practice Administration since July last year and will be leaving us at the end of this year. Luke, an Aboriginal Health Practitioner who has been with us since 2011, will also be leaving us at the end of the year to take up a position with the Far West Local Health District at the Dareton Primary Health Service. We wish Cindy and Luke all of the best for the future.

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Tiffany Cattermole shows that hard work pays off

Congratulations to Tiffany Cattermole who is truly a role model for our community for having just completed three years of study to become a registered nurse.

Tiffany was employed by Maari Ma on a part time basis as an Administration Assistant in the Regional office in January of 2009. Later that year she began her studies in Aboriginal and/or Torres Strait Islander Primary Health Care Practice and Pathology. In December 2010, Tiffany completed both of her certificates and in August 2011 she became a qualified Primary Health Worker and joined the clinic team at the Primary Health Care Service. Tiffany also achieved registration with AHPRA (Australian Health Practitioner Regulation Agency) as an Aboriginal Health Practitioner last year.
**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.

**Followup 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 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.

**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.

**You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.**

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**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 Primary Health Care Service**

“Improving Aboriginal health and closing the gap”

**Regular services**
- Doctors
- Nurses
- Health workers
- 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

**Kaylene Kemp**
Manager, Community Engagement

**Kendy Rogers**
Practice Manager, PHCS

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