Merry Christmas from all of us!

On Friday the 4th of December, Maari Ma staff from Broken Hill, Wilcannia and Menindee came together for our annual staff meeting. It was a special day of reflection, with presentations from our staff members highlighting our achievements over the last year.

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 2016!

Far West NSW Business Awards

Maari Ma was lucky enough to receive two awards on the night:

⇒ Best Medium to Large Business and
⇒ the Outback Spirit Award.

Thank you to everyone who supports our business and of course to our community members for continuing to access our services. Our organisation would not be where it is today without your input.

David Doyle and Tiffany Cattermole receiving the Outback Spirit Award from Foundation Broken Hill’s Chairman, Vince Gauci. Photo by Barrier Daily Truth.

Kaylene Kemp, CEO Bob Davis and Justin Files holding our awards

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 one of our Elders.

Happy Birthday to Leila Williams who turned 62 on the 9th of December.

Congratulations Leila, and best wishes from everyone at Maari Ma.

Maari Ma would like to welcome one new bub into the community this month.

Congratulations to Alice Russell on the safe arrival of her baby girl Tahanh Ann Kay Louise Joyce Doolan who was born on the 16th of November 2015 at 8:40am, weighing in at 2790 grams and with a length of 52cm.

Alice was given a gift bag from Maari Ma to congratulate her on the newest addition to the family. She received antenatal care from Post-Grad Midwife, Tamara Jones and Aboriginal Health Worker, Tarnee Tester. Alice and baby Tahanh will continue to visit the health service for postnatal care.

We would like to wish Alice and her family all the best.

Maari Ma Staff Update

Maari Ma would like to welcome our new Human Resources Manager, Kay Macsween. Kay started with us at the end of last month and has been working in Adelaide and has previously worked for a number of Aboriginal services. She will be working with Workforce Systems Coordinator, Renae Roach.

Fiona Mitchell, who has worked in a couple of our teams at Maari Ma has now joined the Community Safety Research Project team. We wish Fiona all the best in her new role.

This month we farewells our Social Worker/ Perinatal Mental Health & AOD Worker, Pia Brady. Pia will be moving back to Sydney and we wish her all the best in her career.
White Ribbon Day is held on November the 25th. This year Maari Ma hosted an event to raise awareness about domestic violence against women. Our organisation has recently become accredited as a “White Ribbon Workplace” which is a great achievement and we hope that our staff can set a good example for the community in saying “no to violence against women”.

In 2015 two women were murdered each week in Australia at the hands of their partners or ex partners. Also during the past year in Australia more than one million women endured physical, sexual or emotional abuse. Through primary prevention initiatives and the annual campaign, White Ribbon Australia seeks to change the attitudes and behaviours that lead to and perpetuate men’s violence against women.

Approximately 70 people attended the White Ribbon event on Wednesday which was held at the front of the Maari Ma Primary Health Care Service. Tarnee Tester did a Welcome to Country which was followed by a speech from Jamie Billing and Pete Crossing. We then had a special balloon release where all men were invited to release a balloon in memory of the women who have died as a result of domestic violence. Thank you to all of the men who came forward to take part in this. A BBQ lunch was also provided for the community, with leftovers donated to Mission Australia.

Thank you to everyone who took part in this day and a big thank you to Mission Australia, Warra Warra Legal Service, Lifeline and the Rotary Club for their involvement and donations.
Postnatal Depression Awareness Week

Postnatal Depression Awareness Week is held every year in November. It is an opportunity to talk to new and expectant parents about looking after themselves and their emotional health, and to provide information about the types of mental health problems that some parents may experience and who can help.

This year a combined event was hosted by multiple organisations including the Broken Hill Health Service’s midwifery unit, Mission Australià, Centacare and Maari Ma Health. There were activities such as mini belly cast painting, baby bib painting, colouring in and a play area for children and babies. Resources and information were made available to community members and we were lucky enough to have a beautiful musical accompaniment along with a shared lunch. The day was a success and we had many families attend. Thank you to everyone who was involved in organizing the event and to those who attended.

We also had a morning tea on Thursday the 19th of November in Broken Hill called “Bun in the oven” to spread the message to both men and women that it is OK to ask for help.

Congratulations!

We would like to congratulate our Clinic Team Manager, Kelly McGowan on her wedding which was held on Saturday the 7th of November. Kelly looked absolutely beautiful and we wish her all the happiness that marriage has to offer.

We hope you are enjoying your honeymoon and look forward to your return!
HIPPY Graduation
Congratulations everyone!

On Thursday the 26th November, 19 children and their families graduated from HIPPY. This is the first group of families from Broken Hill HIPPY to achieve such an important milestone. The graduation was celebrated at the YMCA with a beautiful dinner, a jumping castle, slide and a HIPPY graduation cake. We were very fortunate to have Aunty Maureen O’Donnell attend to present the certificates and gifts. The children dressed in graduation gowns and hats and looked absolutely gorgeous! It was a very proud moment for parents and families of the children.

What is HIPPY?

HIPPY is the Home Interaction program for parents and youngsters.

HIPPY is a free two-year early learning program and empowers carers to be their child’s first teacher.

HIPPY helps children make a successful transition to school and beyond.

Families receive a free set of activity packs and story books. A trained home tutor makes fortnightly visits to the home to demonstrate the activities to parents and carers. There are also fortnightly group meetings to practice the activities, listen to guest speakers and yarn with other parents and carers doing the program. Families can start HIPPY the year before their child is due to start school (usually around 4 years old).

If you’re interested in joining the HIPPY program or would like more information, please contact Michelle Parker at Maari Ma on 8082 9888.

HIPPY Christmas Party & Playgroup Christmas Party

The HIPPY Christmas Party was held on Wednesday the 2nd of December at Sturt Park. It was a fun but windy afternoon. However, that did not stop Santa from visiting the kids! Santa had gifts for all of the HIPPY children and there was a yummy Christmas tea available for families. It was a great way to finish our HIPPY group gatherings for the year. We look forward to lots of fun HIPPY gatherings in the new year.

The Playgroup Christmas Party will be held on Friday the 11th of December at Sturt Park for children under five who attended Playgroup this year. We are looking forward to a cooler day to celebrate the year. Playgroup will resume on Friday the 5th February 2016 in the Child and Family Building (not the playhouse at TAFE). On behalf of everyone from Playgroup, Little Kids and Books and HIPPY, we would like to wish everyone a safe and very Merry Christmas.

Tobacco tips for the holiday season

- Avoid other people’s smoke, don’t breathe it in.
- Drink less alcohol, ½ your usual amount, and one alcohol-free day per week.
- Drink less coffee and caffeinated beverages. Perhaps consider herbal alternatives as well.
- Christmas can be a stressful time for many of us. Pre-plan your Christmas time with extra NRT, relaxation, exercise and a support person/network. Lifeline is a 24-hour 7-day a week counselling service on 131 114. Talk about your feelings to help reduce the cravings that can occur during emotionally challenging times.
- Eat breakfast every day.

Light a candle at Christmas for your loved ones….not a cigarette!!

WISHING YOU ALL A HAPPY, HEALTHY & TOBACCO FREE CHRISTMAS.
What you'll need...

Cutting Board  Baking Tray  Electric Beater  Measuring Spoons and Cups

4 X Bowls  Rolling pin  Piping Bag  Cooling Racks  Cookie Cutter

Christmas Recipes!

Cheese & Fruit Christmas Tree

Here's an easy, healthy Christmas dish to make for when you are visiting family or friends or if you have visitors over. All you need is some celery, broccoli, grapes and different cheeses and some seasonal herbs for decorating.

Gingerbread Men

Ingredients:
- 125g butter, softened
- 1/2 cup brown sugar, packed
- 1/2 cup golden syrup
- 1 egg, separated + 1 egg white, extra
- 2 1/2 cups plain flour
- 1 tbsp powdered ginger
- 1 tsp mixed spice
- 1 tsp bicarbonate of soda
- 2 cups icing sugar
- 150g packet Smarties or chocolate buttons to decorate

Method
1. Preheat oven to 180°C (160°C fan-forced).
2. Cream butter and brown sugar together using an electric beater
3. Add egg yolk and golden syrup and mix until combined.
4. Add flour, ginger, mixed spice and bicarb soda and combine. It might look a bit crumbly, but don’t worry - it works!
5. Place onto a piece of baking paper and then cover with another piece of baking paper – using a rolling pin, roll out the dough and cut out with desired shapes re-roll as needed, but keep using the baking paper.
6. Move the cut shapes over to greased baking trays with a spatula and bake for 8-10 minutes.
7. Once baked, let cool for 10 minutes on the tray and then transfer to cooling rack.
8. To make the icing, beat the 2 egg whites until they are stiff peaks, add the sifted icing sugar and combine with a few drops of lemon juice. Place into a piping bag and decorate the gingerbread men with the icing and the smarties.
Christmas Closure

The Maari Ma Primary Health Care Service and our Regional Office will be closed from Thursday the 24th of December, reopening on Monday the 4th of January 2016.

During the closure if you are sick you will need to present to the Broken Hill Health Service. **If it is an emergency, please call 000.**

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Christmas Pageant

Maari Ma entered two floats into this year’s Christmas Pageant. We used our mobile clinic for one of them and the other was decorated beautifully with a banner and Christmas decorations. Thirty people took part including staff and families who are involved with playgroup and HIPPY. Some of our staff members walked alongside the floats giving out toothbrushes, toothpaste and water (which was greatly appreciated as it was so hot!). Thank you to everyone who took part in the event.

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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**

- **Centro Westside Plaza**
  - 11 am to 12 noon
  - Mondays to Saturdays

or at:

- **Target**
  - 11 am to 4 pm
  - On Saturdays
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.

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.

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.

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 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 a 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

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