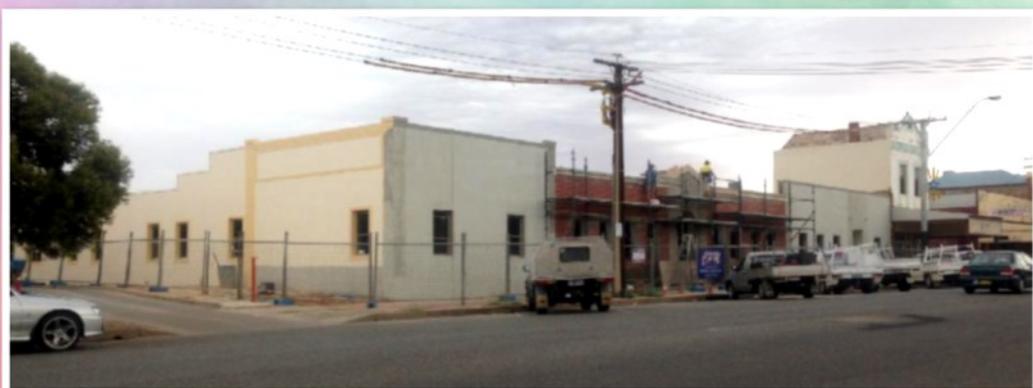




Maari Ma Health Aboriginal Corporation

Community Newsletter

Welcome back for 2015!



Maari Ma would like to welcome you back to what is shaping up to be a busy year at the health service.

Our brand new Primary Health Care Service is due to open in March. The funding to build the new health service came from the Commonwealth Government and NSW Health.

Maari Ma will still be providing the same services to the community, but there may be some disruptions during the transition to the new building across the road.

If you are unsure about where your appointment is, or are unsure about finding your way around the new health service, please contact Practice Administration.

Tours of the new health service will be available to the community. Details of tours will be provided soon.



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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 three of our elders.

Happy Birthday to **Reginald Beer** who turned 63 on the 2nd of January and to **Margaret Gilby** who turned 54 on the 8th of January.

Annie Biggs will turn 69 on the 24th of February. We hope you have a lovely birthday.

Congratulations Reginald, Margaret and Annie, and best wishes from everyone at Maari Ma.



Reginald Beer



Margaret Gilby



Annie Biggs

What's On?

Antenatal Classes

1:00pm - 3:00pm

Tuesday the 10th, 17th and 24th of February at the Child & Family Building at Maari Ma Health

Healthy Breakfast

9:00am - 11:00am

Monday the 16th and Tuesday the 17th of February at Maari Ma Health

Healthy Start Playgroup

10:30am 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



Jade and Andrew with baby boy Thuli



Baby Erin

Maari Ma would like to welcome two new bubs into the community this month.

Congratulations to **Jade Shillingsworth** and **Andrew Jones** on the safe arrival of baby boy **Thuli Gordon James**. Thuli was born on Friday the 16th of January, weighing a healthy 3115 grams, and is Wilcannia's first Maari Ma baby for 2015.

Jade received antenatal care from Community Midwife, **Bryn Stables** and Primary Health Practitioner, **Stevie Kemp**.

On Tuesday the 13th of January, **Jenni McDonald** and **Ricky Pinnuck** welcomed baby girl **Erin** into the world. Erin weighed 4085 grams at birth and is Broken Hill's first Maari Ma baby for 2015.

Jenni received antenatal care from Community Midwife, **Bryn Stables** and Primary Health Practitioner, **Stevie Kemp**.

Maari Ma would like to congratulate both families and we wish them all the best for the future.

Antenatal classes at Maari Ma

Maari Ma is very PROUD to announce that we are officially running our OWN antenatal classes to support and inform you throughout your pregnancy and once bub is born. The groups will be informal and include a tour of the OBU ward and a pregnancy yoga class.

We encourage you to bring a support person who may be with you during labour and birth who can also learn how they can help you.

Don't be afraid to ask any questions and we really look forward to seeing you there!

Below are the dates and topics for the classes. The classes will be held in the Child & Family building at the Primary Health Care Service.



Class 1 Tuesday the 10th of February, 1pm-3pm

Diet & Exercise with Cher Twe:

- Healthy food choices
- What not to eat
- Ideas for exercise and relaxation
- Pregnancy YOGA class with Susan Jordan

Class 2 Tuesday the 17th of February, 1pm-3pm

Pregnancy:

- Growth
- Changes
- Attending clinic

Class 3 Tuesday the 24th of February, 1pm-3pm

Labour & Birth:

- Changes
- When to come in
- Pain relief in labour
- Skin to skin
- Tour of OBU Ward with Bryn and Stevie

Class 4 Tuesday the 3rd of March, 1pm-3pm

Parenting & Breastfeeding:

- Bathing
- Dressing
- Breastfeeding
- Baby Massage with Susan Jordan

Class 5 Tuesday the 10th of March, 1pm-3pm

Postnatal period:

- Immunisations (Mum & Bub)
- Health Checks
- PAP Smear
- Contraception

Transport and afternoon tea will be provided at all classes. For more information please contact Stevie Kemp at Maari Ma Health on 8082 9777.

Belly Casting



Toni Summers recently had a belly cast done at 34 weeks as a keepsake of her pregnancy. Her daughter, **Avah** (pictured) gave a helping hand. Toni is close to her due date and has received prenatal care from Community Midwife, **Bryn Stables** and Aboriginal Health Practitioner, **Tarnee Tester**.

We wish her all the best for the safe arrival of her baby!

If you are pregnant and would like to have a belly cast done, please call 8082 9777 and book in with Stevie Kemp or Tarnee Tester.

Maari Ma's Mobile Clinic



The Mobile Clinic will be operating in Wilcannia on Friday the 20th of February. The clinic will be open to well people in the community as well as those who are unwell or require an ATSI health check.

The Mobile Clinic will also be operating in Broken Hill on Friday the 27th of February, with a focus on women's health.

FEBFAST



So it's that time of the year again when everyone wants to kick their bad habits to the curb and have a healthy start to the new year and what better way of doing that than joining **FEBFAST!** Not only do they give you tips on how to kick your bad habits, but any money raised by you goes to helping youth with addictions.

Bad habits don't only have to be alcohol and tobacco - they also give you help on how to minimise sugar and social media use. So if you are interested in reading more about it, or signing up to raise money, head to <http://febfast.org.au/>.

The Early Years

The Early Years team would like to welcome everyone back for the New Year!

The Healthy Start Playgroup commenced on Friday the 6th of February. Playgroup is held between 10.30 am and 1.00 pm at the TAFE Playhouse in Argent St, next to the Court House. Playgroup is for little kids 0 - 5 years to talk, sing, read and play. A space is provided for children to make friends, listen to stories and they receive a new book each fortnight.

A cooking group for parents who would like to be part of Playgroup is held every Thursday in the Child & Family Building at Maari Ma from 10.30am to 12.30pm. The food cooked during this session is taken to Playgroup on the Friday and shared with the other families.



Please contact Lesley Harvey (Early Years Project Leader) on 80829888 if you are interested in attending.

Would you like to provide your child with the materials and support for a successful early school experience?



Did you know that a strong start at school can set your child up for life?

Joining HIPPY (Home Interaction Program for Parents and Youngsters) costs nothing and creates a love of learning for you and your child.

HIPPY is currently taking enrolments for four year olds.

HIPPY can also provide an opportunity for paid employment at Maari Ma when your child is enrolled in the two year program. There are two positions available to become a home tutor.

For further information please contact Michelle Parker (HIPPY Coordinator) on 80829888.

Maari Ma's Healthy Weight Week

To celebrate Australia's Healthy Weight Week, Maari Ma will providing a free healthy breakfast for our visitors to the health service.



The menu:

- Breakfast Cereal
- Fruit and Yoghurt
- Veggie Juices

Where:

Broken Hill Health Service:
Monday and Tuesday 16/17th
Feb 9.00am-11.00am

Menindee Health Service:
Tuesday 18th Feb
9.00am-11.00am

Wilcannia Health Service:
Thursday 19th Feb
9.00am-11.00am



Maari Ma Staff Update

Over the last month Maari Ma has welcomed a number of new faces.

We would like to welcome our new full time GP, **Dr Nalin Fonseka** who will be working from the Primary Health Care Service.

Maari Ma also has two new GP registrars starting this month. **Dr. Aung Si Thu** and **Dr. Priscilla Htun** will be with us for the next year.

Claudia Paul joins us this year. She is our new Medical Student.

Tamara Brache started at Maari Ma last month as Practice Administration Assistant. Tamara has spent the past three and a half years working at Broken Hill's SureWay Employment and Training where she started as a trainee in administration and worked her way up to Employment Advisor Disability Employment Service.

Eileen Adam joins the Broken Hill Primary Health Care Service this month. Eileen is a registered nurse and has been working in Wilcannia Health Service for the last year.



Tamara Brache



Claudia Paul



Dr. Aung Si Thu (left) & Dr. Priscilla Htun (right)

Farewell Cher & Paige



Paige's farewell lunch



Dr. Paige Thompson

Last month we said farewell to our GP registrar, **Paige Thompson**. Paige has been with us for the last year. We wish her all the best for her future in medicine.

This month we farewell **Cher Twe**, our Regional Tobacco and Healthy Lifestyle Project Coordinator. Cher has been with us for the last three years, originally working as Dietician and then going on to coordinate the tobacco and nutrition programs.

Cher would like to thank the staff at Maari Ma for supporting her in her role. She would also like to thank the community for being so welcoming and participating in health promotion events.



Cher Twe

Home Medicines Review



What is a HMR?

A pharmacist visits the patient at their home or wherever they feel comfortable talking. The pharmacist talks with the patient to help them learn more about taking tablets and using medicines. The patient can ask questions about any worries with their medicines.

Are you eligible for a HMR?

Patients that may eligible for a HMR are usually people who:

- are taking a lot of tablets
- have just come out of hospital
- have had a lot of changes to their medicines
- are having problems with medicines or are not taking their tablets
- are not getting better as quickly as expected
- are taking medicines that need monitoring with blood tests
- have had many doctors

How does HMR help the patient?

HMRs help educate patients about their tablets and other medicines. HMRs can help patients understand their medicines when the doctor does not have enough time to go through all of the information.

The Pharmacist explains:

- the best way to take medicines safely
- why to take them
- how to get the best results

Information goes to the patient's doctor

After the HMR, the pharmacist sends a report to your doctor and can discuss ways to help the patient with any problems they have found. The doctor may decide to make some changes to the patient's medicines.

Alex Page is the Pharmacist at Maari Ma Health. Alex usually sees 4 to 5 patients every Tuesday in Broken Hill. He also visits Wilcannia and Menindee. If you have been referred to the pharmacist for a HMR by your doctor, it is important that you are available for your appointment.

In January, the attendance rate for HMRs was 56%. 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.

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 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**

Maari Ma's Cycle of Care

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



Kaylene Kemp
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS

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