



# Maari Ma Health Aboriginal Corporation

## Community Newsletter

# Close the Gap Day

### In this issue:

**Left:** Primary Health Worker, Luke O'Donnell, took to the airwaves on Radio 2BH / Hill FM at the Close the Gap Day event in the Town Square to raise awareness about ATSI health checks and the Fluvax immunization



Thursday the 20th of March marked National Close the Gap Day and Maari Ma joined with a number of organisations to host stalls and activities in Broken Hill's Town Square. **Tarnee Tester** did the "Welcome to Country" which was broadcast on Hill FM and many of our staff members were able to promote the programs and services that Maari Ma offers such as our new HIPPY program and our tobacco and nutrition services. A healthy BBQ was provided for lunch and there was good community interaction.

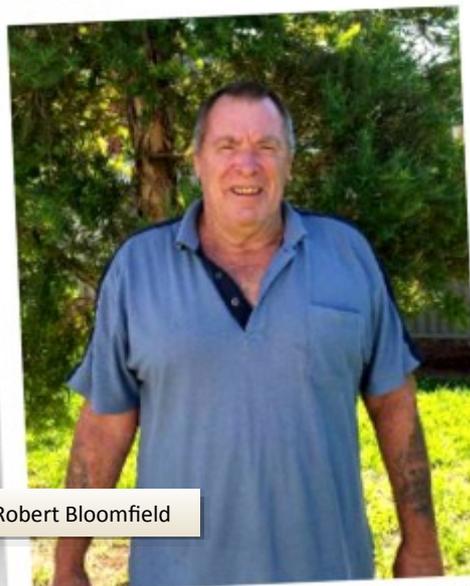
Thank you to everyone who participated in this event.

# Elder's Birthdays

In this issue we have a special birthday wish for one of our Elders.

**Robert Bloomfield** celebrates his 65th Birthday on the 17th of April.

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



Robert Bloomfield

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### Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

**Broken Hill, NSW**

# New Bubs!

Maari Ma would like to welcome a few new bubs into the community!

On Thursday the 20th of March, Stacey **McManis** and **Nathan Tucker** welcomed their baby girl, **Felicity Ann** into the world. Felicity weighed a healthy 8lb 9oz.

Care was provided to Stacey by Maari Ma's midwife, **Helen Freeman**, and Primary Health Care Practitioner, **Stevie Kemp**, who provided antenatal care and supported Stacey throughout her pregnancy.



Baby Felicity



Baby Felicity with proud Mum, Stacey McManis

On the 22nd of March, **Leeanne Ebworths** and **Leslie Harris** (Sunno) welcomed a baby girl, **Tegan** who weighed 4 pounds, to their family.

At 33 weeks gestation, Leeanne had a belly cast done and anxiously waited for her older son to come home to decorate it for her.

Care was provided to Leeanne by **Helen Freeman** and Aboriginal Health Practitioner, **Tarnee Tester**.



Leeanne Ebworths with Baby Tegan



Leeanne's belly casting

**Shakeal Edward Farnham** was born on the 12th of March at the Broken Hill Health Service. Congratulations to **Codie Pinnuck** and **Peter Farnham** on the safe arrival of their baby boy.

Codie was supported by **Tarnee Tester** throughout her pregnancy.



Shakeal with proud father, Peter Farnham



Larissa Hooker

**Larissa Hooker** had her belly casting at 28 weeks gestation with the help of her son **Trey Patrick**. Larissa's baby is due in July.

## What's On?

### Healthy Start Playgroup

10:30 am-1:00 pm

Fridays at the TAFE playhouse in Argent St

(Not on during school holidays)

### After school cooking group

3:15 pm-4:30 pm

Wednesdays at the Child & Family Building at Maari Ma Health

(Not on during school holidays)

### Cooking group for Parents

10:30 am-12:30 pm

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

(Not on during school holidays)

# Introducing HIPPY

The HIPPY program will be operating in Broken Hill through Maari Ma with the support of the Brotherhood of St Lawrence. HIPPY stands for Home Interaction Program for Parents and Youngsters. It is a two year homebased parenting and early childhood enrichment program that empowers parents and carers to be their child's first teacher.

HIPPY is open to families who have a child about 3 and a half to 4 years old. The program begins the year before the child starts big school and continues in their first year of school. The program runs for 30 weeks a year during school terms.

HIPPY is a free program as it is fully funded through the Australian Government's Department of Education. Families that choose to take part in the HIPPY program will receive a set of activity packs, story books and other materials designed to help their child's learning.

The first year of the program provides children with activities which support them in learning how to read, write and use numbers. The second year builds on these activities and provides parents with some extra information about children's learning and development.

Home tutors will regularly visit families to work through the program's activities in the family home. Tutors will demonstrate and practice weekly activities with parents/carers of the child. Parents are also encouraged to participate in regular parent group meetings. The home tutor does not work with the child, so children do not have to be at home at the time of visits.

*Maari Ma is currently taking enrolments for 2014. If you are interested in the paid position of home tutor or enrolling your child/children into the program, please contact Maari Ma's HIPPY Coordinator, **Geraldine Tremelling** on 8082 9835 or via email [geraldine.tremelling@maarima.com.au](mailto:geraldine.tremelling@maarima.com.au).*



Aileen Sloane enjoys reading with her son Costa and grandsons Lenzal and Lashawn



## Easter Break

Easter weekend is the 18th of April— 21st of April. Maari Ma Primary Health Care Service will be closed from Friday the 18th of April, reopening on Tuesday the 22nd of April.

During the closure if you are sick you will need to present to the Broken Hill Health Service. If it is after hours you can contact Yellow Cabs or Independent and request Fare Assist. If it is an emergency, ring 000.

Maari Ma would like to wish you and your family a very happy and safe Easter. If you are going away for the weekend, please travel safely!

# Youth YouTube Clip



Maari Ma Health engaged a Hip Hop team called Morganics consisting of Hip Hop artist, film director **Morgan Lewis**, Wire MC, Koori Hip Hop artist, guitarist, musician **William Jarratt (Will)** and **Jeevika Rajagopal (Jeevi)**, video artist.

Morganics visited Broken Hill, Wilcannia and Menindee during February and March for two weeks, workshopping and recording clips with kids from each town.

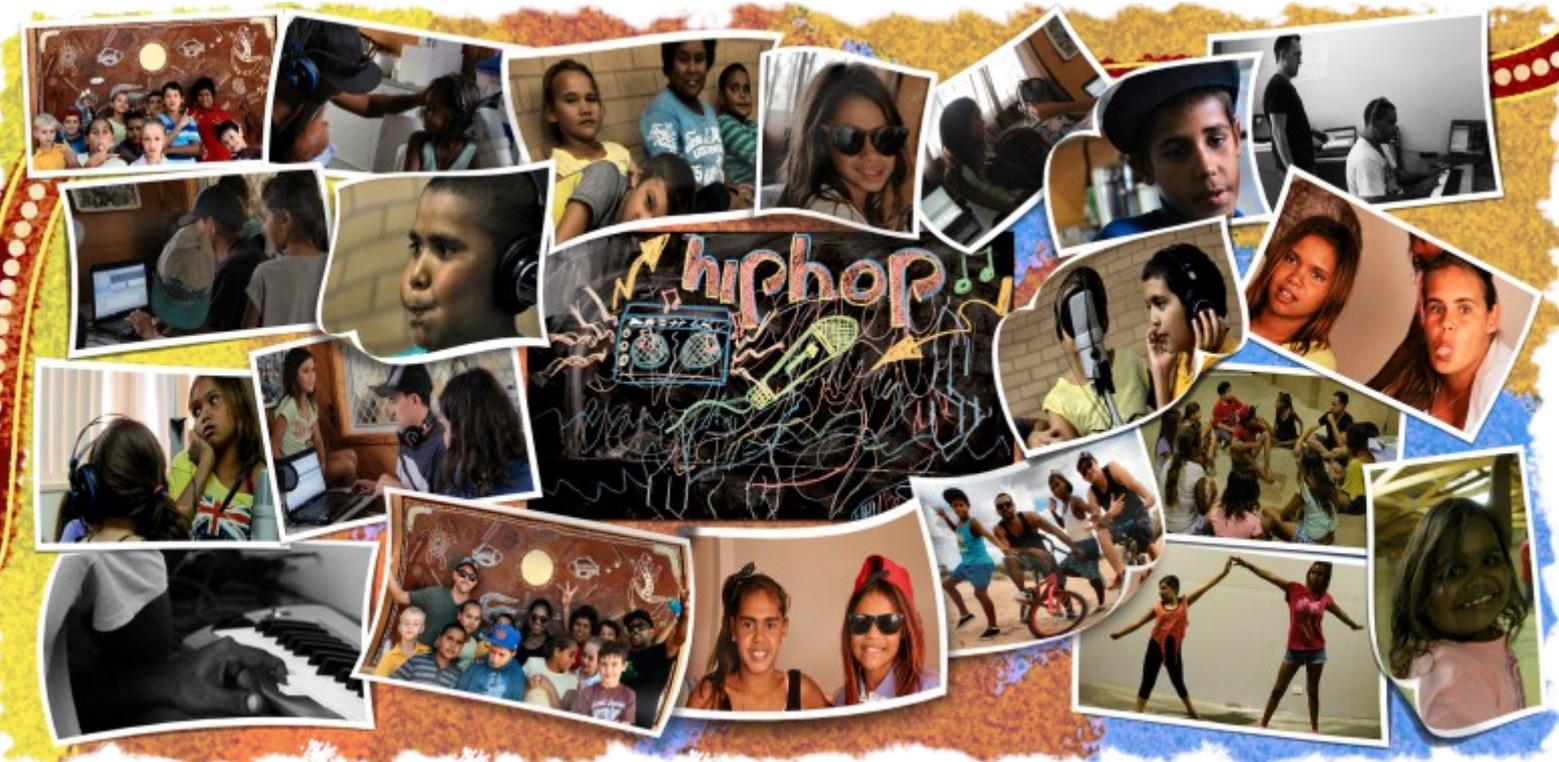
The aim of the clip was to promote healthy lifestyles and physical activity in line with chronic disease and the smoking cessation program currently being run through Maari Ma Health programs.



The Morganics team produced 4 completed video recordings which included a clip from each town— Broken Hill – ‘Flashmob Superhero’s’, Menindee ‘A Happy Home A Happy Healthy Heart’ and Wilcannia – ‘Make your Hands Clap (Girls Clip)’ and ‘Where We Belong’ (Boys Clip). All clips recorded were created from scratch. This included the music for each clip and individual scripts that were supplied and put together by each individual participant.

This was a great opportunity for kids from our communities to be involved in making a video clip from start to finish. Everyone worked well together and were able to produce a specific clip relating to each town from each child’s creative scripts that were put together during the workshops with the team from Morganics.

*A BIG Thank You to ALL who participated in the making of the ‘Youth YouTube Clip’. A great effort by everyone involved!*



## Community Safety Research Project

The Community Safety Research Project is a joint project between Maari Ma Health and the University of NSW. The project aims to better understand how much stress people are under and how this relates to anger and violence. The project is currently in it's second phase, The Adult Study. This phase is a series of questions that are across the lifespan (from early childhood into adulthood) that are completed on a Tablet (like an iPad, or computer tablet). We have chosen to use the Tablets to ensure the community's information is completely confidential. The importance of gathering this information straight from the community means that we can develop, trial and evaluate programs that are specific to our area, and also assist in improving service delivery.

The first phase of this Project was the Qualitative phase (Yarning Stories), in which community members spoke about specific scenarios that relate to the distress our people experience. From this we were able to develop a "Healing Program" which will be trialled as soon as we have established a group that would like to participate in this program. What's different about Maari Ma's Healing Program to others in Australia is that it incorporates individual and group sessions so community may discuss issues one on one with staff who facilitate the Program. The Healing Program will also be evaluated to ensure it is effective and addresses issues as expressed by community. The Healing Program has been developed through information gathered from the Qualitative phase of the research, and is what the community has said are the issues they face daily. It is important for staff and community to understand that healing is a process, not a cure.



The CSRP team left to right: Jarred Menz, Tarissa Staker, Claudett Dixon, Catherine Sanford and Bilyara Bates



CSRP Manager  
Marsha Files

## Indigenous Community Links Program

The Indigenous Community Links (ICL) Program is available at Maari Ma's Regional Office on Argent St. The program provides information, referrals and internet access to the Aboriginal community. Information on the following services can be accessed through ICL:

- ➔ Aged care
- ➔ Welfare
- ➔ Primary/ Secondary School
- ➔ Family violence
- ➔ Legal services
- ➔ Sport and Recreation
- ➔ Housing
- ➔ Health
- ➔ Financial
- ➔ Employment
- ➔ Computing/IT
- ➔ Emergency relief/ assistance
- ➔ Transport
- ➔ Cultural
- ➔ Early Childhood
- ➔ Higher Education and Training
- ➔ Education and Care
- ➔ Social and Family Support

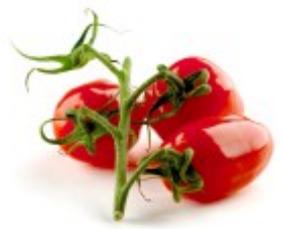


Administration Officers/Wilcannia Clinic Coordinators, Lynley Rebbek (on left) and Lowra Koraba (on right)

*Information can be provided over the phone or directly to people who come in to the Regional Office. If you need assistance with any of the services listed above please do not hesitate to contact our Regional Office on: 8082 9800 or visit us at 443 Argent St.*

# Healthy Easter Recipe

## Easter Bunny Veggie Tray



### Serves 4

#### Ingredients:

##### Guacamole:

- 4 avocados.
- 4 tablespoons of reduced fat cream cheese/ yoghurt.
- 4 tablespoons of lemon juice.
- 2 tomatoes.
- 3 spring onion stems.
- Pepper to taste.

- 1 wholemeal cob loaf.
- 2 small wholemeal table rolls (to make ears).
- 3 currants or raisins (bunny eyes).

Cut into pieces: carrots, celery, broccoli, cucumber, or any raw veggies of your choice, washed and ready to serve.

### Method

1. Cut the top off the rolls and scoop out most of the bread.
2. Cut avocado in half, remove stone and peel.
3. Mash avocado in a bowl with the lemon juice.
4. Combine with the reduced fat cream cheese or yoghurt.
5. Dice the tomatoes and 2 spring onion stems in to bite sized pieces.
6. Combine the tomato and spring onion with the avocado and cream cheese/yoghurt mixture and add pepper to taste.
7. Place the avocado mixture into the cob loaf.
8. Cut 1 spring onion stem into quarter pieces. Decorate the loaf with raisins as bunny eyes, table rolls as bunny ears, and spring onion as whiskers.
9. Serve the vegetables, guacamole dip and loaf on a tray and enjoy!



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.**

# Preventing and Managing Chronic Disease



**Kaylene Kemp**  
Manager:  
Community  
Engagement



**Justin Files**  
Service Manager:  
MMPHCS



## 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, Justin Files, 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
- Optometrist

**428 Argent Street, Broken Hill, NSW 2880**  
**Phone:** 08 8082 9777 **Fax:** 08 8082 9778  
**Web:** [www.maarima.com.au](http://www.maarima.com.au)