Maari Ma’s ‘Girls Night In’ was held at our Child and Family building on Tuesday the 17th of June. Approximately 15 girls from the ages of 13 – 19 came along (plus Aunty Vicky-Anne from the community) for what was a fun filled night with lots of laughs as well as some important messages and information.

The night consisted of a yarn from Dr Elaine Powell about Sexual health and ended with the Core of Life Program run by community midwife Bryn Stables and Aboriginal health practitioner Ann Bennett.

A dinner of pizza was provided and gift bags were sent home with the girls at the end of the night.

We would like to thank all the girls and Aunty Vicky-Ann for coming, and also the staff who helped set up, pack up and provide transport. It was once again another successful Girls Night In.
In this issue we have special birthday wishes for three of our Elders.

Congratulations to our Transport Officer, **Guy (Smiley) Crawford**, who will turn 55 on the 29th of July.

Happy Birthday to **Tony Hall** who will celebrate his 57th birthday on the 7th of July.

**Craig Beer** will be celebrating his 51st birthday on the 27th of July. Congratulations **Guy (Smiley)**, **Tony** and **Craig**, and best wishes from everyone at Maari Ma.

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**What’s On?**

**NAIDOC WEEK**
6th - 13th July
Please see Page 5 of the newsletter for event information.

**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 12:30 pm
Thursdays (before Playgroup) at the Child & Family Building at Maari Ma Health.
(Not on during school holidays).

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**Elder’s Birthdays**

**Craig Beer**

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**Belly casting**

**Jade Townsend** had her belly cast done at 31 weeks with the assistance of partner **Tony Pittaway**, Aboriginal health practitioner **Tarnee Tester** and community midwife **Bryn Stables**.

Jade’s baby is due in August and we are all looking forward to seeing the decorated belly cast.

We wish **Jade** and **Tony** all the best.
New Bubs!

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

We would like to congratulate Corina Kemp and Kevin Kennedy on the safe arrival of their baby girl Zanaya who was born on the 15th of June. Zanaya weighed a healthy 7 pounds 6 ounces and was a pleasant surprise for her brother Nivek.

Corina was seen by community midwife Bryn Stables and Aboriginal health practitioner Stevie Kemp and attended antenatal, obstetrician and ultrasound appointments. She also endured some long trips to Mildura.

At 39 weeks, Samantha Bugmy gave birth to Samira Ruby Raylene. Samira was born on the 17th of June and weighed 6 pounds 1 ounce. Margi is very excited to have a little sister.

Samantha received her antenatal care at Maari Ma by community midwife Bryn Stables and Aboriginal health practitioner Stevie Kemp. Samira and family are doing very well and continue to see Bryn and Stevie for postnatal care.

At 37 weeks, Courtney Bates-Petitt, Kerry King and Nelson were pleased to announce the safe arrival of their baby boy/brother Kerry Darby Leroy Paul on the 11th of June. Baby Kerry weighed 6 pounds and 1 ounce.

Courtney was seen by community midwife Bryn Stables and Aboriginal health practitioner Tarnee Tester at Maari Ma.
**Relocation of the Maari Ma Regional Office**

The Regional Office has now moved to the old Skillshare building on 304 Oxide St. The old office on Argent St has been emptied and is now ready to be demolished. Primary Health Care staff will move across the road once the new Primary Health Care Service has been built. Regional office staff will remain on Oxide St until the Primary Health Care staff are settled into the new health service.

The most challenging part of the move was getting our Board room table out of the Board room. It was too big to fit through the door so a hole was cut into the wall. Many men were involved in moving the table as it was quite heavy. Our lovely table is currently receiving some tender love and care, and will return to our office soon.

Information, referrals and access to the internet is now available at the re-located regional office at 304 Oxide St, 9am-5pm, Monday to Friday.

**Staff Update**

Last month, Frank Etrich, who was previously one of our cultural vouchers and then went on to assist the Keeping Well Team, joined our Community Safety Research Project team.

Frank’s new role is as an Indigenous Research and Program Assistant.
NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

NAIDOC Week celebrations kick off on Saturday the 5th of July. The events for the week are listed below.

**Saturday 5th July — Rugby League Gala Day**
10am kick off at Lamb Oval (Boughtman St).

**Tuesday 8th July — Elder’s Morning Tea**
10am-12pm at the Community Restorative Centre (Argent St, next door to Warra Warra Legal Service 184-186 Argent St).
Yarning circle in regards to our community.

**Monday 11th July — Pancake Morning Tea**
11am at Warra Warra Legal Service (184-186 Argent St).

**Monday 24th July — Broken Hill Public School**
Maari Ma will be conducting a healthy snack education session and we will have giveaways for the kids.

**Monday 25th July — Alma Public School**
Maari Ma will be conducting a healthy snack education session and we will have giveaways for the kids.

**Monday 7th July — Flag Raising Ceremony**
10.30am at the Broken Hill Civic Centre Flag Poles (Chloride St) hosted by the Broken Hill City Council, followed by morning tea.

**Thursday 10th July**

**Free Family Fun Day in Sturt Park**
10am-3pm (Chloride St side) including music, dance, traditional food, art, activities, jumping castle, stalls from different organisations, face painting, karaoke, merry-go-round and a special guest appearance from Yamba the Honey Ant. Transport is available at the following times: 9.30am Creedon St Bus Stop, 10am Patton St Chemist and 10.15am Miani’s Deli on McCulloch St. Call (08) 8088 0002 for more information.

**Maari Ma’s Stall at Sturt Park**
Our tobacco and nutrition teams will be promoting smoking cessation and healthy eating/nutrition messages. There will be carbon monoxide checks and healthy snacks available such as stewed quandongs and yoghurt. We will have brochures and information available as well as the Maari Ma cookbook. We will have lots of giveaways including a piggy bank, water bottle, wristband, key chain, mints and ‘smoke free car’ and ‘smoke free home’ stickers.
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.

**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.

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Maari Ma Primary Health Care Service

**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.

**Maari Ma Primary Health Care Service**

“Improving Aboriginal health and closing the gap”

**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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