On Monday the 5th of May, all mothers and female carers in the community were invited to participate in a Spa Day at Maari Ma’s Child and Family Building. A special day of pampering was offered to show our appreciation for our mothers, grandmothers, aunties, or females who have had a positive role in our lives.

Mums had the opportunity to find out about the benefits of taking time to treat themselves with a pampering day held at the HS building. The message, conveyed with those who attended, was that it doesn’t need to cost a lot to care for ourselves, and if we look good it also has a positive effect on how we feel. As mums, sometimes we need to take time out for ourselves to recharge. There were foot and hand massages, facials, manicures, make-up and hair styling, and all while eating healthy food and having a good chat. The smiles that were on the ladies’ faces as they left said it all — it was a very successful event!
In this issue we have special birthday wishes for four of our Elders.

Happy Birthday wishes to Edna Joyce Kelly, who celebrated her 66th Birthday on May the 6th.

Happy Birthday wishes to Val Beer, who turned 64 on the 4th of April.

A special congratulations to Betty Etrich, who celebrated her 75th Birthday on the 28th of April.

Congratulations to Val, Betty, Edna and Laulena (Noeline), and best wishes from everyone at Maari Ma Health!
The Healthy Start Program is designed to improve the health of pregnant women, newborn babies and children up to 5 years of age. The program also looks at the family as a unit and aims to generally improve the health and wellbeing of families. The Healthy Start team is made up of midwives, child and family health nurses, Aboriginal health workers and a part time doctor. Services within the Healthy Start building include pregnancy checks, immunisations, child health checks, lead testing and information on nutrition and healthy lifestyles.

- **Antenatal and postnatal appointments, as well as home visits from a midwife and Aboriginal health worker.** The Aboriginal health workers work alongside the midwife to support pregnant women with antenatal appointments and checks, education and birthing support.

- **The Core of Life program is integrated as an education and community engagement program and is facilitated by the midwife and Aboriginal health worker.**

- **Child health checks follow the Healthy Start Program 0-5 years calendar (see next page) and are conducted by the Child and Family Health nurse and Aboriginal health workers.** The calendar is given to mums at the first postnatal visit so she knows when her baby’s health checks, immunisations and lead tests are due. Fluoride varnishing will be offered to children over 18 months and added to their calendar to remind parents.

- **The Healthy Start team has their own doctor, specifically for Healthy Start clients.** The clinic currently operates on Tuesdays, Wednesdays and Thursdays. ATSI health checks are offered to mums, babies that are at least 6 weeks old and older children. Having our own doctor 3 days a week has helped us improve our services to families.

- **We have a visiting paediatrician who comes to Maari Ma on a monthly basis for 3 days.** Children are referred to the Healthy Start doctor from a Child and Family Health nurse or midwife for assessment and then the doctor will refer children to the paediatrician or Broken Hill Health Service as necessary.

- **Family programs are also run in the Healthy Start Building and these include an afterschool cooking group for kids on Wednesdays and Thursdays and a cooking group for parents on Thursdays, where healthy food is prepared for the playgroup on Friday.**
# Your Baby’s Calendar

The Maari Ma Primary Health Care Service Healthy Start – Birth to Five Years – Program is about regularly keeping in touch with families throughout their baby’s first five years of life. This way we can give parents helpful, important information and assist with any problems so that together we can keep our kids healthy and strong.

NAME: ___________________________________________ BIRTH DATE: ______________________

<table>
<thead>
<tr>
<th>Baby’s Age</th>
<th>What checks?</th>
<th>How long</th>
<th>Date Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Week</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>2 Weeks</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>3 Weeks</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>4 Weeks</td>
<td><strong>New Baby Check</strong></td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>5 Weeks</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>6 Weeks</td>
<td>Mum and Baby Check + Immunisation</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>7 Weeks</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>8 Weeks</td>
<td>Child Health Check</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>3 Months</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>4 Months</td>
<td>Child Health Check + Immunisation</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>5 Months</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>6 Months</td>
<td>Child Health Check + Immunisation</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>8 Months</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>10 Months</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>12 Months</td>
<td>Child Health Check + Immunisation + Lead</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>14 Months</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>16 Months</td>
<td>Healthy Start Check</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>18 Months</td>
<td>Child Health Check + Immunisation + Lead + Fluoride Tooth Paint</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>2 Years</td>
<td>Child Health Check + Lead + Fluoride Tooth Paint</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>2½ Years</td>
<td>Healthy Start Check + Fluoride Tooth Paint</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>3 Years</td>
<td>Child Health Check + Lead + Fluoride Tooth Paint</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>3½ Years</td>
<td>Healthy Start Check + Fluoride Tooth Paint</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>4 Years</td>
<td>Child Health Check + Imm. + Lead + Vision + Fluoride Tooth Paint</td>
<td>1 Hour</td>
<td></td>
</tr>
<tr>
<td>4½ Years</td>
<td>Healthy Start Check + Fluoride Tooth Paint</td>
<td>½ Hour</td>
<td></td>
</tr>
<tr>
<td>5 Years</td>
<td>Child Health Check + Lead + Fluoride Tooth Paint</td>
<td>1 Hour</td>
<td></td>
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</tbody>
</table>
Influenza, or “the flu” as it is often called, is an acute viral illness that mainly affects the respiratory system. Complications which can occur from the flu include: acute bronchitis, croup, acute otitis media, pneumonia, cardiovascular complications, and even death. People of all ages are susceptible to the flu with Aboriginal and Torres Strait Islander people at increased risk of these complications.

Annual administration of the flu vaccine is the most important measure in preventing or reducing complications from the influenza infection.

After vaccination, symptoms may mimic “the flu”, but none of the vaccines contain a live virus, so they CANNOT CAUSE INFLUENZA!!!

The Australian Government provides protection against influenza for all Australians aged 6 months and over free of charge. This vaccination is provided to Maari Ma clients each year from the end of March.

Please see your GP, Nurse, or Aboriginal Health worker to discuss this vaccine TODAY.

Maari Ma would like to welcome Lucinda Collins to our staff. Lucinda has undertaken the position of Trainee Administrative Assistant. She has a 12 month traineeship with us and will be working with Regional Office Manager, Leah Daly, in administration filling the vacancy of Tarissa Staker, who is now working with the Community Safety Research Project. Lucinda is from Queensland and has been in Broken Hill for the past six years. She has a background in the hospitality industry.

More Information about employment opportunities at Maari Ma Health can be found by visiting our website: www.maarima.com.au/employment.php
Serves 8

Ingredients:
- 425g tuna in spring water.
- 2 eggs, beaten.
- 1/2 onion, chopped finely.
- 1 can corn kernels, drained.
- 1 cup breadcrumbs.
- 1 red capsicum, chopped finely.
- 1 carrot, grated.
- 2 tablespoons sweet chilli sauce.
- 1 cup frozen peas, thawed.
- Oil spray.

Method
1. Use a fork to break up tuna into flakes.
2. Add the tuna flakes to the egg mixture, onions, sweet chili sauce, corn, capsicum, carrot, peas and breadcrumbs, and (optional) season with pepper and fresh chopped parsley to taste. Stir until well combined.
3. Divide the mixture into equal sized portions and shape each portion into a patty.
4. Heat the oil in a frying pan over medium heat. Cook 4 patties for 3-4 minutes each side, or until golden. Transfer to a plate lined with paper towel. Repeat, in batches, with the remaining patties.
5. Serve with a fresh, leafy garden salad, 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.

Maari Ma will soon have a mobile clinic in Wilcannia. We recently purchased a white van that has now been decorated with Guy ‘Smiley’ Crawford’s artwork. Graphic designer, Josh Cowdrey was used in the process to transfer Smiley’s artwork onto the van.

The mobile clinic will be driven around the community and will provide an additional means of accessing and providing services.
Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes an ATSI Health Check and follow up by a health worker.

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.

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"

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

Maari Ma Health Aboriginal Corporation Community Newsletter
Issue 11 : May 2014
Page 8

Maari Ma Health Aboriginal Corporation Community Newsletter
Issue 11 : May 2014
Page 8