October was Mental Health Month. This year’s theme was “value your mind”.

On Wednesday the 14th of October we were very lucky to have special guest Sean Choolburra visit us in Broken Hill. The event was held at the West Football Club and it was an enjoyable show for the community. Maari Ma staff attended the event to promote our programs and hand out resources to community members.

On Monday the 19th of October a mindfulness activity was held at our health service for community members to participate in. A colouring in activity was available to help explain the mindfulness concept and as a source of relaxation. Some short videos on mindfulness and child development were available for viewing, and a guided breathing and mindfulness exercise was available for anyone who was interested. We had lots of promotional items to give away such as travel mugs, portable headphones, stress balls, stickers, stress less tips, posters and plenty of information! This day was also a good opportunity for staff to promote our Social & Emotional Wellbeing Calendar that we are in the process of developing for 2016.

As part of Mental Health Month, Maari Ma also gave out the books pictured below-left to children to help with emotional regulation.

We would love to use your photos, drawings, paintings or any artwork in our calendar and prizes will be given out, so watch this space!

Diabetes Australia
WALK TO WORK DAY

Friday the 13th of November is Walk to Work Day. People who walk before or during work are generally healthier, more productive and less likely to be sick or absent. It’s in the best interests of all individuals and organisations to build walking into their daily routine and support the Walk to Work program.

Even if you are not working on that day, you could try walking to the shops or to a relative’s or friend’s house.
Postnatal Depression Awareness Week

The week of the 16th of November is Postnatal Depression Awareness Week. This event is held each year and provides 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 Maari Ma Health is hosting an event with the maternity team from the Broken Hill Health Service to raise awareness of wellness during the time before and after the baby is born. It will be a time for women to talk about the challenges we can face as new parents and ways to support families and our precious babies during this time.

The event will be at the Centre for Community in Beryl Street from 12pm to 3pm. There will be food and activities for the whole family with information and support available.

White Ribbon Day

White Ribbon is Australia’s only national, male led campaign to end men’s violence against women. White Ribbon Australia observes the International Day of the Elimination of Violence against Women, also known as White Ribbon Day, annually on November 25. White Ribbon Day signals the start of the 16 Days of Activism to Stop Violence against Women, which ends on Human Rights Day (December 10).

On Wednesday the 25th of November, Maari Ma Health invites you to join us at the Primary Health Care Service at 12 midday for festivities followed by a BBQ lunch.

Wilcannia Community Christmas Dinner

Our last Wilcannia community dinner for the year will be held on Wednesday the 2nd of December. The dinner will be at the Community Hall and Maari Ma staff from the Wilcannia Health Service as well as Maari Ma staff from Broken Hill will be hosting the event. If you are in Wilcannia that day, please come along and join in the festivities.
Breast Cancer Awareness month provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Breast cancer is the most common cancer experienced by Aboriginal and Torres Strait Islander women and is the second leading cause of cancer death after lung cancer. Research shows that survival is lower in Aboriginal and Torres Strait Islander women diagnosed with breast cancer than in the general population.

Finding breast cancer early provides the best chance of surviving the disease. Remember you don’t need to be an expert or use a special technique to check your breasts. Most changes aren’t due to breast cancer, but it is important to see your doctor at Maari Ma if you notice any changes of concern.

- Information from Cancer Australia

Halloween is celebrated every year on the 31st of October. Typical festive Halloween activities include trick-or-treating, attending costume parties, decorating, carving pumpkins into jack-o-lanterns, lighting bonfires, apple bobbing, visiting haunted house attractions, playing pranks, telling scary stories and watching horror movies.

The Wilcannia community celebrated Halloween with a Halloween-themed community dinner on Wednesday the 28th of October. It was great to see everyone get in the spirit of the occasion by dressing up and helping with the cooking.

Cancer Information for Patients, Family & Friends

Maari Ma Health has developed a new resource for our patients that are diagnosed with cancer. The booklet contains some brief information on the services that are available in Adelaide. If you have recently been diagnosed with cancer, or have a family member or friend who has, please ask one our staff for these booklets.

Thank you to everyone who was involved in making this resource.
Maari Ma Health would like to introduce our new Youth Health Program for adolescents aged 12 to 18 years. The program is specifically designed to encourage our youth to access health services in a youth friendly, supportive environment with specialised staff and services.

The Youth Health Program offers the following:

- Aboriginal & Torres Strait Islander Health Checks (ATSI)
- STI information and screening
- Contraception options
- Asthma plans
- Referrals
- Confidential yarning
- Education about puberty, sexuality, relationships, smoking / alcohol / drugs, mental health, body image etc.
- Information on local youth health projects

The Youth Health clinic will be open every Friday from 9am-5pm at the Primary Health Care Service. We will have a male and female GP, a Registered Nurse and an Aboriginal Youth Health Worker on board to assist with your health or the health of a family member or friend.

Please call us 8082 9777 to make an appointment.

Australian Food Safety Week is from the 8th of November until the 15th of November.
The theme this year is “Did you know? (busting food safety myths!)”.

The most important food safety tips are:

**CLEAN** — make sure your hands are clean before you start preparing or cooking food! Wash hands with warm soapy water for 20 seconds and dry completely. Wash your hands in between handling different foods like raw meats and vegetables. Wash all utensils and chopping boards (use plastic) with warm water and detergent and dry thoroughly before re-using for different foods.

**CHILL** — refrigerate (below 5°C) meats, dairy, seafood and vegetables as soon as possible after purchasing. Refrigerate or freeze leftovers by storing in covered containers as soon as they have cooled down. Do not defrost frozen foods on the kitchen bench, use your fridge! If in doubt, throw it out!

**COOK** — cooking food properly decreases the risk of food poisoning. Cook chicken, minced or boned meats, hamburgers, stuffed meats and sausages right through (should not be pink at all). Serve hot food steaming hot above 60°C.

**SEPARATE** — cross contamination is a major way for food borne diseases to spread. To avoid this, keep raw and cooked foods separate when storing and preparing. Food should be stored in covered containers in the fridge and put raw meats and poultry in the bottom of the fridge so the juices don’t contaminate food on lower shelves. Never put cooked meat back on the plate the raw meat was on.

*Information from the Food Safety Information Council*
Highway to Health

Are you interested in improving your overall health and wellbeing?

...then Maari Ma’s Highway to Health program is for you!

Starting on Monday the 2nd of November 2015

Our team has put together a free 6 week program to support you in making healthy lifestyle and dietary changes. At the end of the 6 week program you will have at least 6 new healthy habits that will help you to reach your long term goals.

Features of the program include:

✓ Weekly cooking sessions every Tuesday at 12:30pm
✓ Individual dietitian consultations available every Tuesday morning from 9:00am – 12:00pm.
✓ Walking group every Monday afternoon at 5:15pm
✓ Free pedometers
✓ Weekly healthy living newsletter
✓ Weekly health checks measuring your weight, blood pressure, blood sugar levels and heart rate
✓ Detailed dietary analysis and individualised advice
✓ Weekly giveaways and prizes to be won!

To start your journey towards better health, sign up today!

Sign up at Maari Ma reception, call (08) 8082 9777, email kalynda.powell@maarima.com.au or speak to your friendly dietitian
This month we would like to welcome three new Registered Nurses to Maari Ma. **Holle Pearson** and **Nicole Lawler** have both joined our Broken Hill team and **Lillian Gaiter** has joined our Wilcannia team.

**Holle & Nicole**

**Regan Chesterfield** and **Tarissa Staker** have both had role changes recently. Regan has taken on the role of Primary Health Nurse—Youth Health, and Tarissa has now become an Aboriginal Youth Health Worker and is continuing her studies in Primary Health.

**Tarissa & Regan**

Last month we farewelled our Diabetes Educator, **Anne Waterman** and Aboriginal Health Worker, **Shannon Oates** who was part of the Primary Care Specialist Services team. Anne was with us for over 3 years and is now moving to Shepparton in Victoria to be with her husband and will continue in the same role, working part time. Shannon started in Administration over 8 years ago and has worked in a number of roles during her time at Maari Ma. She will now be working at the Warra Warra Legal Service.

We would like to thank Anne and Shannon for the contribution they have made to our community and we wish them all the best in their new roles.

**Shannon opening her presents at her farewell**

**Anne trying on her new personalised apron**
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 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.

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.

Kaylene Kemp
Manager: Community Engagement

Kendy Rogers
Practice Manager: PHCS

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
Social Worker

Occasional services
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry

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