



# Maari Ma Health Aboriginal Corporation

## Community Newsletter

# Highway to Health

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#### Are you interested in kick starting your health or weight loss journey?

Then Maari Ma's 6 week Highway to Health program is for you!

Our nutrition team has created a 6 week program to support you in making healthy lifestyle changes that you can maintain.

Features of the program include:

- ➔ Free health assessment & dietary consultations
- ➔ Individual support
- ➔ Walking group- every Monday 5.15pm in Broken Hill
- ➔ Weekly Healthy Living newsletter
- ➔ Free Pedometers
- ➔ Great prizes to be won!!

**The Highway to Health program is due to start on Monday the 13th of October.**

**Sign up at Maari Ma reception or call (08) 8082 9777.**

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### Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

**Broken Hill, NSW**

## Is "motivation" alone, enough to quit tobacco?



Most smokers need medication to treat the nicotine addiction and counseling to help break the addiction. Only 8% of smokers quit long-term without support (cold-turkey).

A recent study has found that many Australians believe that being motivated to quit smoking is enough to succeed. However, other research has found that this popular belief is not true. Smokers who are very motivated to quit are not more likely to abstain long-term than those with low levels of motivation.

This is because tobacco smoking is a powerful drug addiction, not just a habit. Just wanting to quit is not enough to overcome it. Quitting is most difficult for smokers who are more addicted to nicotine. If you smoke within 30 minutes after waking, you are likely to be more addicted. Heavier smokers are generally more addicted than light smokers and usually need more intensive treatment and support. If you are highly motivated to quit, it might be time to get some professional help.

Quitting smoking is an urgent priority as 1 in every 2 smokers die from tobacco related illness. Maari Ma Smokers Program is designed to meet your individual needs so talk to the staff at Maari Ma Primary Health Care Service.

- Colin Mendelsohn, Tobacco Treatment Specialist



# New Bubs!

Maari Ma would like to welcome one new bub into the community this month.

Congratulations to Tegan and Luke Gerard on the safe arrival of their baby boy Jack Gareth Gerard.

Jack was born on the 24th of September at 1:10pm, weighing in at 2600g and with a length of 49.5cm.

The family was given a gift bag from Maari Ma to congratulate them on their newest addition to the family.

Tegan received antenatal care from community midwife, Bryn Stables and Aboriginal health worker, Tarnee Tester. Jack and Tegan will continue to visit the health service for postnatal care.

We would like to wish Tegan and her family all the best.



Baby Jack



## What's On?

### Deadly Factor

14th October at 5:15pm  
West Football Club

### Nurturing our own "YOUUnique"

29th October, 10am-1pm  
Sturt Park

### National Nutrition Week

13th-17th October

### Highway to Health starts on the 13th of October

18th-26th October  
(Please see page 7 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 12:30pm  
Thursdays (before Playgroup) at the Child & Family Building at Maari Ma Health

(Not on during school holidays)

## National Nutrition Week



Maari Ma is celebrating National Nutrition week from the 13- 17th October. National Nutrition week aims to raise awareness of the role of food on our health as well as supporting the community to make healthy eating enjoyable. This year we are encouraging our communities across the region (Broken Hill, Menindee and Wilcannia) to take the National Nutrition Week challenge by preparing healthy meals every day for seven days and eat according to the Australian Dietary Guidelines. More home cooked meals will improve your nutritional intake and save you money!

### Could you cook every day for 7 days? Take the National Nutrition Week challenge!

You can commit to making breakfast, lunch or dinner each day for a challenge that suits you. Submit your entry to win! National Nutrition Week will give you the inspiration and motivation to plan ahead, eat well, and feel good!



COOK



EAT



ENJOY

# Mental Health Month

The theme for Mental Health Month 2014 is

**‘beYOUUnique!’**

This theme promotes acceptance and an understanding of the impact that being proud of who we are can have on our wellbeing.

Let’s celebrate our strengths and differences and be ourselves! This theme aims to encourage all of us to consider our strengths and challenges and nurture our own ‘unique worth’. We should also take the opportunity to support the people in our lives and celebrate their own individual qualities that make them unique.



## Deadly Factor

Maari Ma Primary Care Specialist Services has been working with the Far West Local Health District, UDRH and other community organisations to organize the Deadly Factor.

The Deadly Factor is a talent quest for dancers, singers, gymnastics or anyone with any type of talent.

The Mental Health Month committee has been successful in securing Luke Carroll as Special Guest M.C. for events held in each of the communities.

Registration is free, free meal provided, door prizes on the night, free giveaways and prizes given to the most “U Neak Talent”.

The Deadly Factor is being held in the following four communities:

Location	VENUE	DATE	TIME
Dareton	Coomealla High School	13 <sup>th</sup> October 2014	5:15pm
Broken Hill	West Football Club	14 <sup>th</sup> October 2014	5:15pm
Wilcannia	Community Hall	15 <sup>th</sup> October 2014	5:15pm
Menindee	Town Hall	16 <sup>th</sup> October 2014	5:15pm

**All staff and community members of all ages with a “U Neak Talent” are encouraged to register. Contact Corina at Maari Ma Health for more details on 8082 9777.**

## Nurturing our own “YOUUnique”

On the 29th October, Maari Ma’s Aboriginal Maternal & Infant Health Service (AMIHS) and nutrition team will be hosting a healthy lifestyle event in Sturt Park from 10am – 1pm for parents with young children.

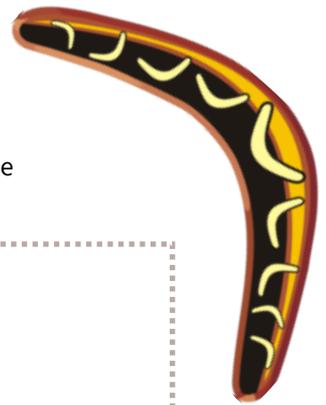
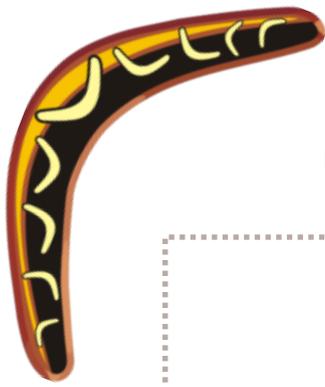
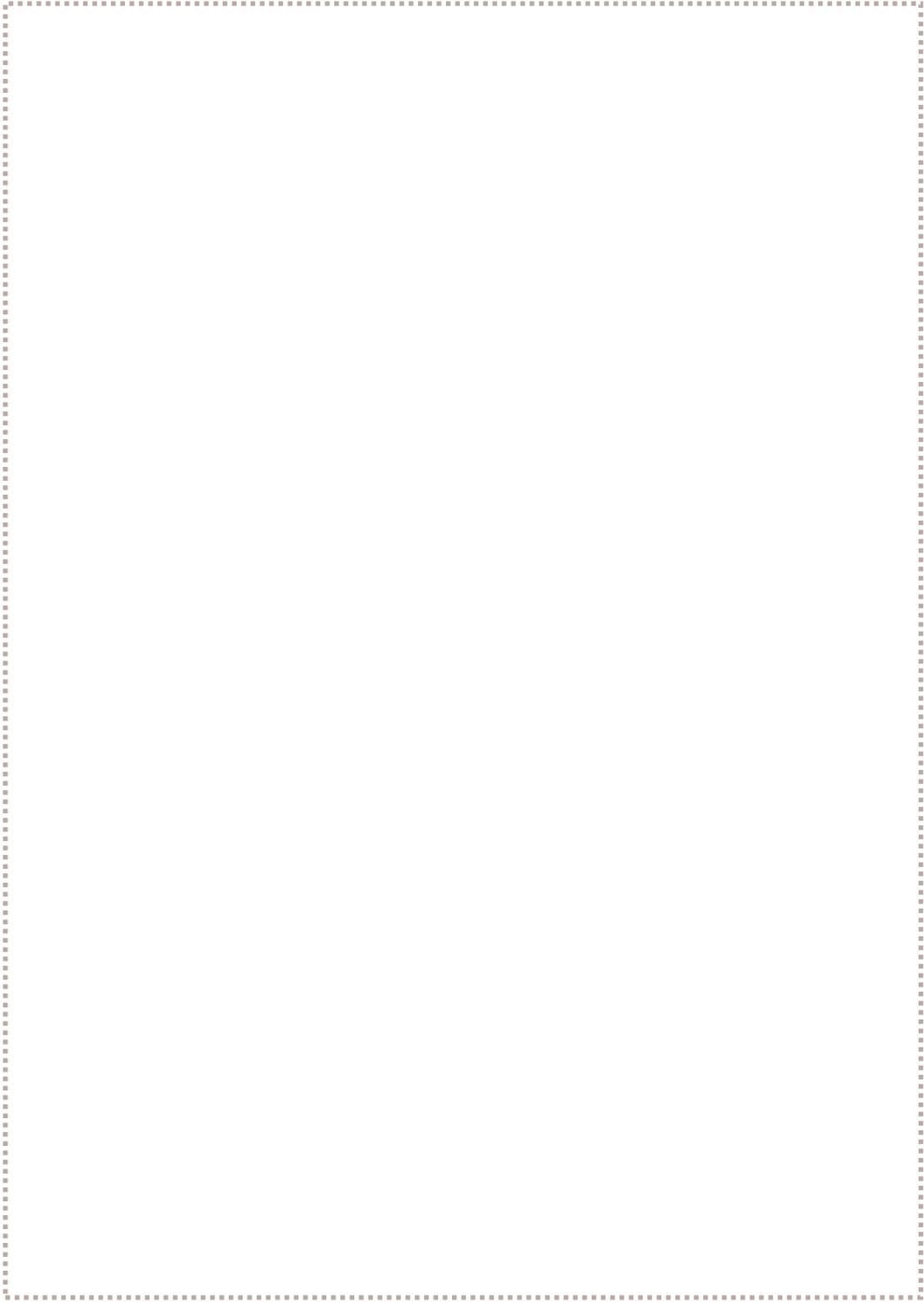
Activities will involve promoting self-care and a healthy lifestyle, including a pram walk, eating healthy and ways to relax.

**All are welcome!!!**

**Transport will be available. Contact Susan at Maari Ma Health for details on 8082 9777.**

# Be creative! Be imaginative! B U NEAK!

In the space provided draw upon your own uniqueness and create your own artwork, drawing, poem or short story.



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Age: \_\_\_\_\_

All artworks will be displayed at Maari Ma Health.

# World Suicide Prevention Day



*Pete, Susan and Cher getting ready for the walk*

World Suicide Prevention Day was celebrated on September 10 this year. In Broken Hill, Lifeline organized an event to raise awareness about suicide. The event was an early morning walk from Lions Reserve to McDonalds —Out of the Shadows and into the Light. Over 100 people and around 10 dogs participated in the walk which was supported by Maari Ma staff.

Suicide is the leading cause of death in men and women under the age of 45, with seven Australians taking their own lives every day. For every suicide, there are tragic ripple effects for friends, families, colleagues and the broader community.

If you or someone you care about is in crisis and you think immediate action is needed, call emergency services (triple zero – 000), contact your doctor or local mental health crisis service, or go to your local hospital emergency department.

**Do not leave the person alone, unless you are concerned for your own safety.**

## Come N Try

Have fun, meet friends, get support!

### What is this day all about?

An opportunity for you to have fun and connect with other young people who just get it. There will be a chance to check out the services and resources that CanTeen has, but it's really about you having fun, meeting new mates and feeling normal. You can even bring a friend or family member to the morning tea if you are nervous.



*The Australian Organisation for Young People Living with Cancer*

### Important times

**Sunday the 16th of November**

**DROP OFF:** Mulberry Vale, 10690 Menindee Rd, Broken Hill at 10am.

**PICK UP:** Silver City Roller Skating Club, Garnet St, Broken Hill at 3pm.

**Please contact the Primary Health Care Service on 8082 9777 for more information.**

# Wilcannia & Menindee Fun Days



On the 24th of September a Fun Day was held at Wilcannia for kids and young people. Maari Ma, along with many other organisations such as Centacare, Uniting Care, Mission Australia, Save the Children, local schools, SES and the Far West Local Health District attended the event to promote healthy and active lifestyles. The event was held in Menindee on Thursday the 25th of September and many kids attended.

**The health messages that were promoted by Maari Ma on the day included:**

1. Tobacco cessation and prevention
2. Eat a Rainbow (go for fruits and vegetables)
3. Social and emotional wellbeing and
4. Dental health

There were plenty of giveaways such as wristbands, piggy banks, water bottles, key chains, 'smoke free home', 'smoke free car', playgroup recipe books, toothbrushes, aprons, close the gap tattoos, stickers and balloons and Aboriginal flags.



# National Children's Week



Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities.

A number of events will be held in Broken Hill to celebrate National Children's Week.

**Monday 20th October, 9:30am-4:30pm – Early childhood display at Westside Plaza**

Meet and talk with local early childhood educators about services in your community.

**Tuesday 21st October, 10am-11am – Reading in the town square**

Come and support the importance of reading with babies and little children.

**Wednesday 22nd October, 10am-1pm – Children's Day in Sturt Park**

Celebrate your child's right to play. There will be lots of developmentally appropriate play experiences for babies, toddlers and pre-schoolers. All activities, food and drinks are free.

Maari Ma's Nutrition team will be working with a dietician from the Broken Hill Hospital in promoting healthy eating by trying different fruits and vegetables. Children will have the opportunity to name or try fruits and vegetables to get stamps on their 'rainbow passport' for red, orange, yellow, green, and purple. This is a great opportunity for children to try unfamiliar foods like purple cauliflower and yellow capsicum. The children will take their passports home with them to encourage them to eat different coloured fruit and vegetables everyday.

**Thursday 23rd October, 10am-2:30pm – Maari Ma Healthy Start**

Excursions to local preschools. Families will be going on a tour of local children's services to see what options are available. Bus ride and food provided. Meeting point Maari Ma Playgroup.

## Kid's Dental Clinics

It is important for children to have regular dental checks. We recommend that dental checks start early - even before children have teeth! That way we can talk to parents and carers about cleaning teeth, use of dummies, bottle use etc and prevent problems before they can start. If pregnant women have a check up and dental treatment is required, this is a great start for the baby's teeth also. If Mum has active decay bacteria in her mouth she will pass this bacteria on to the child. Evidence shows that if Mums have healthy teeth, chances are better that their children will have healthy teeth too. Regular dental checks for children are a great way to make sure that any problems are picked up early, before they turn into a toothache or infection. All children seen by the dental team are placed onto a recall system, usually no longer than 6 months and more frequently if the risk of decay is high.



***In the month of August, the attendance for the Kids Dental Clinic was 80%. 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.***



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

## 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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