National Stroke Week

National Stroke Week (14th—20th September) is about raising awareness to prevent stroke in Australia. The National Stroke Foundation encourages all Australians to:

- Be aware of what stroke is, how to recognise a stroke and what to do
- Live healthy to reduce the risk of stroke
- Get a regular health check

Stroke is Australia’s second biggest killer and leading cause of disability. Indigenous Australians have a significantly higher rate of stroke in comparison to non-Indigenous people according to the Australian Institute of Health & Welfare’s 2012-13 ATSI Household Survey Report.

What is a stroke?

A stroke happens when blood supply to the brain is interrupted. Blood is carried to the brain by blood vessels called arteries. Blood contains oxygen and important nutrients for your brain cells. Blood may be interrupted or stop moving through an artery, because the artery is blocked (ischaemic stroke) or bursts (haemorrhagic stroke).
Maari Ma Health Aboriginal Corporation Community Newsletter

Issue 26 : September 2015

Page 2

New Bubs!

Maari Ma would like to welcome two new bubs into the community this month.

Congratulations to Robyn Cattermole and Aaron Williams on the safe arrival of their beautiful baby girl Skylah Ngearie Betty Jade Williams. Skylah was born on the 22nd of August, which was her actual due date, and weighed 3450 grams. The family and Skylah are doing great. Robyn received antenatal care in Wilcannia from community midwife, Bryn Stables and Aboriginal health practitioner, Stevie Kemp.

What’s On?

Father’s Day
Sunday 6th September

National Stroke Week
14th–20th September

Official Opening of Maari Ma Primary Health Care Service
Friday 25th September from 10.30am at the new PHCS

Maari Ma’s 20 Year Anniversary Ball
Saturday 26th September from 6pm

Healthy Start Playgroup
10:30am 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 in the community kitchen at the Primary Health Care Service
(Not on during school holidays)

Cooking group for Parents
10:30 am to 12:30 pm
Thursdays (before Playgroup) in the community kitchen at the Primary Health Care Service
(Not on during school holidays)

Staff Update

Maari Ma would like to welcome our Primary Health Worker trainees who started with us last month. We have nine trainees in total; six will be based in Broken Hill, two in Wilcannia and one in Menindee. Our trainees, who recently started their TAFE block, are doing units in work health and safety as well as infection control procedures, and have already completed First Aid training.

Kevin Bates and Kerry King from Wilcannia are also undertaking the same course, as is Tarissa Staker from our Community Safety Research Project (CSRPR) team. However, Tarissa’s studies will focus on community rather than the practice stream.

We would like wish all of our trainees and our staff undertaking studies all the best!

Congratulations to Marcia Whyman and Malcolm Jones on the birth of adorable Allecia Norma Alice Fay Jones. Allecia was born on the 20th of August, weighing 2995 grams. Marcia received antenatal care in Wilcannia from community midwife, Bryn Stables and Aboriginal health practitioner, Stevie Kemp. Stevie would like to thank Marcia for allowing her to be present for the birth of Allecia.

Maari Ma would like to wish both families all the best for the future.
DEADLY TOTS APP

THIS APP CONTAINS INFORMATION FOR EVERY ABORIGINAL FAMILY TO HELP THEIR BUB LEARN AND GROW.

- Get messages to help bub learn and grow.
- Create a memory book for your tots.
- Be sent reminders on immunisations and blue book checks.
- Ask your Child and Family Health Nurse or Aboriginal Health Worker for more information.

LOVE

In the first 3 years, what Bub does with the family and the rest of the mob is shaping and building Bub’s brain and personality for the future. Bubs who feel safe and loved grow up with strong healthy bodies and spirits.

YARN SING READ

Yarning, storytelling, singing and reading, help Bubs learn to communicate, think and cope with their feelings. It’s never too early to start.

PLAY

Play is fun but Bubs are also learning about themselves and their world. Deep connections form between you and Bub when you play together.

“What about YOU?”

How you feel matters for both you and Bubs. From a very young age Bub can be affected by your mood—if you’re angry, sad or frightened Bub can feel it too. Avoid exposing Bubs to scary situations like loud arguments or angry voices.

FREE
DOWNLOAD

AVAILABLE NOW
DOWNLOAD IT FROM THE APP STORE OR GOOGLE PLAY

If you need help talk to an Aboriginal Health Worker, a Child and Family Health Nurse, your GP, or a local Aboriginal Health service. Contacts are available on the App if you don’t have them.
White Ribbon Update

Men’s violence against women—whether it occurs in or beyond the workplace—impacts the health and safety of women at work, their wellbeing and productivity. Maari Ma Health is in the process of becoming an accredited White Ribbon Workplace. We have had a number of education sessions at our workplace supported by our White Ribbon committee and we are currently completing our second survey which will be used to assess our awareness of men’s violence against women. From our first survey that was completed last year it was found that we didn’t recognise that there are a number of different forms of violence or abuse. We also weren’t aware of how our conversations or actions in the workplace may affect others.

White Ribbon Australia believes that all forms of violence are unacceptable and acknowledges that violence is experienced by both men and women. The Program is an anti-violence initiative that encourages individuals to take an active role in promoting a positive and safe work environment in the workplace and beyond.

You can show your support for this cause by taking part in White Ribbon events.

I swear never to commit, excuse or remain silent about violence against women this is my oath

Is your child ready for big school?

If you have a four or five year old you’re probably wondering about when and where to send your child to school.

Children can start kindergarten if they turn five on or before July 31 in that year, and children must be enrolled in school by their sixth birthday. But age isn’t the only consideration; making sure your child is socially and emotionally ready for school is very important.

So how can you tell if your child is ready? The following list of questions may help you to decide:

- Can they make a decision and follow through on it?
- Do they have ideas of their own?
- Can they follow two or three instructions at the same time?
- Can they move on to new activities easily?
- Do they separate well from their parent / family?
- Do they show interest in and interact with other kids?
- Can they recognise and express their feelings and needs?
- Can they concentrate on a task?
- How do they deal with frustration?

If your child is going to preschool, talk to their teacher, they should be able to tell you if they think your child is ready. There is nothing wrong with holding your child back a year; many children benefit from an additional year at preschool.

Orientation days for children starting kindergarten in 2016 will be run in October and November. Orientation days give children and their families a chance to look around the school and have their questions answered.

It is important that you enrol your child at their zoned school. Zoning is based on your child’s home address.

Please contact Sissy Cearnsl at the Department of Education and Communities on 80825700 or on 0466251347 for more information or assistance.
After all the cooking was done, we all sat down and enjoyed our tasty meal!

After School Cooking Group

This week in After School Cooking Group we made healthy fried rice and the take-home utensil was a set of measuring spoons. This was a great way for everyone to learn how to measure ingredients in cooking and we practiced this when measuring out our sauces. Healthy fried rice can be enjoyed as a lunch, after school snack or as a side dish at dinner. In this recipe, we used a range of cheap and easy to prepare vegetables, such as capsicum, peas, frozen corn and Chinese cabbage, but any vegetables would work well. We started by making the omelette and everyone was able to practice their omelette flipping skills.

Once this was cooked and set aside, we all enjoyed cutting up our ham and vegetables, ready to be added to the pan.

Once the ham and other vegetables were frying off, we added our frozen peas and corn, cooked rice, the salt-reduced soy sauce and oyster sauce. By using salt-reduced soy sauce, we are making a healthier swap which doesn’t change the taste!
Ophthalmology Clinic

An ophthalmologist is a medical or osteopathic doctor who specialises in eye and vision care.

Ophthalmologists are different to optometrists in their levels of training and in what they can diagnose and treat. An ophthalmologist is licensed to practice medicine and surgery. They can diagnose and treat all eye diseases, perform eye surgery and prescribe and fit eyeglasses and contact lenses to correct vision problems. Many ophthalmologists are also involved in scientific research on the causes and cures for eye diseases and vision disorders.

Below are some of the signs or risk factors for eye disease.
If you experience any of these you should see an ophthalmologist.

- Bulging of one or both eyes
- Dark curtain or veil that blocks your vision
- Decreased vision, even if temporary
- Diabetes mellitus
- Distorted vision
- Double vision
- Excess tearing
- Eyelid abnormalities
- Family history of eye disease
- Halos (coloured circles around lights)
- High blood pressure
- HIV or AIDS
- Injury to the eye
- Loss of peripheral (side) vision
- Misaligned eyes
- New floaters (black "strings" or specks in the vision) and/or flashes of light
- Pain in the eye
- Thyroid disease-related eye problems (Graves' disease)
- Unusual red eye

Maari Ma has a visiting ophthalmologist. If you are experiencing any of the issues listed above, please see your GP who may refer you to see the ophthalmologist.

For the last Ophthalmology Clinic in August, the attendance rate was 67%. 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.

Maari Ma Health’s 20th Anniversary Ball & Official Opening of the Primary Health Care Service:

place: 439 Argent Street, Broken Hill
date: Friday the 25th of September
time: 10.30am

On the 26th of September, we are having a 20th Year Anniversary Ball, and we would very much like you to come and help us acknowledge our journey from a small organisation to one of the largest and most successful Aboriginal community controlled organisations in the Murdi Paaki region.
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 a 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.

Maari Ma Health Aboriginal Corporation Community Newsletter

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.

Follow up 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.

START: Your cycle of care starts with a twelve monthly CTG/IPPI sign up. This includes an ATSI Health Check and follow up by a health worker.

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 Newsletter