In this issue we have special birthday wishes for three Elders in our community.

Happy birthday to **Alma Bates-Hannah**, who will be celebrating her 71st birthday on the 12th of April.

**Michael Bates** turned 56 on the 13th of March.

**Rex James Johnson** celebrated his birthday on the 3rd of March.

Congratulations Alma, Michael and Rex, and best wishes from everyone at Maari Ma!
Broken Hill Independent Living Skills Program

Want to learn more life skills?
Then come along to the ILS program. Each week will focus on different subjects such as health and nutrition, financial literacy, tenancy rights and obligations. Each week will also consist of a cooking session.

WHERE: Mission Australia 125 Chloride Street Broken Hill
TIME: 1pm-3pm
DATE: Thursday 3rd of April. The program will run for six weeks every Thursday.

LUNCH SUPPLIED AND TRANSPORT AVAILABLE

For more information please call Youth Connections or Reconnect on 08 8087 6838 or call into the Mission Australia Office, 125 Chloride Street Broken Hill.

Community Safety Research Project

The Community Safety Research Project welcomed a couple of familiar faces last month. Tarissa Staker previously our Regional Office Administration Assistant joined the team as a Project Officer, as well as former Cultural Voucher, Claudett Dixon who has taken on the role of Aboriginal Family Health Worker with the Community Safety Research Project.

We congratulate them on their new roles within Maari Ma and no doubt you will see them out in the community.

Tarissa Staker
Claudett Dixon
New Staff at Maari Ma

Maari Ma would like to welcome our new staff members: Paige Thompson, Penelope Billings, Leesa Albert and Jarred Menz.

Paige started with us in February as our new GP registrar and will be with us until the end of this year.

Penelope joined the Primary Health Care Service this month as our new Dental Assistant. She will be working closely with Abi to deliver dental care to children and teenagers.

Leesa Albert joined Maari Ma this month as the Child & Family Health Nurse.

Jarred joined us in February and is the Indigenous Male Project Officer within the Community Safety Research Project. He will be conducting Surveys for the Adult Study as well as the Children Studies. Jarred will also be facilitating the Healing Program, which has been developed through the Qualitative (yarning stories) phase of the Project.

First Playgroup for 2014 a Success

Maari Ma’s first playgroup was held on Friday, February the 14th and there was quite a large turn out, with 21 children and 19 adults attending.

Narelle Semmens, our Early Years Project Leader, said it was great to see so many faces so early in the year.

Our Dietician, Elisa Rossimel, prepares the ‘to go pack’ which the children receive at the end of the day. The packs contain fruit, cheese, water and a key ingredient that has been used in the cooking session that week.

A cooking group for parents who would like to be part of Playgroup is held every Thursday in the Child & Family Building at Maari Ma from 10.30am to 12.30pm. The food cooked during this session is taken to Playgroup on the Friday and shared with the other families.
Healthy Weight Week

Maari Ma Health celebrated Healthy Weight week in February. Healthy Morning Teas were held in Broken Hill, Menindee and Wilcannia. Staff and community members were encouraged to participate by bringing in a healthy snack to share with colleagues and the community.

A variety of healthy snacks were brought in by people such as protein pancakes, dip and veggies, homemade guacamole, homemade banana ice cream, trays of fresh fruit, vegetables with hummus and tzatziki dip, muesli bar slices, and wholemeal toast with peanut butter and banana.

There was also a healthy food quiz in the waiting room of the Primary Health Care Service. Congratulations to Hannah Bennett on winning the quiz.

After School Cooking Group

After school cooking groups are held every Wednesday during school term from 3.15pm to 4.30pm. Kids are invited to the Child & Family Building to cook with Shannon Oates.

The kids have been learning basic cooking skills, and appropriate hygiene and behavior for the kitchen.

The kids now have their own red Maari Ma aprons which they are showing off in these photos. On this particular day the kids made a trio of dips which included a salsa dip, avocado dip and a French onion dip. They took their creations home along with some cut up celery and carrot.
Thursday the 20th of March is National Close the Gap Day. Maari Ma Health along with other organisations will be in the Town Square on the day from 10am until 2pm promoting health and conducting various activities.

We will have a healthy BBQ and free give-aways and show bags. Maari Ma will also be providing health checks for smokers and other health checks such as blood glucose levels and blood pressure. We also have free dental resources to give out.

This day is about raising awareness of the gap between Aboriginal health and the health of other Australians. Currently, Aboriginal and Torres Strait Islander people die 10 to 17 years younger than other Australians.

We encourage you to come and join us in the Town Square in Argent St for this important event.
Maari Ma Primary Health Care Service

“Improving Aboriginal health and closing the gap”

428 Argent Street
Broken Hill NSW 2880
Phone: 08 8082 9777
Fax: 08 8082 9778
Web: www.maarima.com.au

Service manager—MMPHCS: Justin Files
Manager—Community Engagement: Kaylene Kemp

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.

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
- Optometrist

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 follow-up by a health worker.

Maari Ma’s Cycle of Care

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 Webtor pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.