



SCHOOL KIDS HEALTH CHECKS



5 year old Darcy Bates from Wilcannia gets her ears checked at The School Kids Health Checks held at Wilcannia, Menindee and Ivanhoe. They targeted nutrition, oral health and hearing.

More than 260 children at Wilcannia, Menindee and Ivanhoe from pre-school to high school had checks for their teeth, ears, height and weight recently.

The Kids Health Checks are part of Maari Ma's Healthy Start Program which is an important component of the Chronic Disease Strategy implemented more than two years ago. Healthy Start is designed to encourage children and their families to recognize and choose healthier attitudes and habits, therefore reducing the incidence of lifestyle related chronic disease in later life.

Maari Ma staff work together with local health service staff and schools, families and the whole community with the aim of improving the health of school aged children. Representatives of a Healthy Start Steering Committee in each community provide important support as do Maari Ma's Board Directors.

In our news magazine

Page 1
School Kids Health Checks

Page 2
Maari Ma Wins Prestigious Award

Other Awards Maari Ma Has Won This Year

The Wilcannia School Kids Health Check Team

Page 3
Tiddalick's Tale—Oral Health Promotion

Broken Hill Primary Health Care Service Accreditation

Page 4

Boost for Wilcannia Community Dinners

Agreement Signed for Specialist Alcohol Clinics in the Maari Ma Region



LOWER WESTERN SECTOR AGREEMENT WINS PRESTIGIOUS AWARD

The Lower Western Sector Agreement, which is now in its tenth year, has won an award in the inaugural National Excellence in Aboriginal and Torres Strait Islander Health Awards. The awards



The Lower Western Sector Agreement was recently renewed for a further five years. Maari Ma Regional Director, Richard Weston is pictured at the signing, with Justin Ragenovich, General Manager Remote Cluster.

are conducted by the Department of Health and Ageing and almost 80 nominations were received from across Australia with 12 finalists chosen for six categories. The Agreement won in the category "Working Together - Partnering for Aboriginal and Torres Strait Islander Health" and acknowledges the work of both Maari Ma and Greater Western Area Health Service in helping to improve the health of Aboriginal people. The Outback Diabetes & Vascular Health Service was also a finalist in the category 'Excellence and Innovation in Service Delivery'.

The Award give us an opportunity to recognise the work our staff are doing on the ground, as well as the work we do with our partners. It gives people who are working day in, day out to tackle Aboriginal health, some recognition for their efforts – and that's really important because we have to keep motivated to address what are some very long term issues."

Richard Weston, Regional Director

Other awards Maari Ma has won this year

New South Wales Aboriginal Health Awards 2007.

Category One - 'Excellence in Program and Service Delivery' with the Annual Adult Health Check.

Category Two - 'Innovation in Aboriginal Health' Clean Teeth, Wicked Smiles School Tooth Brushing Program, Director General's Award for Aboriginal Health' with Healthy Start.

Joint winners in Category Ten - 'The Minister for Health's Award' overall contribution to improving Aboriginal Health

New South Health Awards 2007 Category 'Make Prevention Everybody's Business' Adult Health Checks in partnership with Greater Western Area Health Service.

SCHOOL KIDS HEALTH CHECK TEAM



The Kids Health Check team is a group of multi disciplinary people working together to improve the health of school aged children. The teams worked at three communities during October and November—Wilcannia, Ivanhoe and Menindee. It was the second Kids Health Check since implementation of Maari Ma's Chronic Disease Strategy and the first since the Healthy Start Program began. All children who participated in the check get a booklet, which includes a report from the data collected through the check and additional health promotion and educational information. Maari Ma thanks all of the communities, the local health services and the schools for their collaboration. **Pictured is the Kids Health Check team at Wilcannia lead by Healthy Start Coordinator, Jan Finlayson (far left).**



TIDDALICK'S TALE—THE LESSON OF SWIG, SWISH AND SWALLOW



Tiddalick's Tale—The Lesson of Swig Swish and Swallow is an oral health promotion package for pre-school aged children. It was modelled on a joint venture program between Awabakal Medical Service in Newcastle and the former Hunter Area Health Service. The aim of Tiddalick's Tale is to encourage children to drink water instead of sweet drinks and to swig swish and swallow water after meals and snacks to reduce the chance of tooth decay. Maari Ma and Health Service staff are

working with Early Childhood Centres in the Maari Ma Region to encourage children to drink water in between meals and have them sing the Swig Swish and Swallow song followed by activities.

Pre-school aged children are learning vital skills for a happy and healthy life. Good oral health is part of this process.

ACCREDITATION FOR THE BROKEN HILL PRIMARY HEALTH CARE SERVICE



The Broken Hill Primary Health Care Service has achieved accreditation through the Australian General Practice Accreditation Limited program (AGPAL). Accreditation lets clients know that a general practice has met standards set by the medical profession. These standards are designed to ensure high quality care is provided in a safe and well organised way. The Service is accredited now until November 2010. Congratulations PHCS staff.

Pictured left to right Guy Crawford (Transport Officer), Anthony Tester (Trainee Primary Health Worker), Kaylene Kemp (Practice Manager), Colin O'Donnell (Diabetes Educator), Nola Whyman (Manager).

A BOOST FOR WILCANNIA'S COMMUNITY DINNERS



The Wilcannia Community Get Together has been given an additional boost with a refurbished kitchen funded by Maari Ma. It includes a new double door fridge, two large stoves, a dishwasher and a big island work bench. The equipment has been incorporated into the existing kitchen and has proven to be an asset to this project. The Get Togethers are providing a unique forum for health promotion and are helping to develop skills and abilities among community members in preparing nutritious and affordable meals. The Dinners began in April 2006 and are held once a month at the Wilcannia Community Hall.

AGREEMENT SIGNED FOR SPECIALIST ALCOHOL CLINICS

Maari Ma and the Lyndon Community (AOD treatment and rehabilitation service) have recently signed an agreement which will provide specialist alcohol clinics and deliver frontline worker education by the LC in the Maari Ma region.

The LC is a community based detoxification and rehabilitation service based in Orange and up until now Maari Ma has engaged Dr Rod MacQueen, Addictions Physician Specialist, on an informal basis to deliver the service, which has included the provision of alcohol clinics and staff education.

The agreement will now enable Maari Ma to engage Dr MacQueen and the LC on a formal basis to continue and expand the services through to June 2008 and possibly beyond subject to ongoing funding.

In the first half of 2008, the agreement provides for eleven alcohol clinics delivered by a specialist addictions physician over four visits. These will include frontline worker training in AOD skills and professional support, assessment of clients who present to the clinics, education and development of appropriate treatment management plans, liaison with the local General Practitioners with regards to client outcomes and follow-up requirements and completion of documentation in client medical records and clinic referral forms.

The support provided by the LC to Maari Ma has been very much appreciated and Maari Ma is looking forward to the development of a sustainable partnership between the two organisations.



Maari Ma Health Aboriginal Corporation Regional Office Shop 2 / 443 Argent Street
PO Box 339 BROKEN HILL NSW 2880 Phone: 08 8082 9888 Fax: 08 8087 2202

www.maarima.com.au