

## ROCK BAND COMES TO Wilcannia

The kids at Wings and the Wilcannia community were provided with a real treat and some music inspiration during the holidays when they had a visit by South Australian rock group David Blumberg and the Maraby Band.



The band conducted a two day music workshop which culminated in a concert involving 40 kids and 12 community members. It was a great success and the band members are hoping to get back to Wilcannia in June to do more workshops with the kids and said they'd also like to work with a local band.



Maari Ma covered the cost of the visit and would like to thank Wings Coordinator, Tania Lawson for organising the event – it was very special for the kids and the community alike.

David Blumberg and the Maraby Band toured other regional areas in January and posted a run-down of their tour in the Adelaide Review.



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Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW



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# Wilcannia

## COMMUNITY EVENT

Despite the 47 degree heat, it was a great turnout at the Wilcannia Community Event at the pool organised by the Wilcannia River Radio. Maari Ma staff **Lesley Harvey, Valerie Bugmy, Shanisha Harris, Kayelene Crossing, Rachael Murphy, Alinta Edge, Guy Staker and Anshul Kaul** attended the event providing water, zooper-doopers and snacks, and engaging with the community.



## What's On?



### Mondays

#### Playgroup

10:30am-12:30pm at the Safe House

Run by Maari Ma's Wilcannia Early Years team (Not on during the school holidays)

### Tuesdays

#### Playgroup / Little Kids & Books

10:30am-12.30pm at CentaCare

Run by Maari Ma's Wilcannia Early Years team

### Wednesdays

#### Playgroup

10.30am-12.30pm at CentaCare

Run by Maari Ma's Wilcannia Early Years team

### Thurs & Fri

**Parents as Teachers Home Program** for children aged 2-3 years with Maari Ma's Wilcannia Early Years team: 08 8091 5257



## HEALTH SERVICE REMINDERS

Community members having blood taken or providing samples for pathology must sign the orange referral form provided by the doctor so that Medicare will cover the cost of the tests. If you do not sign the form you will receive a bill in the mail.

The nurse or health worker collecting the pathology will assist you.

To find out the latest about what's on, please be sure to regularly check our facebook page:

<https://www.facebook.com/maarimahealth/>





# Wilcannia

## COMMUNITY DINNER

The first Wilcannia Community Dinner for 2019 was a great hit with just over 40 community members attending the event. Our staff organised a delicious spread of food including burrito's (chicken or beef and bean) as well as crunchies (oat, coconut and dark chocolate biscuits), and fruit salad and custard. Thanks to **Gemma, Anne, Lynley and Dafna** and we look forward to seeing the community at our next dinner



## WINGS COOKING Group

The kids at Wings were keen to get back into the kitchen again this year and were very enthusiastic helping to prepare and make a dish of chilli con carne. Dietitian, Gemma said a delicious banana cake was also made and both were very popular. Around 30 children were attending the Drop-in Centre at the time of the cooking session with three to four children actively helping in the kitchen.



## NO COOK PLAY DOUGH RECIPE THAT YOU CAN MAKE WITH THE KIDS

### Ingredients:

- 2 cups plain flour
- 1 cup salt
- 1 tbsp oil
- ½ to 1 cup cold water
- 2 drops liquid food colouring

### Method:

1. Combine plain flour and salt
2. Add water, food colouring and oil. Mix until ingredients combines
3. Knead well
4. If consistency is too wet add a little plain flour



(source: [www.bestrecipes.com.au](http://www.bestrecipes.com.au))



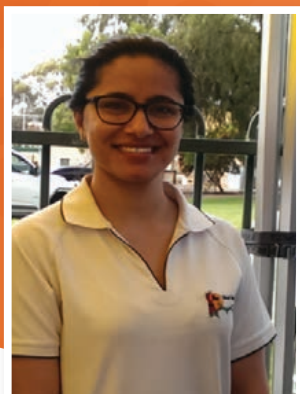
# Staff Update

We said good-bye to **Simon Wark**, our Intern Pharmacist. Simon went to Adelaide to study medicine at Flinders University, however he does hope to come back and work as a locum pharmacist whenever possible.



Our new intern is **Karen Whebell**. Like Simon, Karen will be spending 3 days a month at the Broken Hill Health Service and 1 day a month at the Wilcannia Health Service. Karen is new to Broken Hill and is from the Gold Coast. She completed her Pharmacy Degree at Griffith University.

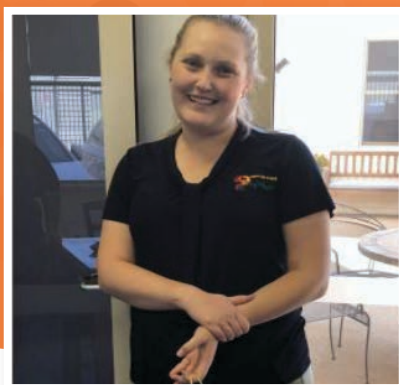
TIS Project Officer, **Anshul Kaul** bid farewell to Maari Ma and Broken Hill in early February and headed north to commence employment in Darwin.



We also recently bid farewell to our female transport officer, **Jessica Woods**. Jess will be starting a new adventure at the Aboriginal Land Council.



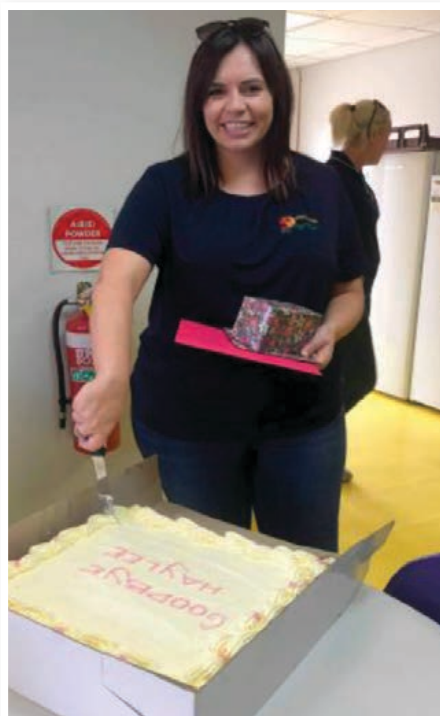
We said Goodbye to **Kendall Jackman** who has taken on a role with Far West Local Health District. We wish Kendall well and know that she will provide a great service to the whole community as she has done for the Maari Ma community.



We had a farewell afternoon tea for **Haylee Rogers** on March 21st. Haylee, who was our CEO's Executive Assistant, has taken on the position of secretariat to the NSW Coalition of Aboriginal Regional Alliances (NCARA) and is working with Chair of the Murdi Paaki Regional Assembly and Maari Ma Board Director, **Des Jones**.

Haylee had been with Maari Ma for nine and a half years and her absence is missed.

In the last month we have also bid farewell to **Kaylynda Powell**, pictured above, who first commenced with Maari Ma in 2015 in the role of dietitian and then transferred to the Primary Mental Health & AOD Team. Kalynda has returned to metropolitan NSW to commence a Masters Certificate. More recently, Midwife **Robyn Harris** has departed for Laura in South Australia. We wish all our departing staff best wishes as they undertake a new journey.





# Staff Welcome!



We welcome **Lateesha Adams**, (pictured left) as the new Lead Field Officer. Lateesha was previously working in the Early Years team.

**Brooke Lance** (pictured right) has joined the Primary Care Specialist Services team and will be a case worker alongside **Kate Phillips** in the "Getting it Together" program.



Maari Ma would like to welcome all of our trainees - **Hannah Morris**, who was previously our Regional Office Administration Assistant, and **Kalinda Morrison**, **Jae Edwards** and **Cooper Fleming**, who are from Broken Hill, as well as **Britny Coff** from Menindee and **Shontae Harris** from Wilcannia.

**Lavinia Henderson** and **Latesha Adams** will also be undertaking the course as part of their respective positions within the Primary Health Care Service. We wish our trainees the very best as they start on their journey to becoming qualified health practitioners.



## Smoke-free homes & cars

Maari Ma's Tackling Indigenous Smoking program is looking for community members to participate in the Smoke-free Homes and Cars project. The project will run for 3 months and will help you see how much your kids are exposed to carbon monoxide.

Carbon monoxide is an odourless, colourless but very harmful gas. It is released from smoking cigarettes. It replaces oxygen in your body leading to hypoxia, this makes your heart work harder and also causes thickening of blood which can lead to stroke.

If you are interested in the project, talk to your health worker or give the Tackling Indigenous Smoking team a call on **80829777**.

**Introducing...  
SMOKE FREE HOMES & CARS**

Did you know that smoking in or around your home or car can affect your family and friends?  
Do you want to be part of Maari Ma's new Smoke Free Homes & Cars project?

**ABOUT THE PROJECT**

If you are a smoker or have a family member that smokes inside the home or near the entry/exit of the house then this program is perfect for you! Our Tackling Indigenous Smoking team can support you to monitor the carbon monoxide (CO) levels in your home using a CO monitor.

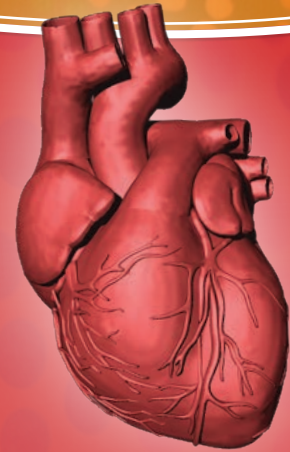
Incentives will be provided throughout the project.

If you have any questions about our Smoke Free Homes & Cars project, please contact Maari Ma's Tackling Indigenous Smoking (TIS) team on 8082 9777.

Please remember that Maari Ma's TIS Team is here to support you, whether you are considering quitting or even just wanting to change your smoking behaviours, we can help! We have trained health workers and specialist staff that can help you through your journey.

# NATIONAL *heart* WEEK

28TH APRIL – 5TH MAY



## Fun Facts About the Heart

1. The average heart is the size of a fist in an adult.
2. Your heart will beat about 115,000 times each day.
3. Your heart pumps about 2,000 gallons of blood every day.
4. An electrical system controls the rhythm of your heart. It's called the cardiac conduction system.
5. The heart can continue beating even when it's disconnected from the body.
6. The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
7. The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart.
8. A woman's heart beats slightly faster than a man's heart.
9. The beating sound of your heart is caused by the valves of the heart opening and closing.
10. If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
11. Heart cells stop dividing, which means heart cancer is extremely rare.
12. Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

## The takeaway...

Your heart affects every part of your body and is crucial for survival. That also means that diet, lifestyle, and your emotional well-being can affect your heart. Emotional and physical health are both important for maintaining a healthy heart. For more information about caring for your heart talk to your GP or health worker.

## APRIL HEALTH AWARENESS DAYS

*Month of April* - Parkinson's Awareness Month- Worldwide - Parkinson's Australia

*Month of April* - Fabry Awareness Month - Nationwide - Fabry Australia

*1-5 April* - National Advance Care Planning Week - Nationwide - Advance Care Planning Australia

*1-7 April* - Healthy Hips Week - Nationwide - Healthy Hips Australia Ltd

*14-20 April* - Osteopathy Awareness Week - Worldwide - Osteopath Australia

*17 April* - World Haemophilia Day - Worldwide - Haemophilia Foundation Australia







We extend a warm welcome and Congratulations to the following families on the arrival of their new bubs.

**Marcia Whyman & William Jones**

Bub Alicia Jones  
DOB: 24/12/2018

**Katy Hynch**

Bub Pauline Hynch  
DOB: 10/01/2019

**Angela Thiel**

Bub Eilene Sutton  
DOB: 07/01/2019

**Jocelyn Bugmy & Leonard Whyman**

Bub Latrell Bugmy  
DOB: 19/03/2019

**Natika Whyman & Rob Clayton**

Bub Tazanna Clayton  
DOB: 26/03/2019



## 5 TIPS FOR GOOD PERINATAL MENTAL HEALTH

- Source: SANE -

### 1. Practice self-compassion

- Be gentle with yourself and allow you and your baby time to get to know each other

### 2. Prioritise Sleep

- Maintaining mental health during the early day of parenting relies on getting regular sleep. This might mean enlisting help with household chores or letting them go, so you can sleep when baby sleeps.

### 3. Know your signs and seek help early

- 1 in 10 women experience anxiety or depression during pregnancy, and post-natal anxiety and depression are common up to a year after birth. Anxiety and scary thoughts are signs you need help, not a sign you're a bad parent.



### 4. Find support for distress (baby's & yours)

- A distressed parent cannot soothe a distressed infant until they soothe themselves. If you are struggling, it is not your fault. What you need is compassionate support and care. You deserve it and so does your baby

### 5. Share your experiences

- Sharing experiences via forums mothers groups, support groups and playgroup can normalize common challenges and lessen the sense of being alone.



# MAARI MA Cycle of Care

## START:

Your cycle of care starts with a twelve monthly GTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

## 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 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.

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 Care Service

*Improving Aboriginal Health & 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.

**Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.**

### 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  
Optometrist

**PHCS Broken Hill**  
439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
Fax: 08 8082 9778

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14 Ross St,  
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