

## Maari Ma Dental Team Visit

The Maari Ma Kids Dental team visited Little Darlings Preschool on Tuesday 26th June and had a chat to the kids about looking after their teeth. The kids had the opportunity to brush "Charlie Chompers" and dress up as a dentist.



### The Dental Team talked about:

- What our teeth are for: chewing, smiling and talking.
- How many times to brush each day: twice, morning and just before bed.
- What happens when you visit the Dental Clinic: the dental chair, painting fluoride on teeth and who they might see at the clinic.
- What foods and drinks are good for our teeth and bodies: fruit, veggies, milk, cheese and water.
- What are sometimes foods and drinks: fizzy drinks, lollies, ice-cream, biscuits and cakes.

The Maari Ma Kids Dental Team provides a free, confidential dental service to all children from 12 months – 18 years of age.

To book your children in call the Wilcannia Health Service on: 08 80915122.



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Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW



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[www.facebook.com/maarima-health/](https://www.facebook.com/maarima-health/)

# NEW BUBS!



## What's On?

Congratulations to Mum, **Chloe Grose**, on the birth of baby Paul. Baby Paul is named after his grandfather **Paul Grose**, and was born at Broken Hill Hospital on the 2nd August, 2018, weighing 3260 grams.

**Robyn Harris** and **Stevie Kemp** supported Chloe through her pregnancy.

Everyone at Maari Ma Health wishes bubs and the family all the very best!



**Baby Paul**

## KEEPING WELL AFTER PREGNANCY

Being a parent means always considering the needs of your baby. It's important to remember your own needs as well – looking after yourself is looking after your baby! Here are some tips to help you look after yourself and your emotions when you're expecting a baby:

- Eat regular, healthy meals, exercise regularly and avoid drugs and alcohol.
- Sleep is important – take every available opportunity to rest (e.g. when your baby is asleep).
- Take time to do things that you find relaxing – even if it is taking ten minutes to listen to music or to read. Some people find deep breathing, yoga and relaxation techniques helpful.
- Socialise – even though it can take a lot of effort.
- Exercise is a great stress-buster. Try taking the baby out for a walk every day – it's good for both of you.
- There will be times when you feel overwhelmed. You may feel like you're at breaking point or that things are getting out of control. If this happens, put the baby in a safe place – such as their bassinet or cot – and have a few minutes to yourself, or ring a friend, neighbour or family member.
- If you're having any regular or reoccurring negative thoughts that are beginning to affect your feelings towards yourself or your baby, it's important to seek advice early and talk to your health professional.
- Be aware of any changes from how you normally feel or behave. If you notice any major or long-term changes, seek help from a GP or your maternal and child health nurse.

### Mondays

#### Playgroup

10:30am-12:00pm at the Safe House  
Run by Save the Children (Not on during the school holidays)

### Tuesdays

#### Playgroup / Little Kids & Books

10:30am-12.30pm at CentaCare  
Run by Save the Children, Maari Ma & CentaCare

### Wednesdays

#### Playgroup

10.30am-12.30pm at CentaCare  
Run by Save the Children, Maari Ma & CentaCare

### Thursdays

Home visiting for children aged 0-5 years with Save the Children  
Contact: Save the Children, 0459148034

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

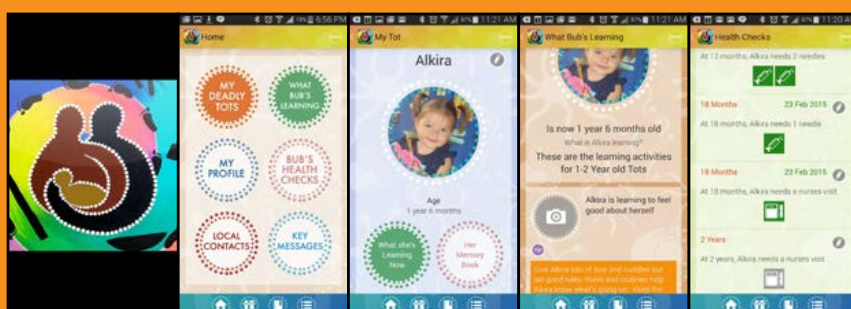
<https://www.facebook.com/maarimahealth/>



## Deadly Tots

The Deadly Tots App contains information for every Aboriginal family to help their bub learn and grow!

Get it on your phone through the App Store or Google Play.



# Community Events

**MENTAL HEALTH MONTH 2018**  
Presents  
**SHARE THE JOURNEY**

**COME JOIN THE FUN WITH KOORI-OKIE**

**NANCY BATES**  
Singer  
Songwriter  
Comedian  
Storyteller



DARETON	BROKEN HILL	WILCANNIA	MENINDEE
16th October 18	17th October 18	18th October 18	19th October 18
Tuesday	Wednesday	Thursday	Friday
Dareton Football Club	West Football Club	Community Hall	Community Hall
Doors open 12pm	Doors open 5:00pm	Broken Hill, Wilcannia and Menindee	

**Free entry, free meal provided, door prizes**



**NSW Youth Advisory Council 2019**

The NSW Youth Advisory Council (YAC) plays an important role in advising the NSW Government on issues that are relevant to young people across the state.

The 12 member YAC provides a direct avenue of communication between young people and the NSW Government.

Membership of the YAC is open to children and young people between 12 and 24 years of age residing in NSW.

The YAC meets regularly throughout the year to provide advice to the Minister responsible for Youth, the Hon. Ray Williams MP and to the Advocate for Children and Young People, Mr Andrew Johnson on issues, policies and laws that affect children and young people in NSW.

Applications are sought from diverse locations, backgrounds and life experiences.

Apply now! Applications close **30th September 2018**

**Apply online now at [www.acyp.nsw.gov.au](http://www.acyp.nsw.gov.au)**

Learn more about the YAC and its role at [bit.ly/nswyac2019](http://bit.ly/nswyac2019)

NSW Advocate for Children and Young People  
Ground Floor, 219-241 Cleveland Street,  
Stranberry Hills NSW 2012

Feel free to contact the office on  
(02) 9248 0390  
[acyp@acyp.nsw.gov.au](mailto:acyp@acyp.nsw.gov.au)

**NSW acyp**

The secondary students at Wilcannia Central School are hosting an art and design exhibition 'Nanyi + Kirra' to celebrate 'Light and Country'.

Exhibition highlights include abstract light photography, landscape paintings, shibori dyed textiles and contemporary Aboriginal jewellery.

One of a kind pieces will be for sale throughout the week with profits supporting art and design education programs and artists.

You can check out their creative journey on Instagram:

**@wilcannia\_central\_school**



An exhibition of student artwork celebrating 'Light and Country'  
River Meeting Gallery  
64 Reid Street, Wilcannia NSW

**Exhibition Opening Night**  
5 – 7pm, Monday 24 September, 2018  
**Open Daily**  
11am – 3pm, 25 – 28 September, 2018



**HOUND & BONE**  
FINE ART PRINTERS



# ABORIGINAL COMMUNITY JIRT INFORMATION SESSION

HOSTED BY JOINT INVESTIGATION RESPONSE TEAM (JIRT) BROKEN HILL / DARETON

## What to do if a child discloses abuse

Facilitators from Community Services, NSW Health and NSW Police will provide Aboriginal community members with information to help protect a child if a disclosure is made.

Workers supporting Aboriginal families also welcome.

### What this course will cover:

- What is child abuse?
- What to do if a child tells you about abuse
- What does the Joint Investigation Response Team do?

## WHEN & WHERE & HOW MUCH?

**Venue:** Wilcannia Community Hall, Wilcannia

**Dates:** Wednesday 5th and Thursday 6th September

**Time:** 9am to 3pm - Please try to attend both days

**Cost:** FREE

## How to Register

There is no cost to attend this training however, registration is needed.

Please register your details by the 14th August, 2018 by emailing your name and contact number to [regan.chesterfield@health.nsw.gov.au](mailto:regan.chesterfield@health.nsw.gov.au) or by phoning 0429 978 609, or [sherree.ferrall@health.nsw.gov.au](mailto:sherree.ferrall@health.nsw.gov.au) or by phoning 0439 152 438.

If you have any questions about this session you can phone Regan or Sherree.

**Morning tea and lunch will be provided.**



# This month was...



**International day of World's Indigenous People**

**370 million** Indigenous people in the world

Living across **90 countries**

Yet they are **less than 5 per cent** of the world's population

but account for

**15 per cent of the poorest**

They speak an estimated **7,000 languages**

**4TH AUGUST**

**SNAICC**

**CELEBRATING**  
OUR CHILDREN FOR **30 YEARS**



## National Aboriginal and Torres Strait Islander Children's Day

It is the largest national day to celebrate our children.

Children's Day is held on August 4th each year.

### **Why is it important?**

Children's Day is a day to celebrate the strengths and culture of our children.

It's a day to help our kids stand tall and feel connected and proud.



# SPEECH MILESTONES FOR YOUR BUB

## Communication and language milestones

Social smile  
Cooing  
Turns to voice  
Babbles  
'Mamma'/'Dadda' (no meaning)  
'Mamma'/'Dadda' (with meaning)  
Understands several words  
Speaks single words  
Points to body parts  
Able to name one body part  
Combines two words  
Speaks six or more words  
Able to name five body parts  
Has 50 word vocabulary  
Uses pronouns (me, you, I)

## Average age

6 weeks  
3 months  
4 months  
6–9 months  
8–9 months  
10–18 months  
1 year  
12–15 months  
14–22 months  
18 months  
14–24 months  
12–20 months  
2 years  
2 years  
2 years

Figure out what  
I want to say  
and put it into  
words for me.

No need to  
read the whole  
book. Talk  
about the  
pictures that  
interest me.

Get face-  
to-face with  
me when we  
communicate.

When you talk  
to me, WAIT for  
me to respond  
before you say  
more.



Maari Ma's Speech Therapy team visits all three schools in Wilcannia every Wednesday during the school term.

If you are concerned about your child's speech, language and literacy, call the Wilcannia Health Service on **08 80915122** to see a GP and get a referral to see our Speech Pathologist, Abana Moeti.

# WILCANNIA *Cooking Group*

The kids at St Therese's Community School and Barlu Kurli Preschool are learning about fruits this term. The children participated in a quick hands-up style quiz about fruits, and Gemma and the kids made yoghurt and coconut fruit skewers, which they all thoroughly enjoyed.



At the Wings Drop-in Centre, kids made chicken stir-fry with lots of vegetables. Auntie Dodie also made Spaghetti Bolognese and so the children had two choices of dishes this week. For dessert they made healthy blueberry muffins.



# ST. THERESE'S

## DE LA SALLE STUDENTS VISIT WILCANNIA

The young men from De La Salle in Melbourne visited Wilcannia and helped out with some projects at St Therese's.

The men moved and refurbished the cubby, built a great new bike path (called De La Salle Way!) and transformed the garden at the front of the school.



Tyrone catching a ball Victorian style! We had a great AFL coaching clinic lead by Charlie and the boys from De La Salle!



The grand opening of the new section of bicycle path, officiated by Aunty Karen who cut the red tape! Tyrone and Beverly were officially the first to use the track and declared it ... UNREAL!!!

The boys and girls with the awesome team from De La Salle College Melbourne!



# Your health record in your hands

This year, you will get a **My Health Record** unless you tell us you don't want one



**MyHealthRecord.gov.au**  
Help line 1800 723 471

## How My Health Record benefits you

### Better connected care

As more people use the My Health Record system, Australia's national health system will become better connected. The result is safer, faster and more efficient care for you and your family.

### Access to your key health information in an emergency

In a medical emergency, healthcare providers connected to the My Health Record system can see your health information such as allergies, medicines and immunisations. This helps them to provide you with the best possible treatment and care.

### A convenient snapshot of your health

When your healthcare provider uses your My Health Record, it means you don't need to remember and repeat your medical story, such as your prescriptions or the names of tests you've had. It also helps you keep track of your children's health, immunisations and any medical tests.



### What do I have to do?

You don't have to do anything. A secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans' Affairs card.

However, if you don't want a My Health Record, let us know by **15 October 2018** by visiting our website or calling our Help line.

### What if I already have a My Health Record and I don't want it any more?

You can choose to cancel your record at any time. You can find the 'Cancel My Health Record' button under the 'Profile' menu within your record, or you can call the Help line.

### For more information go to:

**MyHealthRecord.gov.au**  
Help line 1800 723 471

If you have a hearing or speech impairment, go to **relayservice.gov.au**  
If you need assistance in another language, call **131 450**



Authorised by the Australian Government, Canberra.

# Your health information in one place

This year, you will get a **My Health Record** unless you tell us you don't want one

### What is My Health Record?

My Health Record is an online summary of your key health information.

Once it's set up, you don't need to do anything. Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.

### What is included in your My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare.

Healthcare providers can add clinical documents about your health to your record.

They include:

- ◆ an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- ◆ hospital discharge summaries
- ◆ reports from test and scans, like blood tests
- ◆ medications that your doctor has prescribed to you
- ◆ referral letters from your doctor(s)



Medicare data can be added to your record.

This includes:

- ◆ Medicare and Pharmaceutical Benefits Scheme (PBS) information stored by the Department of Human Services
- ◆ Medicare and Repatriation Schedule of Pharmaceutical Benefits (RPSB) information stored by the Department of Veterans' Affairs
- ◆ organ donation decisions
- ◆ immunisations that are included in the Australian Immunisation Register

You, or someone authorised to represent you, can share additional information in your record that may be important for your healthcare providers to know about you.

This includes:

- ◆ contact numbers and emergency contact details
- ◆ current medications
- ◆ allergy information and any previous adverse reactions
- ◆ Indigenous status
- ◆ Veterans' or Australian Defence Force status
- ◆ your Advance Care Plan or contact details of your custodian



### Personally controlled

It's your choice who sees your My Health Record and what's in it. You can choose to share your information with the healthcare providers involved in your care. By allowing your doctors to upload, view and share documents in your My Health Record, they will have a more detailed picture with which to make decisions, diagnose and provide treatment to you. You can also ask that some information not be uploaded to your record.



### A secure system

My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging. There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse.



### What to expect when logging into My Health Record for the first time

The first time you log into your My Health Record there may be little, or no information in it. There may be up to two years' worth of Medicare information such as doctor visits under the Medicare Benefits Schedule (MBS), as well as your Pharmaceutical Benefits Scheme (PBS) claims history. If you choose, you can remove this information after you log in. Your previous medical history such as older tests and medical reports will not be in your My Health Record.

# 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

**Wilcannia Health Service**  
14 Ross St,  
Wilcannia, NSW 2836  
Phone: 08 8091 5122  
Fax: 08 8091 5911  
Web: [www.maarima.com.au](http://www.maarima.com.au)



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PHCS