

WHAT'S ON IN 2018?

FEBRUARY

Smart Eating Week (previously Healthy Eating Week)

Australia's Smart Eating Week will be held from the 12th of February until the 18th of February this year. Smart eating is a means to good nutrition, but because we're all different, 'smart eating' will mean different things to different people, and how we go about achieving it will be different too.

World Cancer Day

World Cancer Day is held on the 4th of February and the tag line is "We can. I can". This campaign explores how everyone can do their part to reduce the global burden of cancer.

MARCH

Close the Gap Day

Thursday the 15th of March marks Close the Gap Day. Close the Gap is a campaign for Indigenous health equality. The campaign's goal is to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians by 2030.

MAY

World No Tobacco Day

World No Tobacco Day is on the 31st of May every year. This day is about raising awareness of the effects of tobacco on smokers and their families. It also focuses on the benefits of quitting.

JULY

NAIDOC Week

NAIDOC Week is held in the first full week of July every year. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

White Ribbon Night

White Ribbon Night falls on the last Friday of July. Maari Ma Health is now a White Ribbon accredited organisation and it is our job to raise awareness about domestic violence in our community, and what we as individuals and as an organisation can do to help.



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Maari Ma Cycle of
Care



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/

WHAT'S ON IN 2018 - CONTINUED



What's On?

AUGUST

Dental Health Week

Dental Health Week, which takes place in the first full week of August, is an annual oral health promotion event. Its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

SEPTEMBER

Women's Health Week

The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. Women's Health Week is the time for women to put themselves first, for just one week, and start making positive changes that can last a lifetime.

R U OK? Day

R U OK?'s vision is a world where we're all connected and are protected from suicide. The mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

OCTOBER

National Nutrition Week

National Nutrition Week will be from the 14th of October until the 20th of October this year. Each year a theme is set by Nutrition Australia to help teach us about healthy foods. Watch this space!

Mental Health Month

October is also Mental Health Month and a theme is chosen every year to help us take note of our mental health and how we feel about life. Our Mental Health Team at Maari Ma hosts activities and provides information to the community to raise awareness about the importance of our mental health.

NSW Children's Week.

Children's Week will be from the 20th of October until the 28th of October this year. Children's Week celebrates the right of children to enjoy childhood. A number of activities for children and families will be held during this week.

NOVEMBER

Postnatal Depression and Anxiety Awareness Week

Perinatal Depression & Anxiety Awareness Week (12-18 November) is a campaign to encourage conversations about a serious and common illness. We invite everyone who is passionate about raising awareness about perinatal anxiety and depression to join our campaign to shine a light on an illness that affects around 100,000 families across Australia every year and can even put lives at risk.

World COPD Day

World COPD Day will be held on the 14th of November this year. The aim of this day is to raise awareness about Chronic Obstructive Pulmonary Disease.

White Ribbon Day

White Ribbon Day is on November the 25th. This day is also the International Day of the Elimination of Violence against Women. We ask you to join us in raising awareness about the issue of domestic violence.

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/>



COLOUR RUN

The Colour Run was organised by the Tackling Indigenous Smoking (TIS) team as part of the January school holiday program at WINGS.

The aim of the Colour Run was to involve kids in a fun physical activity and also talk to them about the importance of healthy lungs and how smoking affects your health and wellbeing.

The WINGS team, **Lesley** and **Lee-Ann** (from Maari Ma's Early Years team) and **Kalynda** helped in organising the activity.

Despite the rain and half of the oval being wet, the colour run was a success. 35 kids aged between 4 and 19 proudly wore the Smokefree Families t-shirts and ran over 5 laps!



The Colour Run was a first for the kids in Wilcannia. There were a lot of curious children who wanted to know about the run when they arrived at the oval. They are all now looking forward to another one!

Thank you to everyone who came along and supported the event!



COLOUR RUN THE PHOTOS



COOKING AT WINGS



Throughout the school holidays, Elsie visited the WINGS Drop In Centre to run cooking groups for the kids. The kids have absolutely loved participating in the cooking groups, creating healthy main meals and desserts for their peers and WINGS staff members. Elsie was lucky enough to have Health Sciences student Philippa come along to help her out with the cooking program and the kids loved meeting her! The cooking program was very successful during the school holidays and the regular cooking group will resume on Wednesday afternoons throughout the term.

Week 1 : Macaroni, cheese and vegetable cups with Milo balls

The macaroni and cheese cups were a big hit amongst the kids and staff at WINGS. Zucchini, carrot, corn and spring onion were able to be incorporated into the mixture, which made for a healthy, colourful lunch option.



Week 2 : Chicken and vegetable taco boats with tropical muffins

Taco boats are definitely a favourite amongst the kids! This recipe incorporated grilled corn and capsicum as well as the normal salad ingredients. This meal provided lots of opportunities for the kids to include vegetables of different colours and textures.



More on next page ➔

COOKING AT WINGS - CONTINUED



Week 3 : Chicken noodle stir fry with blueberry coconut cake

The blueberry coconut cake was hugely popular amongst the staff and children! Natural yoghurt was used in place of milk in the recipe which created a cake with a beautiful moist texture. Fresh blueberries were used in the recipe but frozen blueberries would also work.

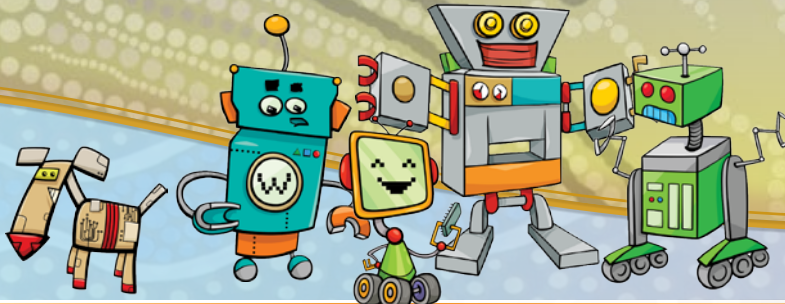


Week 4 : Chicken meatballs and pasta with lemon coconut slice

The chicken meatballs were a delicious alternative to the traditional beef meatballs that many of the kids were used to. Corn, zucchini and carrot were incorporated into the homemade tomato sauce to increase the vegetable content of the recipe.



SCIENCE AT WINGS



During the second to last week of the school holiday program, **Lesley Harvey** (Early Years Project Leader) and Lee-Ann Adams (Early Years Support Officer) supported the WINGS team with numerous science activities. The focus was on sound and looking after your ears, dental and sugar impacts on the shell of eggs, gravity and bringing yeast to life.



HOW TO MAKE PORK AND APPLE SAUSAGE ROLLS



Ingredients

- 1 leek
- 1 Royal Gala apple
- 4 sprigs of fresh thyme
- 500 g minced pork
- ½ teaspoon mustard seeds
- 500 g puff pastry
- 1 large free-range egg

Method:

1. Preheat the oven to 200°C/gas 6.
2. Wash, trim and dice the leek, core and dice the apple, then pick the thyme leaves.
3. Combine the pork, leek, apple, thyme leaves and mustard seeds in a bowl. Season and set aside.
4. Roll out the pastry to 1cm thick and 30 x 34cm. Halve lengthways and place a strip of mince down the centre of each.
5. Brush the edges with beaten egg, roll up and seal. Brush with more egg, then cut each strip into 3 rolls.
6. Score the tops and bake for 20 minutes, or until golden and cooked through.


Visiting Maari Ma GP's : MARCH

1 March : Dr Stephen Gaggin & Dr Than Htike Soe
5 March : Dr Marion Christie & Dr Jean Hee Kim
6 March : Dr Marion Christie & Dr Jean Hee Kim
7 March : Dr Stephen Gaggin & Dr Than Htike Soe
8 March : Dr Stephen Gaggin & Dr Than Htike Soe
9 March : Dr Vic Carroll
12 March : Dr Marion Christie & Dr Jean Hee Kim
13 March : Dr Marion Christie & Dr Jean Hee Kim
14 March : Dr Stephen Gaggin & Dr Than Htike Soe
15 March : Dr Vic Carroll, Dr Stephen Gaggin & Dr Than Htike Soe
16 March : Dr Vic Carroll
19 March : Dr Marion Christie & Dr Jean Hee Kim
20 March : Dr Marion Christie, Dr Jean Hee Kim & Dr Vic Carroll

21 March : Dr Stephen Gaggin & Dr Than Htike Soe
22 March : Dr Stephen Gaggin & Dr Than Htike Soe
26 March : Dr Marion Christie & Dr Jean Hee Kim
27 March : Dr Marion Christie & Dr Jean Hee Kim
28 March : Dr Than Htike Soe
29 March : Dr Than Htike Soe

Visiting Specialists : MARCH

8 March : Optometrist
20 March : Cardiologist
22 March : Ophthalmologist

	Broken Hill Lifeline 194 Argent Street T. 08 8087 7525 2:00pm to 5:00pm	Wilcannia Men's Shed M. 0416 885 303 10:00am to 2:00pm	Broken Hill Aboriginal Legal Service 35 Sulphide Street T. 08 8087 3233 10:00am to 1:00pm
Month	Tuesday	Wednesday	Thursday
January	16	17	18
February	13	14	15
March	13	14	15
April	10	11	12
May	8	9	10
June	12	13	14
July	10	11	12
August	14	15	16
September	11	12	13
October	9	10	11
November	13	14	15
December	11	12	13

CONTACT MUKESH MAHAJAN

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MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly CTG/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

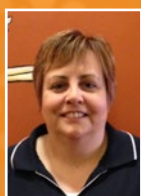
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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439-443 Argent Street,
Broken Hill, NSW 2880
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14 Ross St,
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Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS