

NAIDOC DAY 2018



On Wednesday the 11th of July we had our NAIDOC day celebrations. We held it at the Home Care building next door to the hospital. It was attended by lots of community members, the Wings crew as well as hospital and RFDS staff. We had BBQ, Kangaroo stew, rissoles and curry, Johnny cakes made over hot coals and salads. There were activities for the kids and Bingo. Big thanks to all that made it a great day.



NAIDOC Lunch Wilcannia

It was a great turnout for the Wilcannia NAIDOC Day lunch, with around 60 to 70 people attending the event. There was plenty of food for everyone as well as some bush tucker, including kangaroo curry, kangaroo stew, kangaroo rissoles and Johnny Cakes made by **Sissy King** and dietitian, **Gemma Page**. A big thank you to community members and Maari Ma staff for your involvement - it was a fantastic event!



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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/

NEW BUBS!



What's On?

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

We'd like to congratulate Mum, **Clarissa** and Dad, **Dale Wood**, on the birth of their new baby, **Willow**.

Willow was born on the 16th July, 2018.

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



Baby Willow

AMAZING PREGNANCY FACTS

1. YOU GROW A NEW ORGAN

Yes, your placenta is a multi-talented brand new organ that passes oxygen and nutrients from your blood stream to your growing baby. It also protects your baby from infection and helps to remove your baby's 'waste products', such as carbon dioxide. Linked to your baby by the umbilical cord, your placenta will weigh around 1.5lb by the time your baby is born.

Help your body - Eating a well-balanced healthy diet will help your placenta do its best job.

2. YOUR BONES SOFTEN

High levels of the hormones oestrogen and relaxin cause ligaments throughout your body to relax, including those in your back. The extra strain on the muscles and joints of the lower back area can cause back pain.

Help your body - Bend your knees when picking anything up and avoid twisting.

3. YOUR BODY CAN SWELL

Extra fluid circulating can sometimes cause swelling (oedema) throughout your whole body, but more commonly in the ankles due to interstitial fluid building up.

Help your body - Put your feet up higher than your hips at the end of the day for 15 minutes. Increase your fluid intake to keep your kidneys functioning well.

4. YOUR SKIN CHANGES

Hormones mean skin can dry out. Extra collagen in your skin tears when it stretches, causing stretchmarks. They won't go after the birth but may fade.

Help your body - Use a body moisturiser to improve the condition of your skin.

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

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



July Events

There was a wide range of events held in July for Aboriginal arts, health and culture. Here are just some of the ways that our community came together to celebrate or raise awareness about important issues:

GO DRY IN JULY!

Having a month off alcohol has great health benefits, such as sleeping better, having more energy and of course, no hangovers! If you want, you can raise funds for cancer support organisations across Australia to help improve patient comfort, care and wellbeing.



Donate Life Week -

30th July – Have you ever thought about organ or tissue donation? Donate life and give our people a second chance of life!

julEYE is The Eye Foundation's eye health awareness month that takes place during July each year. The aim is to raise community awareness of eye health issues. 75% of vision loss is preventable or treatable if detected early enough, yet every 65 minutes an Australian loses part or all their vision. So get your eyes tested this julEYE!

National Diabetes Week - 9th July - Aboriginal and Torres Strait Islander people are almost four times more likely than non-Indigenous Australians to have diabetes or pre-diabetes. To reduce the risk of developing type 2 diabetes, eat a more healthy diet and be more physically active. You can download the free Diabetes Australia app. It is a great resource for meal planning, latest news and health articles. You can also check out the great recipes and try the 30 minute yoga class!

www.diabetesaustralia.com.au

Wounds Awareness Week - 16th July - Nearly half a million Australians suffer from chronic wounds every day. People with chronic diseases such as diabetes or over 65+ are more at risk. You don't have to suffer in silence. You can live without wounds and enjoy a full and active life. Let's talk about wounds!



PAIN & HEAT : WOUNDS THAT ARE RED, SWOLLEN, HOT & PAINFUL.



EXCESS FLUID : WOUNDS THAT HAVE A THICK, YELLOWISH FLUID.



ODOUR : WOUNDS WITH A STRANGE OR UNPLEASANT SMELL.



SLOW HEALING : WOUNDS TAKING LONGER THAN A MONTH TO HEAL.

White Ribbon Night - 27th July – White Ribbon raises awareness of men's violence against women. White Ribbon Night provides a channel for conversations and actions to stand up and speak out against men's violence against women. Every community member has the influence to drive attitudinal and behavioural change among men and the broader community. Get involved!

ABORIGINAL HEALTH NEWS ALERT

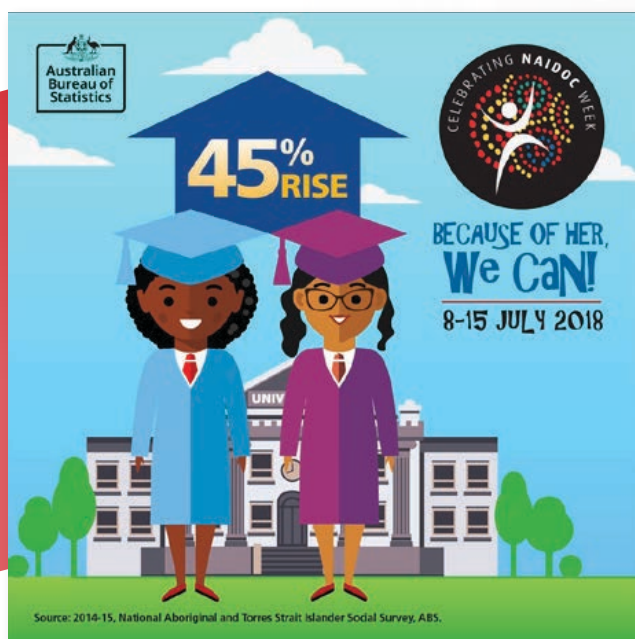


nacchocommunique.com



Aboriginal Women's Health:

NAIDOC WEEK #BecauseOfHerWeCan
@ABSStats Report: Aboriginal and Torres Strait Islander women are becoming empowered through education while embracing their cultural heritage.



As mothers, aunts, grandmothers, sisters and daughters, Aboriginal and Torres Strait Islander women continue to play a pivotal role in leading and supporting communities, providing support for those around them and guiding the next generation and this is celebrated with the 2018 NAIDOC week theme: Because of her, we can!



Increasing numbers of Aboriginal and Torres Strait Islander women are becoming empowered through education while embracing their cultural heritage. They strengthen and support their communities, and provide a stimulating environment for the next generation of children.

In 2014-15, there were 231,100 women in the Aboriginal and Torres Strait Islander population aged 15 years and over.

ST. THERESE'S

OVERNIGHT CAMP AT MT GRENFELL

Congratulations to the boys and girls for a great camping trip to Mt Grenfell - but brrr...it was cold! The muurpas spent time with **Aunty Elaine** and **Uncle Tyrone** from the Ngiyampaa mob who told them lots of things about their country.



Thank you to all the families for getting their kids ready. Thanks to Inspector **Tony** (Andrew's dad) for coming along to drive the little bus and help out! Thanks also to all the staff for their extra hard work and giving up family time to look after the kids.



HR Awards Finalist!

Maari Ma has been selected as a finalist in the 2018 Australian HR Awards out of hundreds of nominations from all over Australia!

The Awards recognise and highlight the outstanding achievements of those at the forefront of industry best practice and leadership.

The winners will be announced at the awards ceremony to be held at The Star Sydney on Friday 7 September, 2018.



THIS MONTH'S QUIT STORY

Through the Quit Stories initiative, TIS has been promoting local champions—ex-smokers and smokers on their quit journey. But, this month's story promotes a different yet equally important champion— a non-smoker.

Warlpa Thompson is a Wilcannia man. He grew up in the Mallee with his parents and 3 sisters. Warlpa's dad is from the North-West and Hunter regions and his mum's from Wilcannia. After spending his initial years in Wilcannia, Warlpa moved to Dubbo, then to Armidale for uni, then to Wauchope, and back to Wilcannia. Phew! That's some travel! Warlpa now lives in Broken Hill with his wife and 3 kids. He works for the Community Safety Research Project at Maari Ma Health.

While Warlpa's dad never smoked and always talked about not smoking, his mum and other family members were smokers. And even though all 3 sisters picked up smoking, Warlpa always stayed a non-smoker. The constant coughing of other members of family and the unappealing smell of tobacco inside their houses were two reasons why Warlpa didn't like the idea of smoking. Furthermore, at the age of 7, when the smell of tobacco made him sick, Warlpa decided he would never smoke.

Although his family and friends smoke, Warlpa has never been the one to just follow the crowds. Although, he did once try chewing bush plants, he never made it a habit. His previous experience of tobacco smell making him vomit and his dislike for the idea of having a cigarette in mouth, have kept him away from picking up the smokes.

We understand peer pressure and therefore risk of isolation can be a big reason why some people smoke, but it's extremely important to always remember that risking the health and wellbeing of yourself and your loved ones isn't worth it. Another major reason for people to smoke is stress. Smoking appears to relieve stress because the nicotine in cigarettes causes the release of dopamine- the feel good chemical in brain. However, as the level of dopamine decreases, we begin to feel – the stress– the withdrawal– the craving for another cigarette. Therefore, it is important to understand that smoking causes more stress than relieving it!

Warlpa has learnt other ways to cope with life stresses— sitting on country, talking to others about things and not being afraid to say what's in his heart



and mind. Ceremony, traditional practices and having supportive people in his life have also helped him to deal with troubles.

Other tips to help you stress less are— exercising, eating healthy food and drinking plenty of water, meditating, getting a good sleep, listening to music and doing fun activities. What else can help you de-stress?

Warlpa's message for the young boys is "Don't pick it up! Find another way to cope with pressure and stressors."

His message for the smokers is "It is a long fight, look for people who will support you in your fight."

His message for the community is "When you are feeling stressed or anxious, sit in your country and feel the breeze, think about the ancestors before you and the kids to come."



Maari Ma Health

FLU VACCINATION 2018



Have you had your influenza Vaccination for 2018?

Aboriginal people are more likely to get very sick from the flu and need to go to Hospital.

Chronic conditions such as: Diabetes, Heart conditions, Asthma, Renal Disease, Obesity, strokes and smoking can put you at an even higher risk.

The best and easiest way to keep your mob healthy is to get the flu shot.

**Come into the Maari Ma clinic for your
FREE 2018 Influnza Vaccination.
No booking is required and transport is available.**

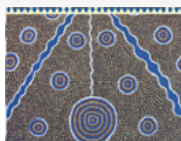
2018 LEGAL AID CIVIL LAW CLINICS BROKEN HILL & WILCANNIA



**CONTACT MUKESH
MAHAJAN**

**T: 02 9219 5091
M: 0416 885 303**

E mukesh.mahajan@legalaid.nsw.gov.au

	 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



Family Recipe:

Rissoles!



Ingredients:

500g of premium beef mince
1 onion, finely diced
1 egg, beaten
3 tablespoons of flour
(seasoned well with salt & pepper)

Instructions:

- 1** Preheat oil in frying pan.
- 2** Mix all ingredients, except for flour.
- 3** Divide into 8 even amounts and roll into balls, binding with a small amount of flour.
- 4** Place in frying pan and cook until browned.

For extra flavour, you can add garlic or herbs. Serve with a nice, rich onion gravy and plenty of fresh vegetables!



Your health record in your hands

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



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**



MyHealthRecord.gov.au
Help line 1800 723 471

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 (RPPBS) 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 in to 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

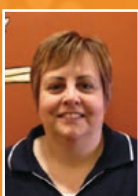
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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

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