

Wilcannia Boys

Join Broken Hill Celtic Soccer

Maari Ma is pleased to be able to assist a group of Wilcannia children to participate in the Broken Hill Saturday morning soccer competition playing with the Celtics Under 12 team. The first trials for the Celtic United Soccer Club were held a few weeks ago at O'Neill Park Soccer Complex

and ten boys from Wilcannia earned a place in the Under 12's comp every Saturday. Maari Ma is very happy to be helping out by contributing boots and shorts. Good luck boys for the season!



WILCANNIA COMMUNITY DINNER

In the month of March, Maari Ma Dietitian's Gemma Page & Elise Wilson held a special combined event with the WINGS drop-in Centre in Wilcannia.

The dinner was dedicated to the elders in the Wilcannia community and was a lovely opportunity for families to gather together to enjoy a meal while watching a musical show presented by the children and community.

Anne Currie made a delicious beef and vegetable stew while the dietitians made tuna mornay as a main dish and bread and butter pudding with fruit salad and custard for dessert. Around 70 community members attended the event and it was a fabulous night

for the Elders



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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/maarimahealth/

A welcome return!



There's good news for the Wilcannia community –the South Australian rock group **David Blumberg and the Maraby Band** are coming back in July. The band was in Wilcannia during the holidays at the start of the year for a two day music workshop which culminated in a concert involving 40 kids and 12 community members. This time they will be back for three days – July 15th, 16th and 17th to conduct workshops and a talent contest at the Community Hall.

Their visit in January was a success and we're sure their return will be met with excitement and enthusiasm. They did say at the time they wanted to return to Wilcannia so it's great to hear they are coming back. Wings Coordinator, **Tania Lawson**, organised the band's first visit – our thanks to Tania for following them up and her ongoing work on their much anticipated return. The group is pictured above at rehearsals during their visit in January.

WINGS SCHOOL HOLIDAY PROGRAM



The Wings School Holiday program for the past two weeks was busy. There was to have been a bush day but that was cancelled with the rain. The children were kept engaged and active however with lots of craft activities, sports at the oval with Youth Worker, Phillip Hunter, a disco and the Wilcannia police conducted a movie night. Thanks Wings staff!



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

Community Dinner

The next Community dinner is scheduled for Tuesday 11th of June, 2019

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

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



WINGS COOKING Group

TERM 1

There was a great week of cooking at the Wings Drop –In Centre during Week 7 of Term 1 with around 30-40 children attending the Centre and 3 children who helped to prepare the main dish and dessert. Dietitian **Gemma Page** and the kids made cold ham, potato and vegetable salad as well as raspberry and coconut jam slice which was served with custard. Delicious!



Healthy Lunchbox Ideas



For a healthy lunchbox pick & mix something from each food group 1 - 6!

The Department of Health and Human Services' Pick & Mix 1-6 poster provides a range of ideas and practical tips to inspire families to create healthy school lunchboxes.

Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

1. Fruit (e.g. fresh, frozen, pureed and canned in natural juice)
2. Vegetables, legumes and beans
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
5. Grain (cereal) foods
6. Plain water



To download a copy of the Pick & Mix poster and other resources, please visit:
<https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

Staff News

All the best to our Wings team as they start a Certificate III in Community Services through Broken Hill TAFE.

Coordinator, **Tania Lawson** and Youth Workers, **June Jones, Anne Currie, Tammy King, Phillip Hunter, Victor Ward** and **Jake Whyman** are doing the course which has a focus on youth work and the team will be able to support each other through-out the year. The Wings team is pictured right.



Pictured above: Maari Ma Registrar **Dr Aye Mon**, who started at the beginning of the year, has passed her first two exams. Drs **Than Soe, Jean Kim** and **Aye Han** have now all passed the assessments that are required for their training and are continuing to work in the practice environment to achieve their Fellowship.

Registrar Training

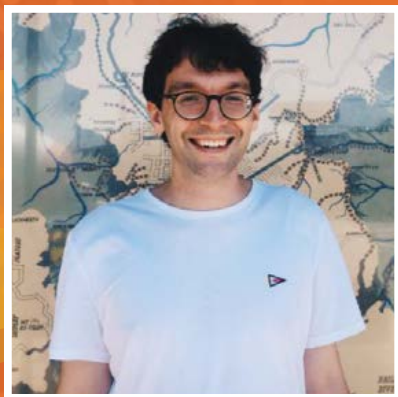
Congratulations to Registrar **Dr Aye Mon**, who has recently passed her exams – a first big step towards achieving her Fellowship of the Royal Australian College of General Practitioners. Dr Aye started with Maari Ma in February and these were the first two written exams as part of her GP training.

Maari Ma is very pleased with its' training program. Since it started around six years ago, 13 GP registrars have come through Maari Ma and achieved their College Fellowship. In fact, Maari Ma has not had one registrar not succeed.

Maari Ma's appreciation always extends to staff for their help and support and particularly our doctors who play such an important role in teaching and advising. However, as one of Maari Ma's supervisors, **Dr Stephen Gaggin**, recently said: a lot of the credit for our success goes to the registrars themselves– he said they have all been highly motivated and have wanted to work for Maari Ma and our communities.

It's very rewarding to see that four of Maari Ma's former registrars have chosen to continue working for the organisation after achieving their Fellowship - Drs **Aung si Thu, Priscilla Htun, Stephen Grillet** and **Mel Mateo**.

Staff Welcome!



Welcome to **Sam Harley** who has taken up a position as a Primary Health Nurse at Wilcannia.

Sam is no stranger to the region – he said he was struck by the natural beauty of Wilcannia and warmth of the community while completing a placement at the Wilcannia Health Service during his university degree in 2017.



Welcome also to Registered Nurse **Barbara Williams**, to our clinical Services team!

Barbara has been working for us for a few weeks now in a part-time capacity and is taking over from another member of our staff, **Kelly McGowan**, while she is on parental leave until early 2020.

Maari Ma Health Flu Vaccination 2019

Please come visit us and have your flu vaccination.

Aboriginal people are more likely to get very sick from the flu and may need to go to the hospital. July, August, September and October are typically the months when flu season is at its peak.

It's not too late! The best and easiest way to keep your mob healthy is to get the flu shot.

**FREE 2019 influenza vaccinations at Maari Ma Health
Monday to Friday 9am - 5pm**

No bookings required and transport is available
Call 80829777 for more information.

STOP FLU. IT'S UP TO YOU.



CATCH IT

Cover your face when you cough or sneeze



BIN IT

Throw away used tissues straight away



KILL IT

Clean your hands thoroughly and often

Annual vaccinations reduce your risk of flu.

Speak to your GP now.

www.health.nsw.gov.au/flu

April 2017 © NSW Health, SHRN (CHP) 170162



Health

MAARI MA'S PAEDIATRIC OCCUPATIONAL THERAPIST

Sandy Gray is our experienced occupational therapist who sees children in Broken Hill and Wilcannia. OT visits occur either at Maari Ma, schools, preschools and at home, depending on what works best for the family.

What does a Paediatric Occupational Therapist do?

It's a common question... in short OT's can help children achieve their developmental milestones such as motor skills (fine and gross), activities of daily living skills (dressing, personal hygiene, toileting) and social skills, and behaviour support - particularly in the areas of emotional and sensory regulation.

OTs work closely with parents, carers and educators in the development and learning of children.

Occupational therapy for children can lead to big benefits, especially for kids with learning and attention issues.



When to refer...

If you've noticed that your child is missing certain developmental milestones, OT could help. Occupational therapists can work with kids on many different types of activities. Here are some examples:

- Self-care or activities of daily living (toileting, dressing, tying shoe laces, brushing teeth, buttoning clothes, using eating utensils)
- Hand-eye coordination (writing on a classroom whiteboard, copying in a notebook what the teacher writes on the board)
- Fine motor skills (grasping and controlling a pencil, using scissors)
- Gross motor skills (doing jumping jacks, ball skills, climbing, working on core muscle strength for sitting posture)
- Planning and organization (helping a teen plan a trip to his locker to swap books or gym clothes for the next class period, using a graphic organizer for writing)
- Sensory responses (helping kids with sensory processing issues respond to sensory input in more comfortable ways)



There are lots of benefits of OT for children. And the sooner a child starts OT, the more effective it tends to be. Some kids learn to concentrate better and complete their schoolwork with more success. Others have increased self-confidence as they learn to do more tasks on their own.

If you feel your child will benefit from Occupational Therapy arrange an appointment with the Healthy Start Team.

Community Notices

Help Keep our Mob Safe Online

Our mobs are growing up in two worlds, an 'online' world and 'real' world. It is important our kids know how to stay safe online.



We are writing to seek your support for an important initiative designed to help parents, carers and educators start the chat with children about how to stay safe online. 1 in 5 young Australians have had a negative experience online and 1 in 4 have been contacted by a stranger.

More than half the Aboriginal and Torres Strait Islander population are aged under 25 years old, and two thirds of households are regularly accessing the internet. More and more, we are online.

But many parents, elders, aunts and uncles have told us they don't feel prepared to talk to their mob about the dangers of being online. Many feel they don't understand the risks or can't keep up with new technology.



The Australian Government's eSafety Commissioner has developed information and resources specifically for Aboriginal and Torres Strait Islander families to give parents, carers and educators the tools, tips and advice to keep our mob safe online.

You can help - share the materials with your network

1. *Talk to parents, carers and educators in your community.*
2. *Display the poster where community members can see them.*
3. *Encourage people to visit the eSafety.gov.au website for more information.*
4. *Share the resources and case studies with your network.*

Download the community resources, including a booklet, radio ad, video, poster and more:

<https://esafety.gov.au/aboriginal-and-torres-strait-islander-peoples>

Everyone is invited to the
2019 NAIDOC Ball

Saturday 13 July
 Broken Hill Entertainment Centre
 240 BLENDE STREET, BROKEN HILL
 Tickets: \$70

For ladies especially, these events can become quite costly. On top of the price of the ticket, there could be the added cost of an outfit, hair and make-up. To make it a successful event, and so no one misses out, we are going to try to make it a bit easier.

The Compass team are asking for generous donations of evening/ball gowns and heels for this occasion!

If you would like to donate any of these items for this occasion please call Tammy on 0447196354 or email tammyf@compasshousing.org

Ladies, donations will be taken to 123 HUB so you can try the dresses and shoes on in front of a long length mirror but as the 123 Hub is not open daily, we suggest that you come in on a Tuesday when it is open for Outreach between 10am-1pm.



This service is funded by:

phn
WESTERN NSW

An Australian Government Initiative

COMMUNITY WELLBEING EVENT²⁰¹⁹

- * BUFFET DINNER PROVIDED
- * GUEST SPEAKER NRL GREAT KERRY HEMSLEY
- * LOCAL SERVICES PROVIDING INFO
- * DUTCH AUCTION - ALL FUNDS RAISED STAY LOCAL
- * WAYNE WIGHAM FROM BLACK DOG INSTITUTE SHARING HIS EXPERTISE IN MENTAL WELLBEING

WILCANNIA COMMUNITY HALL
JUNE 11, 6PM - 9PM

WWW.CREATIVECOMMUNITYCONCEPTS.COM.AU



Stay physically, mentally & socially strong



Take the extra step - get involved



Join in and connect with others





ABORIGINAL COMMUNITY CONSULTATION SORRY BUSINESS PROJECT

Members of the Broken Hill and surrounding communities are invited to participate in a community consultation about Sorry Business, and the development of a brochure series for Aboriginal people, when someone dies.

Come along and have a cuppa and a yarn with us,
have your say and give advice

Time: 10am to 12pm

WHEN: Wednesday 12th June 2019

**WHERE: Centre for Community
Beryl Street (behind Sturt Park), Broken Hill**

If you can't make it you can go online and make your suggestions or comments via the Community Legal Centre (CLC) Website Survey link

<https://www.surveymonkey.com/r/KHMNLQL>

We look forward to seeing you there. Any questions or concerns please contact Project Coordinator and Aboriginal Worker, Bobbi Murray on 0435 113 438 or

bobbim@centralcoastclc.org.au



BIGAN MOB



TACKLING Indigenous Smoking

Tobacco and lung health



Every year, on 31st May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The campaign will increase awareness on:

- The negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease,
- The fundamental role lungs play for the health and well-being of all people.

How tobacco endangers the lung health of people worldwide

World No Tobacco Day 2019 will focus on the multiple ways that exposure to tobacco affects the health of people's lungs worldwide.

These include:

- Lung cancer.
- Chronic respiratory disease.
- Across the life-course.
- Tuberculosis.
- Air pollution.



Make a Deadly Choice to look after your lungs:

- Have your ATSI health check
- Request a Spirometry Test
- Undertake the Smoke Free Homes Project
- Talk to your health worker about joining the Smokers Program



DON'T LET TOBACCO TAKE YOUR BREATH AWAY



CHOOSE HEALTH NOT TOBACCO

31 MAY WORLD NO TOBACCO DAY #NoTobacco



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.



Smokers Program

Maari Ma Health is proud to announce a support program in Broken Hill, Wilcannia, and Menindee to help smokers quit and stay quit.

What the program involves

- A weekly appointment with a trained Health Worker.
- Free Nicotine Replacement Therapy (NRT).
- Doctor's review.
- Access to advice and counselling.
- Help to identify your triggers and cravings.
- Help to develop strategies to cope with withdrawals and symptoms.

Tips to help you

- Make the rule: 'no smoking by anyone in the house'. Go outside to smoke.
- Eat breakfast.
- Use glucose tablets or jelly beans whenever the urge to smoke hits you.
- Use the NRT properly. Use it for at least 8 weeks.
- Work out your triggers (behaviours) that make you want a cigarette.
- Keep your weekly appointments with your health worker.

Remember- there is no such thing as failure... you can always come back!



For any advice, assistance, or information call Maari Ma Health on (08) 8082 9777. You can also speak to an Aboriginal Counsellor at Quitline on 137848.



May EVENTS

26TH MAY

National Sorry Day



This is a significant day for Aboriginal and Torres Strait Islander peoples, and particularly for Stolen Generations survivors. Commemorating 'Sorry Day' was one of the recommendations of the Bringing Them Home report, which was tabled in Parliament on 26 May 1997. This report was the result of a National Inquiry into the forcible removal of Indigenous children from their families, communities and cultural identity. The first 'Sorry Day' was held in Sydney in 1998 and is now held nationally with memorials and commemorative events that honour the Stolen Generations. For more information visit <https://www.reconciliation.org.au/>

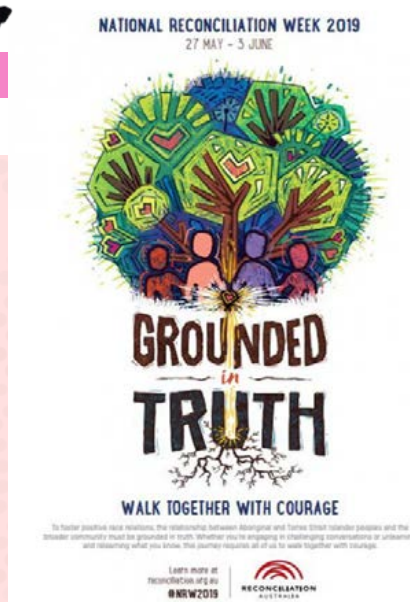
27TH MAY - 3RD JUNE

National Reconciliation Week



This week is an ideal time for everyone to join the reconciliation conversation and reflect on shared histories, contributions and achievements. It is held annually and is a time to celebrate and build on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. Preceded by National Sorry Day on 26 May, National Reconciliation Week is framed by two key events in Australia's history, which provide strong symbols for reconciliation:

- 27 May 1967 – the referendum date when more than 90 per cent of Australians voted to give the government power to make laws for Indigenous people and recognise them in the census.
- 3 June 1992 – the historic Mabo decision. For more information visit: National Reconciliation Week at <https://www.reconciliation.org.au/>



Mums & BUBS!



Congratulations to parents **Jade Shillingsworth** and **Andrew James** on the arrival of their new baby daughter; **Kaylene Shillingsworth** born on the 15th of April, 2019 and weighed 3560 grams.

Jade was looked after by our Community Midwife **Tiffany Cattermole** and AHP **Bronwyn Johnson**.



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

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



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS