

## TACKLING INDIGENOUS SMOKING

Kids at WINGS and TIS Project Officer, **Anshul Kaul** attempted to make dry colour powder a day before the colour fun run, but thanks to the cool temperatures there was a lot of coloured water to play with the next day! Instead of doing laps around the oval, the kids were in a mood for a colour fight and it made for a great morning exercise. This was also an opportunity for talk about how smoking affects ability to play and have fun.

Thank you to the WINGS and Playgroup staff for all their help on the day.

## Fun Run



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## Wilcannia FASHION PARADE

Over 200 men, women and children, sponsors, families, volunteers and visitors were present at the Wilcannia Fashion Parade to celebrate Children's Day at the Safe House.

The event was organised by **Mary Ronayne** from the Safe House. **Aunty Dodie** from the WINGS Drop-in Centre and Dietitian, **Gemma Page** helped on the day.



Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"  
Broken Hill, NSW



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# NATIONAL CHILDREN'S WEEK

Wilcannia Healthy Start team had a health promotion activity on 23rd October for National Children's Week. A photoshoot was planned for the little ones at the Wellbeing Centre. Maari Ma Playgroup supported the event and managed the food preparation for the day. Staff took 29 photos on the day under the beautiful Morton Bay fig tree.



## 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

Home visiting for children aged 2-3 years with Maari Ma's Wilcannia Early Years team: 08 8091 5257

## CHILDREN AND WATER SAFETY

### ALWAYS WATCH THE KIDS NEAR WATER

**FACT:** Young children are curious and don't have the capacity to understand danger or deal with an emergency.

- Actively supervise your child in the actual vicinity where they are.
- If your child is under 5 years, a non- or weak swimmer, get in the water and be within arms' reach.
- For older children and those with swimming skills, keep watch constantly and be ready to get in, if required.

### SUPERVISION BY RESPONSIBLE ADULTS

**FACT:** Older children should not be placed in charge of supervising younger children when in and around water - they can easily get distracted, get bored and do not always understand the dangers of leaving children unsupervised, even for a short time.

- Children should always be supervised in and around water by an adult. No matter the location; whether it be the local waterhole or around the home, the responsibility lies with an adult.
- Children should always be within arms' reach!



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

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





## THIS MONTH'S QUIT STORY

Everyone has a story to tell. Thanks to our Quit Champions, we have many! **Kevin 'Buddy' Bates** is our Quit Champion of the month.

Born in Broken Hill and raised in Wilcannia, Kevin is the third oldest amongst his 7 brothers and sisters. Kevin has been in Wilcannia most of his life, except when he moved to Albury for a while. Before joining Maari Ma Health, Kevin was working in finance with Centrelink and prior to that, he was working with children at St. Therese's School in Wilcannia.

Going back to his childhood days, Kevin remembers he first smoked a cigarette at the age of 16 years. Everyone in his peer group was smoking, so he too just picked it up. Kevin says he still remembers when his first ever draw on a cigarette made him really sick and dizzy.

Kevin became a regular smoker after his first cigarette. However, that did not stop him from attempting to quit. That's why Kevin 'Buddy' Bates is our Quit Champion! Kevin's last quit attempt was 3 months long! He used patches and Champix to stay off the smokes. Unfortunately, personal stress lead to a relapse, but Kevin has since restricted the number of cigarettes he smokes. Currently, Kevin only smokes when is he is not busy as his boredom triggers the urge to smoke. However, Kevin has figured-out that keeping himself busy helps him to not smoke, for example: when at work, he does not smoke at all. Do you have a strategy to help you stay off smokes?

Kevin's Quit Tip for those trying to quit: Stay motivated. Remember that you are quitting not just for yourself, but for your family too. Quitting will help you live longer.

Kevin's message for youth: If you are smoking, have the willpower to quit, keep yourself busy with other things, and give it up. If you are a non-smoker, keep it up!



*The nicotine in cigarettes increases the level of a substance called catecholamine in the body. This causes blood vessels to constrict, meaning the blood has to be pumped harder to pass through these vessels. This raises blood pressure and can make you feel dizzy, especially when you first start smoking or even when you smoke your first cigarette of the day.*

*Cigarette smoke also contains carbon monoxide, a colourless, odourless and poisonous gas, which replaces oxygen in the body leading to hypoxia. This leads to a lack of oxygen to the brain and causes dizziness.*

## Smoker's Program Information

Thinking about getting started on your quit journey?

You don't have to do it alone. Sometimes asking for help is the bravest move you can make.

Talk to your health professional today and let the Smokers Program support you on your quit 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) 8091 5122. You can also speak to an Aboriginal Counsellor at Quitline on 137848.





# WILCANNIA

## *Cooking Groups*

This term at St. Therese's School and Barlu Kurli Preschool the children are learning about dairy foods. Dairy foods such as milk, yoghurt and cheese are one of the best sources of calcium which helps to build strong bones and teeth. Intake of dairy foods is also associated with reduced risk of heart disease and Type 2 diabetes. Kids made delicious yoghurt, fruit and muesli cups.



## Wilcannia

### COMMUNITY DINNER AND MENTAL HEALTH EVENT

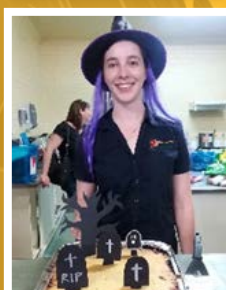
What a fabulous turnout at the Community Dinner and Mental Health Concert. About 70 community members attended the combined event.

The special guest for this year's Mental Health Concert was the famous singer and comedian, **Nancy Bates**. Nancy gave a few solo performances and then invited children to get on the stage and sing alongside her. Information about smoking and mental health along with goodies were offered to community members present.

The Community Dinner was based on the Halloween theme. The menu included jack-o-lantern nachos, graveyard Shepards pie, devilish eggs, squirmish chocolate worm mousse, and creepy crawly fruit jellies. Some staff and community members also dressed up.

Big thanks to Community Dinner volunteer, **Twyla Dutton**, Dietitian, **Gemma Page**, Mental Health & AOD Worker, **Kayelene Crossing**, Mental Health Worker, **Kalynda Powell**, Social Work Student on placement, **Yiana Georgas**, and TIS Project Officer, **Anshul Kaul** who helped with the event.

Life can get overwhelming at times. If you are struggling and would like to chat with one of our mental health professionals, come and see our GPs for a referral.





# Staff Update

Welcome to our new staff member **Guy Staker** to the Community Safety Research Project, Kalypi Paaka Mirika Healing Program at Maari Ma. Guy will be partnered with **Murray Butcher** on the Men's Healing Programs in Broken Hill, Menindee and Wilcannia. Guy Staker is a local Indigenous man from Broken Hill with family connections to the communities of far western NSW and is looking forward to forging links with our communities as a part of his role as a project support worker.



The Community Safety Research Project delivers our locally designed healing program to women and men, and staff are also able to facilitate mixed groups of both genders. Kalypi Paaka Mirika aims to assist our community to deal with the effects of grief, loss, trauma, and the transmission of trauma across the generations. The Project has a great emphasis on our resilience as individuals, families and communities and how we may support others and ourselves in our journey of healing.

Maari Ma also has an addition to the clinic team- **Dr. Steven Grillett**. Steven was Maari Ma's first GP registrar! He recently moved back to Broken Hill from South Australia. Steven joined Maari Ma last month after working for a year at the William Street Surgery. Maari Ma is happy to welcome Steven back!



## Farewell Smiley



Last month we bid farewell to **Smiley 'Guy' Crawford**. Smiley was Maari Ma's Transport Officer for more than 20 years making him one of Maari Ma's longest serving staff member.

Maari Ma will certainly miss you Smiley! We wish you all the very best for your next venture.

## Congratulations Tarissa!

Our Youth Health Worker - **Tarissa Staker** recently won the Youth Worker of the Year Award at the 2018 NSW Youth Work Awards. The awards celebrate the exceptional work of youth services and youth workers in NSW. Maari Ma is extremely proud of Tarissa, who is not only a great worker, but also a role model for many. Congratulations Tarissa! Maari Ma hosted a morning tea to celebrate Tarissa's achievement.



## IPTAAS

### IMPORTANT INFORMATION relating to IPTAAS:

- Maari Ma Health does NOT cover the cost of FOOD or DRINKS while you're away
- There is NO CASH available through the IPTAAS Scheme or Maari Ma
- You will need to put some money aside to cover the cost for FOOD, DRINKS and any other items you may need while you are away from home



### IPTAAS Processing and Accommodation Booking

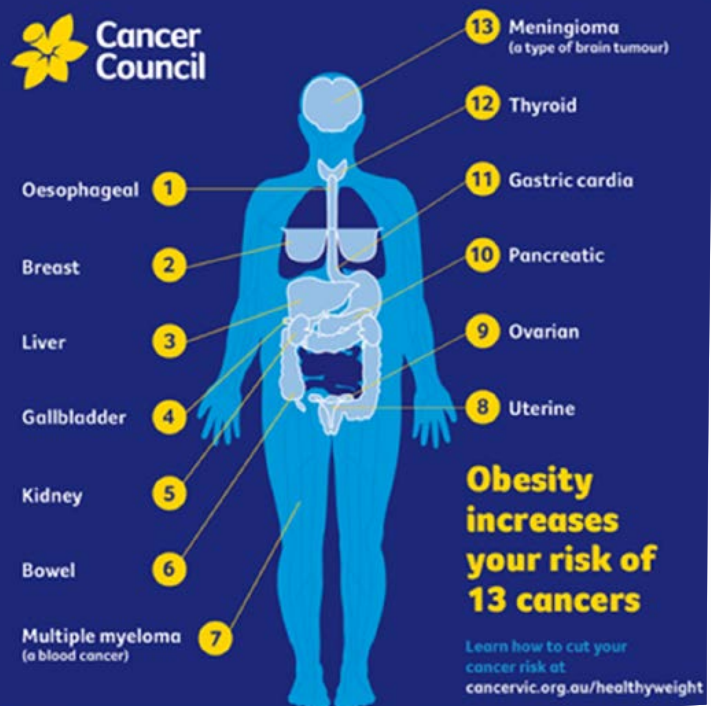
- Please bring your completed IPTAAS form in as soon as possible to avoid any delays with accommodation
- It can take several days to process your IPTAAS request – accommodation may not be available at short notice
- It's better for you to let us know that you have a specialist appointment out of town as soon as you know.



# Sugar, Obesity AND CANCER

Did you know that obesity is not only a risk factor for type 2 diabetes and heart disease, but also 13 different types of cancers?

A big cause of weight gain is added sugar in diets. Sugar is a type of carbohydrate which provides energy to the body. However, eating too much sugar over time can lead to weight gain. Added sugar is seen in processed foods, like the sugary drinks and cereal-based products such as cakes, biscuits and pastries. These are high in energy (kJ) and don't have important nutrients we need such as fibre, vitamins and minerals. Reducing sugary drink can reduce the risk of obesity and the cancers resulting from obesity.



## Top tips to avoid sugary drinks:

- Avoid going down the soft drink aisle at the supermarket and beware of the specials at the checkout and service stations.
- If you're eating out, don't go with the default soft drink – see what other options there are, or just ask for water.
- Carry a water bottle, so you don't have to buy a drink if you're thirsty.
- Herbal teas, sparkling water, home-made smoothies or fruit infused water are simple alternatives that still taste great.

## COPD FAST FACTS:

COPD stands for Chronic Obstructive Pulmonary Disease. It impacts the lungs and is usually caused by smoking. COPD includes emphysema and chronic bronchitis. Signs and symptoms may include- recurrent chest infections, persistent productive cough, wheezing and shortness of breath, weakness, tiredness, and difficulty in clearing the chest.

A test called Spirometry is used to diagnose COPD. Spirometry takes no more than 30 minutes, and involves blowing into a tube that measures how much air comes out of your lungs and how quickly it comes out.

There is no cure for COPD, but it can be managed by quitting smoking, taking medicines properly, and regularly seeing your doctor. Quitting smoking is the best prevention. Avoiding air pollution such as second hand smoke or paint fumes is important.

Keep your lungs fit and healthy by getting regular exercise for example- at least 30 minutes of active walking every day.

Having a flu vaccine every year if you already have COPD can prevent you from going to hospital. Having a flu vaccine even if you are healthy stops spreading the germs to people with COPD. A pneumonia vaccine is important if you have not already had one.

Avoiding cold winter air by staying warm inside can prevent worsening of symptoms.

Having your annual health check can find early stage COPD and help you live a longer and healthier life.

# WOMEN'S SURVEY



**Wiyi Yani U Thangani**  
**Women's Voices**

**SECURING OUR RIGHTS SECURING OUR FUTURE**

Home Wiyi Yani U Thangani (Women's Voices) [Join the conversation](#) [Get support](#) [News and Media](#) [Contact us](#)

June Oscar AO, and her team are leading a national conversation directly with Aboriginal and Torres Strait Islander women and girls. The conversations will hear from women and girls about their priorities, challenges and aspirations for themselves, their families and their future. Whilst the team will not be able to get to every community, we hope to hear from as many women and girls as possible through this process. There are many ways that your voice can be heard.

The Wiyi Yani U Thangani survey is one way that we can hear from Aboriginal and Torres Strait Islander women across the country. It is a quick multiple-choice survey, which is expected to take 10-15 minutes. Participation in the survey is voluntary. Whether you have taken part in the engagements or not we would love for you to complete our survey.

The Commission may use your responses for the project's report and other documents produced by the Commission in the future. Your personal information will not be reproduced, and you will remain anonymous.

This survey is for all Aboriginal and Torres Strait Islander women 18 years of age and over, including all women who are trans, gender diverse and intersex.

There are many other ways that girls (under 18) can be a part of this exciting project, such as [completing the submission form](#) or coming to one of the engagement sessions.

• [Take the survey](#)

The Aboriginal and Torres Strait Islander Social Justice Commissioner, June Oscar AO is inviting Aboriginal and Torres Strait Islander women and girls to share their priorities, challenges and aspirations for themselves, their families and their future.

The Wiyi Yani U Thangani (Women's Voices) project aims to find ways to promote and protect culture and enhance the lives of Aboriginal and Torres Strait Islander women and girls so that they can lead happy, healthy and fulfilling lives.

To have your say- complete an online anonymous survey on the project website. It is a quick multiple-choice survey, which is expected to take 10-15 minutes. Participation in the survey is voluntary. This survey is for all Aboriginal and Torres Strait Islander women 18 years of age and over, including all women who are trans-gender diverse and intersex.

<https://wiyiyaniuthangani.humanrights.gov.au/>

## Halloween Visitor!

Wilcannia Health Service had an unexpected trick or treater on 31st October- Halloween day!

Primary Health Service Manager, Anne McGillivray is pictured here with the visitor kangaroo!



## FUNERAL ASSISTANCE - IMPORTANT INFORMATION

Maari Ma is able to help community members apply for assistance from NSW Transport to travel to a funeral within NSW. NSW Transport offers assistance with fuel, public transport and hire car costs for groups of 8 people or more travelling to the same funeral.

For more information you can contact Renee or Hannah on 08 8082 9888, or call in to the Regional Office in Broken Hill. You can also call MTS: MTS is available from 9am to 5pm, Monday to Friday and can be contacted on 1300 361 787.



# 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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