

National Children's Week

National Children's Week is an annual event celebrated in Australia and held around the fourth Wednesday in October.

A diverse range of events and activities are organised at national, state and local levels. These focus the attention of the wider community on children, their needs and achievements.

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities.



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UN CONVENTION ON THE RIGHTS OF THE CHILD

Article 1
Everyone under 18 has these rights.

Article 2
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

Article 3
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

Article 4
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

Article 5
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

Article 6
You have the right to be alive.

Article 7
You have the right to a name, and this should be officially recognised by the government. You have the right to a nationality (to belong to a country).

Article 8
You have the right to an identity – an official record of who you are. No one should take this away from you.

Article 9
You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

Article 10
If you live in a different country than your parents do, you have the right to be together in the same place.

Article 11
You have the right to be protected from kidnapping

Article 12
You have the right to give your opinion, and for adults to listen and take it seriously.

Article 13
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

Article 14
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

Article 15
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

Article 16
You have the right to privacy.

Article 17
You have the right to get information that is important to your well being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Article 18
You have the right to be raised by your parent(s) if possible.

Article 19
You have the right to be protected from being hurt and mistreated, in body or mind.

Article 20
You have the right to special care and help if you cannot live with your parents.

Article 21
You have the right to care and protection if you are adopted or in foster care.

Article 22
You have the right to special protection and help if you are a refugee (if you have been

forced to leave your home and live in another country), as well as all the rights in this Convention.

Article 23
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

Article 24
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 25
If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

Article 26
You have the right to help from the government if you are poor or in need.

Article 27
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

Article 28
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

Article 29
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

Article 30
You have the right to practice your own culture, language and religion – or any you choose. Minority and indigenous groups need special protection of this right.

Article 31
You have the right to play and rest.

Article 32
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

Article 33
You have the right to protection from harmful drugs and from the drug trade.

Article 34
You have the right to be free from sexual abuse.

Article 35
No one is allowed to kidnap or sell you.

Article 36
You have the right to protection from any kind of exploitation (being taken advantage of).

Article 37
No one is allowed to punish you in a cruel and harmful way.

Article 38
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

Article 39
You have the right to help if you've been hurt, neglected, or badly treated.

Article 40
You have the right to legal help and fair treatment in the justice system that respects your rights.

Article 41
If the laws of your country provide better protection of your right than the articles in this Convention, those laws should apply.

Article 42
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

Article 43 to 54
These articles explain how governments and international organisations like UNICEF will work to ensure children are



Maari Ma Primary Health Care Service

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



www.maarima.com.au



admin@maarima.com.au



www.facebook.com/maarima-health/

NEW BUBS!



Our congratulations go to **Latika Kennedy** and **Brendon Jones** on the birth of their baby girl, **Latika Sheena Joanna Lee Jones**, born on the 18th September, weighing 3615 grams. Latika was looked after by Midwife, **Robyn Harris** and the AMIHS team.

We wish bubs and family all the very best!



Baby Latika

Aboriginal & Torres Strait Islander Women LOOKING AFTER YOUR BREASTS

- Find breast cancer early and survive -

Breast cancer is the most common cancer among Aboriginal and Torres Strait Islander women. About 3 Aboriginal and Torres Strait Islander Australians are diagnosed with cancer every day.

Finding breast cancer early means there are more treatment options and the chances of survival are greater. It is important that women are aware of the normal look and feel of their breasts and are confident in reporting unusual breast changes.

Changes to look out for:

- A new lump or lumpiness
- A change in the size or shape of your breast
- A change in the nipple
- Discharge from the nipple
- Any unusual pain
- A change in the skin of your breast

If a woman finds a change in her breast that is new or unusual for her, it's important to see a doctor without delay.

Screening mammograms:

Aboriginal and Torres Strait Islander women aged between 50 and 74 years are encouraged to attend mammographic breast screening every two years. Mammographic screening is the best early detection test for reducing deaths from breast cancer.

Where to go to have a breast screen?

BreastScreen New South Wales will be providing free breast screening mammograms in Broken Hill from October 27th to November 8th at the Broken Hill Hospital.

If you are aged 40 or over, you can book an appointment by calling 13 20 50.

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

WHAT BREAST CANCER CAN LOOK & FEEL LIKE

Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.



"A cancerous lump usually feels hard and immovable like a lemon seed. It can be any shape or size."

Want information on each symptom?



knowyourlemons.com



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

Born and raised in Wilcannia, **Aunty June** has spent most of her life there– with her family and community. She has worn different hats working at the Station, at the Courthouse Pub and at WINGS Drop-In Centre for the last 18 years.

Aunty June grew up with 2 brothers and 7 sisters– all 9 smoked, and all 9 quit too! Aunty June has been smokefree for 7 years now. She says it all started when she was 15 years old. At that time, everyone was smoking, it was considered normal, and smoking was the way to socialise. As cigarettes were cheap it was also easier to buy them back in the day. Additionally there were no health programs to educate people about the effects of smoking or support programs to help people quit. All these factors and the addictive nature of nicotine led to Aunty June becoming a heavy smoker– smoking up to 2 packs a day sometimes.

Being a heavy smoker didn't stop Aunty June from quitting. When she was admitted to the Adelaide hospital for a broken arm, she took it as an opportunity to quit smoking. As she had to have complete rest and could not get up to smoke, she didn't smoke. This quit attempt lasted about 2 months. However after coming back and being around with people who smoke she started smoking again.

Aunty June's second quit attempt was a result of her engagement with Maari Ma's Smokers Program. The program helped her understand the effects of smoking. The educational videos left a lasting impact on her and the number of cigarettes, as well as her Carbon Monoxide readings on the Smokerlyzer, began to drop. Smokerlyzer is a mobile-phone-sized device that can tell you how much Carbon Monoxide is in your blood from a simple breath test. Carbon Monoxide is an extremely harmful gas and has serious health effects. Next time you see any of our clinic staff why not get your levels checked.

It's been 7 years and Aunty June is enjoying being smoke-free. People smoking around her doesn't trigger any cravings anymore. Even though just looking at the cigarettes made her feel sick, she used chewies to keep away from smokes and certainly hasn't looked back since!



Aunty June's message for young girls-

"Don't take it up. It's not good for you. It can cause cancer and many other diseases. I wouldn't take it up ever again."

Aunty June's message for those trying to quit-

"Just keep trying and remember that it's not good for you."

Smoke-free homes & cars

Maari Ma's Tackling Indigenous Smoking program is looking for community members to participate in the Smoke-free Homes and Cars project. The project will run for 3 months and will help you see how much your kids are exposed to carbon monoxide.

Carbon monoxide is an odourless, colourless but very harmful gas. It is released from smoking cigarettes. It replaces oxygen in your body leading to hypoxia, this makes your heart work harder and also causes thickening of blood which can lead to stroke.

If you are interested in the project, talk to your health worker or give the Tackling Indigenous Smoking team a call on **80829777**.

THE EFFECTS OF SUGARY DRINKS

The sugar from a drink can start to hit your bloodstream within about 30 minutes. That's why you get such a big spike.

So you're probably feeling pretty good. Your cells have plenty of energy, more than they need. Maybe that soft drink had some caffeine as well, giving your central nervous system a kick, making you feel excitable and suppressing any tiredness that you might have.



Your body responds to high levels of blood sugar by producing a hormone called insulin. Insulin pumps through the bloodstream and tells your cells to suck in as much sugar as they can. The cells then start burning the sugar and store what they can't burn as fat. That quickly reduces the amount of sugar in the blood and gives you a burst of energy. If your diet has too much sugar, it forces your body to keep your insulin high all the time, and eventually your cells

will grow insulin-resistant. That forces the pancreas to make even more insulin, adding to its workload. Eventually, it will burn out. This is how diabetes can develop.

Just two cans of soft drink are all it takes to give your pancreas – the organ that produces insulin – a serious workout. How about switching to sparkling water flavoured with natural fruit?

Tuna, pumpkin and broccoli pasta bake

Serving size 4

Ingredients

250g spiral pasta, uncooked
3 ¼ cup water
400g butternut pumpkin, cut into 2cm cubes
½ onion, grated
2 cup broccoli florets, chopped
200g canned creamed corn
250g smooth ricotta cheese
1 tsp ground chilli
2 tbsp fresh basil, chopped
400g canned corn kernels, drained
425g canned tuna in oil, drained and flaked
½ cup parmesan cheese, grated
½ cup breadcrumbs



Method

1. Preheat oven to 180 degrees Celsius.
2. Cook pasta according to packet instructions, or until al dente.
3. Place the pumpkin, onion, broccoli and ¼ cup of water into a vegetable steamer and cook. Drain away excess water and allow contents to cool.
4. Add the creamed corn, ricotta cheese, chilli, basil, corn and tuna to the Rice Cooker and combine well with the steamed vegetables.
5. Add the cooked pasta to the mixture and combine well.
6. Pour mixture into a 3 litre dish and top with the parmesan cheese and breadcrumbs. Bake uncovered in the oven for 35 minutes or until cheese is crisp and golden.
7. Divide the pasta into 4 bowls, serve hot.

Notes

- This dish is great for leftovers, either stored in the fridge or freezer in an airtight sealed container.
- Try wholemeal pasta for extra goodness

Recipe created by Nutrition Australia Vic Division for Décor Australia. For more recipes visit www.tryfor5.org.au

Share your image on Nutrition Australia's Instagram, Facebook or Twitter page
#NAttryfor5 #NutritionAustralia



WHAT IS TRYFOR5?

This year during National Nutrition Week, Nutrition Australia launches the Tryfor5 campaign to increase awareness about the importance of consuming the recommended amount of vegetables, forming part of an overall, balanced diet.

Diet and mental health are related. Incorporate more vegetables to get the most out of your health and wellbeing.

Many Australians eat only about half of the recommended daily intake of vegetables but it's never too late to incorporate more into your diet. Simple and small changes to your diet can help increase vegetable intake, resulting in big health gains for generations.

Just one extra serve of vegetables a day reduces the risk of heart diseases and death.

ST. THERESE'S *Cooking*



The children at St Therese's made fruit smoothies and banana pancakes as part of this term's fruit theme. **Gemma Page**, the dietitian, also did an education session with the children to understand the food labels and the amount of sugar in their usual drinks. Children measured the amount of sugar in many popular drinks such as soft drinks, juice, sports drinks and energy drinks. Children also learnt about the long-term health effects of regularly consuming the soft drink.

To understand how much sugar is present in a drink you have to find the food label on the drink bottle and check the sugar mentioned in the 'per serving' column. You can divide that number by 4 to calculate how many teaspoons of sugar is in the drink. For example, if a can of soft drink says 22g of sugar per serving that would equal 5.5 teaspoons of sugar.

WINGS COOKING

The children at WINGS made healthy pizzas from scratch by using 1 cup self-raising flour and 1 cup Greek yoghurt to make the pizza base. They topped the pizzas with plenty of cooked vegetables including spinach, capsicum and tomato as well as cheese and ham. For dessert, they made banana and dark chocolate chip cookies with wholemeal flour and oats.

In another cooking session, **Aunty Dodie** showed the children how to make her Kangaroo sausage stew.



Wilcannia COMMUNITY DINNER

It was a great turn-out at the September Community Dinner in Wilcannia with around 50 community members attending. Dietitians, **Gemma Page** and **Elise Wilson** made apricot chicken, spaghetti bolognese and jellied fruit.

A special thanks to **Kalynda Powell**, **Gina Faulkner** and **Anne McGillvery** for helping out at the dinner.



Staff Update



Maari Ma's Wilcannia Playgroup team has new staff!

Valerie Bugmy, a.k.a. "**Puddin**", is our Early Childhood Coordinator. Valerie joined us in July 2018 after working as the Team leader for Save the Children.

Shanisha Harris joined Maari Ma in September as the Early Years Support Officer. She was working for Murdi Paaki before.

Shaylin Whyman started as the Early Years Support Officer in July 2018.

All three have been really enjoying the work so far – welcome to the Maari Ma family Puddin, Shanisha and Shaylin!



NEW EQUIPMENT AT HEALTH SERVICE

George Cacas, Business Manager for Australian Clinical Laboratories (formerly Healthscope) recently donated a centrifuge to the Wilcannia Primary Health Care Service.

Centrifuges apply centrifugal force – the force from spinning that moves things away from the centre – that separates liquids that have different weights. This is necessary when taking a blood sample to separate blood cells from plasma cells. The separation of plasma from blood cells is critical for the accuracy of diagnostic tests.

The Wilcannia PHCS is very grateful to Australian Clinical Laboratories for the donation.



YOU HAVE THE RIGHT TO DREAM BIG
WILCANNIA FASHION PARADE 2018

Event Information
 Wednesday 31st October
 Community Hall, 6.00pm

Dress code: Smart casual

Tickets \$5
 Can be purchased before the event or at the door

Alcohol and drug free event

Program Information
 Welcome to Country
 Uncle Dave Clark

Special Guest speaker
 Uncle William Murray

Dinner provided
 (Two course meal)

Fashion Parade

Human Rights awareness event
 United Nations Convention Rights of a Child

Children have the right to live free of hurt,
 prejudice, domestic family violence (DFV), sexual offences

Logos: Wilcannia Community Centre, CatholicCare Wilcannia, Wilcannia, Domestic Violence Support Service, Maari Ma Health, Kutaranya, PEACE, WILCANNIA, VIOLENCE

FWAS
 FAR WEST Academy of Sport
 Follow us on Facebook
 fwass.com.au

2018-19 FAR WEST ACADEMY
RUGBY LEAGUE & LEAGUE TAG TRIALS

WHO IS ELIGIBLE?
 Athletes that reside in the Far West Region (ie. area bounded by Lake Cargelligo-Lightning Ridge-Triangle-Broken Hill)

Rugby League Athletes must turn 15-18 years of age in 2019
 League Tag Athletes must turn 14, 15 or 16 in 2019

WARREN
When: Sunday 28th OCTOBER, 2018
Where: Victoria Park, Udora Rd
 WARREN 2824
Time: 10am - 2.00pm (lunch provided)

Please note:
 To be eligible for selection, ALL ATHLETES MUST trial at Warren on the 28th October 2018.
 If athletes are unable to trial on this date, a written explanation with your current team and Coaches details must be submitted via email to:
executive@fwass.com.au by Wednesday 24th October 2018

Transport
 Athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring
 Rugby League training gear, boots, water bottle, towel, tape for strapping if required & snacks.
 RFL Representative apparel - FWAS, Western Sun, Grass 14 etc. to be worn at this trial.

How to enroll
 Please apply online on our web page fwass.com.au or by following the link on our Facebook page.

Phone (02) 6847 3638
 Email executive@fwass.com.au

NOMINATIONS CLOSE
Wednesday 24th October, 2018

Supported by the



Far West Academy of Sport
 PO Box 438, 1200m NHRP 2814 (Wass, NSW) 2814 0147 2018

NEED HELP MANAGING YOUR MONEY?

The Australian Securities and Investments Commission (ASIC) Indigenous Outreach Program spoke to people in Indigenous communities about the financial issues that affect them and people said they needed help sorting out their money problems and dealing with family pressure about money.

From this, ASIC created two videos which follow the journeys of Uncle Charlie and Lisa as they learn how to take control of their money to look after themselves and their families. You can watch the videos on ASIC's MoneySmart website:

- Sorting out your money problems
- Dealing with family pressure about money

ASIC's MoneySmart website also has lots of useful tips and tools to help you take control of your money. You can also call ASIC's Indigenous Helpline on 1300 365 957 or follow MoneySmart on Facebook and Twitter and sign up for their monthly newsletter.



WHAT IS Family and Domestic Violence?

It's any behaviour that is violent, threatening, controlling or intended to make you or your family feel scared and unsafe. Family and domestic violence can include, but isn't limited to:

1. Physical violence - Any violent behaviour or threats of violence. It can be directed at you, or your children, pets or property. It might be: punching, hitting, kicking, pushing, or choking
2. Sexual assault - the sexual behaviour you don't want, such as being forced into sexual activity against your will.
3. Verbal or emotional abuse - Behaviour that makes you feel worthless and put down. This can include yelling, insulting, name-calling and swearing.
4. Controlling behaviour - Controlling behaviour that makes you do or believe things you wouldn't normally. It may stop you from seeing people or leaving the house. You may be stopped from spiritual or cultural participation that is important to you.
5. Stalking - Behaviour that makes you feel harassed or intimidated. This could be: repeated phone calls or messages, unwanted or obsessive attention, someone following or monitoring you
6. Technology facilitated abuse - When someone monitors what you do online. This may include: checking your computer and phone use, using spyware on your phone to track you, publishing intimate photos of you without your consent
7. Financial abuse - Behaviour limiting your access to money. Warning signs might be: not being able to have money of your own, being stopped from working, having to account for how you spend your money
8. Elder abuse - Harmful behaviour in a relationship of trust with an older person. It could be: emotional, psychological, financial, physical, sexual, or neglect

Protecting Against Head Lice

As the weather gets warmer we can expect an increase in the number of cases of head lice, particularly as term 4 of the school year gets underway.

You can manage head lice at home without the use of chemical treatments. A cheap bottle of no brand white conditioner lathered-up onto dry hair, then combed it out with a metal fine tooth comb can remove the large and medium-sized lice. The conditioner makes it hard for the lice to move and traps them in the teeth of the comb. Continue this treatment twice daily for 10 days to break the life cycle of head lice.

Why does the treatment take 10 days? Eggs hatch 7 to 10 days after being laid on the hair (the part of your hair closest to the scalp). The 10-day treatment period helps break the reproductive cycle of the head lice. Even if only one or two adult lice are missed, they can lay about 6 eggs per day, and the cycle of outbreaks will continue. Combing out new hatchlings every 1 to 2 days also means they cannot lay further eggs, which can happen about a week after hatching.

Avoid sharing hats and pillows and check children's hair regularly. If you are struggling to get on top of head lice please come and speak to one of the clinic nurses.

DID YOU KNOW... head lice can swim but not fly?

VIOLENCE AGAINST WOMEN STARTS WITH DISRESPECT. OUR EXCUSES LET IT GROW.

Violence against women is hurting our communities.

The cycle of violence starts with disrespect towards women and girls.

When we make excuses like "It's just boys being boys", we allow disrespectful attitudes to grow in our kids. We bring up our girls to think disrespect is normal when we tell them "He's only doing it because he likes you". We play down unacceptable behaviour by saying "Don't worry, he's had a bad day".

Without realising it, we're letting disrespect be a normal part of growing up.

That makes us part of the problem.

We can be part of the solution.

Together we can work towards breaking the cycle of violence. Then our communities will stay strong.

STOP the excuses.
START talking about respect.

LEARN more at australia.gov.au/respect

VIOLENCE AGAINST WOMEN LET'S STOP IT AT THE START



A joint Australian, state and territory government initiative.



If you are a victim of family and domestic violence, please do not hesitate to talk to one of the health workers or GP's at Maari Ma for support. You can also call:

- **Wilcannia Safe House- accommodation for women and children who are at risk of domestic violence - 8091 5739**
- **Domestic Violence Help- 24-hour counselling - 800 656 463**
- **1800 Respect - a sexual assault helpline - 1800 737 732**
- **Link2Home - emergency accommodation if you are homeless - 1800 152 152**
- **Lifeline - a free counselling service - 13 11 14**
- **Women's domestic violence court advocacy services - support you with the court - 8087 2053**
- **000 - If you need emergency treatment**

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH SURVEY

I've been chosen to be in something called the National Aboriginal and Torres Strait Islander Health Survey (NATSIHS). Why?

This survey is run by the Australian Bureau of Statistics (ABS) to provide the community with important information for measuring the health and wellbeing of Aboriginal and Torres Strait Islander people. The results from the survey are used to help plan for the future and support research into ways to help Aboriginal and Torres Strait Islander people live healthier and longer lives.

Why was my household selected?

From July 2018 to March 2019, about 6,500 households will be randomly selected to be included in NATSIHS. Every household in Australia has the same chance of being selected for the survey. If your household has been selected to be in this survey, it means that the people in your household will represent households that are similar to yours. This is so that the information about larger groups in the community can be produced.

How will I complete the survey?

An interviewer will come to your home. They will check your address, identify themselves as an ABS interviewer and show you their official ABS photo

identification. They will conduct an interview using a laptop computer.

What information will I be asked?

The survey collects a range of information to give a 'snapshot' of Aboriginal and Torres Strait Islander people's health. The questions will be about:

- Cultural identification
- Demographics such as age, education, employment, income and housing
- General health and wellbeing including disability status
- Health risk status including physical activity, smoking, dietary behaviour and alcohol consumption
- Diagnosed conditions such as asthma, cancer, heart conditions, arthritis, osteoporosis, diabetes and high sugar levels, kidney disease and mental health conditions
- Experience of discrimination

There will also be voluntary checks such as hearing, blood pressure, weight, height and waist size. This part of the survey is optional. Adults aged 18 years and over who are selected, may also be asked to volunteer for a follow-up for the purpose of assisting the ABS with future health-related information collections.

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.



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.

MAARI MA Cycle of Care



You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

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.



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
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS