

Clown Doctors AT WILCANNIA



The kids at Wilcannia Central School had a surprise visit recently from the Clown Doctors when they dropped into Wilcannia on their way from Sydney to Broken Hill.

The Clown Doctors are professional performers trained by the Humour Foundation. The Foundation was co-founded by Dr Peter Spitzer in 1996 and is a non-profit organisation dedicated to promoting the health benefits of humour, with Clown Doctors as its core program.

At Central School the Clown Doctors taught the children about the importance of washing their hands before eating and blowing their noses to stop getting sick. Aboriginal Health Practitioners, **Kevin Bates** (Buddy) and **Dana Newman** overcame their fear of clowns and used glitter to help the children understand how easily germs can spread.



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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



www.maarima.com.au

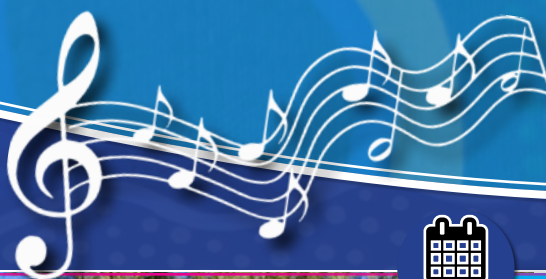


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[www.facebook.com/
maarimahealth/](https://www.facebook.com/maarimahealth/)

MUSIC WORKSHOP for WINGS kids!



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



The July WINGS school holiday program was a particularly special occasion for the kids with the South Australian rock group, **David Blumberg and the Maraby Band** conducting music workshops.

Good to their word; when they were in Wilcannia in January and with the follow-up of WINGS Coordinator, **Tania Lawson**, the band came back to work with the WINGS kids in the holidays and 10 children took part in the music workshops.

Six-year-old **Jessie** (pictured) stole their hearts and showed great talent as did all the kids. The Band provided a unique experience for the kids and also performed for all the community at the oval for NAIDOC (pictured top).



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. That visit was such a success that Maari Ma chased them up and organised for their return.



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

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



Cooking at **WINGS**

The kids at Wings enjoyed a great afternoon of cooking recently with around 4-6 children helping out at the session with Dietitian, **Gemma Page** and 40 children attending the Drop-in Centre.

The kids helped make curried egg and lettuce sandwiches, and ricotta and white chocolate muffins.



Bringing

MENTAL HEALTH & WELLBEING TO THE TABLE AT WILCANNIA

The Community Dinner held in June was a combined evening with NSW Sport and Recreation who brought their Act-Belong-Commit event to Wilcannia.

There was a great turn-out of around 90 people. The evening included three former NRL players who are taking their message of mental health to rural NSW. Former Balmain Tigers players **Percy Knight**, **Kerry Hemsley** and **Wayne Wigham** talked about depression and anxiety, and their own battles. There was also a raffle to raise money for junior sport in Wilcannia.

The Community Dinner menu included curried sausages, lasagne, apple crumble, and fruit salad and custard. It was a wonderful dinner enjoyed by all and a big thank you to everyone who helped out on the night. Thank you also to NSW Sport and Recreation for the combined event and bringing Percy, Kerry and Wayne to Wilcannia for what was a special evening.



90 community members turned out for the Community Dinner held on June 11th which included talks by former NRL players Percy Knight, Kerry Hemsley and Wayne Wigham about mental health.



Staff News

Thank you to WINGS youth workers, **Anne Curry** and **Tammy King**, for stepping up to coordinate the activities at WINGS recently when WINGS Coordinator, **Tania Lawson** was on leave.

Anne and Tammy did a great job to ensure everything ran smoothly which was very much appreciated.



NSW TrainLink

Broken Hill Trial coach services



**New
service
starts
24 June**



Timetable

Broken Hill to Adelaide

Monday and Friday

| | |
|------------------------------|--------|
| Broken Hill Town | 07:00 |
| Royal Adelaide Hospital | a13:30 |
| Adelaide Central Bus Station | 13:45 |

Adelaide to Broken Hill

Tuesday and Sunday

| | |
|------------------------------|--------|
| Royal Adelaide Hospital | a12:00 |
| Adelaide Central Bus Station | 12:15 |
| Broken Hill Town | 18:45 |

Broken Hill to Mildura

Monday, Wednesday and Friday

| | |
|-----------------------|---------|
| Broken Hill Town | 06:15 |
| Wentworth | a09:30* |
| Mildura Airport | a10:00* |
| Mildura Central | 10:10* |
| Mildura Base Hospital | 10:20* |
| Mildura Station | 10:30* |

Mildura to Broken Hill

Monday, Wednesday and Friday

| | |
|-----------------------|---------|
| Mildura Station | 16:15* |
| Mildura Base Hospital | 16:25* |
| Mildura Central | 16:35* |
| Mildura Airport | a16:45* |
| Wentworth | a17:15* |
| Broken Hill Town | 19:30 |

Broken Hill to Mildura

Saturday

| | |
|-----------------------|---------|
| Broken Hill Town | 07:45 |
| Wentworth | a11:00* |
| Mildura Airport | a11:30* |
| Mildura Central | 11:40* |
| Mildura Base Hospital | 11:50* |
| Mildura Station | 12:00* |

Mildura to Broken Hill

Sunday

| | |
|-----------------------|---------|
| Mildura Station | 15:45* |
| Mildura Base Hospital | 15:55* |
| Mildura Central | 16:05* |
| Mildura Airport | a16:15* |
| Wentworth | a16:45* |
| Broken Hill Town | 19:00 |

a: Stops to pick up and set down booked customers only when required. * Australian Eastern Standard Time (AEST).

Customers are encouraged to pre-book tickets to guarantee a seat and so support for the trial is captured. Bookings for the trial coach services can be made online at transportnsw.info/regional or by phoning NSW TrainLink on 13 22 32.

No printed ticket is required, you only need your booking reference (PNR) to board the coach.

Contact our team

Phone: 02 9219 1907 Email: NSWTrainLinkCommunities@transport.nsw.gov.au
For more information and to book, visit transportnsw.info/regional

Tickets now on sale

Compared to other interstate transport options, these trial coach services will provide the most cost effective option for travellers. Senior and pensioner discounts are available for eligible customers.

Fares shown below are one way fares – different fares apply depending on time of year.

Broken Hill to Adelaide, Adult Fare: \$88.77

Broken Hill to Adelaide, Concession Fare: \$44.38

Broken Hill to Mildura, Adult Fare: \$53.03

Broken Hill to Mildura, Concession Fare: \$26.52

The \$2.50 Country Pensioners Excursion Ticket will apply between Broken Hill and Mildura. Children 15 and under are eligible for \$1 travel tickets on all services (Terms and Conditions Apply). Online adult bookings receive an additional 10% off fares.

Did you know

Maari Ma has a visiting Tobacco Cessation Specialist?

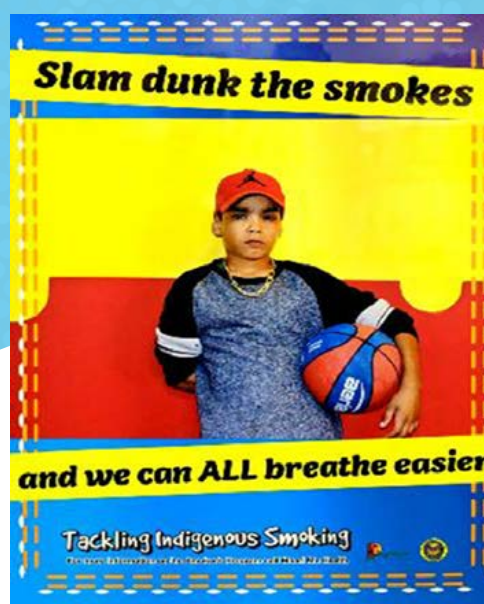


1. As part of the Outback Vascular Health Service Program, Maari Ma provides the local community with an opportunity to seek specialist tobacco cessation consultation on a quarterly basis.
2. Tobacco smokers do not have to be current participants in the Smokers' Program to gain access to a specialist consult and **do not have to be ready to quit**.
3. Talk to your GP or Health worker at Maari Ma about a referral to consult with the visiting specialist to discuss your tobacco smoking and ways to **most comfortably** manage your smoking to reduce the risk of harm.

Maari Ma has partnered with Central Darling Shire (CDS) Council which enabled us to put up colourful signs around Wilcannia promoting Tackling Indigenous Smoking messages. Twenty signs based on the 'deadly' theme have been funded by Maari Ma and are being displayed on CDS Council and community facilities.

General Manager, **Greg Hill**, said council is very pleased to be working with Maari Ma on this project to improve health outcomes for the community. Maari Ma will also be looking at rolling out similar signage in CDS Council's other towns.

Above are two of the signs - they look great and thanks to the volunteers in the posters. In these two signs we have WINGS Youth Worker, **June Jones** represented along with one of our WINGS attendees.



September EVENTS

4TH SEPTEMBER *Indigenous Literacy Day*



Indigenous Literacy Day is a celebration of Indigenous culture, stories, language and literacy. It is also a day to raise funds for literacy resources for remote communities.

This year, in the International Year of Indigenous Languages, we'll be celebrating at the Sydney Opera House.

For more information, go to Indigenous Literacy website:

www.indigenousliteracyfoundation.org.au



2ND - 8TH SEPTEMBER *National Stroke Week*



Stroke Week is an annual opportunity to raise awareness of stroke and the Stroke Foundation in Australia. The theme for 2019 is **F.A.S.T heroes**, recognising the people who spotted the signs of stroke and called an ambulance straight away, potentially saving a life.

For more information please contact your local health worker or follow the link:

<https://strokefoundation.org.au>

Recognise **STROKE** Think **F.A.S.T.**

| | | | |
|--|---|---|--|
|  |  |  |  |
| F Has their FACE drooped? | A Can they lift both ARMS? | S Is their SPEECH slurred and do they understand you? | T Call 000, TIME is critical |



If you see any of
these symptoms
Act FAST
call 000


September EVENTS

2ND - 6TH SEPTEMBER

Women's Health Week

Women's health. Powerful stuff. The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. Women's Health Week is the time to do something for your health and start making positive changes that can last a lifetime. For more information, follow the link www.cancerscreening.gov.au


Cervical screening self-collection is now available from Maari Ma.



SELF-COLLECTION FACTSHEET

To be provided only by a healthcare provider during a consultation

It's important to have regular Cervical Screening Tests, as this will give you the best chance to stay healthy and strong for yourself, your family and your community.



Who should have the Cervical Screening Test?

Women aged 25 to 74 who have ever been sexually active should have a test every five years.

This includes women who have had the human papillomavirus (HPV) vaccination.

What is Self-collection?

This means that you can collect your sample in a private place in the medical centre, without a doctor.

This may help you if you're overdue by 2 years or more since your last test, or have never had one before.

Is Self-collection right for me?

It's not recommended that all women use Self-collection. Self-collection may be possible for you if:

- you're 30 years old or over
- you're not pregnant
- you have never had a test or it has been four years since your last Pap test or seven years since your last Cervical Screening Test.

Your health worker will help you decide which collection method is best for you.

How do I collect my own sample?

If you and your health worker agree that Self-collection is best for you, they'll tell you how to collect your sample. This sample must be collected at your Aboriginal Medical Service or healthcare clinic, and you will have a private place to collect your sample.

Your health worker will talk to you about the results of your self-collected sample, and let you know if any more tests are needed.




Illustration: Elizabeth Crocker. By Gillian Smith. Redhead 2014. Quirky Quirky.

Australian Government

**NATIONAL
CERVICAL SCREENING
PROGRAM**

A joint Australian, Victorian & Western Australian program

MAARI MA *Farewells*

A farewell was held in Wilcannia for Practice Administration Assistant, **Fran Scott**. Fran started with Maari Ma in 2017 in a casual capacity before moving to part time work. She has now taken up a full time position at the Wilcannia Post Office and we wish her all the best. Fran is pictured above left with Clinical Services Manager, **Linda Lynott**.



Maari Ma wishes Wilcannia Primary Health Care Service Manager, **Anne McGillivray**, the best in the next stage of her career. Anne joined Maari Ma last May after working in an acting capacity. Maari Ma would like to thank her for her work at Wilcannia and for the community.



Thank you to **Treacy Martin** who has been a cleaner for the Wilcannia Primary Health Care Service and the Maari Ma units. Treacy has left that position and we have appreciated her cleaning services.



Maari Ma farewelled Dietitians **Elise Wilson** (far left) and **Gemma Page** (left) who have returned to their home states of Victoria and Queensland. Both dietitians displayed a strong dedication and commitment to their work with local community. Gemma said working with Maari Ma has been an experience she will cherish forever.

Dr Jean Kim was also farewelled after commencing as a registrar with Maari Ma in February 2018.

Jean's training was extended with parental leave and she has now headed back to Sydney with her baby daughter, Lauren to join her husband.



Sadly Maari Ma has said farewell to Speech Therapist, **Abana Moeti**, who after nearly five years has returned to Melbourne to be with her family. Abana was a valued and cheerful member of Maari Ma's Healthy Start team who will be very much missed.

Maari Ma's Healthy Start Manager, **Helen Freeman** said it was an emotional goodbye. Helen said Abana was not only a great team member and committed to her clients, she was a great mentor for Maari Ma allied Health workers **Mele Tuipulotu** and **Erin Vale**—building them to the level where they have a cohort of speech children that they see at school. Abana said her time at Maari Ma will always be cherished and her increased skills and knowledge will greatly help her in her future as she explores new opportunities. We wish her all the best.

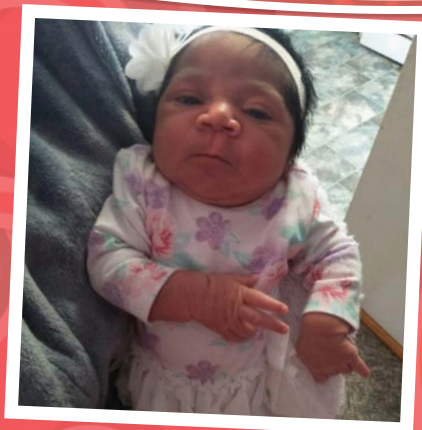


Mums & BUBS!



Congratulations to parents **Chloe Jones** and **Anthony Williams** on the arrival of their new baby daughter, **Myarlia Jones**, born on the 25th of June, 2019 and weighed 3740 grams.

Chloe was looked after by our Community Midwife **Tiffany Cattermole** and AHP **Bronwyn Johnson** and AHP **Rachel Kennedy**.



Also congratulations to **Cidney Lawson** and **Neil Elwood** on the arrival of baby **Jaylan Lawson**, weighing in at 3110 grams.

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



Aboriginal Fathers STAYIN' ON TRACK

Online resources developed by Aboriginal men for Aboriginal dads



STAYIN' ON TRACK is a new online resource designed to engage and inform young Indigenous men from around Australia with an up-front, warts-and-all account of life before and after fatherhood.

The straight-out truthfulness of these young dads is powerful and compelling.

Funded as a joint venture between the University of Newcastle and the Young and Well Cooperative Research Centre, the project engaged young Aboriginal men as co-constructors of the website. The

website includes three short films on the main stages of becoming a father for the first time, with links to parenting information and support.

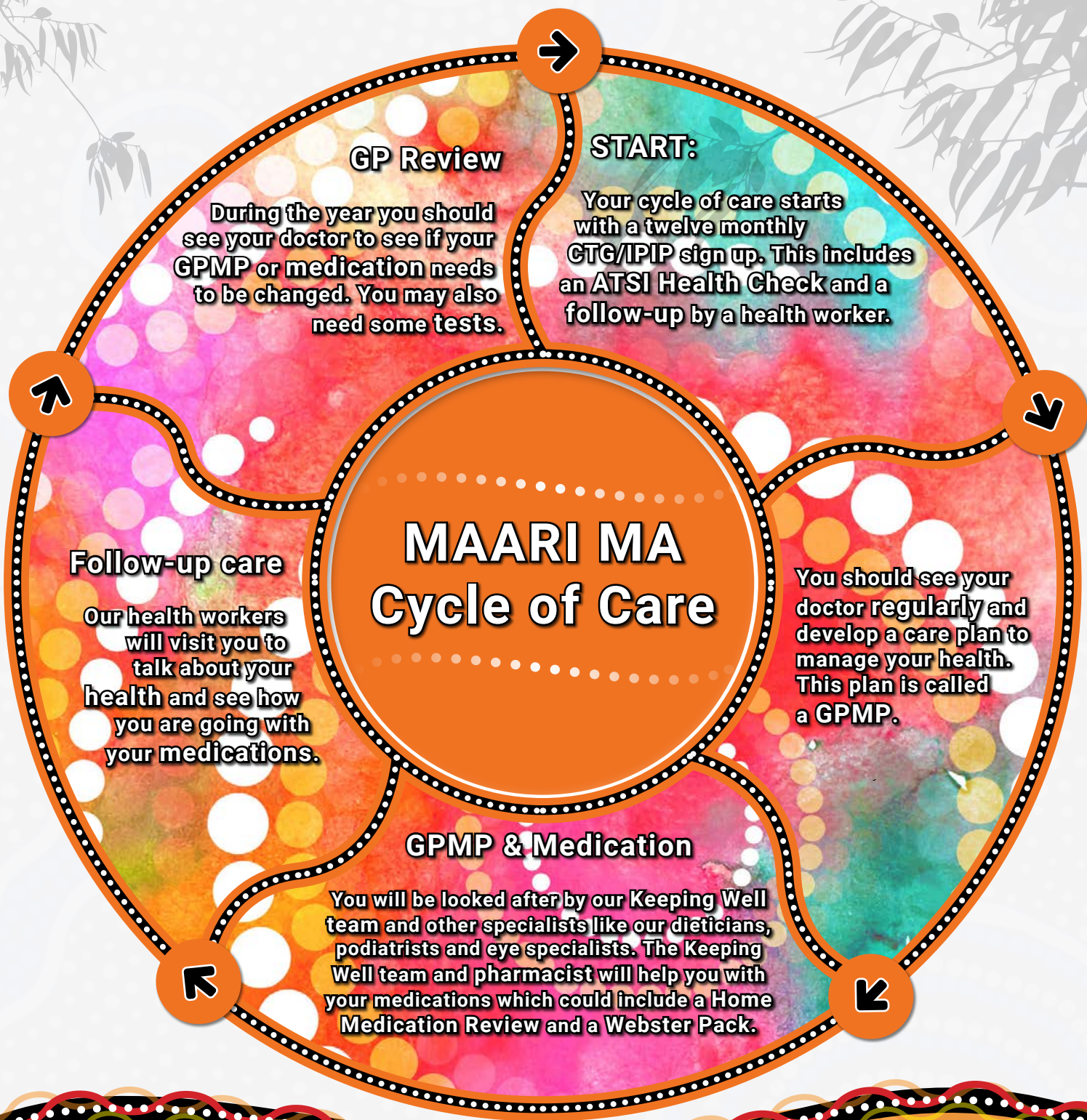
SMS4dads

The team behind **STAYIN' ON TRACK** also worked on the follow-on project, **SMS4dads**, based on the 'Mood Tracker' platform. For six weeks, the dads received SMS text messages with information and tips on infant care, supporting their partner and taking care of themselves. The project is

designed to support their entry into fatherhood by offering practical advice and regular opportunities to seek help when it's needed. Once a week an **SMS\$ dads** message asks, "How are you doing?" and gives the dads five optional replies to choose from. If the dad responds with, "I'm Ok", he will receive an encouraging text in reply. If he says he is "empty", the system alerts on of the mentors and the dad will get a phone call.

More information is available on the website:

www.Stayinontrack.com



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

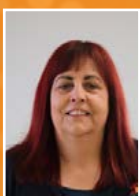
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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