WHITE RIBBON NIGHT
at the Silver City Cinema

Maari Ma organised the White Ribbon Night on Friday, 27 July. It was a massive night and around 250 people attended the event. Lots of kids dressed up as superheros for the screening of Incredibles Part 2. There were prizes for best dressed superhero, White Ribbon colouring-in and a Jelly Beans guessing contest. The White Ribbon team also organised a BBQ dinner for everyone, and free popcorn and drinks for the kids.

White Ribbon Australia operates in collaboration with, and alongside, many other organisations working to end men’s violence against women. Our focus and strength is in mobilising men and communities to end men’s violence against women.

It’s important to involve children of our community so they understand what domestic violence is and to let them know it’s not ok. Our children are our future. Let’s make our future a domestic violence free future.
MUMS & BUBS!

Maari Ma would like to welcome one new bub into the community this month!

Congratulations to Chloe Wilson for the birth of her baby boy, Seth Kennedy. Seth was born on the 28th July and weighed in at 3570 grams.

We wish bubs and family all the best!

Smoking & Pregnancy

If you are pregnant and smoking and are looking for help to quit, have a chat to any of our Healthy Start team members or call the Quitline (137848). If you are finding it tough to stop smoking, don't despair, and remember - every cigarette you don't smoke is doing you good.

SMOKING FOR TWO?

Smoking can lead to:
- Increased exposure to carbon monoxide and nicotine for bub.
- Reduced supply of oxygen and nutrients to bub.
- Increased heart rate for bub. Nicotine passes via breast milk to bub.
- Early water breakage. Pregnancy outside womb.
- Blocked cervix. Coughs and colds for bub.

QUITTING FOR TWO?

Benefits of quitting include:
- A healthier pregnancy and healthier baby.
- Reduced risk of stillbirth.
- Fewer breathing problems ofr bub.
- Reduced risk of infection and complications during pregnancy.
- Reduced chance of premature birth and low birth weight.

Healthy Start Playgroup
10:30am—1pm
Fridays at the Maari Ma Child and Family Building
(Not on during the school holidays)

After school cooking group
3:15pm—4:30pm Mondays & Thursdays in the Community kitchen at Maari Ma Health
(Not on during the school holidays)

Cooking group for Parents
10:30am-12:30pm Thursdays (before Playgroup) at the Maari Ma Child and Family Building
(Not on during the school holidays)

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 Maari Ma extended the Tackling Indigenous Smoking program’s reach to Ivanhoe. TIS Project Officer, Anshul Kaul met with the Health Service and the Central School to talk about the program.

Patricia Sharp, Principal at Central School, was very happy for TIS to deliver two education sessions and our Smokefree and Deadly Superwoman made an appearance to talk to the Primary students. Students learnt about the effects of smoking and passive smoking, and also the mantra- ‘Please smoke away from me’! The secondary students did the CO screening and tried the Smokerface App to see how smoking would affect their appearance. Discussions also included different chemicals in a cigarette and why people smoke and students loved posing with the Instagram prop as well.

Health Service Manager, Julie McClure, and Aboriginal Health Worker, Brenda Brennon, were also very happy to roll out the program based on the needs of the community.

An information stall was also organised in the community to introduce TIS. TIS props, especially the ‘I Kicked the Butt’ t-shirt, grabbed lots of attention and community members stopped by to have a chat about their or a family member’s addiction.

TIS will be visiting Ivanhoe periodically now.
To assist our doctors and guide our patients, we have put in place practice wide rules that we follow at Maari Ma.

The rules are as follows:

1. Maari Ma’s policy is NOT to prescribe drugs of dependence until clinical need is established.

2. When presenting to the service seeking pain medication, patients must always tell the practice nurse that they are seeking a prescription for a pain medication. If patients fail to tell the practice nurse but ask the doctor in the consultation, the prescription will not be provided.

3. Prior to drugs of dependence being prescribed, the following steps (a, b & c) must be completed as preparation for the patient’s booked appointment with a doctor:
   a. Consent form – patient signs consent form so we can access your records from other health care providers (this may take a few days)
   b. Consent to access – patient signs consent form so we can access your Commonwealth Government PBS prescription records
   c. Maari Ma clinician calls the Prescription Shopping Information Service (1800 631 181) to check on the patient’s medication history.

4. Maari Ma doctors will NOT continue to prescribe what the patient was previously on unless they feel it is necessary. If the doctor assesses the prescription is necessary, the patient must not try to influence the doctor with regards to dose and quantity. Maari Ma has a strict maximum dose policy which is strictly adhered to.

5. Pain management medication will not be prescribed through the walk-in clinic. Consultations regarding pain medication require a booked doctor’s appointment after step 3 has been completed and the records have been received from the patient’s previous practice.

6. Aggressive/demanding behaviour will not be tolerated. If present, the patient will be asked to leave the clinic. If a patient has behaved that way in triage and is returning for an appointment, the practice nurse will notify the doctor and they may choose to see the patient with an Aboriginal health practitioner (AHP) present. If the presence of an AHP is refused by the patient then the doctor may decline to see the patient.

7. All patients prescribed medication that is covered under these practice rules are required to sign a Patient Contract with Maari Ma.
Gemma and the kids at PCYC enjoyed getting fit with a few rounds of soccer, dodge ball, table tennis and hand ball. Hot lava, bull rush and scooter boards also kept the kids active this month! Kids also enjoyed handball, bike riding, air hockey and pool activities with Elise.

Important update: Starting this term, there will be two sessions of Active Kids – Tuesdays for ages 8 to 10 with Gemma Page and Wednesdays for ages 11 to 13 with Elise Wilson.

This term’s theme is Bush Tucker! The kids have been enjoying cooking new dishes like baked lemon and herb fish (fish in Barkindji is Parntu) and kangaroo burgers. They also had fun colouring-in!

Important update: starting this term, there will be two sessions of After School Cooking Group- Mondays for ages 7 to 9 with Gemma Page and Thursdays for ages 10 to 12 with Elise Wilson.
2018 LEGAL AID CIVIL LAW CLINICS
BROKEN HILL & WILCANNIA

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DIETITIAN’S VISIT TO MENINDEE

Our dietitian, Elise Wilson visited Menindee Preschool and Menindee Central School this month. The topic for this term’s cooking is fruit and for every week the focus will be on a different type of fruit.

The children loved learning all of the different facts about kiwi fruit, such as the different varieties, how they grow and more, and they wanted to feel and smell the fruit.

The children made fruit kebabs with Greek yoghurt and coconut. Some of the children even tried the kiwi fruit skin! The kids said that they love a fruit they haven’t tried before.

Daffodil Day

Everyone knows someone affected by cancer; it’s a sad fact that half of all Australians will be diagnosed with cancer by the age of 85.

Thankfully, cancer research has made some extraordinary breakthroughs over the years, and treatments are getting more successful all the time. And it’s through the support of people like you. Daffodil Day is one of the biggest dates in Cancer Council’s calendar. Buy a daffodil on the 24th of August and to fund a cancer-free future. Every year, communities come together to help fund Cancer Council. By getting involved, your efforts help bring us one step to a cancer-free future.
STAFF UPDATE

Farewell Dr Shapla!

We recently said farewell to GP Registrar, Dr Shapla Mahmud, who after a year and a half has moved to Orange. Before leaving Dr Shapla said working at Maari Ma was a great experience – very friendly and supportive and she felt very much part of the Broken Hill community. We wish her well in her new placement and with her exams. She will be missed.

Maari Ma Welcomes New Staff Members!

Dr Andrew Harris

This month we welcomed Dr Andrew Harris, who was born and raised in Broken Hill. After attending Alma Public School and Willyama High School Andrew moved away to the Central Coast of NSW to attend university and became a high school music and English teacher. He worked as a teacher in the Lismore area for 3 years before moving to the Gold Coast to study medicine at Griffith University. Andrew returned to Broken Hill to complete his internship and residency at the hospital.

Even though Andrew is now working with Maari Ma, he is still keeping his interest in music alive by staying involved in Theatre 44 productions.

Dr Julie-Anne Sykley

Dr Julie-Anne Sykley also joined Maari Ma this month. She is a psychologist and has recently moved from Darwin. She has worked for nearly 30 years in the Northern Territory and Far north Queensland. Julie-Anne’s cultural background is Ukrainian and English is her second language. She loves helping people and spending time in nature.

Julie is enjoying working at Maari Ma and says that she finds it to be the most beautiful, warmest and spiritual place she has ever worked in.

Julie is enjoying the move to Broken Hill, the bright sunny weather, the nature and is looking forward to seeing some wild emus!
INGREDIENTS

- 500 grams lean beef (or lamb) mince
- 4 shallots
- 1/2 cup Gluten Free fruit chutney
- 400 grams cauliflower, remove florets

INSTRUCTIONS

1. In a non-stick frypan over medium-high heat, brown mince
2. Season with sea salt and cracked pepper and add the shallots and chutney
3. Reduce heat and simmer for 20 minutes
4. Meanwhile, in a saucepan of boiling water, simmer the cauliflower until cooked, 8 to 10 minutes
5. Drain. Using a masher, mash until nice and smooth
6. Spoon the mince into a casserole dish, top evenly with mashed cauliflower
7. Season with sea salt and cracked pepper
8. Bake in 180C oven for 20 minutes or until nice and bubbly
9. Remove and sit for 10 minutes before serving
**Your health record in your hands**

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

**How My Health Record benefits you**

Better connected care
As more people use the My Health Record system, Australia’s national health system will become better connected. The result is safer, faster and more efficient care for you and your family.

Access to your key health information in an emergency
In a medical emergency, healthcare providers connected to the My Health Record system can see your health information such as allergies, medications and immunisations. This helps them to provide you with the best possible treatment and care.

A convenient snapshot of your health
When your healthcare provider uses your My Health Record, it means you don’t need to remember and repeat your medical story, such as your prescriptions or the names of tests you’ve had. It also helps you keep track of your children’s health, immunisations and any medical tests.

**What do I have to do?**

You don’t have to do anything. A secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans’ Affairs card.

However, if you don’t want a My Health Record, let us know by 15 October 2018 by visiting our website or calling our Help line.

**What if I already have a My Health Record and I don’t want it any more?**

You can choose to cancel your record at any time. You can find the ‘Cancel My Health Record’ button under the ‘Profile’ menu within your record, or you can call the Help line.

**For more information go to:**

MyHealthRecord.gov.au
Help line 1800 723 471

If you have a hearing or speech impairment, go to relservice.gov.au
If you need assistance in another language, call 131 458

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**Your health information in one place**

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

**What is included in your My Health Record?**

My Health Record brings together health information from you, your healthcare providers and Medicare.

Healthcare providers can add clinical documents about your health to your record. They include:

- an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- hospital discharge summaries
- reports from tests and scans, like blood tests
- medications that your doctor has prescribed to you
- referral letters from your doctor(s)

**What else is included?**

- Medicare data can be added to your record.
- This includes:
  - Medicare and Pharmaceutical Benefits Scheme (PBS) information stored by the Department of Human Services
  - Medicare and Repatriation Schedule of Pharmaceutical Benefits (PBS) information stored by the Department of Veterans’ Affairs
  - organ donation decisions
  - immunisations that are included in the Australian Immunisation Register

**Who can view your information?**

Your, or someone authorised to represent you, can share additional information in your record that may be important for your healthcare providers to know about you.

This includes:

- contact numbers and emergency contact details
- current medications
- allergy information and any previous adverse reactions
- Indigenous status
- Veterans’ or Australian Defence Force status
- your Advance Care Plan or contact details of your custodian

**Personally controlled**

It’s your choice who sees your My Health Record and what’s in it. You can choose to share your information with the healthcare providers involved in your care. By allowing your doctors to upload, view and share documents in your My Health Record, they will have a more detailed picture with which to make decisions, diagnose and provide treatment to you. You can also ask that some information not be uploaded to your record.

**A secure system**

My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging. There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse.

**What to expect when logging into My Health Record for the first time**

The first time you log into your My Health Record there may be little, or no information in it. There may be up to two years worth of Medicare information such as doctor visits under the Medicare Benefits Schedule (MBS) as well as your Pharmaceutical Benefits Schedule (PBS) claims history. If you choose, you can remove this information after you log in. Your previous medical history such as older tests and medical reports will not be in your My Health Record.
Maari Ma 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 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.