



Maari Ma Health Aboriginal Corporation Community Newsletter

Confirmed COVID-19 cases sends everyone into the vaccination clinic.

With Broken Hill and surrounding towns on high alert after cases of covid-19 were confirmed on Monday the 16th of August sending local towns into a 7-day lockdown that was extended for a further week on Wednesday 19th August, the vaccination clinic went into hyperdrive with many community members eager to be vaccinated.

You may have noticed a few extra safety precautions installed in both the health service and the COVID vaccination clinic located across the road.

In a health service environment during these times, it is good practice to treat everyone as if they have the COVID virus so the team donned the yellow safety gowns mask, face screens, and gloves. Patients are being assessed before being allowed to enter the premises and waiting room restrictions are in place to abide by the 1.5 metre rule.

Chalk marks along the pavement outside the health service in Argent Street show where to stand while waiting to be assessed.



Preparing for another day of vaccinations at the COVID vaccination clinic in Argent Street.



In this issue:

- 2-3 **National Day of Recognition of Aboriginal Health Workers and Practitioners**
- 4 **2020 Graduating Cohort**
- 5 **NDIS Social Futures, A Message from Maureen O'Donnell**
- 6 **HIPPY**
- 7-8 **Mother's Group Recipes**
- 9-12 **Mother's Group Photos**
- 13 **Balranald - Elder of the year award, Jeans for Genes Day**
- 14 **National Summer Art Scholarship 2022, The Drum**
- 15 **Maari Ma Staff**
- 16 **Muuku Program**
- 17 **Early Years - Family Activity**
- 18 **Needatutor, Fire Safety Message**
- 19 **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



admin@maarima.com.au



www.facebook.com/maarimahealth/

National Day of Recognition of Aboriginal Health Workers and Practitioners



NAATSIHWP
National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners

The National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners (NAATSIHWP) declared August 7th the inaugural National Day of Recognition for Aboriginal and Torres Strait Islander Health Workers and Practitioners.

August 7th marked the day of NAATSIHWP's establishment in 2009 and the organisation said it was time that we as a nation recognise the world leading innovation in culturally safe and community focused health care being led by Aboriginal and Torres Strait Islander people. At Maari Ma we echo wholeheartedly how NAATSIHWP describes the role of health workers and practitioners – “they provide a high standard of culturally responsive care, and act as cultural brokers and health system navigators.

The establishment of these professions has been perhaps one of the most successful exercises in self-determination of Aboriginal and Torres Strait Islander people over our own health outcomes, as these professions have been established by Aboriginal and Torres Strait Islander people for Aboriginal and Torres Strait Islander people”.



Kendi Simmons, Kylah White, Anne Bennett, Rachel Kennedy and Hannah Morris.



It was a great day to celebrate the roles that our Aboriginal health workers and practitioners have played, and continue to play, in efforts to improve the health of our communities. The BBQ lunch held in the Maari Ma courtyard was gesture of celebration and appreciation.

National Day of Recognition of Aboriginal Health Workers and Practitioners

Human Resources Coordinator, **Renaë Roach**, so rightly said in her address to the group that they're at the core of what we do and without them we wouldn't be able to connect with our communities in the way that we do or provide the services that we do.



Maari Ma has supported four cohorts of trainees with up to ten trainees in each cohort over the past 10 years, with another cohort just recently commenced. Renaë provided a comprehensive run-down on what our most recent graduates are doing and our not-so-recent graduates, and we had a full rundown on the new trainees just starting. The cohort of last year did extremely well given the start of the pandemic and the uncertainty of what that meant for their training. But they adjusted, adapted, and met their challenges admirably to complete their studies. A great achievement recognised was the recent graduation of **Shannon Henderson** who extended her studies after completing her Cert IV and is now a registered nurse. Shannon seemed to have taken the study in her stride and achieved something more than a clinical qualification – she has committed to help our communities improve their health within a framework of trust and cultural respect.

If we are to find a path out of poor health statistics for Indigenous Australians, find health equity, and recognise the contribution the health system can make to the social determinants of health then we are going to need to muster all the health workers and practitioners we can get. Maari Ma wishes those who have just started the certificate course, our best wishes, and for those who have recently completed the course, congratulations.

ABC news journalist, **Callum Marshall** came along with his microphone to interview Shannon about her role as a practitioner.



The picture uploaded to the ABC Facebook page attracted such comments as “congratulations—amazing work you all do”, “proud of you” and “excellent work”.



OUR 2020 GRADUATING COHORT

Lavinia Henderson, Hannah Morris, Cooper Fleming, Kalinda Morrison, and Britny Coff are all employed by Maari Ma and all are now registered with AHPRA.

- Lavinia is currently studying Diabetes Education and Management with Flinders University and working in the Keeping Well team as well as the Community team.
- Hannah is studying nursing and starting Diabetes Education and Management and working in the Keeping Well team as well as the Community team.
- Cooper is working in the Clinic team and spends most of his time working in the Respiratory Clinic.
- Kalinda is working in the Clinic and Community team. Currently she is on maternity leave and is due to come back next year.
- Britny is working in Menindee.
- **Tarissa Staker** has applied for AHPRA registration and is awaiting confirmation. She continues to work in the Youth Health team.
- **Shontae Harris** has completed the course and is now working at the Wilcannia Preschool. (Shontae had studied Early Childhood prior to working with Maari Ma.)

OUR NEW TRAINEES

From Broken Hill, we have **Kendi Simmons, Tessa Files, Tamara Thomas, Pearl Ferguson, Jenni McDonald, Laura-Lee Simmons, and Zac Henderson**. **Kylah White** and **Lakisha Sloane** are also in Broken Hill but are Child and Family Health-specific AHWs in Training. Tessa has moved from the Healing Program and previously worked in Practice Admin. Kendi previously worked in the Healing Program with Maari Ma. Zac originally came to us to work in SEWB but has moved to the AHW program. Jenny has re-joined the workforce after taking time out to have a family. Pearl and Laura-Lee come to us from a background in early child care. Tamara had recently completed year 12 and a Cert III in Assistant in Nursing.

In Wilcannia we have **Christopher Hunter**. He has previously worked at St Therese's School. In Menindee, we have **Tayla Leayr** who comes from Broken Hill and previously worked in hospitality.

In Ivanhoe we have **Donna Cahill**. Donna has a background in community and aged care.

In Balranald we have **Paige Winch** and **Kelvin Murray**. Paige originally started with Marrabinya and then as Practice Admin in Balranald before moving to our AHW program. Kelvin was the transport officer with Maari Ma Health Balranald before starting the course.

OUR FORMER TRAINEES AND CURRENT EMPLOYEES

Tiffany Cattermole completed the course in 2010 and is now a registered nurse and midwife working in the Child and Family Health team. **Jenny** and **Veronica Edwards** completed the University Department of Rural Health course before 2007 and **Kevin Bates** who completed the course in 2016 continues to work for Maari Ma at the Wilcannia Primary Health Service. **Rachel Kennedy** completed the course in 2016 and works in our Child and Family Health team. **Ann Bennett** recently moved to our Community team from the Child and Family Health team. **Dimity Kelly** is working in Menindee. **Shannon** is now the Coordinator of the Clinic team and as mentioned has recently graduated as a registered nurse.



With masks removed for just a moment—recently registered nurse graduate, **Shannon Henderson** is pictured with **Hannah Morris** who has embarked on her nursing qualification and is also starting a Diabetes Education and Management course.

NDIS Social Futures

Social Futures delivers NDIS Local Area Coordination services in Far Western NSW.

Our Local Area Coordinators will be available at Maari Ma Primary Health Care Service every second Tuesday from 9:30am – 1:30pm. You can drop into the clinic or call 1800 522 679 to make an appointment with a Local Area Coordinator.

Sherean and Michael will set up a connection desk in the foyer of Maari Ma's Health Service and have highlighted below the kind of support they could potentially provide.

Do you need support because of a disability?

Are you or a family member thinking about applying for the NDIS?

Do you need help to understand your NDIS plan?

Upcoming dates:

Tuesday 7th September

Tuesday 5th October

Tuesday 24th September

Tuesday 19th October



Michael McKee and Sherean Glasson

A Message from Board Chair, Maureen O'Donnell

On behalf of the Board, I would like to whole heartedly congratulate our CEO, **Bob Davis** on his appointment this week as an Adjunct Professor of Practice in the School of Medicine and Public Health at the University of Newcastle. The title of Adjunct Professor is awarded to those who are outstanding leaders in their field and Bob has received the honour for his involvement in research for more than 30 years. In addition, Bob has become a Fellow of the Australasian College of Health Service Managers.



A Fellowship of the ACHSM is a significant professional achievement and demonstrates an ongoing commitment to excellence in health service management. Both of these are exceptional accomplishments. As a Board we know we are fortunate to have Bob's skills and depth of knowledge and experience – to have this acknowledgement at this level of our CEO is something we can be very proud of as an organisation.

HIPPY

On the 11th of August Maari Ma's HIPPY team organized a day special day for the weekly Mother's Group. The day included a delicious morning tea and lunch of fresh fruit, scones with jam & cream, and ham & cheese croissants.

The day offered the Mother's Group a chance to make their beauty product using ingredients from the supermarket.

The kids also didn't mind getting their hands in amongst it all to make products like moisturisers, body scrubs, and hair masks.

See more pictures and all the recipes used to make the products on the following pages.



Mother's Group recipes



Hair Mask #1

- 2 tbsp coconut oil
- 2-3 drops of essential oil of choice
- 1 tbs apple cider vinegar

Melt coconut oil and essential oil together over a bain-marie until well combined and warm. Transfer to a bowl and stir in the apple cider vinegar. Clip hair and apply the mask in sections using a brush. Pull hair into a loose bun and let sit for 20 minutes. Wash with normal shampoo and warm water.

Hair Mask #2

- 2 tbsp organic virgin coconut oil
- 1 tbsp jojoba oil (or almond oil)
- 3-5 drops of essential oil of choice

Add ingredients together in a small bowl. Stir until all mixed into a smooth, creamy texture. Use the coconut oil in the solid state. If the coconut oil is liquid just pop it into the freezer for a minute until it returns to a solid.

Rub mask into hair and let sit for 20 minutes, rinse and shampoo as normal.



Hair Mask #3

- 1 tbsp honey
- 1 tbsp aloe vera gel
- 1 tbsp vanilla extract
- Coconut oil

Melt the coconut oil in a bain-marie. Once liquid, add the honey and aloe and stir until the mixture is liquid.

Meanwhile, dampen a towel with hot water. Apply the mixture to the hair from root to tip and wrap your hair in the warm, towel and leave on for at least 30 minutes. Rinse thoroughly and shampoo twice to ensure your hair is clean.



Mother's Group recipes

Brown Sugar Face and Body Scrub

1 cup of brown sugar (or raw sugar)

1/4 cup of coconut oil

Combine all ingredients into a small bowl. Mix ingredients together and spoon into a container.

Rub mask into hair and let sit for 20 minutes, rinse and shampoo as normal.



Sea Salt Foot Scrub

1 cup of sea salt

1/4 cup olive oil

1/4 cup coconut oil

5 drops of peppermint essential oil

Combine all ingredients into a small bowl, mix ingredients together and spoon into container.

Use on feet for a smooth, relaxing treat.



Coffee Body Scrub

1/2 cup ground coffee

1/2 cup coconut oil

1 tsp vanilla extract

Combine all ingredients into a small bowl and mix together before spooning into a container.



Moisturiser

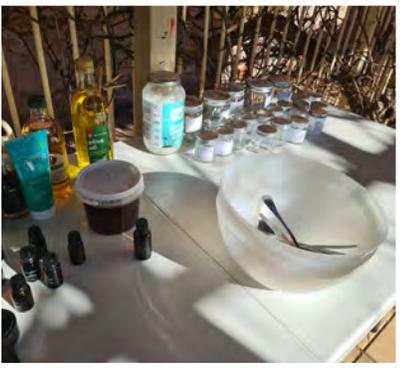
1 cup sorbolene cream

Essential oil of choice or vanilla extract

Combine all ingredients into a small bowl, mix together and spoon into a container.



HIPPY - Mother's Group Photos



More photos on next page...

HIPPY - Mother's Group Photos



More photos on next page...

HIPPY - Mother's Group Photos



More photos on next page...

HIPPY - Mother's Group Photos



Balranald

Elder of the year award

Congratulations to Maari Ma Board Director, **Gloria Murray** who has been named Elder of the Year 2021 in Balranald. Gloria is a Barkintji elder and has been on the Maari Ma Health Board of Directors for more than twenty years. She has received the award in recognition of her contribution and commitment to the Balranald community. She has been involved with many committees in the local community in the past, demonstrating her commitment to improving the health and wellbeing of the Balranald community. Gloria is a strong advocate for Aboriginal people, continually puts her community first and goes above and beyond for everyone – she has been described as someone who you can turn to for anything. Congratulations Gloria from all of us at Maari Ma for receiving this well deserved award.



Jeans for Genes Day

On Friday the 6th of August the team at Maari Ma Health Balranald teamed up with the two local schools (Balranald Central School & St Joseph's Balranald) to raise money for Jeans for Genes day.

The staff "baked it blue", wore jeans, and participated with crazy hair day (not their normal look!). We sold the cupcakes to staff and students at the schools to raise \$250. **Emma Moore** said 'We did it a bit cheap 50c a cupcake to make sure it was affordable rather than to raise a large amount'.

To the right are pictures of our staff at Balranald Central School with two teachers & another picture of just our staff.



The National Gallery of Australia will once again host its National Summer Art Scholarship 2022.



Student development opportunity for Year 11s, going into Year 12 in 2022.

The National Gallery of Australia will once again host its National Summer Art Scholarship 2022.

Be an artist, conservator, curator, designer, educator, digital producer, publishing professional – There is more to a career in the visual arts than meets the eye!

If you are in Year 11 and interested in art, you can spend a week this summer at the National Gallery of Australia in Canberra.

Become one of 16 students selected from around the country – two from each state and territory – to participate in the 2021 National Summer Art Scholarship (16 – 22 January).

More information on applications can be found here:

<https://nga.gov.au/summerartscholarship/>

If students need any assistance in preparing their applications, please don't hesitate to get in touch.

On the 29th of April 2021 The Drum was in the Western New South Wales town of Dubbo to learn about the health divide between Australian cities and country. Kathryn Robinson spoke with local health workers and residents to find out hard it is to see a GP, and why the tyranny of distance can often mean life or death in an emergency. The panel included: • **Donna Jeffries**, Executive Manager, Maari Ma Health Aboriginal Corporation • **Professor Ruth Stewart**, National Rural Health Commissioner • **Danica Leys**, CEO NSW Country Women's Association • **Michael Whaites**, Manager of Public Health at the NSW Nurses and Midwives' Association.

Donna Jeffries did such a good job that they invited her back on to the show recently to talk about the COVID 19 vaccine roll-out. Donna talked about how our communities are coping with the current COVID crisis, lockdown and concerns over vaccination uptake in communities. The Drum is an Australian nightly television current affairs and news analysis program hosted by **Julia Baird** and **Ellen Fanning**. The program airs at 6:00 pm weekdays on ABC TV and is aired later on the ABC News Channel at 9:00 pm AEDT.



Welcome!

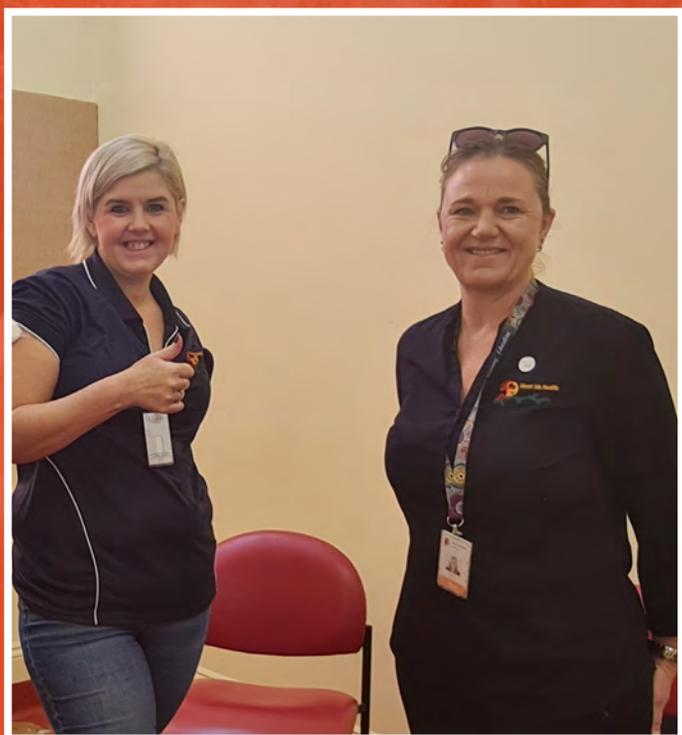
Jacquie Payne

Jacquie has commenced as an occupational therapist for a three month period. Jacquie is originally from the south west coast of Victoria, Geelong. She's been working as an occupational therapist for the past 13 years and says she is passionate about working with community and families to help children thrive to reach their full potential. More recently Jacquie has been working in Mount Isa, making connections with families in north west Queensland communities and says she's very much looking forward to doing that here with the Maari Ma team.



Appreciation

Clinic RN, **Kelly McGowan**, has received thanks and appreciation for her work with the FWLHD Palliative Care team for her wonderful care and support of, and collaboration and joint visits with the team, for a recent palliative care patient and their family, and particularly the patient's daughter. Program Director Cancer and Palliative Care Services, **Melissa Cumming**, said Kelly was extremely generous with her time, support and advice to the Palliative Care team which enabled this patient to be at home and family supported appropriately both before and after the patient's passing. Melissa thanked Kelly for her wonderful care of this patient and family, and support of the team. Well done Kelly – it's dedication and work like this that stands us out as health care workers, and we are very proud of you.



Clinic RN Kelly McGowan left with Kiilalaana's education officer Tiffany Lynch after Kelly had administered the COVID Vaccination to Tiffany.

muuku program



smoke free join today

Before vaping make sure you have the right information. Most of the big vaping companies are owned by tobacco businesses that are losing money as the dangers of cigarettes deter more and more people against taking up nicotine. To combat this and ensure their bank accounts are still full for the future, the tobacco companies are targeting youths with incorrect information around the safety of vaping.

The message is clear, just don't start.

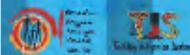
Vaping is just as bad as smoking
Vaping is bad for your heart and lungs
Vaping still contains many poisonous chemicals
Vaping is just addictive as smoking
Vaping is just as hard to quit as smoking



**Vaping is
Vicious
Not Delicious**



JUST DON'T START



EARLY YEARS

FAMILY ACTIVITY!

Goop is a great family experience and only takes 3 ingredients, two if you don't include the colouring agent.

RECIPE FOR GOOP

Goop Ingredients

- 1 cup of cornflour
- 1 cup of water
- Liquid watercolour, or food colouring (optional)

Goop Supplies

- A big bowl for mixing the Goop
- Spoons, small bowls, toys for playing, scooping and filling

How to make Goop

Set up the large bowl in your workspace.
Pour 1 cup of cornstarch into the bowl.
Pour 1 cup of water into the bowl. Mix the water and cornstarch together with your hands - get the kids involved - they love this part!
Add the food colouring or liquid watercolours to make it colourful.
You can add more cornflour to change the consistency.



needatutor.

needatutor.com.au

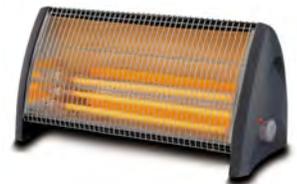
Quality education should not be determined by postcode. needatutor connects world class tutors to remote and rural students.

Programs on offer:

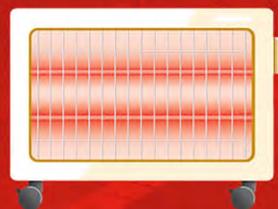
- Remote tutoring for primary ages students*
 - Remote tutoring for secondary students and youth*
 - Mentorship programs*
 - Student support services.*
- Get more information from needatutor website.*



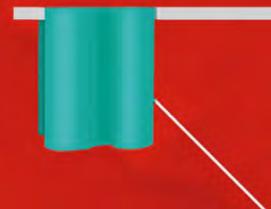
HEATERS



We're here to help anyone, anywhere, anytime.
There are small things you can do to help us help you.
Remember to always keep items one metre from the heater to avoid fire risks.



1 METRE



1 METRE FROM THE HEATER.



FIRE + RESCUE



Get out, Stay Out and Call Triple Zero (000).
For more fire safety tips visit fire.nsw.gov.au/winter.
Or call Broken Hill Fire Station on (08) 8087 2233



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.

START:

Your cycle of care starts with a twelve monthly GTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.



Follow-up care

Our health workers will visit you to talk about your health and see how you are going with your medications.



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

MAARI MA Cycle of Care

GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dieticians, 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.



Kendy Rogers
Service Manager:
PHCS

Maari Ma : Winner of 2017 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
- Allied Health

Occasional services

- Heart specialist
- Kidney specialist
- Diabetes specialist
- Child health specialist
- Eye specialist
- Alcohol specialist
- Smoking specialist
- Podiatry
- Optometrist
- Psychiatrist
- Child and Adolescent Psychiatrist
- Pain Specialist

439-443 Argent Street,
Broken Hill, NSW 2880
Phone: 08 8082 9777 Fax: 08 8082 9778
Web: www.maarima.com.au