

# Maari Ma Health Aboriginal Corporation

## Community Newsletter

*Merry Christmas*  
from all of us!



Our staff would like to wish you and your family a **very Merry Christmas** and a safe and Happy New Year. We hope to see you and your family in 2019!

### Essential Water introduces Level 1 water restrictions

#### Level 1 water restrictions do not allow:

- The use of domestic and public sprinklers, automatic watering systems and fixed or hand-held hoses for irrigation of gardens and lawns between 10am and 7pm
- The washing of vehicles with fixed or hand-held hoses, other than to wet and rinse the vehicle with the use of a trigger hose. An exemption may be applied for where the cleaning of a vehicle is necessary either to avoid contamination or to ensure public safety
- The use of fixed or hand-held hoses to clean hard or paved surfaces including

- windows and building facades. An exemption may be applied for in relation to occupational health and safety issues for commercial, industrial or public areas
- The filling of an empty swimming pool, spa, pond, lake or other water body
- The filling or topping up of a farm dam or tank. An exemption may be applied for where a dam or tank provides water for domestic or stock consumption or fire fighting
- The filling of mobile water tankers for any purpose other than a fire, public health or emergency situation.

Exemptions may be applied for by contacting Essential Water on 13 23 91.

### CHRISTMAS CLOSURE

Please note Maari Ma Health Service will be closed from 24th December and will reopen on 2nd January.

Clients requiring care during this period should call 80801333 or go straight to the local Broken Hill Hospital. In an emergency ring 000.



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#### Maari Ma Primary Health Care Service

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



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

# Christmas Updates



As Maari Ma will be closed during the festive season, community members who require support for mental health and wellbeing can contact Lifeline.

**Lifeline will be open Monday – Friday 9am-5pm, except: December 24th-25th-26th**

**Operating hours for the following services:**

**Broken Hill Bus Link** - Open all days Monday to Friday 8am-5pm except December 25th, 26th and January 1st.

**Coles** - Open all days 6am-10pm except December 25th

**Woolworths** - Open all days 7am-10pm except December 25th

**Foodland** - Open all days 7am-9pm except December 25th, 26th and January 1st

## Broken Hill Community Christmas Day 2018

In 2018 we are again celebrating a Broken Hill Community Christmas and looking for donations of food, water, gifts or even money to ensure that this day is a success.

With services closed over Christmas, a small group of locals are organising Christmas Day for the people of Broken Hill who don't have anyone to celebrate Christmas with, are new to town, or who just want to do something different. Christmas can often be a struggle, either financially, or for those who have no family or friends to enjoy the day with. This event will provide a place for people to feel welcome, to enjoy a meal, a chat and enjoy some Christmas cheer on a day when everything else is closed.

Santa is also going to take time out of his busy schedule to pop in and say hello!

In 2016 we ran a successful event for Christmas Day, and even in the 45 degree heat the Town Square had over 150 people pass through. This year we will provide a cold Christmas buffet in the air-conditioned Kitchen Gallery at The Grand Hotel. No matter how hot it is outside, people will be cool and comfortable.

This letter is to ask for contributions to make our Community Christmas Day great. Donations of food, Christmas goods, gifts or money would be hugely appreciated.

If you wish to contribute, please contact Natasha Bearman (Ability Links) on 0429 666 235, or Mandy Nelson on 0412 646 689.

## Christmas with a Cuppa & Conversation



**IT'S ON  
AGAIN!**

**BROKEN  
HILL  
COMMUNITY  
Christmas**

**Share Christmas Day with the Broken Hill community**

*All Welcome!*

**DECEMBER 25TH  
CHRISTMAS DAY 2018  
11AM TO 3PM**

**Kitchen gallery @ the rear of the Grand Hotel  
Entry via Crystal Lane via the Town Square  
or follow the tinsel...**

**Donations are very welcome:  
Food, Gifts or Your Time**

**Please drop any donations into  
Ability Links, 309 Argent Street, or call  
Natasha Bearman 0429 666 235  
Mandy Nelson 0412 646 689**

# MUMS & BUBS!

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

A very warm welcome to **Kendrick Clements** and big congratulations to **Breeanna Bates & Ben Clements**. Kendrick was born a healthy bub on 03/11/2018 at 8:03pm.

Breeanna was looked after by the AMIHS team.

As Maari Ma will remain closed from December 24th and reopen on 2nd January, in case of any pregnancy concerns or concerns with the health of your bub please contact your midwife or the maternity ward at the hospital on 8080 1386.



Baby Kendrick



## What's On?

### 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

3:30pm–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 Child and Family Building  
(Not on during the school holidays)

## 10 Tips for Surviving the School Holidays

### 1 PLAN.

Get your kids involved with making a list of the kind of activities that they'd like to do.

Plan for both good and bad weather.

Schedule down-time and time-out, as well as time for one-on-one and family activities.

### 2 THE BEST THINGS IN LIFE ARE FREE.

Make sure that your list includes plenty of free activities such as picnics, bike rides, trips to the river, the local library and the great outdoors.

### 3 BOREDOM IS GOOD.

Unstructured time away from electronic devices is good for young minds.

### 4 USE OPPORTUNITIES TO TEACH NEW SKILLS AND SELF-RELIANCE.

Not having the pressure to run out of the door in the morning for school can allow for kids to develop skills such as getting their own breakfast and lunch, taking the dog for a walk, or going to the shops for themselves.

### 5 ASK FOR HELP.

Don't be afraid to ask for help to share the load. For example ask friends or family to help care for the kids or to provide assistance in other ways.

### 6 ACCEPT THAT THINGS MAY NOT ALWAYS GO TO PLAN.

Even the best laid plans may need to be discarded at the last minute due to unforeseen events such as illness or accidents.

### 7 DON'T FORGET SELF-CARE

Don't be afraid to ask for help to share the load. For example ask friends or family to help care for the kids or to provide assistance in other ways.

### 8 SUPPORT AND COMPANY.

Having a support system can be crucial for any parent. It also gives parents the opportunity to interact with other parents whilst giving the kids a bit of play time.

### 9 CONSIDER YOUR CHILD'S MENTAL HEALTH AND WELLBEING.

Whilst it might be a tradition to go on an annual family holiday or attend a family dinner, maybe your teenager is depressed or your child with ADHD will be labelled by judgemental relatives. Consider if it's really worth the tradition when it may be at the cost of mental health and wellbeing.

### 10 HOLIDAY CONNECTIONS HELP US THE REST OF THE YEAR.

School holidays provide unique opportunities to connect with, listen to, and get to know your kids. Use them to spend quality one-on-time time with your children.

Parent Line can provide over the phone support through the holiday period if you need some extra help. Our councillors are here for you seven days a week, 9am to 9pm weekdays, and 4pm to 9pm weekends (closed on public holidays).



Tel: 1300 1300 52  
[www.parentline.com.au](http://www.parentline.com.au)  
[facebook.com/ParentLineNewSouthWales](https://facebook.com/ParentLineNewSouthWales)



**It's time to think about your plans for 2019.**

YMCA Before and After School care enrolments are open and filling up quickly. Go online to secure your child's spot for 2019.

At YMCA NSW, families can enrol online for Before School, After School and Vacation Care through our online booking system, My Family Lounge.

Need help? Contact the YMCA NSW Child Care Team - Monday to Friday, 6:30am-6:30pm on 1300 00 9679 or email [childcare@ymcansw.org.au](mailto:childcare@ymcansw.org.au). **Enrol now!**



## BEAT THE BOREDOM THIS SUMMER!

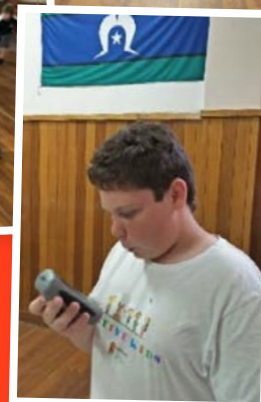
Nothing beats physical activity and recreation to keep young bodies and minds healthy; whether it's indoors or outdoors, on the court, in the pool, or even in the gym.

### THERE'S SOMETHING FOR EVERYONE! - CHOOSE FROM:

- **YMCA Ninjas** - a mix of gymnastics, parkour and obstacles!
- **Gymnastics holiday clinics**
- **Tumbling and acrobatics**
- **Fitness classes and bootcamps**
- **Kids Zumba**
- **Sports tournaments, clinics and Learn-to-play**
- **Flippa Ball** - Aqua game based on water polo
- **FAST LANE** swimming intensives and stroke clinics
- **Pool party fun days and more!**

## ACTIVE KIDS

Active kids has been busy with full attendance sessions. The children have been having a ball playing red rover, duck duck goose, poison ball and silent ball. In another session the kids played bean bag relays, tug of war and limbo. **Anshul Kaul** and **Tarissa Staker** facilitated a session with some CO screenings followed by different games. A big thanks to **Heather** at the PCYC for always organising the sessions.



# CLONTARF

## Presentation Night

Broken Hill Clontarf Academy hosted the 2018 End of Year Celebration to congratulate and send off seven Year 12 graduates and present other awards for individual achievements. **Tarissa Staker** and **Renae Roach** attended the night on behalf of Maari Ma Health to celebrate the great achievements and skills of the Clontarf students and presented artwork as a token of appreciation.

The artwork is for the Clontarf room and hopefully will continue to inspire the boys to continue achieving their goals in life. Special thanks to **Clinton Kemp** and **Stacey Kemp** for the amazing artwork.



## AFTER SCHOOL COOKING

The children have been learning about multiculturalism. In one session, they made pad thai, a speciality from Thailand which no one had tried before. In another session, they made Vietnamese veggie rice paper rolls - another first time recipe. The children enjoyed making the new dishes and the taste of each one! They also made Bunny Chow - a South African curry in a bread roll.



## Menindee Cooking Group

The kids learnt about cucumber and avocados. They made Vietnamese rice paper rolls, Japanese sushi and Mexican guacamole. They have been using different veggies like capsicum, carrot, cherry tomatoes, onions and herbs like dill, basil, mint, and coriander. In another session children made pizza faces using olives. They all enjoyed making mini pizzas on English muffins.

**DID YOU KNOW** that cucumber is actually a fruit and not a vegetable because it contains seeds? Cucumber is a great food for summer as it is super hydrating.



# Christmas Recipes

## WATERMELON SALAD STARS

Cut half a watermelon into 1 cm slices.

Using 5cm star cutters, cut 21 star shapes from watermelon slices.

On a large board, arrange watermelon stars into the shape of a Christmas tree. Crumble over smooth feta, drizzle with olive oil, sprinkle with mint leaves and some black pepper.



## Coconut Caramel Fudge

Grease a 6cm-deep, 19cm square cake pan. Line base and sides with baking paper.

Combine coconut milk (2 x 400ml cans) and caster sugar (1 cup) in a large saucepan over medium heat. Stir often until sugar has dissolved and mixture comes to a simmer.

Reduce heat to medium-low. Stirring often for 40 minutes or until mixture thickens and coats the back of a wooden spoon (mixture should resemble thick custard).

Reduce heat to low. Add brown sugar (1 cup), glucose syrup (2 tablespoons), coconut oil (2/3 cup) and vanilla bean paste (2 teaspoon) to pan. Stir for 4 to 5 minutes or until mixture is melted and becomes smooth. Increase heat to medium-low. Stirring constantly, for 6 to 8 to minutes or until mixture thickens and coats the back of the wooden spoon.

Pour mixture into prepared pan, spreading to level. Sprinkle with flaked coconut. Stand in a cool, dark place for 4 to 5 hours or until cold and set. Cut into small squares and serve! Store fudge in an airtight container in a cool, dark place for up to 3 days, or refrigerate for up to 2 weeks. Remove from fridge 1 hour before serving to soften.



# STAFF UPDATE



Welcome back to **Natalie McMahon**! Natalie worked for MM last year in the Oral Health team as a Dental Assistant and is back to join the team full time. Natalie completed her Dental Assisting in 2016 from Bendigo and is excited to be working back at Maari Ma. We are too Nat!

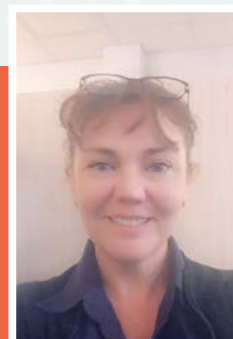
Maari Ma also welcomes back **Alana Cunico**. After leaving Maari Ma in 2004, she took some time off before commencing as a Pharmacy Assistant at Nettings Chemist. She also worked as a Sales Assistant for 7 years and loved working with fashion. Alana has two beautiful children, 16 and 12, who keep her on her toes. She is now back working with Lee-Anne and her wonderful team in Finance and is very excited for the new chapter to begin!



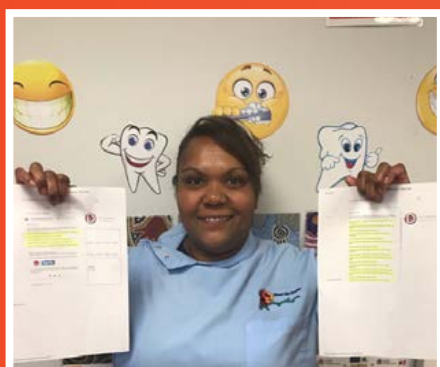
**Rachel Murphy** is our new Mental Health and AOD Worker. Rachel joined last month and has a background in mental health and homeless services, domestic violence and family dispute resolution/mediation. Before joining Maari Ma, Rachel was working as Safety Action Meeting Coordinator with the Women's Domestic Violence Court Advocacy Service. Rachel is from Broken Hill, but returned back only recently after living all over Australia for about 15 years.



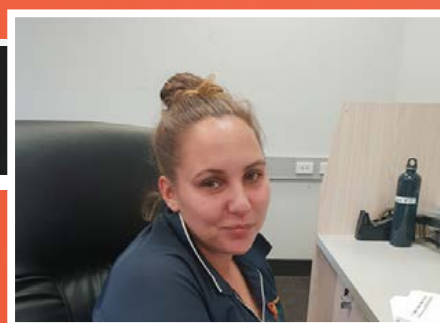
The welcome continues with **Kate Phillip** joining the team as the Getting It Together Case Manager. Kate has worked in mental health and community services for 16 years. She has worked at the 123 Community Hub in Creedon Street for the past 2 years and was the PHAMS (Personal Helpers and Mentors), Mental Health Coordinator for the Far West region. A self-professed social butterfly, Kate loves to meet new people and experience everything life has to offer. Kate is looking forward to working with young people aged 12-25 involved in the Getting It Together program.



## Congratulations!



Huge CONGRATULATIONS to **Christene Polanski** on completing her Certificate III in Dental Assisting, making Christene a qualified Dental Assistant! Christine has successfully juggled studying and working full-time. Christine thanks Maari Ma for all their support and is looking forward to studying her Certificate IV in Dental Assisting in 2019. We wish you all the best Christine!



Our Admin star **Tessa Files** recently joined the Community Safety Research Project as the Project Officer.

## Logo Design Winners

Our creative minds - **Muriel** and **Julie-Anne** won the logo design competition for the Aboriginal Suicide Prevention Network.



# Specialists Visit

The specialist endocrinology team visited Maari Ma last month. **Dr Stephen Twigg, Dr Albert Hsieh, Dr Margaret McGill** and podiatrist **Georgie Frank** saw patients in Broken Hill and Wilcannia.



## World COPD Day

The Tackling Indigenous Smoking team - **Anshul Kaul** and **Tiffany Lynch** organised health events at the Broken Hill and Wilcannia Health Services. The Waiting Room in Broken Hill and the Wellness Centre in Wilcannia were set-up for the day.

Anshul Kaul did online BreathTest (British Lung Foundation) with patients in Broken Hill and Carbon Monoxide screening in Wilcannia to raise awareness about COPD and relation with smoking. Healthy fruits and mini-fans were provided to the patients on the day. Special thanks to **Kelly McGowan** for helping organise the events.



## Aboriginal Funeral Transport Program

The program provides assistance with transport for isolated and disadvantaged Aboriginal communities throughout NSW to attend funerals. The program is not intended to be the primary source of funds for transport. It is intended to provide a source of funds which enables travel to be undertaken where, despite all efforts, there are insufficient resources to undertake the travel and the travel is not local, that is, within 25 kilometres.

For more information about eligibility and claims please contact Chandler Macleod Managed Training Services on 1300 361 787.

## Broken Hill City Council Active Transport Plan

The City Council is developing a plan to make walking and cycling more attractive for residents and visitors in Broken Hill. The Council has developed an Active Transport Plan survey to get your input in making walking and cycling better for the Broken Hill community. You can complete the confidential Pedestrian and Cycling Survey online at:  
[https://www.surveymonkey.com/r/BH\\_ATP](https://www.surveymonkey.com/r/BH_ATP)

Did you know that people who walk and cycle to work have less sick days and are more productive than those who drive?

Encouraging walking and cycling is good for people, good for business, and good for the community!

# WHITE RIBBON NEWS

Maari Ma participated in the morning tea organised by Far West Legal Service in the town square on Friday the 23rd of November. The event was well attended and it was excellent to see so many members of the community and community organizations supporting the White Ribbon cause. Special thanks to **Kayelene Crossing** and **Lisa Kelly** for getting up so early to prepare our healthy fruit salad contribution.

As Maari Ma is closed from 24th December to 1st January, in case you feel you are unsafe and are in a domestic violence situation, call 000. There are many places you are also able to seek help if you find yourself in this situation, these include:

- **Seek assistance from the local police** - they can help you with an Apprehended Violence Order (AVO). Broken Hill has a designated Domestic Violence Liaison Officer.
- **Catherine Haven** in Broken Hill is a safe haven for woman and children to seek safe accommodation while experiencing domestic violence relationship. Phone (08) 8087 1999 during working hours or call the police for after-hours assistance.
- **DV Helpline** – 24-hour counselling line on 800 656 463
- **1800 Respect** – is a sexual assault helpline contact on 1800 737 732
- **Link2Home** - this is a service that can help if you need emergency accommodation if you are homeless contact on 1800 152 152
- **Lifeline** is a free counselling service contact on 13 11 14

In support of

Australia's campaign to stop men's violence against women

**White Ribbon**  
Australia



## DIETITIANS' OUTREACH TRIPS

The dietitians went to Ivanhoe last month spending some time at the Central School cooking with the children. Focussing on making veggies fun, the dietitians and children made chips from carrot, zucchini, sweet potato and beetroot. They also made veggie and cheese muffins.




The dietitians also visited Outback Public School and the preschool at Tibooburra. They organised education sessions on food groups along with some cooking that included making fruit infused water, fruit skewers and vegetable face wraps. The children and staff were very excited to have the dietitians in town and enjoyed learning about healthy recipes.

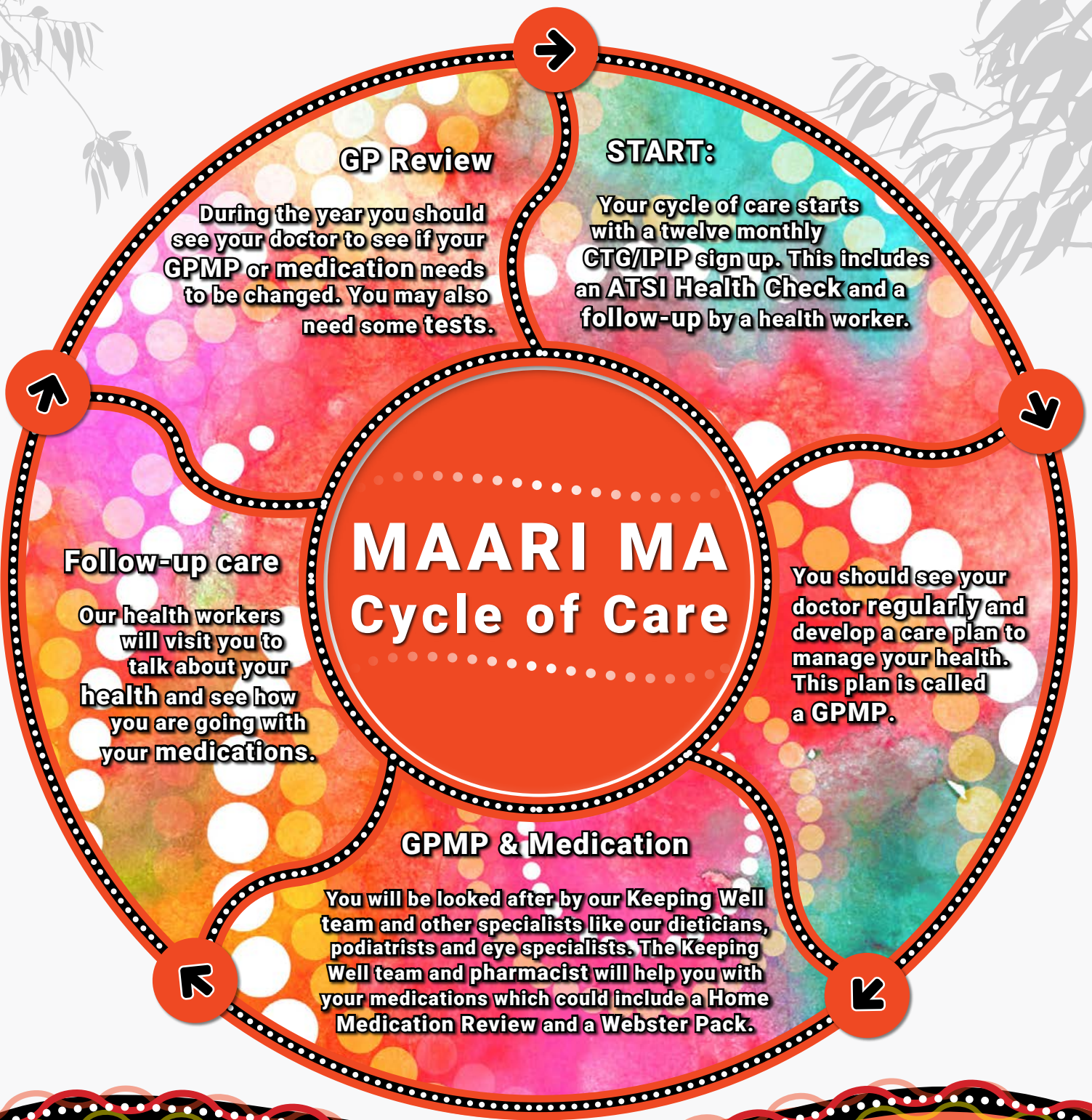




# 10 TIPS TO KEEP COOL WHEN IT'S HOT

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

-  **1** Change your pattern of outdoor activities to go out in cooler times (early morning or late evening).
-  **2** Wear loose-fitting clothing of a light color. Cotton clothing will keep you cooler.
-  **3** Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
-  **4** Fans can help circulate air and make you feel cooler even in an air-conditioned house.
-  **5** Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
-  **6** Take frequent baths or showers with cool water.
-  **7** Prevent dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes like ice blocks or Powerade drinks.
-  **8** Avoid caffeine and alcohol as these will promote dehydration. Instead of hot foods, try lighter small meals or snacks like cold fruit or low fat dairy products and salads.
-  **9** If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, or other public space that is cool.
-  **10** Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more at risk to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.



## 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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**Kaylene Kemp**  
Executive Manager  
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**Kendy Rogers**  
Practice Manager:  
PHCS

