

# Maari Ma Health Aboriginal Corporation

## Community Newsletter

### MAARI MA CEO, *Bob Davis*

Each year at Maari Ma, our staff join together for a day of sharing achievements, highlighting programs and looking ahead to the future. This year we gathered at the Broken Hill Civic Centre and welcomed as our guest speaker one of our former CEO's, **Richard Weston** who has recently become CEO of the Secretariat of National Aboriginal and Islander Child Care (SNAICC).

SNAICC is the national non-government peak body in Australia representing the interests of Aboriginal and Torres Strait Islander children. They have launched a program called Family Matters – a national campaign to ensure our children and young people grow up safe, and cared for in family, community and culture. At our staff meeting we were very pleased to officially join this campaign and commit to the Family Matters goal of eliminating the over representation of Aboriginal and Torres Strait Islander children in out-of-home care.

During the past year we have welcomed partnerships with Deadly Choices and Deadly Blues and as our connections with other organisations continue to grow, we are able to offer our communities increased opportunities and avenues to achieving improved health outcomes. Our staff are the pillars of our organisation – always working for you our clients and communities, and we are proud of their professional achievements. We have had staff this

year graduate with Cert IV in Allied Health and Dental Assisting, Diploma of Aboriginal Specialist Trauma Counselling and Bachelor of Social Science – Social Welfare.

During the year we also started our fourth group of Aboriginal health trainees who will graduate next year. A number of our programs received state award nominations this year. In the competitive awards' environment to be successful in nominations is a great achievement and we celebrated the recognition of WINGS for its nomination at the NSW Youth Work Awards and Marrabinya's nomination in the national Dreamtime Awards.

Our work is centered wholly around you – our communities, and at our staff meeting this year we launched our Cultural Competency Framework so that we can provide services to you that are of the highest quality for Aboriginal people in our region. So as another year draws to a close, we look forward to the opportunities that 2020 will bring and we look forward to providing you with health, social and emotional care delivered within our cultural framework.

On behalf of our Board of Directors and all staff I wish you a safe and happy Christmas. Our doors will close 5 pm Monday 23rd December and re-open Thursday 2nd January. We look forward to seeing you next year.



Please note Maari Ma Health Service will be closed from **Tuesday 24th December 2019** and will reopen on **Thursday 2nd January 2020**. Clients are advised if you need an appointment to book before this closure. Clients should also check that their prescriptions cover them through January.



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### Maari Ma Primary Health Care Service

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



[www.maarima.com.au](http://www.maarima.com.au)



[admin@maarima.com.au](mailto:admin@maarima.com.au)



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

# CLONTARF Awards Night

On Wednesday 27th November Maari Ma's Youth Health Team presented an award at the Clontarf Foundation Awards night at Broken Hill High School.

**Christopher King** (17 years) was the recipient of the "Leadership in Health Award – for valuable contributions, ongoing engagement and role modeling in health". Congratulations from Maari Ma Christopher – a great achievement. Christopher won a \$100 voucher from Torpy's. Maari Ma also acknowledges all participants in the program and thanks the Foundation on the work they do.

The Clontarf Foundation aims to improve the education, discipline, life skills and employment prospects of young Aboriginal and Torres Strait Islander men. The Youth Health team has been in partnership with the Clontarf Foundation since 2015, working together to attend the health checks of all the boys enrolled, encourage engagement with the health service and provide education sessions.

The award night was a great night of celebration for the boys with awards in attendance, academic achievement, art and sport as well as celebrating the six Clontarf boys who completed year 12 this year.



## What's On?

### Maari Ma Health hours

Monday 23rd Dec: Open

Tuesday 24th Dec to  
Wednesday 1st Jan:  
CLOSED

Thursday 2nd Jan: Open  
and recommence normal  
hours.

# Deadly Sistās

On Tuesday 29th of October, Maari Ma's TIS Project Officer **Tiffany Lynch** along with Maari Ma's Youth Worker **Tarissa Staker** attended Broken Hill High School's Assembly for an official presentation of artwork completed by the Deadly Sistās Indigenous Art Class. Regular Deadly Sistās participant **Alisi Kelly** took a leadership role on the day and delivered the "Acknowledgment of Country". BHHS Support Unit's, **Mrs Antoinette Deacon**, who facilitates the project, provided an overview of the partnership with Maari Ma and the Regional Art Gallery, and the purpose of the weekly art classes which have aimed to assist the girls to make connections and explore their own perceptions about community and identity. Special acknowledgment was also given to Aboriginal Support Learning Education Officers, **Vicki Adams** and **Colleen Probert** who have been heavily involved in assisting with this program.

Tiffany Lynch and Tarissa Staker presented two hard copy canvases depicting the girls' collective interpretation of the 2019 World No Tobacco Day Theme – "Lung Health" to **Principal Ross Mackay**, Antoinette Deacon & Alisi Kelly. A unanimous decision was made by the recipients to aptly display The Deadly Sista's artwork at the high school Health Hub.

Initial feedback from both participating Broken Hill High School staff and female Indigenous students has been extremely positive with regards to the weekly art classes. Tarissa & Tiffany stated that there has been an expressed desire for the program to continue in 2020 with a vision of expanding on the scope of health information and education made available to the Deadly Sistās group to enhance self-confidence development and open channels for learning to achieve improved learning outcomes.



Above: BHHS Principle Mr Ross Mackay, Maari Ma's AHP Youth Worker Tarissa Staker, Maari Ma's Tackling Indigenous Smoking Project Officer Tiffany Lynch, BHHS Student & Deadly Sistās participant Alisi Kelly and BHHS Support Unit Mrs Antoinette Deacon.



# Children's Week IN THE PARK

**"Children have the right to good quality health care, clean water, nutritious food and a clean environment so that they will stay healthy. Richer Countries should help poorer countries achieve this".**

That was the message at this year's Children's Week which saw families having fun at Sturt Park on October 23rd. It was an opportunity for families and communities to reflect on the lives of children in other parts of the world where safety and freedom are not automatic.

Every year the Early Childhood Education Sector and Child and Family Services in Broken Hill work together to provide a free and fun event at the park. Maari Ma's playgroup team are always proactive in providing things for kids to do and this year was no exception.



# WHITE RIBBON *awareness day*

Friday 22nd November saw Maari Ma Health host a day in Patton Park in support of White Ribbon and what it stands for.

Despite uncertainty surrounding White Ribbon's future, as a White Ribbon accredited organisation Maari Ma is continuing with White Ribbon principles and was very pleased to conduct White Ribbon Day.

White Ribbon Australia's focus was always primary prevention – stopping violence before it occurs – and Maari Ma's efforts to change attitudes and behaviours that result in disrespect, abuse and violence against women are aligned with this.

Maari Ma's day in the park had a great turnout with many families enjoying activities and a BBQ.



## HELMET FOR A FINE

### New initiative to encourage kids to wear a helmet in Broken Hill.

Broken Hill Local Area Command and Transport for NSW launched a new bicycle rider safety initiative in Broken Hill on 5th November, encouraging children to wear a helmet while riding.

Transport for NSW Project Officer Aboriginal Network Management **Mark Hartwig** said the program will provide kids who are found without a helmet, with a new helmet and educate them about the risks of not wearing one.

“Far too often we see kids in the far west riding a bicycle without a helmet and it is something we are hoping to change,” Mark said.

“This program is about educating kids so they can make the right choice for their own safety. Any child who is stopped by police for not wearing a helmet will be offered a choice of attending an information session where they will be provided with a new helmet, rather than receiving an infringement notice.”

Transport for NSW Director Western Region **Alistair Lunn** said Transport for NSW is supporting the program by supplying helmets to Broken Hill Police.

NSW Police will be targeting young riders not wearing a helmet in Broken Hill, Wilcannia and Menindee and surrounding areas, and providing a card with details about where to go to learn about bicycle safety and to collect their new helmet.



For more information about bicycle rider safety, visit: <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/helmets-gear.html>

# A SHOUT OUT TO Tarnee and Shane

Well done to **Shane Haywood** and **Tarnee Tester!**

Shane was a valuable member of Maari Ma's Finance team for many years and had a very successful year on the soccer field. Tarnee was in Maari Ma's second training group of Aboriginal health practitioners and several years ago spread her wings to go to Perth. One of the main reasons she went to WA was to further her AFL career and her hard efforts are paying off.

Congratulations to them both - it was great to see their efforts recognised in the BDT.



**“We need to speak up about disrespectful behaviour. It can start with a little thing, like ‘boys will be boys’, but it can escalate and all of a sudden there is a sense of entitlement and right to speak and act disrespectfully to women.”**

**Leila Gurruwiwi**

Role Model, Indigenous Support Worker, and TV Host

**It's time to start a conversation about respect.**  
To find out more, visit [respect.gov.au](http://respect.gov.au)

**VIOLENCE AGAINST WOMEN  
LET'S STOP IT  
AT THE START**

# CONGRATULATIONS 2019 HIPPY GRADUATES

The Home Interaction Program for Parents and Youngsters (HIPPY) is a two year; home based early childhood learning and parenting program that empowers parents and carers as their child's first teacher.

On Wednesday the 20th November, 23 of our HIPPY children and their parents/carers graduated after completing two years on the Program. It was a hot night but that did not stop us from having a great time. The children enjoyed jumping on a bouncing castle and busting a move on the dance floor. We all enjoyed a delicious roast followed by a piece of the graduation cake. This cake not only looked amazing, it tasted pretty good as well.

*From everyone in the Early Years Program, we wish all our past, current and new participants a joyous Christmas and a safe & happy New Year.*



On October the 10th the Healthy Start Team was visited by **Justine Salisbury** and **Rebecca Crawford** from NSW LHD.

Justine and Rebecca came to deliver education on the new Get Healthy in Pregnancy (GHIP) program. The program is a free, confidential information and telephone coaching program for pregnant women in NSW aged 16 years and over.



The program supports women in pregnancy to:

- Achieve and maintain healthy weight
- Eat healthily
- Stay active

The program is staffed by nurses, exercise physiologists and dietitians. Referrals can be done by phone, email or on the internet.

## ABORIGINAL HEALTH NEWS ALERT



[nacchocommunique.com](http://nacchocommunique.com)

### NACCHO Aboriginal Health and #WorldDiabetesDay

*Why are Indigenous Australians  
**three times** more likely to  
develop type-2 diabetes than  
non-Indigenous Australians?*

**Reduce your risk:  
it's up to you**

Aboriginal people and Torres Strait Islanders have a high risk of developing type 2 diabetes but a lot can be done to reduce this risk.

diabetes  
nsw & act

**FOR MORE INFORMATION, PLEASE VISIT:**  
[HTTPS://NACCHOCOMMUNIQUE.COM/CATEGORY/DIABETES/](https://nacchocommunique.com/category/diabetes/)



# EMAIL SAFETY

Email Spam, fraud, viruses and phishing attacks are at an all-time high this time of year. They are becoming increasingly sophisticated when targeting businesses and individuals, often posing as email from reputable organisations or postal services. If you get caught by these fraudulent emails they can corrupt data, steal passwords or information.

Make sure your Antivirus software and operating systems are up to date. Some emails may still get through your spam filters, here are a few tips for spotting suspect emails.



## Always check the links in emails before clicking

If you receive a legitimate looking email asking you to click a link, check the link first.

In Outlook, if you hover your mouse over the link it will show you the web address of the link.

Example: An email; from Australia post is asking to "Track your delivery" to check the delivery status of your postal item. After

hovering over the link I can see that is directing me to the correct site: <http://auspost.com.au/track/track.html> - If this was a scam email, when hovering I would notice the link is trying to take me to another website entirely.

## Check the reply address of emails before replying

Another common practice is something called "spoofing" this is where the person sending email makes the email appear as though it has come from a different address i.e.: someone you know or trust.

When replying to these emails the address in the To...: field usually changes to reflect the correct address. Make note of the address when you are replying to emails.

## Dealing with attachments

As a general rule if you do not know or trust the person sending the email do not open any attachments it contains. If you open a word or excel document attached to an email and it asks you to enable macros or has an attachment only containing a link or "click here to enable" *immediately close it*.

## Never give personal information

No major business will request credit card, account or password information in the form of an email.

Email traffic is not secure.

If you are unsure contact the company directly via the telephone and confirm their request.

## Check the content of the email

Most fraudulent emails will make spelling mistakes, have international contact numbers or foreign currencies included in the email content.

**Manager of Information Technology  
Michael Hanley and I.T Support Officer  
Robbie Smith wish everyone a Merry  
Christmas and prosperous New Year!**





# Kalypi Paaka Mirika Healing Program

MENINDEE WILCANNIA BROKEN HILL

## Helping Our Mob

Reconnect with Country  
Create Positive Change  
Community Bonding

Supporting  
Men's & Women's  
Issues

Trauma Grief  
Violence & Loss

**Group Sessions**

**Individual follow-ups**

**No Referral  
Needed**

Healing is a DEADLY CHOICE. Call Maari Ma on

**08 8082 9777**





**NATSIHWA**  
National Aboriginal and Torres Strait  
Islander Health Worker Association

## Peak Body in Broken Hill



The NATSIHWA team hosted a forum on the traditional lands of the Barkindji and Wilyakali (Broken Hill) people to present their newly shaped professional development and networking opportunities.

The peak body for Aboriginal and or Torres Strait Islander health workers and health practitioners in Australia came to Broken Hill recently for an information forum. Representatives from the National Aboriginal and Torres Strait Islander Health Worker Association (NATSIHWA) presented Maari Ma staff and others working in the community with an overview of the Association from its founding members to the current Board.

## PRACTICE MANAGER WORKSHOP

Maari Ma's Practice Manager, **Kendy Rogers** and Clinic Coordinator, **Lisa Kelly** were among 40 state-wide delegates to attend the 2019 Aboriginal Community Controlled Health Services Practice Manager Workshop in Sydney recently.



The theme was 'Self-care, Update, Share and Reform', and the day covered a wide range of topics. Kendy and Lisa found the workshop very helpful and had the chance to meet others in practice management.


The event wrapped up with an inspirational and motivational session facilitated by **Jeffrey Morgan**, CEO of The Lifestyle Program, helping participants to stress-less and develop coping mechanisms to support and look after themselves as part of 'self-care' and self 'check-in' to prevent workforce burnout. Kendy and Lisa are pictured with the group on the right hand side—Lisa is fourth on the right and Kendy is sixth.





## Our Dietitians Alina and Gina

With Christmas nearly here, now is a great time to help the kids make these healthy Christmas snacks and get more fruit into a daily diet.



Eating fruit regularly has many benefits to our health. Including fruit in our daily diet can help reduce risk of some chronic diseases including heart disease and some cancers as well as help us maintain a healthy weight.

### **Fruit contains:**



✓ **Vitamins** ✓ **Dietary fibre** ✓ **Natural sugars**

The natural sugars in fruit provide the sweet taste and give our bodies fuel to do our daily activities. Dietary fibre, found in the flesh and skin of fruits, keep us feeling fuller for longer and help us go to the toilet regularly. Vitamins are only needed in small amounts and help keep our body functioning at its best. Eating fruit daily can also help keep us hydrated as most fruit has a high-water content – this is very important around summertime when it is very hot, and we are sweating more!

There are many ways to eat fruit: canned, frozen, fresh, juiced or dried.

If you are buying canned fruit, opt for fruit with juice rather than syrup. Canned fruit with syrup is higher in sugar – a simple trick to reduce how much sugar you are having is to drain the juice or syrup and only eat the fruit flesh.

Fruit juice is also another way to consume fruit, but important parts of the fruit are often lost in the juicing process. Fruit juice is lower in dietary fibre (the part that keeps us feeling full and go to the toilet regularly) and can cause dental issues due to the acidity. If you are opting for fruit juice, we recommend choosing 100% fruit juice and drinking in smaller quantities – the recommended serving for fruit juice is 125mL which is about ½ a cup!



### **We recommend having 2 serves of fruit a day, which includes:**

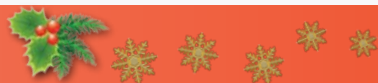
- ✓ 1 medium apple, banana, orange or pear
- ✓ 2 small apricots, kiwi fruits or plums
- ✓ 1 cup diced or canned fruit
- ✓ 4 dried apricot halves or 1 ½ tablespoons of sultanas (30g)
- ✓ 1 cup berries



### **Only 51% of adults in Australia eat enough fruit so here are some tips to eat more fruit:**

- ✓ Add fruit to your cereal in the morning
- ✓ Choose fruit as a snack
- ✓ Add fruit to yoghurt, ice cream or custard
- ✓ Buy frozen fruit as it lasts longer and is cheaper than fresh varieties

Happy holidays to everyone and see you in the New Year! If you have further questions or want to know more about healthy eating, contact Maari Ma Health and book in to see one of the dietitians.



# Christmas Recipes



## SNOWMAN

### INGREDIENTS:

- 1 medium banana
- 3 large grapes with the bottom sliced off on one side
- 1/4 of a carrot or pretzel sticks
- 1 tablespoon desiccated coconut
- 15 currents
- 3 bamboo skewers

### DIRECTIONS:

1. Cut the banana into 9 thick slices
2. Roll banana pieces in coconut (so looks like snow)
3. Wash and scrub the carrot (no need to peel)
4. Cut carrot into 3 small triangles for the noses and cut 6 long stick for arms (or use the pretzel sticks)
5. For each snowman, thread 3 slices of banana onto a skewer and top with a grape beanie
6. Attach carrot nose to top three banana pieces (as noses), carrot sticks (or pretzel sticks) for arms, press currents as eyes and buttons



# Christmas GRINCHES

### INGREDIENTS:

- 1 Banana, sliced thinly (need 10 pieces)
- 10 Grapes
- 10 Strawberries, top cut off
- 10 Mini marshmallows
- 10 toothpicks

### DIRECTIONS:

On each Toothpick-Thread (to resemble the Grinch's head in his red hat):

- 1 green grape
- 1 banana slice
- 1 strawberry (narrow end facing up)
- 1 mini marshmallow

Optional: Use an edible marker or gel decorating tube to draw little Grinch faces on the grapes!



# What's on...

## BE BOLD

### IPROWD (Redfern) EORA TAFENSW Campus 3<sup>rd</sup> February – 19<sup>th</sup> June 2020

Certificate III in Vocational and Study Pathways



Code	10586NAT
Duration	18 weeks
Cost	Fee Exemption for Eligible candidates apply
Location	Redfern

#### WHAT YOU CAN BE

The Indigenous Police Recruitment Our way Delivery Program (IPROWD) supports Aboriginal and/or Torres Strait Islander people to join the NSW Police Force or other Justice and Emergency Service Agencies.

#### Course outcomes include:

- Communication
- Information Technology
- Writing and Presenting Information
- Ethics and Workplace Responsibilities
- Aboriginal Studies
- An excursion to the NSW Police Academy, Goulburn, NSW.
- Support to reach the fitness levels required to meet the NSW Police Force Recruitment standards.
- Support with applications for Charles Sturt University, NSW Police Force or other Justice and Emergency Service Agencies.

#### Eligibility Criteria

- Be of Aboriginal and /or Torres Strait Islander descent, and to self-identify and be accepted or known by your community. *(Proof of Aboriginality/Torres Strait Islander may be requested)*
- Have no serious prior criminal history or serious driving offences. (All applicants must give approval for a basic Police screening to be conducted)
- Be a minimum age of 17 years 10 months at commencement of the course.
- Have or be able to obtain a NSW Driver's Licence.

#### READY TO BE BOLD?

Join our information session.

Date	10 <sup>th</sup> December 2019 / 21 <sup>st</sup> January 2020
Time	9am-4pm
Location	EORA TAFENSW Campus
Contact	Tammy Gordon – 02 9217 4890 <a href="mailto:tammy.gordon3@tafensw.edu.au">tammy.gordon3@tafensw.edu.au</a>
Address	333 Abercrombie Street, CHIPPENDALE
TAFENSW.EDU.AU/IPROWD	

RTO 90003. Terms and conditions may apply.  
Information is correct at time of printing: November 2018

OR APPLY TODAY AT  
[TAFENSW.EDU.AU/IPROWD](http://TAFENSW.EDU.AU/IPROWD)



TAFE NSW



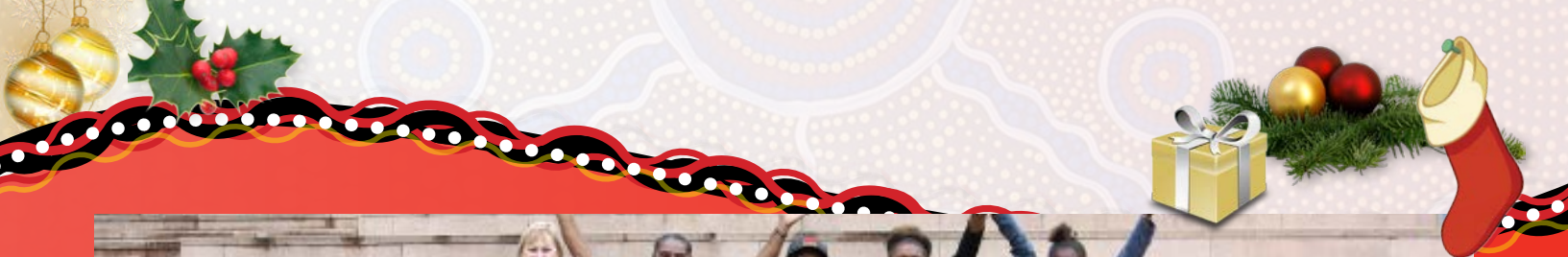
Charles Sturt  
University



[tafensw.edu.au](http://tafensw.edu.au)



131 601



## THINKING ABOUT ATTENDING HIGH SCHOOL OR TERTIARY STUDY AWAY FROM HOME?

### Enrol with AHL today

AHL provides a boarding residence for Indigenous students to access secondary education and tertiary studies in regional and city centres.

For secondary students this affordable accommodation assists students to attend high school and achieve their education goals, including their Year 12 Certificate.

Students study in a safe, comfortable environment with access to study assistance, sporting facilities and organised outings.

Students receive ABSTUDY living away from home allowance to help with the cost of secondary education hostel accommodation.

AHL also provides tertiary education accommodation for Indigenous students undertaking higher education and training — opening doors to degrees, diplomas and employment opportunities.

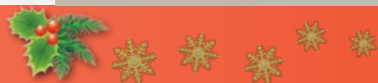
### For more information:

Visit [www.ahl.gov.au](http://www.ahl.gov.au) to download enrolment material

Contact hostels directly (see over for details)



**Australian Government**  
**Aboriginal Hostels Limited**



# TACKLING *Indigenous Smoking*

The TIS team would like to wish One and All Peace, Joy and Love over Christmas & New Year, and we're looking forward to continuing to help current and new clients in 2020.

Christmas can be a stressful time, to help avoid smoking over the festive season, TIS has prepared the following TIPS:

## ***If you have a craving to smoke***

- Use nicotine products (gums, lozenges, inhalers, mist) liberally
- Pre-empt a need to smoke by using the product—e.g. if you always feel like a cigarette when you wake up, then use the mouth spray (or gum, lozenge etc) when you are still in bed, or have it just after a meal, this helps avoid any cravings coming on.
- Do short (one minute) exercises, a walk around the house, push-ups on the floor; any form of short exercise will help with a craving.

## ***Some tips***

- Avoid other people's smoke, don't breathe it in.
- Drink less alcohol, ½ your usual amount, and one alcohol-free day per week.
- Drink less coffee and caffeinated beverages. Perhaps consider herbal alternatives as well.
- Christmas can be a stressful time for many of us. Pre-plan your Christmas time with extra NRT, relaxation, exercise and a support person/network.
- Lifeline is a 24-hour 7-day a week counselling service on **131114**. Talk about your feelings to help reduce the cravings that can occur during emotionally challenging times.
- Eat breakfast every day.



Maari Ma Health along with the Tackling Indigenous Smoking program have teamed up with Foodland in Beryl Street to bring you good nutrition and kick start a deadly lifestyle for you, your family and community.

Simply head to the Tackling-Indigenous-Smoking-at-Maari-Ma Facebook page. Like the post, tag a friend and share this opportunity. A winner will be announced each Thursday.

**Maari Ma and Foodland Staff ineligible to enter.**

**Join the Tackling-Indigenous-Smoking-at-Maari-Ma Facebook page today:**



<http://maarima.com.au/tis>





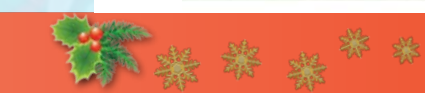
## **BROKEN HILL RUGBY LEAGUE**

# **BE PART OF SOMETHING NEW!**

**We are calling on all players, coaches  
and support crew to come together and  
help build a new rugby league team for  
our town.**

**Contact Diesel or Sean via the Silver City  
Rugby League Facebook page for more  
information.**

**Our game, our town, our team.**





**TAFE**NSW

**BE DEADLY**

## EORA CENTRE COMMUNITY DAY

11th DEC 10am-2pm  
+  
22nd JAN 10am-2pm

Live Music, BBQ, Course  
Information & College Tours

## ENROL NOW IN OUR 2020 COURSES

### ABORIGINAL CULTURAL ARTS

- Certificate III & IV Aboriginal and Torres Strait Islander Cultural Arts

### PHOTOGRAPHY

- Certificate IV in Photography and Photo Imaging

### MUSIC PERFORMANCE

- Certificate II, III & IV

### Hospitality and Events

- International Convention Centre (ICC) Sydney. Pre-employment program

### ABORIGINAL LANGUAGES

- Gamilaraay / Gomeroi / Kamilaroi

### MENTORING

- Certificate III Mentoring Aboriginal and Torres Strait Islander People

### IPROWD

- Indigenous Police Recruitment Our Way Delivery

### JOIN US

Date	11th Dec 2019 & 22nd Jan 2020
Time	10am-2pm
Location	TAFE NSW EORA CENTRE
Room	Theatre
Address	333 Abercrombie St, Chippendale



### BE CONNECTED



RTO 90003. Terms and conditions may apply.  
Information is correct at time of printing: July 2018

131 601 [courses.tafensw.edu.au](https://courses.tafensw.edu.au)

# Maari Ma Welcomes...



My name is **Briony Callaghan** and I have recently commenced in the position of HIPPY Coordinator at Maari Ma.

I will be working alongside the HIPPY Tutors as well as all those involved within the Early Years Team. I feel very fortunate to be given the opportunity to be a part of the Maari Ma team and look forward to meeting and connecting with our young children and their families. I have just completed HIPPY training and look forward to empowering parents and carers to be their child's first teacher through a productive and fun filled early childhood learning and parenting program.

## MUMS & BUBS!



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

Our congratulations to mum **Tiana Read**, and dad, **Dylan Capper**, who have welcomed baby **Hunter Capper**, born on 9/11/2019.

Tiana was looked after by AMIHS Midwife **Tiffany Cattermole**, Midwife **Toni Bahler** and AHP **Bronwyn Johnson**.



*Baby Hunter*



## 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 CTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

# MAARI MA Cycle of Care

## 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.

## 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 a 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

**439-443 Argent Street,  
Broken Hill, NSW 2880**  
Phone: 08 8082 9777 Fax: 08 8082 9778  
Web: [www.maarima.com.au](http://www.maarima.com.au)



**Kaylene Kemp**  
Executive Manager  
PHCS



**Kendy Rogers**  
Service Manager:  
PHCS