



WHAT'S ON IN 2018?



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FEBRUARY

Smart Eating Week (previously Healthy Eating Week)

Australia's Smart Eating Week will be held from the 12th of February until the 18th of February this year. Smart eating is a means to good nutrition, but because we're all different, 'smart eating' will mean different things to different people, and how we go about achieving it will be different too.

World Cancer Day

World Cancer Day is held on the 4th of February and the tag line is "We can. I can". This campaign explores how everyone can do their part to reduce the global burden of cancer.

MARCH

Close the Gap Day

Thursday the 15th of March marks Close the Gap Day. Close the Gap is a campaign for Indigenous health equality. The campaign's goal is to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians by 2030.

MAY

World No Tobacco Day

World No Tobacco Day is on the 31st of May every year. This day is about raising awareness of the effects of tobacco on smokers and their families. It also focuses on the benefits of quitting.

JULY

NAIDOC Week

NAIDOC Week is held in the first full week of July every year. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

White Ribbon Night

White Ribbon Night falls on the last Friday of July. Maari Ma Health is now a White Ribbon accredited organisation and it is our job to raise awareness about domestic violence in our community, and what we as individuals and as an organisation can do to help.

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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/

WHAT'S ON IN 2018? *continued*

AUGUST

Dental Health Week

Dental Health Week, which takes place in the first full week of August, is an annual oral health promotion event. Its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

SEPTEMBER

Women's Health Week

The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. Women's Health Week is the time for women to put themselves first, for just one week, and start making positive changes that can last a lifetime.

R U OK? Day

R U OK?'s vision is a world where we're all connected and are protected from suicide. The mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

OCTOBER

National Nutrition Week

National Nutrition Week will be from the 14th of October until the 20th of October this year. Each year a theme is set by Nutrition Australia to help teach us about healthy foods. Watch this space!

Mental Health Month

October is also Mental Health Month and a theme is chosen every year to help us take note of our mental health and how we feel about life. Our Mental Health Team at Maari Ma hosts activities and provides information to the community to raise awareness about the importance of our mental health.

NSW Children's Week.

Children's Week will be from the 20th of October until the 28th of October this year. Children's Week celebrates the right of children to enjoy childhood. A number of activities for children and families will be held during this week.

NOVEMBER

Postnatal Depression and Anxiety Awareness Week

Perinatal Depression & Anxiety Awareness Week (12-18 November) is a campaign to encourage conversations about a serious and common illness. We invite everyone who is passionate about raising awareness about perinatal anxiety and depression to join our campaign to shine a light on an illness that affects around 100,000 families across Australia every year and can even put lives at risk.

World COPD Day

World COPD Day will be held on the 14th of November this year. The aim of this day is to raise awareness about Chronic Obstructive Pulmonary Disease.

White Ribbon Day

White Ribbon Day is on November the 25th. This day is also the International Day of the Elimination of Violence against Women. We ask you to join us in raising awareness about the issue of domestic violence.



What's On?

World Cancer Day

4th of February

Smart Eating Week

12th–18th of February

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 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/>



NEW BUBS!

Maari Ma would like to welcome five new bubs into the community this month!

Baby Oakie King was born on the 25th of November last year, weighing in at 3004 grams with a length of 50cm. Congratulations to parents **Nikita Ebsworth** and **Jay King**. Nikita was looked after by Community Midwife, **Robyn Harris** and the AMIHS team.



Baby Oakie



Baby Caleb

Baby Caleb Chaplain was welcomed into the world on the 11th of December last year. Baby Caleb weighed 4175 grams on arrival with a length of 53cm. Congratulations to mum, **Sammy Jo Lavers** and family. Community Midwife, **Robyn Harris** and the AMIHS team delivered Sammy Jo's antenatal care.

Congratulations to **Alice Russell** and family on the safe arrival of baby Thomas. Thomas was born on the 18th of January, weighing in at 2995 grams. Alice was looked after by Community Midwife, **Robyn Harris** and Maari Ma's AMIHS team.

Congratulations to **Dr Shapla Mahmud** who had her baby girl Manha on the 13th of December last year. Manha weighed in at 3140 grams with a length of 51cm. We wish her and her family all the best. Dr Shapla received her antenatal care from Community Midwife, **Helen Freeman** and the AMIHS team.



Mamun with his new baby girl Manha



Baby Christie-Lee

Congratulations to **Lawana Stanley** and **Rory Weribone** on the safe arrival of baby Christie-Lee. Christie-Lee was born on the 10th of January, weighing in at 2250 grams. Lawana received her antenatal care from Community Midwife, **Robyn Harris** and was supported by Maari Ma's AMIHS team.



Baby Thomas



Happy
Valentine's
Day

February the 14th is Valentine's Day.

Valentine's Day is a day all about love. Even if you don't have a partner, make an effort to spend some time with a loved one - whether it is a family member or a friend.

PLAYGROUP CHRISTMAS PARTY

Maari Ma's Playgroup held their Christmas party at Sturt Park on Friday the 8th December.

Almost 90 children and their families attended the party on what was a perfect day – the weather, the food, the people and Santa of course! Santa arrived with the support of the local NSW Fire and Rescue Brigade and brought many gifts with him.

There were lots of smiles and excitement from most of the children with some still getting used to the jolly man. It was a great day to wrap up the year and the Early Years team is looking forward to seeing everyone in 2018!



HIPPY Graduation

The HIPPY Graduation was held on Wednesday the 13th of December at the Central Football Club.

The HIPPY Program is a 2 year program and 20 awesome children graduated from the HIPPY program last year.

Each child was able to have their parents, siblings and 2 other family members attend the graduation.

The kids and their parents were presented with a certificate and a photo frame. All of the kids also received 2 sets of books as a graduation gift.

It was a great celebration that included a delicious roast dinner and a photographer who took lots of photos!

Terina King and **Cyndal Bennett** have now completed their two years as HIPPY Home Tutors. Both Terina and Cyndal have done a wonderful job in their role and the success of the graduation was a huge credit to them both. Maari Ma wishes you all the best for the future!



Playgroup & Playgroup Cooking Group

Playgroup commences on Friday the 9th of February and cooking group starts on Thursday the 8th of February. Hope to see you there!

TACKLING INDIGENOUS SMOKING (TIS)

ART CLASSES

Maari Ma's TIS team is offering art classes to community members again this year. The first art class for the year was held on the 16th of January at the Broken Hill Regional Art Gallery. The activity for this class was jewellery making which was supported by Aboriginal Health Worker, **Sam Hooker**. Thank you to everyone who attended this class!

Art classes will be held monthly and a different activity is planned for each month. Next month's class is on the 6th of March from 11am-2pm and the activity is Lino Printing. Transport and lunch will be provided.

If you are interested in attending our classes, please call 8082 9777.

YARNING GROUP

The Yarning Group will also be offered again this year as part of the TIS program. The Yarning Group is a non-judgemental support group for smokers, ex-smokers and non-smokers. It is run for the community and by the community.

We encourage you to come along and share your journey and experiences with other community members. Members of the Tackling Indigenous Smoking team support the group and are there to listen and answer any questions you may have.

The Yarning Group is held monthly and the next group will be held on Wednesday the 21st of February from 12pm-1pm at the Primary Health Care Service. Transport and lunch will be provided. If you would like to come along or have any questions, please call **8082 9777**.

Be a part of our quit smoking support group run by the community, for the community.

WHERE: COMMUNITY KITCHEN @ MAARI MA PRIMARY HEALTH SERVICE

WHEN:

21ST FEBRUARY, 21ST MARCH, 18TH APRIL, 16TH MAY

EX-SMOKERS, SMOKERS, NON-SMOKERS - ALL WELCOME!

Maari Ma's Smoke Free Homes & Cars Project is now in its second year. 16 families in the community have signed up to this project and 9 families have completed the project so far.

Smoke Free Homes & Cars is about monitoring the carbon monoxide (CO) levels in your home and car. CO is present in cigarette smoke and can accumulate in the home or car. Incentives and information are provided as part of this project which goes for around 8 weeks.

If you are interested to see what your CO levels are at home, please call 8082 9777 and ask to speak to **Jessica, Project Officer—Smoke Free Homes & Cars**.

Did you know that smoking in or around your home or car can affect your family and friends? Do you want to be part of Maari Ma's new Smoke Free Homes & Cars project?

Introducing...
SMOKE FREE HOMES & CARS

ALINTA'S QUIT STORY

Alinta Edge is a Dieri woman and was born and raised in Broken Hill. Alinta works for the Kalypsi Paaki Mirika Program at Maari Ma and is a mum to 5 amazing kids.

Growing up, Alinta lived with her mum and spent most of her time with her nan and aunty. Although her mum never smoked, her nan and aunty did. Alinta would steal her aunty's ciggies and smoke some and sell the rest. She started smoking when she was in Year 9 as all her friends and everyone else around her were doing it too. It was easier and cheaper to buy smokes back then, so Alinta would use some of her pocket money to buy 20 packs.

After about 4 years of smoking, at the age of 16 years Alinta knew that she was addicted to cigarettes. She tried to quit a few times using the patches and the tablets, but relapsed. However, 5 years ago she decided to go cold turkey and has never looked back since, and that's why Alinta, you are our hero! Different methods work for different people trying to quit smoking—NRT, Champix, Champix and NRT, Zyban, Zyban and NRT, cold turkey... the list is long! If you have tried one method and it hasn't worked, don't give up—try something else! You can seek all the information and support from Maari Ma's Smokers Program.

Going cold turkey wasn't easy. Alinta had to avoid anyone who smoked and every trigger that could make her smoke until she was absolutely sure she wouldn't smoke. Alinta also stopped drinking coffee and alcohol for that period.

Alinta had witnessed her nan suffer because of emphysema and did not want to go through the same thing. Her other reason to quit are her kids as she wants to be around for them. They are now trying to get Alinta's aunt to quit too. The kids are always telling her aunt, 'mum doesn't smoke, you shouldn't too.' What is your reason to quit?



Alinta's message to all young mums in the community, 'Smoking isn't everything, your kids are. Stick around for the kids, not the smokes. It's too expensive and you can save so much from not smoking.'

Alinta's top tip for those trying to quit:

'Know what your triggers are and try to stay away from them. Fight the habit! Stop drinking that cuppa till you know you won't smoke while drinking one next time.'

School Terms & Contacts

Term 1 – Monday 5th February – Friday 13th April
(check with your school)

Term 2 – Monday 30th April – Friday 6th July

Term 3 – Monday 23rd July – Friday 28th September

Term 4 – Monday 15th October – Friday 21st September

Alma Public School - (08) 8088 2181

Burke Ward Public School - (08) 8087 5073

Railway Town Public School - (08) 8087 3008

Morgan Street Public School - (08) 8087 5155

Broken Hill North Public School - (08) 8088 2098

Sacred Heart Parish Primary School - (08) 8088 5777

Willyama High School - (08) 8088 1055

Broken Hill High School - (08) 8088 1522

ACTIVE KIDS REBATE

The NSW Government is helping kids get active with the new Active Kids program.

From the 31st of January, parents, guardians and carers can apply for a \$100 voucher per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, give your voucher details to an approved Active Kids Provider. Providers in Broken Hill are as follows:



3rd Broken Hill Scout Group
 Central Broken Hill Football Club
 North Broken Hill Football Club
 South Broken Hill Football Club
 West Broken Hill Football Club
 Broken Hill Central Auskick Centre
 Broken Hill North Auskick Centre
 Broken Hill South Auskick Centre
 Broken Hill West Auskick Centre
 Ramsgate Rams RSL JAFC

South Cricket Club
 Railway Town Public School
 Central Broken Hill Cricket Club
 North Broken Hill Cricket Club
 Broken Hill Primary Cricket Association
 Warriors Cricket Club
 West Broken Hill Cricket Club
 Broken Hill YMCA

The program runs year-round, so kids can get active at any time!

You can download vouchers from <https://sport.nsw.gov.au/sectordevelopment/activekids>

...or pop into the Broken Hill Service NSW Centre.

STAFF UPDATE

At the end of last we farewelled Practice Nurse, **Eileen Adam**. Eileen will be heading back to Invercargill and we would like to wish her all the best and thank her for her hard work.

Over the last couple of months Maari Ma has welcomed a number of new staff members. We would like to welcome **Ross Morris** who joined us as Transport Officer last year.

Jacki Honan started with us in December as a Practice Nurse. Welcome Jacki!

Maari Ma would like to welcome Practice Nurse, **Claire Williams**, who has started the new year with us. Claire has been in Broken Hill for just over a year working first for Southern Cross Care and then the GP Super Clinic.

Katy Wedderburn started with us recently as the new Youth Health Nurse. Our current Youth Health Nurse, **Kendall** will moving into the Healthy Start team to focus on women's health and sexual health. All the best Katy!



Eileen's farewell



Claire Williams



Katy Wedderburn



Ross Morris

2018 LEGAL AID CIVIL LAW CLINICS

BROKEN HILL & WILCANNIA



	Broken Hill Lifeline 194 Argent Street T. 08 8087 7525 2:00pm to 5:00pm	Wilcannia Men's Shed M. 0416 885 303 10.00am to 2:00pm	Broken Hill Aboriginal Legal Service 35 Sulphide Street T. 08 8087 3233 10:00am to 1:00pm
Month	Tuesday	Wednesday	Thursday
January	16	17	18
February	13	14	15
March	13	14	15
April	10	11	12
May	8	9	10
June	12	13	14
July	10	11	12
August	14	15	16
September	11	12	13
October	9	10	11
November	13	14	15
December	11	12	13

CONTACT MUKESH MAHAJAN
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WORLD CANCER DAY

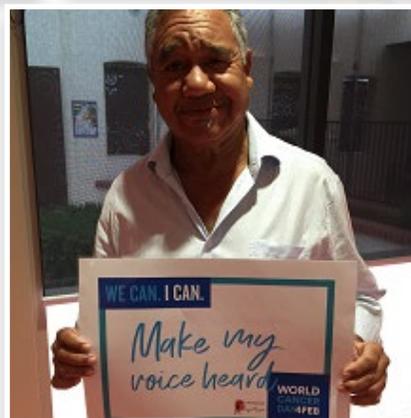
World Cancer Day is observed on the 4th of February. This day aims to unite the world's population in the fight against cancer. It aims to raise awareness about the disease as around 8.2 million people in the world die from cancer every year.

The theme for this year was "We Can. I Can" and Maari Ma's Tackling Indigenous Smoking (TIS) team decided to run a social media campaign on Friday the 2nd of February which encouraged community members to have a photo holding a message of their choice. Maari Ma clients were also offered a cancer quiz which asked them questions about their health and lifestyle. Carbon monoxide screening was offered with the Smokerlyzer and plenty of information was available. A healthy morning tea of yoghurt, fruit and granola cups were offered to clients and staff.

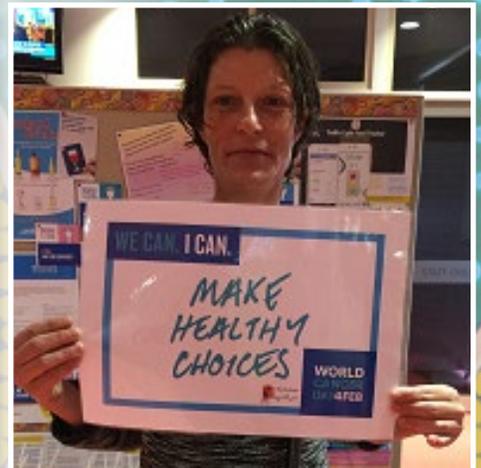
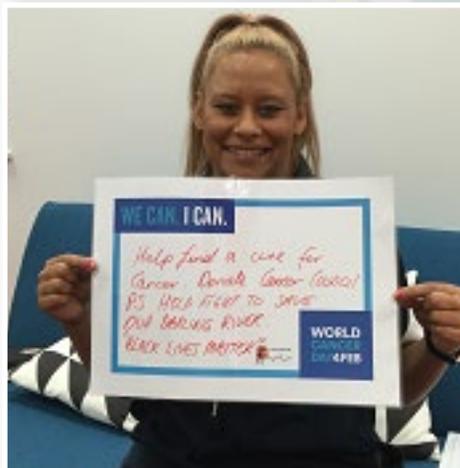
Thank you to everyone who participated on the day!



WORLD CANCER DAY



WORLD CANCER DAY





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.



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

Follow-up care

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

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.

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



Kaylene Kemp
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS

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