



Maari Ma Health Aboriginal Corporation

Community Newsletter



What do our
mobs do at

PLAY GROUP?

Talk Sing
& Play!

Make New
Friends!

Play
outside!

Eat
Healthy

Yarn Up!

Story Time!

Get a New BOOK
Each Fortnight!



In this issue:

- 2 **Healthy Start Playgroup**
- 3 **2020 Young Australian of the Year Award, The Medal Of The Order Of Australia Winners**
- 4 **HEYWIRE WINNER Jade Cicak**
- 5 **Aboriginal Legal Service Advice Days, Transport NSW update**
- 6 **Tackling Indigenous Smoking**
- 7 **Allied Health for Speech and Occupational Therapy, Staff News**
- 8 **Dietitians Alina and Gina, Muesli Bar Recipe**
- 9-10 **Mums and Bubs, Dental Team**
- 11 **Maari Ma Cycle of Care**

February will see Maari Ma's Healthy Start Playgroup recommence for the first time in 2020.

As the children who graduated in 2019 move on to "big" school Maari Ma's Playgroup team is excited to welcome new families with children between 0-5 years to come and play while learning and preparing their children for school.

Playgroup is held at 428 Argent St - the building across from Hungry Jacks, each Friday from 10am to 1pm. Morning tea and lunch are provided by the weekly Cooking Group.

Come along and have some fun. All Mums, Dads, Aunties, Uncles & Elders are welcome to stay and play.

Transport is available, please contact 8082 9888 or 0400636063.

The Playgroup Team is also in Menindee every second Thursday for the Little Kids and Books Program.

Call Maari Ma for more information.



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/

the **PLAY GROUP** team!



What's On?

Aboriginal Legal Service Advice Day

20th March

Healthy Food at Playgroup: Cooking Group

Thursdays 10:30am—12:30pm at the Maari Ma Child and Family Kitchen (Not on during school holidays)

Playgroup

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

Dietitians - After School Cooking

Thursdays 3:30pm—4:30pm

Active Kids

Tuesdays 3:30pm - 4:30pm

HEALTHY FOOD AT PLAYGROUP

Morning tea & lunch is provided by our weekly cooking group. Everyone sits and eats lunch together to help our little kids learn routines for preschool.



Cooking group is every Thursday (school terms) at the Maari Ma Child & Family Kitchen from 10:30am to 12:30pm. Transport is available - call Maari Ma on:

8082 9888 or 0400 636 063

LITTLE KIDS LEARN BY PLAYING WITH THEIR FAMILY AT PLAY GROUP



Young Australian of the Year Award

Congratulations to proud Ngaragu woman Ash Barty from Ipswich, Queensland on receiving the 2020 Young Australian of the Year Award.

The former cricketer and teen tennis champion is ranked the world's number one singles tennis player by the Women's Tennis Association (WTA). Ash is the first Australian woman since Evonne Goolgong Cawley to hold tennis's number one ranking.

Chair of the National Australia Day Council and fellow sports person, **Danielle Roche** OAM congratulated Ash on her achievements.

"Ash Barty is the world's No.1 tennis player, a champion athlete and an extraordinary young woman doing our nation proud. Her achievements are inspiring young Australians to follow their dreams."

2002 Young Australian of the Year and fellow professional tennis player **Pat Rafter** presented Ash with the award in Melbourne where she continues her Australian Open campaign.

Congratulations Ash and good luck your Australian Open campaign.



THE MEDAL OF THE ORDER OF AUSTRALIA (OAM) WINNERS:

John Pickup OAM

For service to the community as a regional radio broadcaster.

Broadcast Media - Radio:

Inaugural Manager and involved with establishment, Radio 4CRM Mackay, 1993-2005.

Manager, ABC Radio and Television Darwin, 1980-1981.

Manager, ABC Radio Broken Hill, 1962-1989.

Manager, ABC Radio Mackay, 1989-1992.

Radio Broadcaster, ABC Radio, 1950-1992.

Art:

Member, Brushmen of the Bush (other members include Pro Hart and Jack Absolom), 1973-1989.

Ballooning:

Former Volunteer Commentator and Announcer, annual Canberra Balloon Spectacular.

Former Owner and Pilot, 'Don Quixote' hot air balloon.

Sandra Clark OAM

For service to Indigenous education and to the community.

Aboriginal Education Consultative Group (AECG):

Chair, current.

Facilitator, Junior AECG, Alma Public School, Broken Hill, current.

Chair, Community Working Party, 2009-2010.

Founding Member.

Education:

Teacher, Alma Public School, Since 2005, and Aboriginal Education Officer, 1994-2003.

Aboriginal Student Liaison Officer, Student Welfare Staffing Area, Department of Education, 2003-2006.

Aboriginal Student Liaison Officer, Broken Hill District, 2003.

Aboriginal Education Officer, Various Locations, 1988-1989.

Community:

Member, Aboriginal Lands Council, since 1994.

Member, Maari Ma Aboriginal Health Corporation, since 1995.

President, Geebung's Rugby League Club, 2009-2016.

Volunteer, Junior Rugby League, Outback Rugby League, 2009-2019.

Awards and recognition includes:

Volunteer of the Year, Outback Rugby League, 2012.

John Lynch OAM

For service to the community through emergency response organisations.

Royal Flying Doctor Service:

Chief Executive, Central Operations, 2000-2018.

Finance Manager, Adelaide, 1991-2000.

Finance and Administration Manager, Broken Hill Air Base, 1986-1991.

Involved in the negotiation to launch the Aero Medical Precinct for the State of South Australia at Adelaide Airport.

WATER IS PART OF OUR CULTURE, BUT WITHOUT IT, OUR CULTURE IS FADING

For more than 40,000 years my ancestors have lived along the banks of the Baaka River.

An abundance of knowledge and culture have passed down through the water.

As a young Barkindji girl my family and I would swim in the shade of the gum trees as white cockatoos and kookaburras filled the sky.

My dad and uncles would hunt some food — fish from the river or maybe a roo.

In among the river sand, a campfire would light up my great-grandmother's face.

She taught me to paint the patterns of the river. The symbols and shapes were taught to her by her grandmothers before me.

We have stayed strong through art and stories based on the river.

After a nice feed, we gathered around the fire and looked up at the stars, sharing stories.

I didn't know how precious those days were hanging out by the river.

I wish I could swim there again.

I'll never forget the day I saw millions of dead fish floating, and then the dead animals laying in the dry sandbanks as they had searched for the last few drops of remaining water.

I cried and cried.

Today I look at my baby brother, who is 5 years old, and he has nowhere to swim!

Water is part of our culture, but without it, our culture is fading.



Heywire winner Jade Cicak, Menindee, NSW

White fellas call this the Darling River, and right now it's dying!

Families don't hang out by the river anymore — it stinks of death and there's no more bush tucker around.

My elders say they had many droughts, but they always had water.

As an escape I make art.

I make art about when the river was full, and when our culture was strong.

Five generations of women have made art to stay connected.

My great-great-grandmother carved emu eggs.

My great-grandmother carved wood.

Nana Bonny draws, paints, and makes art out of just about anything.

My mum makes jewelry out of feathers, echidna spikes, and quandong seeds.

And I make art about the Baaka River.

Through art, the river lives on in our hearts, and it will continue to live on in our culture.

One day, hopefully it will run again.

If you have any questions or need any help with legal issues come in and have a chat.

Aboriginal Legal Service help with the following issues:

AVO's,
License disqualifications,
Police complaints, and
Criminal charges.



Free for the community – Just talk to Tomas, Brigitte or Serena and make an appointment on one of the below days between 9 – 4pm.

March 20th	August 21st
April 24th	September 25th
May 22nd	October 23rd
June 19th	November 20th
July 24th	December 18th

We will also have a simple *Free* sausage sizzle on the day between 1-2pm for anyone around! So feel free to come and have a chat and some food – meet the guys in the office!

Aboriginal Legal Service (NSW/ACT) Limited - Broken Hill P: (08) 8084 2300
35 Sulphide St, Broken Hill NSW 2880

NSW cycling laws at a glance:

- Drivers must leave one-metre gap when passing a cyclist at 60kph or less.
- Drivers must leave 1.5 metres when passing a cyclist and the speed is more than 60kph.
- Drivers are allowed to straddle the centre line to pass a cyclist if they have a clear view of the road ahead and it is safe to do so.

The penalty for drivers not allowing the minimum distance is a \$319 fine and two demerit points.

Bicycle riders aged over 18 must carry photo ID from March 1, 2017.

From March 1, 2017, riders will be fined \$106 if they do not have photo ID on them when stopped for breaking road rules.

Increased penalties are in place for cyclists who do not wear a helmet, run a red light, ride dangerously, hold on to a moving vehicle, do not stop at pedestrian crossings.

Cyclists are advised they should allow one metre of space from pedestrians on shared paths.

Cyclists must carry photo ID

All bicycle riders aged 18 and over will be required to carry photo identification.

Cyclists who are suspected of committing an offence can be requested by a New South Wales police officer to show ID.

Riders have 12 months to “adjust to the new law”, according to Transport for NSW.

Photo ID includes a current Australian or international driver's licence, NSW Photo Card, a passport, or a photo of the ID on a mobile phone or electronic device.

The new law was at the centre of protests outside State Parliament in February 2016 when cycling advocacy groups delivered a petition with 10,000 signatures calling on the Government to scrap the new law.

Fines for cyclists

- Riding without a bicycle helmet: \$319
- Riding through a red traffic light: \$425
- Riding furiously, recklessly or negligently: \$425
- Not stopping at pedestrian crossing: \$425
- Riding a bicycle that is being towed by a motor vehicle: \$319



TACKLING

Indigenous Smoking

★ 20-30 MINUTES

Blood pressure and pulse drop. Hands and feet start to warm up.

★ 8 HOURS

Carbon monoxide in your blood drops while oxygen increases.

★ 48 HOURS

Senses of taste and smell improve.

★ 72 HOURS

Bronchial tubes relax.

★ 2 WEEKS to 3 MONTHS

Circulation, lung function and stamina improve.

★ 1 to 9 MONTHS

Coughing and sinus congestion decreases. Lungs are better able to clear mucus, keep clean and reduce infection. Overall energy increases.

★ 1 YEAR

Risk of heart disease drops to half that of a smoker.

★ 5 YEARS

Risk of stroke is the same as a non-smoker. Risks of cancer of the mouth, throat, esophagus and bladder are cut in half. Risk of cervical cancer is the same as a non-smoker.

★ 10 YEARS

Lung cancer risk is half of that of a smoker. Risk of pancreatic cancer is roughly the same as a non-smoker.

How quitting smoking changes your body



15 YEARS ★

Risk of heart disease is similar to that of a non-smoker. Risk of death is nearly the same as a non-smoker.



Maari Ma's Allied Health for Speech and Occupational Therapy

Maari Ma's Allied Health for Speech and Occupational Therapy have received 180 referrals for therapy provision with children, 20 of these are for children in Wilcannia.

95 referrals are for Speech Therapy and 80 are for Occupational therapy.

Currently our oldest client is 16 years but most of the children referred are receiving early intervention. Delivery of services are provided at home, in educational environments and at Maari Ma.

At Maari Ma we are very fortunate to have 2 dedicated Aboriginal Allied Health Assistants and the Allied Health Team provide an exceptional best practice service from a clinical and cultural perspective.



Marsha Files, Erin Vale, Mark Coulter, Mele Tuipulotu, Sandy Gray

MAARI MA Staff News Farewell

Healthy Start Child and Family Health Nurse, **Carol Doyle** last day was Friday 29th November.

Carol worked for Maari Ma for seven years seeing Broken Hill clients and also went out to Wilcannia occasionally. Carol contributed to the Child and Family Health program and Playgroup on Friday mornings. Carol completed the Family Planning course with Sydney Sexual Health Service in July 2019. Carol has now taken a position at the RFDS in child and family health services and we wish her all the best.



Carol is pictured centre at a Healthy Start training day some time ago.

We are looking to employ another child and family health nurse in the New Year and in the meantime Healthy Start Manager, **Helen Freeman** will be filling in on some of the clinics.


Our Dietitians, Alina and Gina

It's hard to find healthy school snacks and store bought snacks have a lot of additives and extra sugar. Below is a home made recipe for Muesli Bar slice which are great for school lunch boxes.



MUESLI BAR SLICE

INGREDIENTS

- 
- 125g butter
 - ¼ cup golden syrup
 - 1 cup Uncle Toby's Rolled Oats (not instant)
 - ½ cup sultanas
 - ½ cup sweetened dried cranberries
 - ½ cup diced dried apricot or dried apple, diced
 - ½ cup self-raising flour
 - ½ brown sugar
 - 3 tbs pepitas, optional
 - 1 tbs sesame or chia seeds, optional



METHOD

1. Preheat oven to 180°C. Grease and line a 20cm x 30cm slice tray with baking paper.
2. Combine the butter and syrup in a small saucepan over low heat and cook, stirring, until the butter has melted.
3. Place the oats, sultanas, cranberries, apricots or apple (and the pepitas and sesame seeds if using), flour and sugar in a large mixing bowl and stir to combine.
4. Add the butter and syrup mixture to the oat mixture and combine. Press into the base of your prepared slice tin. A silicone spatula won't stick and makes it easy to push the mix into the corners of the tin.
5. Bake for 20 to 25 minutes or until golden. Allow the slice to cool in the tin completely before cutting it into slices to serve.

Makes 14 large muesli bar slices. If you're feeling enthusiastic, make a double batch, slice, wrap individually in Gladwrap and freeze. Too easy!



MUMS & BUBS!



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

Congratulations to mum **Eileena Smith** and dad **Jason Fisher**, who welcomed baby **Jakye Dennis Jeremy James Fisher-Smith**, born on 19/01/2020, weighing 3945g and measuring 54cm.

Eileena was looked after by Community Midwives **Tiffany Cattermole**, **Toni Bahler** and AHP **Bronwyn Johnson**.



Mum and Baby Jakye Dennis Jeremy James



Baby Alfie



Our congratulations also to mum **Renay Bates** and dad **Michael McKellar**, for the birth of baby **Alfie McKellar**, born on 04/01/2020, weighing 4330g and measuring 52cm.

Renay was looked after by Community Midwives **Tiffany Cattermole**, **Toni Bahler** and AHP **Bronwyn Johnson**.



Baby Donna

Congratulations to mum **Chevy Kemp** and dad **Shane Johnson** for the arrival of baby **Donna Johnson** on 10/12/2019. Baby Donna weighed 3730g and mum was looked after by Community Midwives **Tiffany Cattermole**, **Toni Bahler** & AHP **Bronwyn Johnson**.

MUMS & BUBS! *continued*



Congratulations to mum **Amie Regnier** and dad **Bilyara Bates** for the birth of baby **Baaka Brian Bates** born on 16/01/2020, weighing 3225g and measuring 50cm. Amie was looked after by Community Midwives **Tiffany Cattermole**, **Toni Bahler** and AHP **Bronwyn Johnson**.



Baby Baaka and family



Baby Bentley

Our congratulations also to mum **Haylee Gard** and dad **Cohen Bates**, for the arrival of baby **Bentley Bates**, born on 02/12/2019, weighing 3040g and measuring 50cm.

Haylee was looked after by Community Midwives **Tiffany Cattermole**, **Toni Bahler** and AHP **Bronwyn Johnson**.



Maari Ma's Dental Therapy team is commencing screening in the Broken Hill, Menindee and Wilcannia area. Dental therapists examine and treat teeth in pre-school, primary and high school children. Call Maari Ma to book your child an appointment.

Your baby's first dentist visit

Generally-speaking, it's time for your baby to see the dentist for the first time when their first tooth becomes visible or when they reach 12 months of age – whichever comes first. While you might think it's not necessary to book an appointment until your baby has a full set of teeth, which usually takes place by the age of 3, the earlier your child visits the dentist the better. Usually, your child's first visit to the dentist will involve the taking of their full medical history, and possible discussions about:

- Teething
- Brushing techniques
- Bite (how your children's teeth come together)
- Habits such as thumb sucking
- The risk of decay and how to prevent it
- Prevention of traumatic injury to your child's mouth
- Nutritional advice

MAARI MA Cycle of Care

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.

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.

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 dietitians, 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

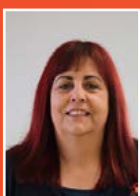
Occasional services

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



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS