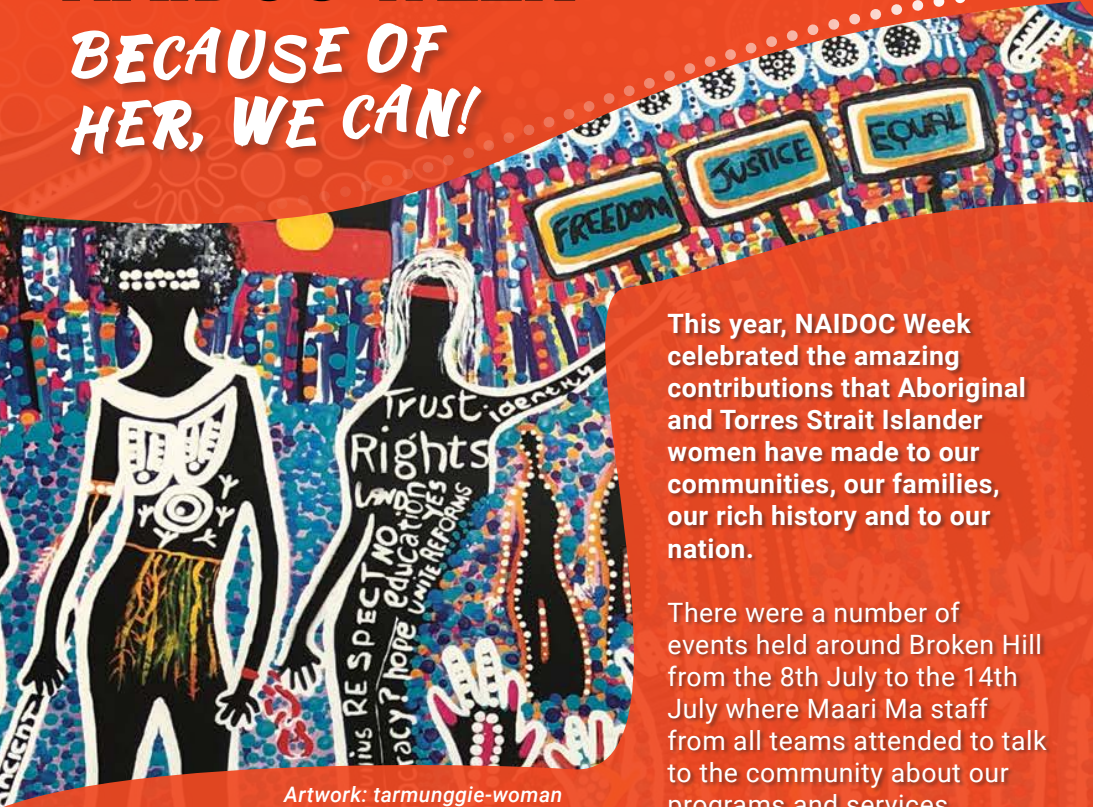


NAIDOC WEEK

BECAUSE OF
HER, WE CAN!



Artwork: tarmungjie-woman
Artist: Cheryl Moggs

This year, NAIDOC Week celebrated the amazing contributions that Aboriginal and Torres Strait Islander women have made to our communities, our families, our rich history and to our nation.

There were a number of events held around Broken Hill from the 8th July to the 14th July where Maari Ma staff from all teams attended to talk to the community about our programs and services.

It was a busy week of celebrations with free cinema events, our flag raising ceremony, sausage sizzles, a women's Q&A panel, a great breakfast, library craft and story time, Neami lunch, the PCYC Disco, and the Indigenous Round AFL at the Jubilee Oval.

Maari Ma would like to thank all of our staff who participated in each event this year, and all the people who came out to enjoy and celebrate NAIDOC 2018!

HR Awards Finalist!

Maari Ma has been selected as a finalist in the 2018 Australian HR Awards out of hundreds of nominations from all over Australia!

The Awards recognise and highlight the outstanding achievements of those at the forefront of industry best practice and leadership.

The winners will be announced at the awards ceremony to be held at The Star Sydney on Friday 7 September, 2018.



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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/

NEW BUBS!



What's On?

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

A huge congratulations to Mum, **Kerrieann James**, and Dad, **Robert Miller** for the birth of **Skylah James** on the 26th of July, 2018. Skylah is baby sister to **Takiyah**, **Indiyannah** and **Jaidah**.

We wish bubs and family all the best!



Baby Skylah

IMPORTANT NUTRIENTS FOR PREGNANT WOMEN

A pregnant woman should eat a range of foods to get all the nutrients and minerals that are important for a growing baby, including:



FOLATE

Folate helps to prevent birth defects. It can be found in green leafy vegetables, baked beans, some breakfast cereals, oranges, strawberries and bananas. Folate tablets are recommended if you are thinking of getting pregnant and for the first three months of pregnancy.

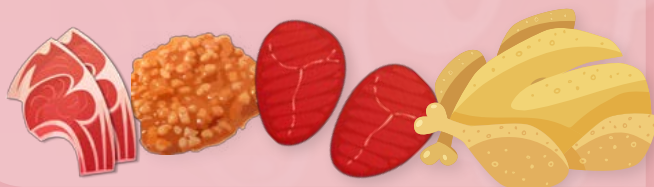
To find out the latest about what's on, please be sure to regularly check our facebook page:



<https://www.facebook.com/maarimahealth/>

IRON

Iron – is needed to make extra blood for both mother and baby. You can get iron from lean meat, kangaroo, chicken and baked beans. You may also need to take iron tablets while you are pregnant (ask your doctor).



IODINE

Iodine – is important for the baby's brain development. You can get iodine from eggs, meat, bread, dairy and fish. If you use salt, the best choice is iodised salt.



July Events

There was a wide range of events held in July for Aboriginal arts, health and culture. Here are just some of the ways that our community came together to celebrate or raise awareness about important issues:



GO DRY IN JULY!

Having a month off alcohol has great health benefits, such as sleeping better, having more energy and of course, no hangovers! If you want, you can raise funds for cancer support organisations across Australia to help improve patient comfort, care and wellbeing.



Donate Life Week - 30th July – Have you ever thought about organ or tissue donation? Donate life and give our people a second chance of life!

julEYE is The Eye Foundation's eye health awareness month that takes place during July each year. The aim is to raise community awareness of eye health issues. 75% of vision loss is preventable or treatable if detected early enough, yet every 65 minutes an Australian loses part or all their vision. So get your eyes tested this julEYE!

National Diabetes Week - 9th July - Aboriginal and Torres Strait Islander people are almost four times more likely than non-Indigenous Australians to have diabetes or pre-diabetes. To reduce the risk of developing type 2 diabetes, eat a more healthy diet and be more physically active. You can download the free Diabetes Australia app. It is a great resource for meal planning, latest news and health articles. You can also check out the great recipes and try the 30 minute yoga class!

www.diabetesaustralia.com.au

Wounds Awareness Week - 16th July - Nearly half a million Australians suffer from chronic wounds every day. People with chronic diseases such as diabetes or over 65+ are more at risk. You don't have to suffer in silence. You can live without wounds and enjoy a full and active life. Let's talk about wounds!



PAIN & HEAT : WOUNDS THAT ARE RED, SWOLLEN, HOT & PAINFUL.



EXCESS FLUID : WOUNDS THAT HAVE A THICK, YELLOWISH FLUID.



ODOUR : WOUNDS WITH A STRANGE OR UNPLEASANT SMELL.



SLOW HEALING : WOUNDS TAKING LONGER THAN A MONTH TO HEAL.

White Ribbon Night - 27th July – White Ribbon raises awareness of men's violence against women. White Ribbon Night provides a channel for conversations and actions to stand up and speak out against men's violence against women. Every community member has the influence to drive attitudinal and behavioural change among men and the broader community. Get involved!



Maari Ma held a family movie night on the 27th July to help promote the **White Ribbon** campaign to end violence against women. The night offered a free screening of **The Incredibles 2**, a free BBQ dinner, as well as free popcorn and drinks for all the kids.

Prizes were given out on the night for the best dressed superhero and the announcement of the winners of our colouring in competition.

A big thank you to everyone who attended!



NDIS Drop In Session - Ivanhoe, Wilcannia & Menindee

This information session will offer people general information about the National Disability Insurance Scheme (NDIS).

The NDIS will be in Ivanhoe, Wilcannia and Menindee to allow the community to meet the Far West NSW NDIA staff and ask general questions about the NDIS, such as:

- What is the NDIS and how does it work?
- Who is eligible and when can the scheme be accessed?
- What kind of support can be accessed through the NDIS?
- Where can I get more information?

Please see the dates and locations below that the NDIA will be in your town.

Tuesday 10 July 2018 – Ivanhoe Community Hall 12:00pm- 2:00pm,
37 Columbus St, Ivanhoe NSW 2878

Wednesday 11 July 2018 – Wilcannia Community Hall 11:00am – 2:30pm,
Corner of Woore and Myers Street, Wilcannia NSW 2836

Thursday 12 July 2018 – Menindee Community Hall 12:30pm – 3:30pm,
Yartla Street, Menindee NSW 2879

ndis.gov.au

2018 LEGAL AID CIVIL LAW CLINICS BROKEN HILL & WILCANNIA



**CONTACT MUKESH
MAHAJAN**

**T: 02 9219 5091
M: 0416 885 303**

E mukesh.mahajan@legalaid.nsw.gov.au

	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





WHY DO I NEED AN ATSI HEALTH CHECK?

An ATSI health check is an examination of your current state of health, often carried out by your GP. From the moment we are born, and even before, we undergo a variety of tests to ensure we are on the right track to good health. As we get older, many of us become more exposed to illness. In order to reduce this risk, a number of health checks or screening tests are recommended at different stages of our lives.

The aim of a health check is to help find, prevent or lessen the effect of health issues. It's like getting your car serviced before it breaks down. It's better to avoid disease than to treat it. Although some checks can be uncomfortable, they provide your GP or specialist with an opportunity to look at your lifestyle, medical history and family history to find out if you're at risk.

What is PIP?

The Practice Incentive Program started in May 2010.

It was developed to assist Indigenous Australians to better support their own health through reduced cost health care prescriptions.

Closing the GAP on Indigenous Health Outcomes

Information about the Indigenous Health Incentive and PBS Co-payment Measure

The Australian Government has introduced two new programs to help Aboriginal and Torres Strait Islander Australians better manage their health, especially chronic diseases. The Practice Incentives Program (PIP) Indigenous Health Incentive is a program for your doctor or clinic to help you manage your chronic disease/s and to make sure you get access to the care you need. The Pharmaceutical Benefits Scheme (PBS) Co-payment Measure will give you access to cheaper medicines. You normally have to pay some or all of the cost of PBS medicines, and this is called a co-payment. The PBS Co-payment Measure will reduce this co-payment for eligible Aboriginal and Torres Strait Islanders.

What is chronic disease?

A chronic disease is an ongoing illness you have had—or are likely to have—for at least six months. Some chronic diseases include:

- asthma
- cancer
- heart disease
- diabetes
- arthritis
- stroke

Can I be part of the PIP Indigenous Health Incentive?

You can be part of the PIP Indigenous Health Incentive if you:

- are of Aboriginal and/or Torres Strait Islander origin
- are aged 15 years and over
- have chronic disease/s and
- have a current Medicare card.

Can I join the PBS Co-payment Measure?

You can join the PBS Co-payment Measure if you:

- are of Aboriginal and/or Torres Strait Islander origin and
- have an existing chronic disease or chronic disease risk factor.



THIS MONTH'S QUIT STORY

Through the Quit Stories initiative, TIS has been promoting local champions– ex-smokers and smokers on their quit journey. But, this month's story promotes a different yet equally important champion– a non-smoker.

Warlpa Thompson is a Wilcannia man. He grew up in the Mallee with his parents and 3 sisters. Warlpa's dad is from the North-West and Hunter regions and his mum's from Wilcannia. After spending his initial years in Wilcannia, Warlpa moved to Dubbo, then to Armidale for uni, then to Wauchope, and back to Wilcannia. Phew! That's some travel! Warlpa now lives in Broken Hill with his wife and 3 kids. He works for the Community Safety Research Project at Maari Ma Health.

While Warlpa's dad never smoked and always talked about not smoking, his mum and other family members were smokers. And even though all 3 sisters picked up smoking, Warlpa always stayed a non-smoker. The constant coughing of other members of family and the unappealing smell of tobacco inside their houses were two reasons why Warlpa didn't like the idea of smoking. Furthermore, at the age of 7, when the smell of tobacco made him sick, Warlpa decided he would never smoke.

Although his family and friends smoke, Warlpa has never been the one to just follow the crowds. Although, he did once try chewing bush plants, he never made it a habit. His previous experience of tobacco smell making him vomit and his dislike for the idea of having a cigarette in mouth, have kept him away from picking up the smokes.

We understand peer pressure and therefore risk of isolation can be a big reason why some people smoke, but it's extremely important to always remember that risking the health and wellbeing of yourself and your loved ones isn't worth it. Another major reason for people to smoke is stress. Smoking appears to relieve stress because the nicotine in cigarettes causes the release of dopamine- the feel good chemical in brain. However, as the level of dopamine decreases, we begin to feel – the stress– the withdrawal– the craving for another cigarette. Therefore, it is important to understand that smoking causes more stress than relieving it!

Warlpa has learnt other ways to cope with life stresses– sitting on country, talking to others about things and not being afraid to say what's in his heart



and mind. Ceremony, traditional practices and having supportive people in his life have also helped him to deal with troubles.

Other tips to help you stress less are– exercising, eating healthy food and drinking plenty of water, meditating, getting a good sleep, listening to music and doing fun activities. What else can help you de-stress?

Warlpa's message for the young boys is "Don't pick it up! Find another way to cope with pressure and stressors."

His message for the smokers is "It is a long fight, look for people who will support you in your fight."

His message for the community is "When you are feeling stressed or anxious, sit in your country and feel the breeze, think about the ancestors before you and the kids to come."

STAFF UPDATE



Farewell Taylor!

After nearly 6 years of working with Maari Ma, **Taylor** is off to FACS. She will be working as a child protection caseworker.

Taylor started at Maari Ma on the 30th July 2012 and her last day here was 19 June 2018.

We will all miss you very much. Good luck and all the best with your next job!

MOBILE CLINIC

Maari Ma's mobile clinic is out and about every week either in Broken Hill or Menindee. We are focusing on ATSI health checks and also seeing other patients who may not be able to come to the health service.

Dr Aung, Dr Nugent, Dr Fonseca or Dr Mateo will be conducting the health checks along with Senior Aboriginal Health Practitioner, **David Doyle, RN Claire Williams, AHP Shannon Henderson & AHP Sam Hooker.**

On a recent trip to Menindee Central School RN **Kathleen Wedderburn** and a visiting ENT registrar also came along to help out.

There's usually a bit of lunch available as well as fruit and water, and some giveaways. The flu vaccination is also available from the clinic.

If you witness or are a target of domestic violence. Please call 000.



If you are worried about your health, please consult your general practitioner.

I QUIT BECAUSE...

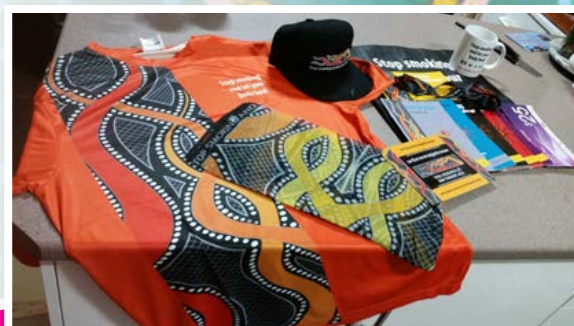
Tarissa Staker, our first Quit Champion, recently signed up for the Facebook campaign 'I QUIT BECAUSE...' She made a pledge to quit smoking and won the weekly draw of some really cool gear.

You too can win the goodies Tarissa won. All you have to do is take a photo of yourself and your pledge with a quick description on how you plan to quit and or your journey so far of your quit attempts with #IQUITBECAUSE.

For more details and to join the campaign, jump on the link:

www.facebook.com/IQuitBecause

Tarissa has been smoke-free for #390 days so far! She says that it has not been an easy journey with the everyday life stressors, but with NRT, constant support from Tiffany Lynch (Smokers Program @ Maari Ma) and My Quit Buddy app, she has succeeded.



You're always WINNING if you're NOT SMOKING!

Ricky Williams and Amalie Howse - winners of the World No Tobacco Day colouring-in contest with their wins!



NEW WAITING ROOM CHAIRS

Lyn Mackiewicz was the very first patient to try out our new waiting room chairs.

We have gone from having 12 chairs to 25 to help cater for the growing clinics





Circle of Security® PARENTING SERIES

Primary Mental Health delivered Circle of Security Program at Maari Ma Health which commenced on the 28/05/2017. 8 chapters were delivered as 4 session over a 4 week period.

The **Circle of Security Program** is a relationship based parenting program. At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

The Program aims to:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

Everyone engaged well and positive feedback was received from the participants.



FAMILY RECIPE

Basic Biscuits!

INGREDIENTS

1 cup of sugar
500 grams of butter
5 cups of self-raising flour
400 grams can of
condensed milk



INSTRUCTIONS

- 1 Preheat oven to 180°C.
- 2 In a large bowl, cream the sugar and butter until white and fluffy.
- 3 Sift in flour, and pour in condensed milk.
- 4 Mix to combine.
- 5 Roll into teaspoon size balls and place on paper lined baking tray.
- 6 Flatten slightly with a fork.
- 7 Bake for 10 to 12 minutes or until golden.



Optional: Anything can be added to the basic mix to give variety, such as; smarties, cornflakes, sultanas, finely diced apple, cinnamon, choc chips etc. For a healthier version, use half wholemeal flour. NB: Mixture will freeze. Roll into balls, and place in container layering with non-stick paper. Thaw slightly before cooking.

Your health record in your hands

This year, you will get a **My Health Record** unless you tell us you don't want one



How My Health Record benefits you

Better connected care

As more people use the My Health Record system, Australia's national health system will become better connected. The result is safer, faster and more efficient care for you and your family.

Access to your key health information in an emergency

In a medical emergency, healthcare providers connected to the My Health Record system can see your health information such as allergies, medicines and immunisations. This helps them to provide you with the best possible treatment and care.

A convenient snapshot of your health

When your healthcare provider uses your My Health Record, it means you don't need to remember and repeat your medical story, such as your prescriptions or the names of tests you've had. It also helps you keep track of your children's health, immunisations and any medical tests.



What do I have to do?

You don't have to do anything. A secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans' Affairs card.

However, if you don't want a My Health Record, let us know by **15 October 2018** by visiting our website or calling our Help line.

What if I already have a My Health Record and I don't want it any more?

You can choose to cancel your record at any time. You can find the 'Cancel My Health Record' button under the 'Profile' menu within your record, or you can call the Help line.

For more information go to:

MyHealthRecord.gov.au
Help line 1800 723 471

If you have a hearing or speech impairment, go to **relayservice.gov.au**
If you need assistance in another language, call **131 450**



MyHealthRecord.gov.au
Help line 1800 723 471

Authorised by the Australian Government, Canberra.

Your health information in one place

This year, you will get a **My Health Record** unless you tell us you don't want one

What is My Health Record?

My Health Record is an online summary of your key health information.

Once it's set up, you don't need to do anything. Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.

What is included in your My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare.

Healthcare providers can add clinical documents about your health to your record.

They include:

- ◆ an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- ◆ hospital discharge summaries
- ◆ reports from test and scans, like blood tests
- ◆ medications that your doctor has prescribed to you
- ◆ referral letters from your doctor(s)



Medicare data can be added to your record.

This includes:

- ◆ Medicare and Pharmaceutical Benefits Scheme (PBS) information stored by the Department of Human Services
- ◆ Medicare and Repatriation Schedule of Pharmaceutical Benefits (RPBS) information stored by the Department of Veterans' Affairs
- ◆ organ donation decisions
- ◆ immunisations that are included in the Australian Immunisation Register

You, or someone authorised to represent you, can share additional information in your record that may be important for your healthcare providers to know about you.

This includes:

- ◆ contact numbers and emergency contact details
- ◆ current medications
- ◆ allergy information and any previous adverse reactions
- ◆ Indigenous status
- ◆ Veterans' or Australian Defence Force status
- ◆ your Advance Care Plan or contact details of your custodian



Personally controlled

It's your choice who sees your My Health Record and what's in it. You can choose to share your information with the healthcare providers involved in your care. By allowing your doctors to upload, view and share documents in your My Health Record, they will have a more detailed picture with which to make decisions, diagnose and provide treatment to you. You can also ask that some information not be uploaded to your record.



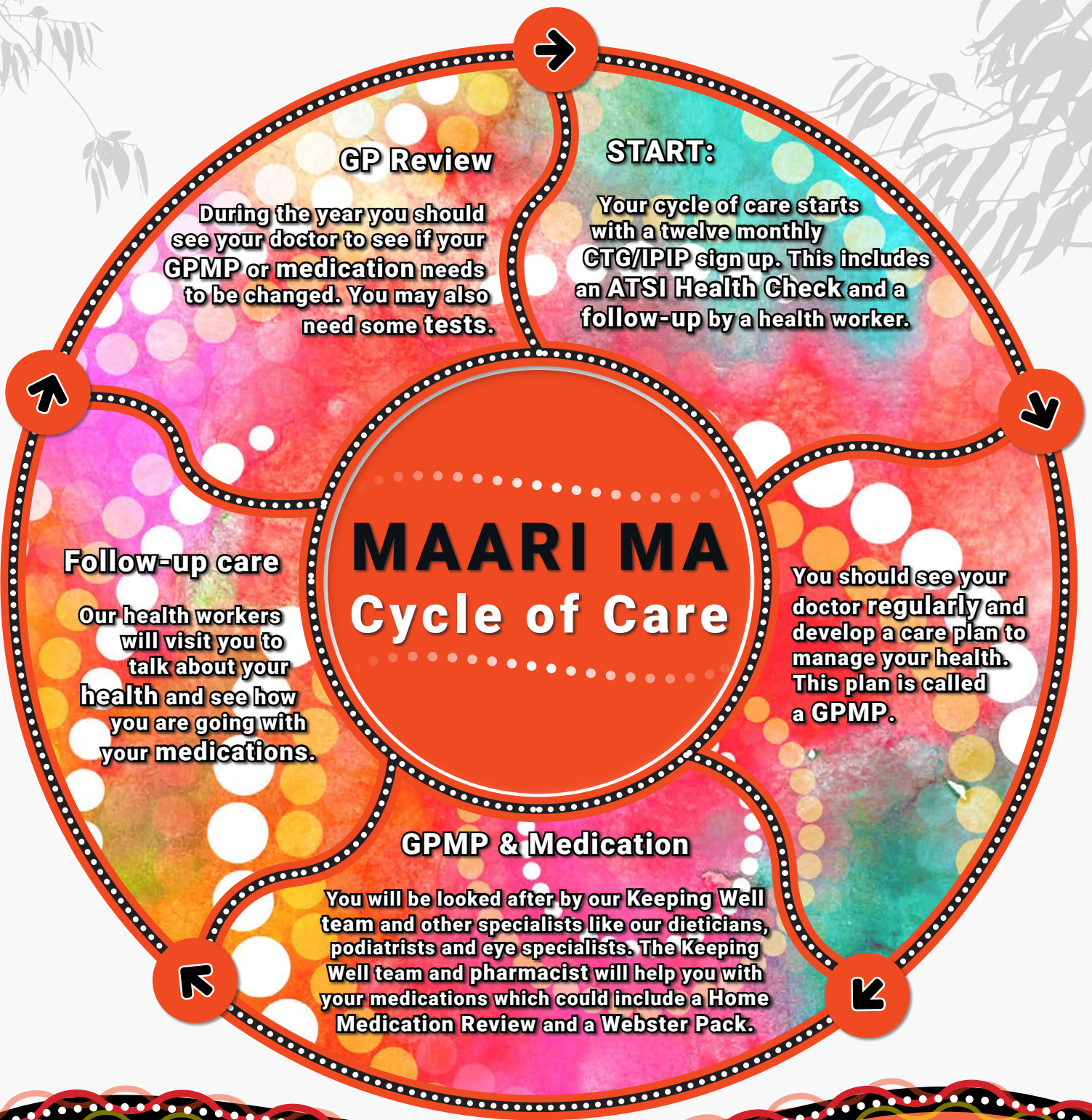
A secure system

My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging. There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse.



What to expect when logging into My Health Record for the first time

The first time you log into your My Health Record there may be little, or no information in it. There may be up to two years' worth of Medicare information such as doctor visits under the Medicare Benefits Schedule (MBS), as well as your Pharmaceutical Benefits Scheme (PBS) claims history. If you choose, you can remove this information after you log in. Your previous medical history such as older tests and medical reports will not be in your My Health Record.



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.



Kaylene Kemp
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS

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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