



Maari Ma Health Aboriginal Corporation

Community Newsletter

National Reconciliation

Maari Ma's staff at the Bes Murray Centre in Balranald organised a special event for the children at Balranald Central School to mark Reconciliation Week.

Maari Ma staff arranged for a well known and respected Victorian Indigenous cultural educator, storyteller and musician, **Ron Murray**, with his wife **Sarah**, to perform at the school. Ron is the son of **Bes Murray**—whom the Centre is named after. He had just popped home for the weekend to catch up with family and friends.

Ron and Sarah conducted two sessions – one for primary school aged children and the other for secondary school pupils. Ron spoke of the importance of Reconciliation Week, talked about local historical Aboriginal knowledge, told some dreamtime stories and played the didgeridoo separately as well as together with Sarah. They taught the primary students some Aboriginal dance moves and engaged with the secondary students around the importance of anti-bullying and some motivational speaking to ensure the students become their best selves. Ron spoke of the highlights of his career to date as well such as travelling the world, and playing the didgeridoo for the Queen, Muhammad Ali, Cat Stevens and playing twice at the MCG.

Thank you to **Emma Moore** and to Balranald staff for arranging this special event.



Ron's niece, Ava, on the stage with clap sticks. Ava is also Maari Ma's regional nurse Emma Moore's niece.



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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/

FLU CLINIC

Maari Ma is reminding all community members to get their flu shot this year.



Maari Ma's free Flu Clinic is located across from Maari Ma in Argent Street and is open Tuesdays, Wednesdays and Thursdays between 9:30am and 4:30pm.

Transport is available.

Help stop the germs spreading this Winter

COVID-19

Catch 'em



Always cover your mouth and nose with a cloth or tissue when you cough or sneeze.

Bin 'em



Germs can live for hours on a tissue. Put your used tissues in the **bin** straight away.

Kill 'em



Hands can spread germs onto everything you touch.

Wash your hands for 20 seconds straight away and dry them properly.

Follow these steps to help keep our community safe, healthy and strong.

Please visit [health.nsw.gov](https://www.health.nsw.gov.au) for the latest information on COVID-19.

**COVID-19
SLOW THE
SPREAD**



Respiratory CLINIC

Maari Ma is continuing to see people at the Respiratory Clinic for testing with 381 tests performed to 19th June – that's up from 310 on the previous fortnight.

The Point of Care testing machine offered by the Centre for Aboriginal Health also arrived this month. Point of Care testing is a form of testing in which the analysis is performed where healthcare is provided close to or near the patient.



Rebecca Conti and Rachel Jewell (pictured) have completed their training for the Point of Care testing machine.

\$500 towards you or your children's education



What is Saver Plus?

- A free ten-month savings program providing financial education, budgeting and savings tips.
- Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.
- Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.
- Offered in communities across Australia in every state and territory.

A Saver Plus Participant's Journey



Who can join?

Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

Since 2003¹:

- 40,000+ participants
- \$23m+ total amount saved by participants
- \$5 \$18m+ matched funds paid by ANZ

Benefits for participants¹

- 87% continue to save the same amount or more 3 to 7 years after completing the program
- 78% were better equipped for unexpected expenses
- 88% reported increased self-esteem
- 80% had more control over their finances

Join Saver Plus.
Free financial education and your savings matched dollar for dollar, up to \$500.

Find out more

- 1300 610 355
- saverplus@bsl.org.au
- saverplus.org.au
- @SaverPlusAU



* many Centrelink payments are eligible, please contact your local Coordinator for more information.
¹ RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see anz.com/saverplus

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Radio Jingle

You might of heard Maari Ma's Jingle, which is currently playing on the radio. Did you know it was written, produced and performed by Nancy Bates?

Here are the lyrics (with translation)

Parrini Maari Ma
(Keep coming to Maari Ma)

Kumpaana thikama
(they will fix you up)

Ngina paringku ngaratja maarima-ri
(We are coming together at Maari Ma)

Marri Ma is here for you and your family too
If you need help and you're unwell
Healing is what we do oo oo

Parrini Maari Ma
(Keep coming to Maari Ma)

Kumpaana thikama
(they will fix you up)

Ngina paringku ngaratja marrima-ri
(We are coming together at Maari Ma)

Maari Ma-ri

Support for energy customers impacted by COVID-19

Suffering from COVID-19 related energy bill shock?

Your retailer can offer you extra support.

All energy retailers already have affordability programs (sometimes known as hardship programs). Support measures differ between retailers, but include payment extensions, payment plans and help accessing grants and concessions.

These programs have now been enhanced to help support customers during these very tough times.

The new measures follow the release of the Australian Energy Regulator's (AER) Statement of Expectations in March 2020. The Statement defines 10 expectations that energy retailers must meet during this time including:

Offering affordability assistance to all customers in financial stress

Deferring disconnection of any residential or small business customers in financial stress until at least 31 July 2020

Deferring referrals to debt collection agencies, or credit default listing until at least 31 July 2020

Waiving disconnection, reconnection and/or contract break fees and daily supply charges for small businesses that have ceased operation, during any period of disconnection until at least 31 July 2020.

EWON has already received complaints from customers impacted by COVID-19 and as a result, worked with energy retailers to establish financial assistance for those customers. These include billing disputes relating to estimated bills as distributors restrict site visits, complaints relating to retailers not meeting the AER's expectations of support and an increase in complaints involving customers with affordability issues resulting from COVID-19.

If you're having payment difficulties or are at risk of disconnection, contact your retailer first. They can help. If you're not happy with their response, contact the Energy & Water Ombudsman NSW. We offer a free, fair and independent dispute resolution service and can also provide advice on how to save energy and get the best energy deal.

For more info, visit:

<https://www.ewon.com.au/page/media-center/news/updates/covid-19-customer-support>



OUTBACK RUGBY LEAGUE
Part of Murdi Paaki Regional Rugby League (MPRRL)

OUTBACK RUGBY LEAGUE PLANNING TO PROCEED IN SEASON 2020

IN A MASSIVE boost for Rugby League in the Far West, late last week all four Outback Rugby League Senior Clubs voted to play in Season 2020. The 2020 Musicians Club Outback Rugby League Premierships are tentatively booked in to start on Sunday 26 July. All four current ORL clubs will field a senior men's side.

A three-team women's League Tag is also set to commence if numbers are sufficient with teams aligned with Menindee Yabbies, Silver City Scorpions and Wilcannia Boomerangs planning to enter.

NSWRL Far West Competitions Support Officer Dallas Reeves said the clubs deserve the credit for the 2020 season commencing.

Despite small volunteer bases every club will appoint a COVID-19 Safety Officer and complete a COVID-19 Return to Sport Safety Plan. "The positive attitude and leadership of ORL club chairs Michelle Kelly (Menindee Yabbies), Rhonda Hynch (Parntu Warriors Wilcannia), Sean Finn (Silver City Scorpions) and Ray Wise (Wilcannia Boomerangs) has been amazing," Reeves said.

"Playing this year wasn't something we were going to force on clubs. We took the question to the clubs and unanimously they want to play which is exciting for the Far West. "Discussions will now take place with all relevant stakeholders to work towards providing the safest experience possible at matches in line with COVID-19 regulations/protocols." Reeves said with the club administrators doing their part to get the season underway, it's time for players to help out their volunteers and signal their intention to play.

"We can certainly understand why some players had held off registering, but with a COVID-safe plan in place to play in 2020 locked in now is the time to register for your club," Reeves said.

The only change to the draw approved in May is the cancellation of the pre-season tournament.

The format for the men's competition is set to be a six-week regular season followed by a two-week finals series.

The 2020 grand finals are tentatively booked for Sunday 13 September.

Legal Services



Warra Warra Legal Service is available for our community!

*Broken Hill – Wilcannia – Menindee –
Wentworth/Dareton*

Telephone Service is available for both our Solicitor's and Counsellor!

Open: Mon – Fri 9am – 5pm

You may be shut out of our office, but not our service



1800 812 800 or 08 8087 6766



Warra Warra Legal Service



reception@warrawarra.org.au



www.warrawarra.org.au

There is no excuse for Domestic Violence

TELEPHONE SERVICE!

OUR DOORS ARE SHUT, BUT THE PHONE LINES ARE OPEN.

MONDAY - FRIDAY 9.00am to 4.30pm



1800 300 036 or 08 8088 2020

NEED LEGAL ADVICE OR ASSISTANCE?

We can give advice in the following areas of law:

- Family Law - Parenting and Property
- Family / Domestic Violence
- Care & Protection
- Fines and Bills
- Employment
- Centrelink Benefits
- Divorce & Separation
- Child and Spousal Maintenance
- Victims' Support / Compensation
- Consumer Complaints
- Discrimination
- Government Complaints (including police, schools etc.)
- Tenancy / Housing
- Minor Traffic Offences
- Scams
- Wills, Power of Attorney and Enduring Guardianship (advice only)



Far West
Community Legal Centre

**FREE
LEGAL ADVICE
& ASSISTANCE**



reception@farwestclc.org.au



www.farwestclc.org.au

Staff News

Maari Ma's **Lavinia Henderson** has taken a position with the Keeping Well Primary Health Worker program as Diabetes Educator in training. The role focus is on enhanced case management for Aboriginal diabetic patients. Lavinia said she is looking forward to working in the Keeping Well team and more closely with the Keeping Well nurses who also deliver enhanced case management and clinical care. Lavinia is pictured far right with Keeping Well team members **Claire Williams, Barb Williams, Viv Prestidge** and **Kelly McGowan**.



Maari Ma Welcomes...



Maari Ma welcomes **Megan Rufus** to the Healthy Start team as a Child and Family Health Nurse.

Megan previously worked in Victoria as a maternal and child health nurse with Wyndham Council which is west of Melbourne. Coming to Broken Hill to work is coming home for Megan as she was born here and trained as a registered nurse & midwife at the Broken Hill Base Hospital.

Megan is pictured here with baby Willow.

Maari Ma Farewells...

SHERLIE IS HEADING HOME ..again

Child and Family Health Nurse, Sherlie Barnett, will be completing her locum next week after staying longer than expected because of COVID 19. After six months Sherlie will be returning to New Zealand.

She came over in February to fill the gap before Megan Rufus started. It's been Sherlie's third stint working at Maari Ma. She started as a child and family health nurse in 2008 and after three years went back to New Zealand before returning again in 2014, and again early this year. We hope she will return again and wish her the best as she heads home.



Sherlie is pictured on the left with Healthy Start's Ann Bennett, Latesha Adams and Megan Rufus.



KAREN ELSTON

Primary Mental Health Worker, Karen Elston, has said farewell after working with Maari Ma for four years. Karen has always been a well respected and well liked member of her team and she will be missed. Karen is going to be working with NSW Health.

VALERIE HENDERSON

Primary Mental health & AOD worker Val headed home to Portland Victoria in mid June. Val pictured on the right with Hannah Morris.



Dietitians

How much SUGAR is in that drink?

		3½ tsp	7½ tsp
			
	Just Juice Orange Juice 200ml carton		Lipton Peach Ice Tea 500ml bottle
12½ tsp	7½ tsp	5 tsp	6 tsp
			
Boost Juice Mango Magic Medium size	Powerade Mountain Blast 600ml bottle	Glacéau VitaminWater 500ml bottle	Red Bull Energy Drink 250ml can
9 tsp	2½ tsp	11½ tsp	4½ tsp
			
Coca-Cola 375ml can	Cocobella Coconut Water 250ml carton	Dare Iced Coffee Mocha 500ml bottle	Prima Fruit Drink (Apple Blackcurrant) 200ml carton

- Based on one teaspoon (tsp) = 4.5g of sugar

AUSTRALIAN
healthyfood GUIDE



Daily brushing with fluoride toothpaste and flossing are essential to healthy teeth, but did you know nutrition has an effect on your teeth too?

Calcium-rich foods, such as low-fat or fat-free milk, yogurt and cheese, fortified soy drinks and tofu, canned salmon, almonds and dark green leafy vegetables help promote strong teeth and bones.

Vitamin C promotes gum health, so eat plenty of citrus fruits, tomatoes, peppers, broccoli, potatoes and spinach.

Skip the sugary snacks such as sugary soft drinks, hard or sticky candy and opt for nutritious choices such as fruits, plain yogurt and popcorn. Remember to brush after snacking to keep cavities at bay. If you can't brush, rinse your mouth with water to get rid of food particles.



kiila laana

Congratulations to our 2020 pledgers!

The Kiila Laana team has been busy with the MUUKU Pledge that commenced in June across our region. The Pledge will help those who join to manage their tobacco smoking and reduce their dependency in an effort to being tobacco free.

The first steps of lowering dependence are beneficial in terms of health, financial gain and within a social environment and continue to grow as dependence disappears.

To keep Pledgers on track the Kiila Laana team has organised some fun and interactive gift packs to celebrate at each milestone achieved.

To help our Pledgers kick start their journey, Kiila Laana will provide a pack of helpful items which includes:

A Kiila Laana Bin Sticker, A 'SMOKE FREE HOME' sticker, Car air freshener, cooling towel, diffuser and hand sanitiser all packaged in a handy tote bag.

Keep an eye out in the next newsletter for more updates.



take the
muuku smoke free

PLEDGE



Contact your local Muuku Smoke Free program:

Dareton Primary Care and
Community Health Service,
PH: 03 5021 7200

Ivanhoe Health Service, PH:
02 6990 2200

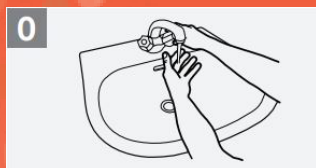
Menindee Health Service,
PH: 08 8091 4209

Wilcannia Primary Health
Service, PH: 08 8091 5122

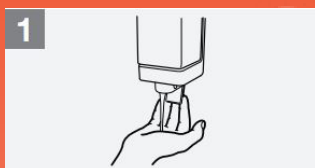
Tibooburra Health Service:
PH: 08 8091 3302

HAND HYGIENE

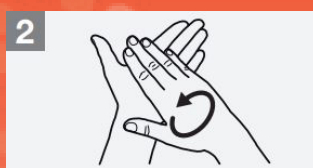
HOW TO HANDWASH



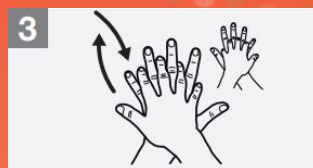
Wet hands with water;



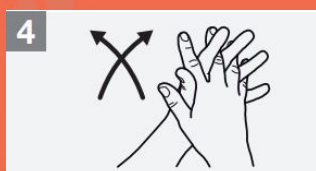
Apply enough soap to cover all hand surfaces;



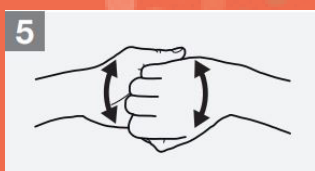
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



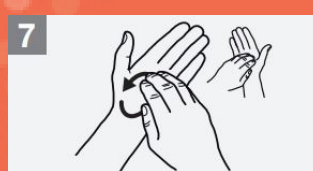
Palm to palm with fingers interlaced;



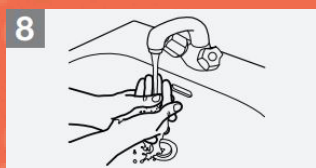
Backs of fingers to opposing palms with fingers interlocked;



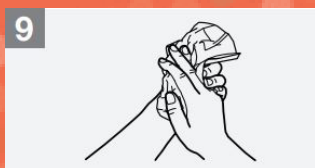
Rotational rub of left thumb clasped in right palm and vice versa;



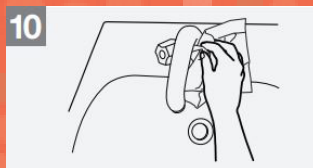
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



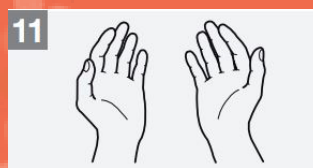
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Once dry, your hands are safe.

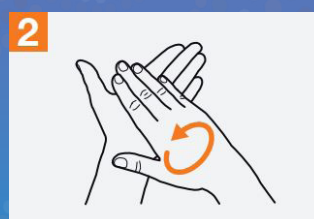
HOW TO HANDRUB

Wash hands when visibly soiled.

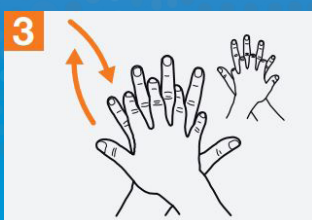
Rub hands for hand hygiene.



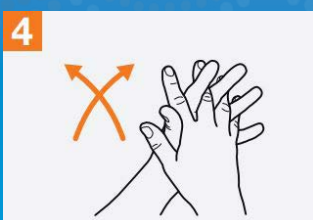
Apply product in a cupped hand



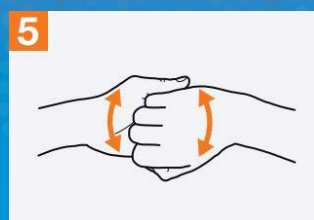
Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa;



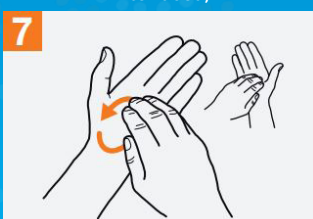
Palm to palm with fingers interlaced;



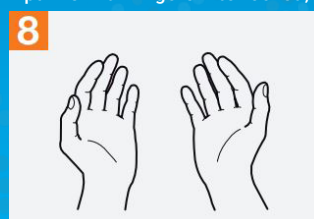
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotate rub, back and forward with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

SAVE LIVES
Clean **Your** Hands



World Health Organization

Dental
Team

HOW MUCH SUGAR IS HIDING IN YOUR TROLLEY?



When harmful factors outweigh those that protect the teeth, then tooth decay can form.

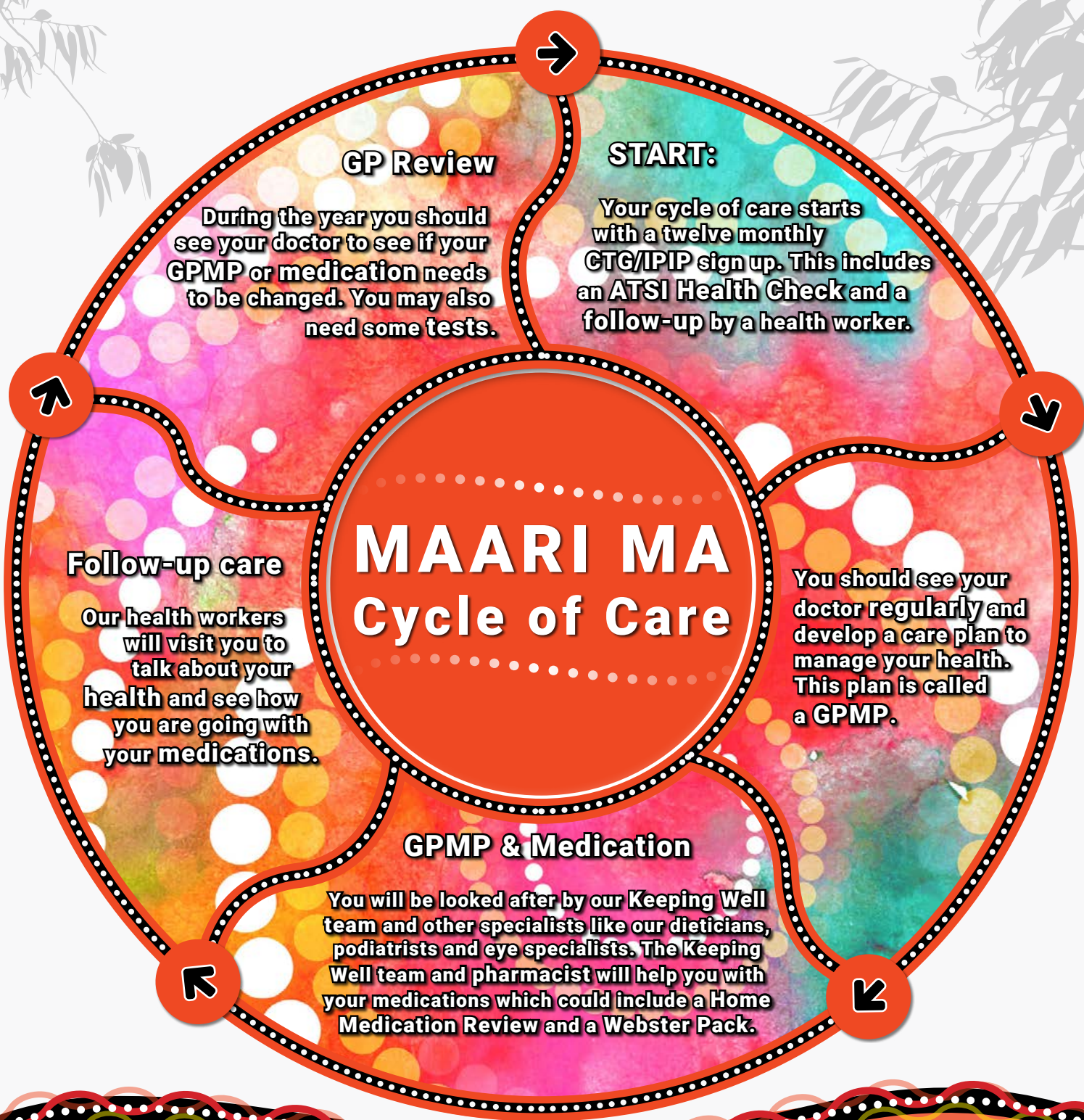
- Certain mouth bacteria that live on the surface of teeth consume the sugar we eat and turn it into acid.
- The acid sits on the surface of the teeth and pulls minerals out from the tooth's surface causing it to weaken.
- This process happens every time we eat or drink.
- If these acid attacks occur over and over again and there is not enough protection provided to the teeth, this can result in tooth decay.
- Go to ada.org.au/tips to watch 'Explaining Tooth Decay', an instructional video explaining how tooth decay forms.

Tips & Tricks

1. Spit out excess toothpaste, do not rinse out the mouth with water.
2. Don't use too much toothpaste. A small 'pea size' amount is all you need.
3. Make brushing fun! Play a song or use an appropriate smartphone app as a reminder to brush for the recommended two minutes.
4. Use positive reinforcement when visiting the dentist. Praise your child on their listening skills and ability to follow instructions.
5. A reference to indicate your child can begin brushing solo is whether they have their 'pen licence' for writing with a pen at school.

How to protect your teeth:

- ✓ Brush twice a day using fluoride toothpaste
- ✓ Consume no more than 6 teaspoons/ 24 grams of added sugars per day
- ✓ Clean between your teeth once per day
- ✓ Visit your dentist regularly.



Maari Ma Primary Health Care Service

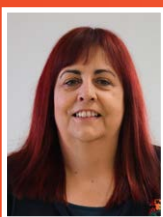
Improving Aboriginal Health & Closing the Gap...

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.



Kendy Rogers
Service Manager:
PHCS

Maari Ma : Winner of 2017 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
Psychiatrist
Child and Adolescent Psychiatrist
Pain Specialist

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