



Maari Ma Health Aboriginal Corporation

## Community Newsletter

## NAIDOC WEEK

BECAUSE OF  
HER, WE CAN!

Join us as we celebrate the invaluable contributions the women have made and continue to make to our communities, our families, our rich history and to our nation.

Let's celebrate our mothers, our elders, our grandmothers, our aunts, our sisters and our daughters!



**Breakfast BBQ & Johnny Cakes**  
**Exciting door prizes to be given away!**  
**Thursday 12th July : 9am - 1pm**  
**Primary Health Care Service**

## WORLD NO TOBACCO DAY

Thursday 31st of May was the World No Tobacco Day (WNTD). TIS Project officer **Anshul Kaul** arranged a variety of activities for Broken Hill community. Community members were invited to join the "Quit for Heart Challenge", during the month of May, with a chance to win a hamper. Children and youth were invited to participate in colouring-in and painting competitions.

Congratulations to **Ricky Williams** and **Amalie Howse** for winning the colouring-in competition. On the day of the event, carbon monoxide and blood pressure screening were done. Smokers and non-smokers were invited to make "a pledge to quit or support someone to quit". Lots of freebies and food were provided on the day. Special thanks to **Jamie Billings** and **Lavinia Henderson** for their help on the day.



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



# NEW BUBS!



## What's On?

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

Our congratulations go to Mum, **Lyndel Jones** and family on the birth of **Jakaylah Rose Harris**, on the 25th of May, 2018. Jaykaylah weighed 3125g, and Lyndel was looked after by Community Midwife **Robyn Harris** and the AMIHS team.

We wish bubs and family all the best!



Baby Kaylarnie

## WHAT TO EAT WHEN BREASTFEEDING?

### EGGS

The perfect solution for meeting your body's regular protein requirement.

A source of vitamin D



### LOW FAT DAIRY

Calcium is required for the development of your baby's bone structure and equally essential for mum's wellbeing.



### LIQUIDS

To ensure proper milk production, you need to stay well hydrated.



### LEAN MEATS

From fish to poultry, lean meat sources are rich in vital nutrients.



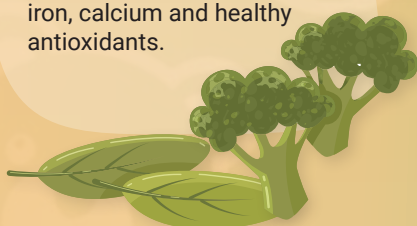
### SEASONAL FRUITS

Fruits are rich in antioxidants, vitamins and minerals.



### LEAFY GREEN VEGETABLES

Veggies are storehouses for vitamins A and C, iron, calcium and healthy antioxidants.



### WHOLE GRAINS

These are a fortified sources of essential nutrients like proteins, vitamins, iron and other minerals.



### LEGUMES

Are a rich source of proteins and iron content, especially for vegan mothers, although they are gas-inducing, so should be eaten in moderation.



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

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



## Keeping Babies Safe

There are some simple ways to keep baby safe.

- Put baby to sleep safely on their back.
- Don't smoke during pregnancy.
- Don't smoke near baby.

**Strong women have strong babies.**

**Breastfeeding is best for babies - it helps them grow healthy and strong.**

## Bed Safety

- Babies should sleep on a firm, clean mattress.
- If using a cot or bassinette, the mattress should fit tightly.
- Don't put baby to sleep on bean bags, lounges, or waterbeds.
- All cots, including second-hand cots, should meet the Australian Standard (AS2172) for safety. Look for a label that shows this.

### Sleep Baby on Back



## Safe Sleeping

- Sleep baby on their back - not side or tummy.
- Never cover baby's head or face.
- Only make bed up to baby's chest.
- Don't use doonas, quilts or pillows.
- Don't let baby get too hot.
- Don't wrap baby too tightly.
- Don't put baby in bed with an adult who has been using grog or yandi.

**The safest place for a baby to sleep is in a safe cot next to the parents' bed.**

## CAITLIN'S QUIT STORY

This month's quit story comes with a slight twist!

This month's Quit Champion is **Caitlin Coff**. Caitlin took the **Quit 4 UR** ❤️ challenge and has shared with us her journey to quitting cigarettes in her own words:

My journey so far hasn't been the easiest, but I did it. I quit smoking, not just for my health, but also for my kids.

I have struggled along the way. I also thought that because I had a few smokes here and there, I had failed.

But as the days went by I said to myself "You have not failed, you have just learned a lesson."

I had started smoking at the age of twelve because the other kids were doing it and so it must be cool.

As I got older, I had got more and more addicted to smoking cigarettes as my body craved it, wanted it, needed it in my mind, not knowing or caring what affects it would have on my body later on in life.

Now fourteen years later, I have done it. I tried to quit in the past, but now I have done it!

**I QUIT, I QUIT, I QUIT!!!**

My strength and guidance all along the way were, and are, my children and my health.

Better choices, Better life.

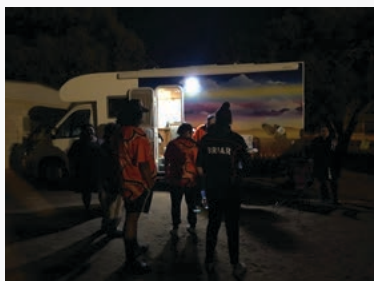




# MOBILE CLINIC

The mobile clinic alternates between Menindee and Broken Hill each week.

Don't forget to get your flu shot!



**KEEP  
CALM  
AND  
GET YOUR  
FLU SHOT**





## MENINDEE JUNIOR GALA DAY SATURDAY, JUNE 23 @ BURKE&WILLS OVAL

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**ALL junior players across the ORL  
come and try rugby league in conjunction with  
Menindee Yabbies' ORL home round**

**Sign-on at 9.00am, First game 9.45am.**

**(Many players have already registered, if in doubt  
please check at sign-on desk)**

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**9.45am - Under 8s (boys and girls 6-8 in 2018)**  
**10.10am - Under 11s (boys 9-11, girls 9-12)**  
**10.35am - Under 14s (boys 12-14 in 2018)**  
**11.00am - Under 17s (boys 15-17 in 2018)**

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**The first step to becoming an ORL star is here;**  
**COST: Free BRING boots or covered shoes, shorts, socks  
and water bottle (if possible)**  
**Parents, please supply child's Medicare Number and DOB**  
**MORE INFORMATION: Dallas Reeves 0418 811 483**





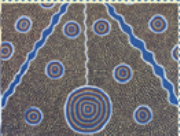
## 2018 LEGAL AID CIVIL LAW CLINICS BROKEN HILL & WILCANNIA

**Legal Aid**  
NEW SOUTH WALES

**CONTACT MUKESH  
MAHAJAN**

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

**E [mukesh.mahajan@legalaid.nsw.gov.au](mailto:mukesh.mahajan@legalaid.nsw.gov.au)**

|                           |         |           |          |
|--|---------|-----------|----------|
| <b>Broken Hill Lifeline</b><br>194 Argent Street<br>T. 08 8087 7525<br>2:00pm to 5:00pm                      |         |           |          |
| <b>Wilcannia Men's Shed</b><br>M. 0416 885 303<br>10:00am to 2:00pm  |         |           |          |
| <b>Broken Hill</b><br>Aboriginal Legal Service<br>35 Sulphide Street<br>T. 08 8087 3233<br>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       |



# BROKEN HILL COMMUNITY HEALTH CENTRE

## Services Start Operation on Monday 2nd July 2018

### Services based in the building:

Child and Family Health Service  
StEPS Vision Screening Service  
Lead program  
Children's immunisation Program  
Child and Adolescent Mental Health Service  
Women's Health Service  
Sexual Health Service  
Sexual Assault, Domestic Violence and Child  
Protection Counselling Service (including 24  
hour on call service)  
JIRT Health and Out of Home care coordinator  
Community Nurses

### Opening Times:

**Monday to Friday  
8:30am to 5pm**

### Address:

2-4 Sulphide Street,  
PO Box 457  
Broken Hill NSW 2880

### Contact:

General Enquiries: 08 8080 1100  
Broken Hill Public Dental Service  
Bookings: 1300 552 626  
On call Sexual Assault: 08 8080  
1333 or: 1800 823 040

**For more information, please visit:  
[www.fwlhd.health.nsw.gov.au](http://www.fwlhd.health.nsw.gov.au)**



**Health**  
Far West  
Local Health District



# STAFF UPDATE



We would like to welcome **Warlpa Thompson** and **Murray Butcher** who have recently joined Maari Ma as Senior Project Officers for the Community Safety Research.

They will be facilitating the Healing Programs – Men's and Mixed groups.



We recently bid farewell to our Aboriginal Health Practitioner **Brooke O'Donnell**. Brooke was working in the Lead Program doing lead tests for the kids. She is off to Mildura where she will be working with the Primary Health Network.

We wish Brookie all the best for her future!



Our Community Safety Research Project Officer, **Alinta Edge** was presented with a special annual award after graduating with a Certificate IV in Aboriginal Family Health from the Education Centre Against Violence (ECAV).

The award is presented to one student each year within the Cert IV for qualities of courage, strength and commitment.

We are proud of you Alinta!

## WHITE RIBBON

Maari Ma is one of the first workplaces in Australia to become a White Ribbon Workplace.

This year will be Maari Ma's second time for reaccreditation. Maari Ma will be hosting two events this being, White Ribbon night which will be held in late July and White Ribbon Day which will be held later this year.

If you have any issues relating to domestic violence and White Ribbon you can contact Maari Ma to discuss this with someone from the White Ribbon working party or alternatively you can seek support from a local counselor or the Broken Hill police station.

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





# ENDOCRINOLOGY TEAM VISIT



**"The OVHS ENDO team have been wonderful for me and really put my mind at ease. They have also been great for my kids who need me to be healthy"**  
– Melissa

## Keeping Feet Safe with Shoes by OVHS Endocrinology Team



If you have diabetes and hurt your feet, you have a bigger chance of a wound getting infected. If left untreated it can become really serious and you may need to have toes or more cut off (amputation). One way to stop this happening is to wear shoes that protect the bottom and top of your feet.

### Good shoes should:

- Have a strong sole (so when you step on something, like glass or wire, it can't cut your skin)
- Have a covering on the top (so that when you stub your toes they don't get hurt)
- Be stiff around the heel
- Have laces or Velcro to hold the shoe in place and stop your toes from sliding and clawing

### Shoes that aren't good for your feet:

- Thongs (thin soles, that make your toes claw & it's easy to stub them)
- Old shoes that smell, or are broken
- Shoes that are tight and rub your feet

If you have an ulcer, lost a toe or have feet that don't match the shape of your shoes, a podiatrist may be able help.

**"I never miss my appointments with the OVHS Endo team. I feel so much better about my feet health and diabetes after I have seen the team"**  
– Edna



## ACTIVE KIDS

Yet another great month with kids playing dodgeball, skipping and hula hooping!

The kids also enjoyed racing **Gemma** the Dietitian on the scooters on the track outside.

Active Kids at PCYC not only provides a great workout, but is also a great place for kids to make new friends.

Special thanks to **Heather** at PCYC for organizing such fun activities for everyone.



## After School Cooking

This month kids have been learning about veggies and salads like cucumber, feta cheese and sprouts. Even though they don't like some veggies, once cooked as a dish, they love the taste!





# WHY IS HAND WASHING SO IMPORTANT?

As winter approaches we have to remember to take care of ourselves and our families. For older people or sick people, hand washing is especially important because it helps prevent the spread of common infections such as colds, the flu and gastroenteritis.

Babies and children need to wash their hands too. If your child is too young to stand at a hand basin, you can wash their hands with disposable wipes or a wet, soapy flannel, but always make sure all soap is rinsed off and their hands thoroughly dried.

Hand washing is also one of the most important ways to prevent the spread of infection among people in hospital. People's immune systems are often weakened after illness or surgery, so infections are easy to catch and hard to treat. They may become life-threatening.

When to wash your hands - Wash your hands before touching anything that needs to stay clean, and after touching anything that might contaminate your hands. Examples include:

- When your hands are visibly dirty
- After going to the toilet
- After helping a child go to the toilet, or changing a nappy
- After handling rubbish, household or garden chemicals, or anything that could be contaminated
- Before you prepare or eat food
- After touching raw meat
- After blowing your nose or sneezing
- After patting an animal
- After cleaning up blood, vomit or other body fluids
- Before and after you visit a sick person in hospital
- Before and after touching a wound, cut or rash.

1



**WET  
YOUR  
HANDS**

2



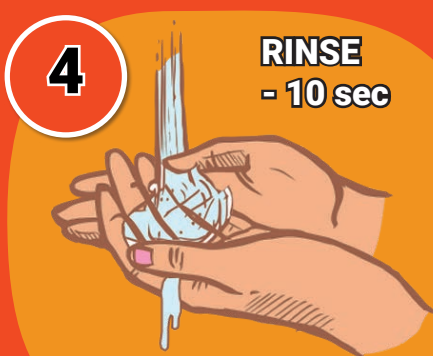
**LIQUID  
SOAP**

3



**LATHER &  
SCRUB - 20 sec**

4



**RINSE  
- 10 sec**

5



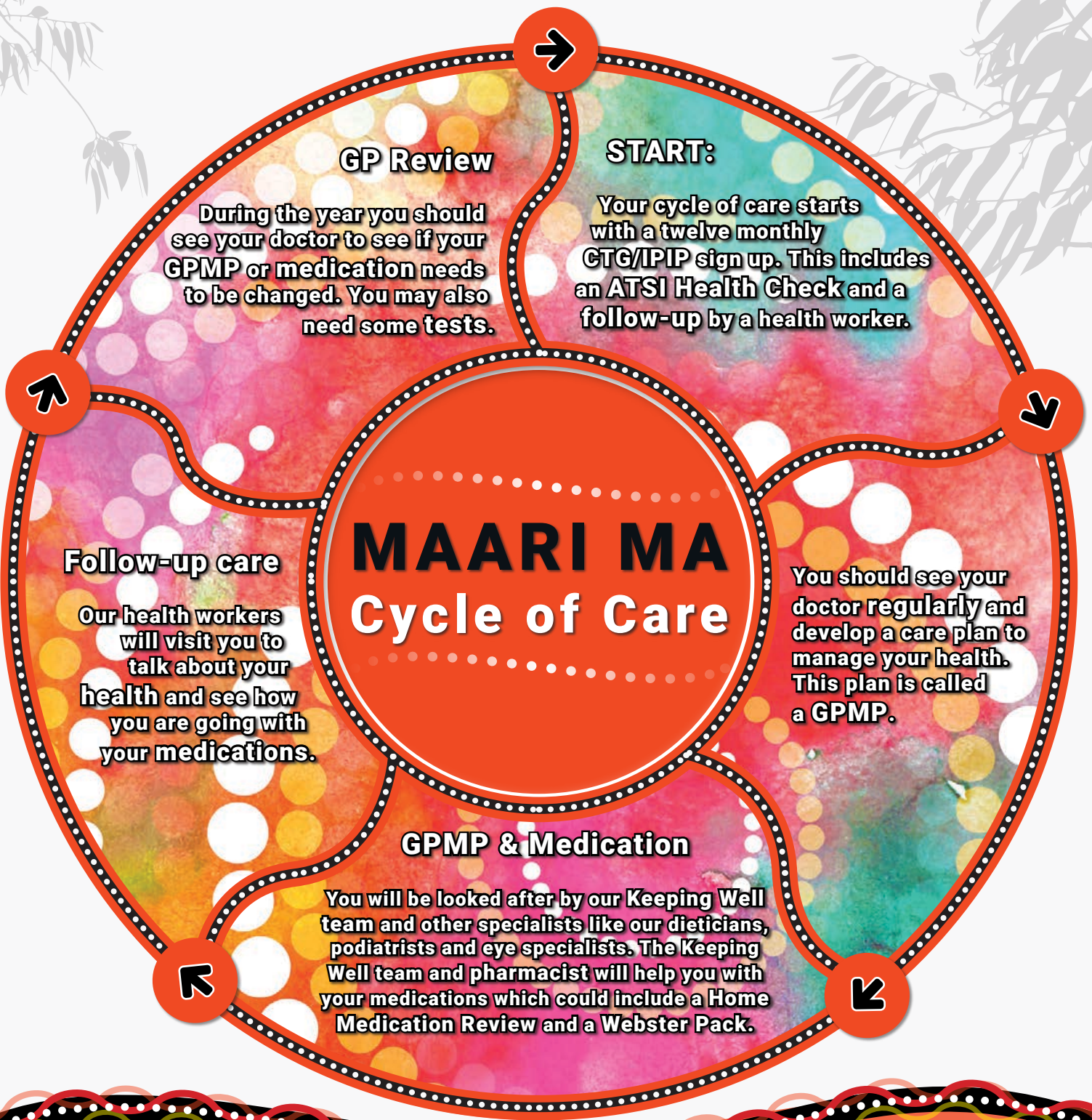
**DRY  
YOUR  
HANDS**

Don't forget to wash:

- Between your fingers
- Your fingernails
- The tops of your hands

Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office





## 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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