



Maari Ma Health Aboriginal Corporation

## Community Newsletter



### Maari Ma Services

The Maari Ma team are relieved to know that for nearly a month there has been no cases of COVID 19 in the Far West, and while we are still maintaining high vigilance with hygiene, social distancing and practicing all necessary precautions we are now slowly incorporating more of our day to day work back into our services.

Pictured above, the Balranald Bes Murray Centre has been complying with COVID 19 regulations and the staff have been working very hard, with the number of people attending the centre doubling in the past month.

Maari Ma are pleased to say that Wilcannia RN, Sam Harley has been appointed the acting manager at Wilcannia during this pandemic.



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**Maari Ma Cycle of Care**

### Have you had your flu shot?

Maari Ma's free flu clinic for Aboriginal and Torres Strait Islander people is still operating from the Kiila Laana Building in Argent Street from 9:30am to 4:30pm Tuesday Wednesday and Thursday. No need to schedule an appointment and you can call for transport.



**Maari Ma Primary Health Care Service**

"Improving Aboriginal health and closing the gap"  
Broken Hill, NSW



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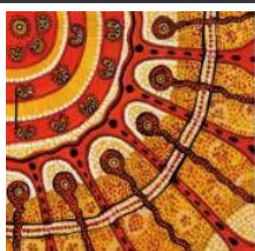
[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)



# TIPS

## for staying healthy and strong during the coronavirus outbreak

*Gayaa Dhuwi (Proud Spirit) Australia acknowledges and pays respect to Elders, both past and present and all generations of Aboriginal and Torres Strait Islander peoples now and into the future as the Traditional Owners of this land.*



### Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

For further resources and reliable information, including how to get mental health support, see the longer version of this tip sheet at:

➔ [gayaadhuwi.org.au/coronavirus](http://gayaadhuwi.org.au/coronavirus)

We are all feeling worried and stressed about the coronavirus. Our lives are going to change in many ways, and we have to prepare ourselves now. To stay mentally strong, here are some tips:

- 1. Be informed the right way** - We need to know what the health experts are saying and follow their advice. Knowing what to do is important - not just to stay physically healthy, but to help bring peace of mind. However, do limit how much time you spend on news for your own wellbeing.
- 2. Be practical and prepared as things change** - It's good to think ahead more than usual at this time. There's no need to hoard things, but have some back-up food, supplies and medication in storage. Keep a 'things to do' calendar and a list of important phone numbers or contacts.
- 3. It's OK to be stressed and worried about the virus.** What's not so good is to bottle it up. Talk about your fears and worries with family and friends and get it off your chest.
- 4. Have hope** - This won't last forever - At some time, the virus will come under control and life will return to something like normal. It's important to remember this and have hope, even as we prepare to cope with what is ahead.
- 5. Our culture keeps us strong** - We have faced many battles before and survived. Think about our ancestors' strengths and where we have come from. Focus on what makes you strong for the journey ahead. Remember, our ancestors are always with us.
- 6. Take time away from the news and social media** - It's important to stay informed, but if the news or TV is stressing you out turn it off for a while. And make sure what you're reading and watching is reliable, so you don't waste time worrying about things that aren't true.
- 7. Keep in touch with friends and family** - When you are outside, you need to keep two big steps away from other people to stop the virus spreading, and you shouldn't visit other people. But you can still yarn on the phone or by social media. Keep in touch that way - don't visit! Coronavirus Emergency Contact Numbers
- 8. Get some fresh air and exercise** - If permitted, go for a walk but remember to keep at least two big steps from anyone outside. If you've got a garden or balcony - use it. Exercise as much as you can without going out - it will help with stress.
- 9. Eat well** - Think about what you're eating and try and eat well - plenty of fruit and vegetables, can make a big difference to how you feel. Some foods also help to boost your immune system so try some new foods or recipes.
- 10. Be creative or learn something new** - Get into playing music, singing, storytelling, dancing and creativity to reduce your stress and raise your spirits. Being creative takes our mind away from our worries and give us joy in difficult times. This is important for children too.



# TIPS

## for staying healthy and strong during the coronavirus outbreak

## Page 2

11. **Chill out** - You might find yoga, meditation and mindfulness helpful, and there's also dadirri – the deep, spiritual reflection that our mob have been doing for thousands of years. Some people find it easier to do something active first and then chill.
12. **Keep the kids happy** - Check in with your kids to see if they're OK, especially if they are behaving differently. Give them some space to explore and be creative, but also spend good time together to and give them reassurance.
13. **Keep Elders happy** - It's important we protect our Elders and make sure they don't get the virus. It's tough, but for most of us that means staying away, and keeping the kids away, until the virus is under control and speaking on the phone or by internet.
14. **Keep yourself happy** - Our people are good at looking after everyone else but not so good at looking after ourselves. Do things that make you feel good and build your strength. If you are strong and happy, this will help others to do the same, especially kids.
15. **Be kind to others** - Everyone will be stressed at a time like this. We're all sharing the worry and dealing with the virus in our own way. It's important to put yourself in the place of others at this time, to keep as calm as we can, and be as kind as we can.
16. **Find and give space and respect** - Wherever you can, make some part of where you live your own space – a small corner, a chair, or a room. Add a plant, a cushion, whatever makes you calm and happier. Create your own space and respect other people's need for space as well.
17. **Create a Stay Strong Plan** - Think about all the things that keep you and your family strong and what you might need to help. Learn some new ways to talk about what is going on with the family. Make sure you check in with everyone and see how they are going.
18. **Don't let money worries get on top of you** - You may have new or additional money worries until the virus is under control. It's ok to get some support, many people will be in the same boat.
19. **Cut back on smoking** - It's important to keep your lungs strong and healthy because the lungs are particularly vulnerable to virus infection. Despite the added stress, aim to cut back or quit if you can. It is also important to not smoke inside or around kids and family to keep them and their lungs healthy.
20. **Think before you drink** - In times of stress, it might feel normal to reach for a drink. But think first – How might my drinking affect others in the house? Is drinking becoming the main way I am coping with the coronavirus? Talk to your doctor or health service if this is the case.

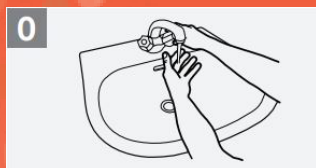
***If you feel unwell, have a fever or sore throat, PLEASE do not go to the medical centre/family clinic or the hospital.***

**Instead, contact the following for instructions:** • ACT Health: 02 6205 2155 • NSW Health: 1300 066 055 • SA Health: 1300 232 272 • TAS Health: 1800 671 738 • QLD Health: 13 432 584 • VIC Health: 1300 651 160 • WA Health: 08 922 8588 • Northern Territory helpline: 1800 008 002 • National helpline: 1800 020 080

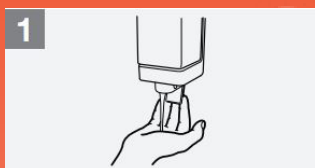


# HAND HYGIENE

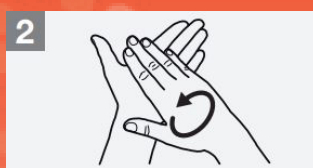
## HOW TO HANDWASH



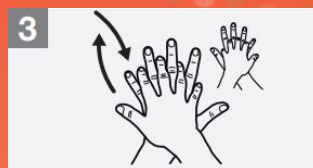
Wet hands with water;



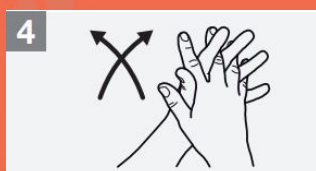
Apply enough soap to cover all hand surfaces;



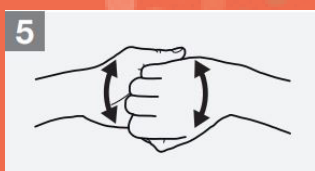
Rub hands palm to palm;



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



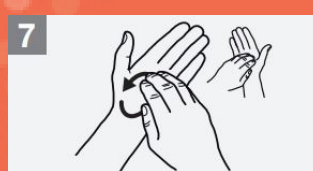
Palm to palm with fingers interlaced;



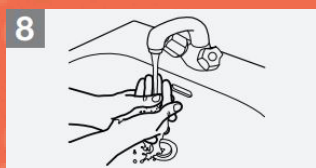
Backs of fingers to opposing palms with fingers interlocked;



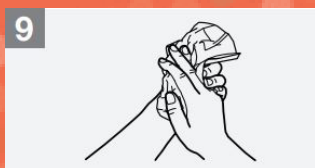
Rotational rub of left thumb clasped in right palm and vice versa;



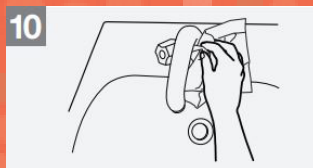
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



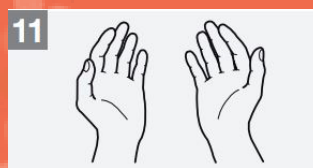
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Once dry, your hands are safe.

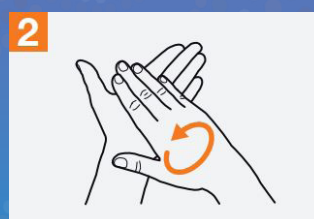
## HOW TO HANDRUB

Wash hands when visibly soiled.

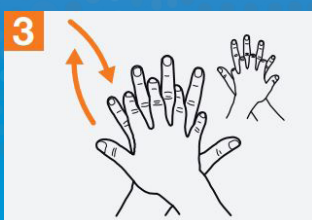
Rub hands for hand hygiene.



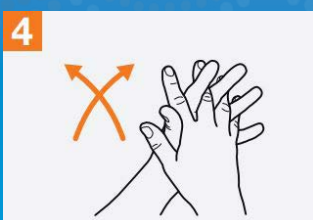
Apply product in a cupped hand



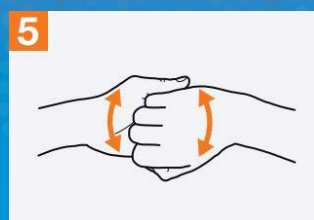
Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa;



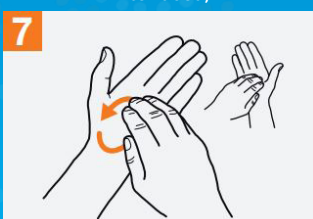
Palm to palm with fingers interlaced;



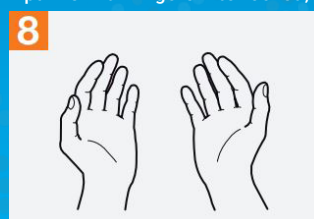
Backs of fingers to opposing palms with fingers interlocked;



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



# Staff News

## Dietitians

We know that the weight loss cycle, yo-yo dieting and focusing on a weight is not achievable long-term as it has negative effects on mental and physical health. We have very little control over our weight and how much weight we lose, so why focus on it as a goal? Instead let's focus on intuitive eating as it may ensure another approach to health which considers your mental and physical health.

Here are the 10 core principles of intuitive eating:

- 1. Reject the Diet Mentality.** Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily, and permanently. Get angry at the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight.
- 2. Honour Your Hunger.** Keep your body fed with enough energy and carbohydrates. Otherwise you can trigger a primal drive to overeat. Once you reach the moment of excessive hunger, all intentions of moderate, conscious eating are fleeting and irrelevant. Learning to honour this first biological signal sets the stage for re-building trust with yourself and food.
- 3. Make Peace with Food.** Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings which can often lead to binge eating when you finally "give-in" to your forbidden food accompanied by , overwhelming feelings of guilt.
- 4. Challenge the Food Police.** Scream a loud "NO" to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake. Food is not "good" or "bad", there is space for all food as part of a varied diet.
- 5. Respect Your Fullness.** Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of a meal or food and ask yourself how the food tastes, and what is your current fullness level?



### 6. Discover the Satisfaction Factor.

In the goals of trying to be thin and healthy, we often overlook one of the most basic gifts of existence—the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want in an environment that is inviting and conducive, the pleasure you derive will be a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that it takes much less food to decide you've had "enough".

### 7. Honour Your Feelings Without Using Food.

Find ways to comfort, nurture, distract, and resolve your issues without using food. Anxiety, loneliness, boredom and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own solution. Food won't fix any of these feelings. It may comfort for the short term, distract from the pain, or even numb you into a food hangover but food won't solve the problem. If anything, eating for an emotional hunger will only make you feel worse in the long run. You'll ultimately have to deal with the source of the emotion as well as the discomfort of overeating.

### 8. Respect Your Body. Accept your genetic blueprint.

Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally as pointless to have the same expectation with body size. But mostly, respect your body so you can feel better about who you are. It's hard to reject the diet mentality if you are unrealistic and overly critical about your body shape.

### 9. Exercise – Feel the Difference.

Just get active and feel the difference. Shift your focus to how it feels to move your body, rather than the calorie burning

effect of exercise. If you focus on how you feel from working out, such as energized, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm. If, when you wake up, your only goal is to lose weight, it's usually not a motivating factor in that moment of time.

- 10. Honour Your Health.** Make food choices that honour your health and tastebuds while making you feel well. Remember that you don't have to eat a perfect diet to be healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters, progress not perfection is what counts.

*If you're confused on what exactly "intuitive eating," and "health at every size" mean and want to learn more, our dietitian is grounded in this approach, which is backed by science. Weight-inclusive health care promotes respectful and ethical treatment of patients and clients of all sizes, abilities and identities.*







The Kiila Team celebrated World No Tobacco Day through the Kiila Laana Facebook page.

With all events being placed on hold due to the Coronavirus pandemic, the Kiila Laana team took the opportunity to reach community members through social media.

There was a lot of support from across the area with photos of staff and community members showing support for the Muuku program and World No Tobacco Day. The Muuku program helps you manage tobacco smoking and is offered in 7 locations; Balranald, Broken Hill, Dareton, Ivanhoe, Menindee, Tibooburra and Wilcannia.



*Diane Murray from Balranald.*



*Robert Hunter from Wilcannia.*



*Francescia From Broken Hill.*



*Patricia Winch and Maari Ma's Social and Emotional Wellbeing Danielle Irving in Balranald.*

To continue celebrating World No Tobacco Day, the Kiila Laana team are encouraging anyone thinking about managing their tobacco smoking to take the PLEDGE and join the smoke free journey.

Taking the MUUKU smoke free journey pledge is committing to a life change, with the support from the Muuku team who are dedicated to keeping your journey on track with the help of Nicotine Replacement Therapy, medical and emotional support.

Join the 2020 Muuku program World No Tobacco Day campaign before **5pm 31st July** and take advantage of "THE PLEDGE" where you will receive "Champion" gift packs at three months to assist in maintaining your journey and on completion of "THE PLEDGE".

For more information and to join, call the Kiila Laana team at Maari Ma on **8082 9777**, your local community Primary Health Service, or message us on the Kiila Laana facebook page.



[maarima.com.au/kiila-laana](http://maarima.com.au/kiila-laana)

## The secret's out.

If your product killed **8 million** people each year, you'd also target a new generation.



31 MAY | WORLD NO TOBACCO DAY

**SPEAK OUT**

**#TobaccoExposed**



World Health Organization

TAKE THE  
MUUKU SMOKE FREE  
**PLEDGE**





# MAARI MA DENTAL TEAM MEET THE TEAM



## Megan Hurst

*Dental Therapist, over 20 years experience.*

**Q: How long have you worked in the child dental team?**

**A:** Nearly 3 years.

**Q: What is your greatest achievement?**

**A:** My 2 teenage sons.

**Q: What are your future goals?**

**A:** I would love to do Adult Scope Dental Therapy, which would broaden my scope of practice.

### Meg's dental health tip:

Prevention is better than cure! Meaning if you are scared to have your teeth checked... better to do so *before* you get pain!!



# STOP THE SPREAD



### COVER COUGHS

and sneezes with a  
tissue or your elbow



### WASH HANDS

regularly, especially  
when unwell



### WIPE SURFACES

that are touched  
frequently



### STAY HOME

from work, school,  
childcare if unwell



# Early Years



You can now connect with the Early Years team through Facebook. This is a closed account available to parents with attending children.

The aim of this page is to create a safe, welcoming and culturally sensitive space for parents to receive early childhood resources and to share these resources with the little people in their home. Just like at playgroup, the team will provide information and ideas to support play ideas on a weekly basis.

Play shapes learning in the early years and has significant benefits on children's brain development, health and emotional well-being. During this time of uncertainty, it is important to remember some certainty. As parents, you are your child's first teacher and this pandemic cannot take that away.



If you have any questions please message us through Facebook or call Early Years Project Leader, **Michelle Parker** on 80829777

## MUMS & BUBS!

Maari Ma's midwives team are continuing to see both antenatal and postnatal clients as usual. There have been a few changes mostly around home visiting which we have not been able to offer and around hospital visits which have been kept to a minimum.

**Tiffany Cattermole, Helen Freeman and Toni Bahler** pictured are hoping to offer home and hospital visits now that restrictions have eased a bit.

One of the other most obvious changes is the need to wear masks during consults to keep clients and midwives protected. The midwives also had to move clinic rooms in Broken Hill which Toni said is 'okay but very different from what we and our clients have been used to'.

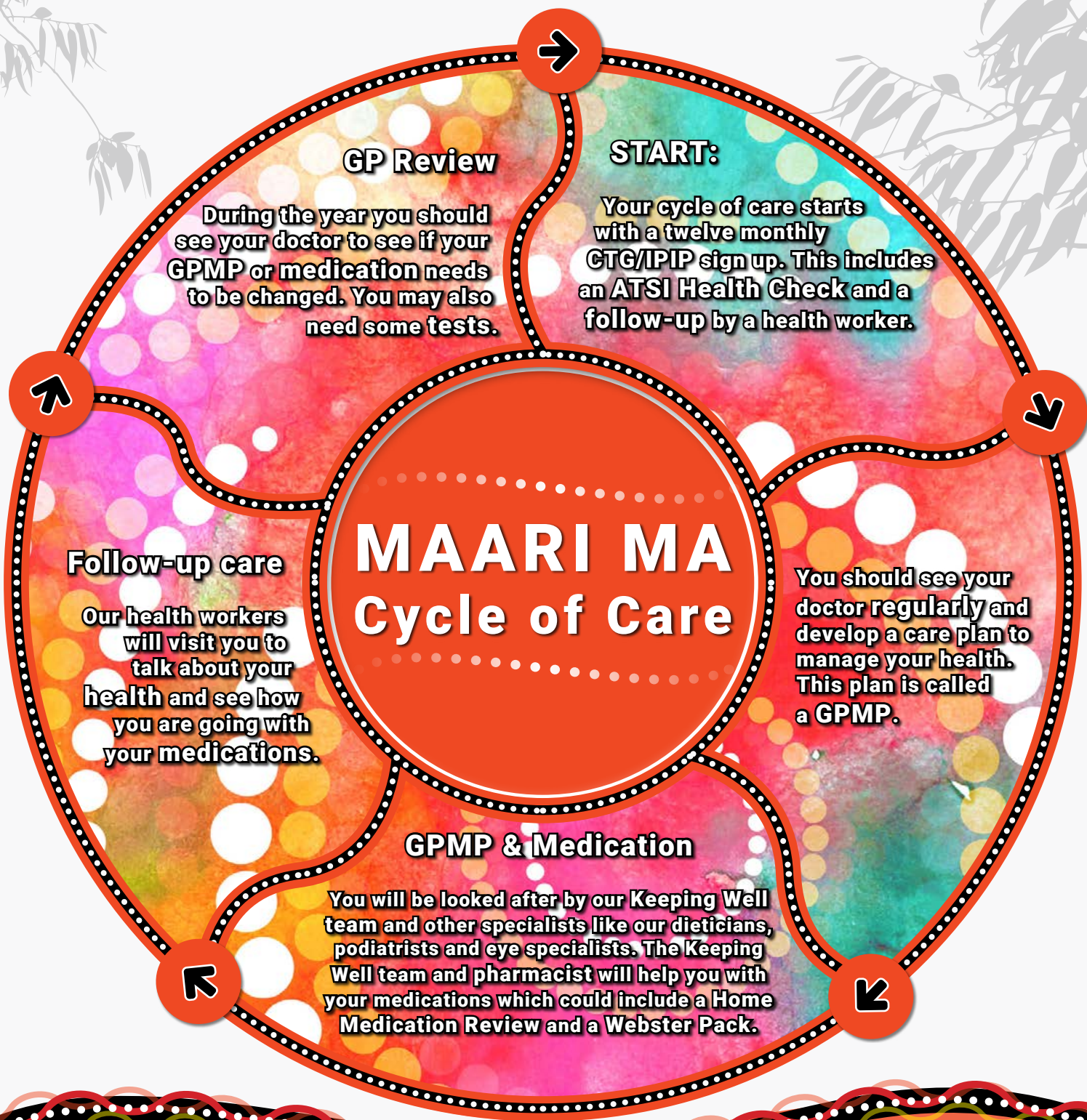
Tiffany has continued to offer care every Wednesday in Wilcannia, apart from changing clinic rooms



and not being able to offer home visits it has been business as usual.

Maari Ma midwives would like to thank all clients for working with them during this difficult time, and appreciate the continued support and understanding around the need for changing the way care is offered. They look forward to the time when things get back to normal.





## 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.**



**Kaylene Kemp**  
Executive Manager  
PHCS



**Kendy Rogers**  
Service 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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