



Maari Ma Health Aboriginal Corporation

# Community Newsletter

**MMIAA**

## Awards Night

The Maari Ma Indigenous Art Awards night held on Friday 28th February saw over 800 people attend and enjoy some live music, kids activities and art stalls. Congratulations to winners **Marcus Kennedy** (1st prize) and **Clinton Kemp** (2nd prize), Nhuungku Prize for Excellence winner **Brandy Prescott** and Emerging Artist Award winner **Cally Doyle**. Wilcannia Central School won the 'Young Artist Award (under 18)'

Barrier Daily Truth's journalist **Callum Marshall** made the event front page news on Saturday 29th February. See the BDT story right.

Callum was also on hand to cover the Kiila Laana launch also featured in this newsletter.



The Boiz belted out some great tunes last night for the 10th edition of the Maari Ma Indigenous Art Awards, including a funky cover of Yothu Yindi's classic 'Treaty'. MORE PICTURES OF THE EVENT INSIDE ON PAGE 2. PICTURES: Callum Marshall

## MAARI MA MAGIC



Sammy Green (left) and Tyreke King were having a great time at the Maari Ma Indigenous Art Awards on Saturday.

### 'Amazing' art awards night

By Callum Marshall

The 10th edition of the Maari Ma Indigenous Art Awards took place last night with about 800 locals coming out to see a fantastic showcase of Indigenous art, music, jewellery and culture.

The awards, which highlight Indigenous art from across the Far West and surrounding regions, took place in the Regional Art Gallery carpark with locals able to see the artworks in the Gallery itself.

The outdoor event had lots going on with locals treated to some great live music by The Boiz and Nyire Kickett and his band, an Indigenous art market, activities for the kids as well as food and drink.

Before the award announcements got underway, several quick speeches were made including by Maari Ma Executive Manager of Social and Community Programs Justin Fife who paid tribute to Karuna Wilson - the founder of the Art Awards 10 years ago.

A Welcome to Country ceremony also took place, which was delivered by Carol Kickett.

This year's judge Bianca Beeton, Director Indigenous Research Unit at Griffith University, announced the award winners with Marcus Kennedy taking out 1st prize and Clinton Kemp 2nd.

Brandy Prescott won the 'Nhuungku Prize for Excellence', an award which recognises the artistic work of Indigenous women, with Cally Doyle taking out the 'Emerging Artist' award and Wilcannia Central School the 'Young Artist (under 18)' award.

Speaking after the awards, Ms Beeton said Marcus' work took out 1st Prize because of his deep appreciation for understanding the roots of his culture as displayed within his work.

"I think that his work actually sends a really positive message around the importance of going back and actually exploring and understanding the authentic art of all people," she said.

Continued Page 2



Nyire Kickett and his band kicked off the awards night with some great tunes.



2nd place prize winner Clinton Kemp and his 'Murra Wirrie' wood carving piece.



Wilcannia Central School's (from left) Bama and Bapal Johnson. The school took out the 'Young Artist Prize (Under 18)' for a number of different student work including these 'pit fired grinding stones'.



(From left) Nuliah Payne, Corey Payne and Annemaree Payne who had their Miki Puuri Mendi (Barkindj) for 'For the Eyes and Spirit' Aboriginal Art stall set up within the outdoor Indigenous market.

### 'Amazing' art awards night

From Front Page

"So he's been going back and getting artifacts and objects and trying to understand the true work of his area in relation of the Barkindj people."

"Understanding his roots, where he came from, the art, and the origins of the work from his country."

Council's Gallery and Museum Manager Tara Callaghan said the attendance for this year's event had been amazing.

"So didn't actually expect the full numbers that we've got so it's been pretty good," she said.

"Hearing the live music and things for children - it's been a really family-friendly community event."

"And this compliments a lot of the work we've already been doing with people like Blake (Griffith), who's our Public Programs Officer."

"It's been doing programs like FRESHBark and other engagement programs that we've got happening throughout the Gallery."

For Mr Fife, the feedback from members of the community had also been very encouraging.

"Hearing some of the comments from community just saw they're like, 'oh my God, Broken Hill's changing!'"

Everyone's out here tonight. Black and white alike.

"It's fantastic to see so many families that we normally wouldn't see come to events in the park, let alone events in the Gallery carpark."

"So thank you to all the artists who really put themselves out there on a really special night to share what's going on for them."

"I know that for a lot of Indigenous people it's not easy to share that kind of personal side to them that comes out in their artworks."

"I've got so much respect and love for these guys. I think that they've done a fantastic job."



This year's judge Bianca Beeton next to Marcus Kennedy's 'Beginnings' artwork, which took out First Prize. Marcus was away on the night of the awards.



Brandy Prescott beside her 'Connecting' series of artworks which saw her awarded the 'Nhuungku Prize for Excellence', an award which recognises the artistic work of Indigenous women.



Cally Doyle next to her 'Labyrinth of Life Finding Connections' piece, one of several which helped her take out the 'Emerging Artist' award.



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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/)





## What's On?

### 12th March

NRL Outback Referees Foundation One Course  
11am Willyama High School.

Rugby League Season Launch 3:30pm Burke & Wills Oval Menindee

### 17th March

ENRICHing Survivorship program for cancer survivors 1pm Far West Local Health District

### 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  
Tuesdays 3:30pm - 4:30pm

Barrier Daily Truth's Journalist had a busy week attending Maari Ma events with the first story published on Thursday 27th February by **Emily Ferguson**. Emily attended the Community Q&A with Associate Professor Renee Bittoun Tobacco Treatment Specialist, where discussions were on the effects tobacco smoking has on alcohol consumption, drugs and other prescribe medication. Renee also discussed the Carbon Monoxide Monitor used in Kiila Laana's Yapara program to detect Carbon Monoxide levels in the home.

Following this, **Callum Marshall's** article (below) appeared in the BDT on Friday 28th when he attended the launch of the Kiila Laana Program which replaced the old name Tackling Indigenous Smoking. Maari Ma thanks journalist Emily Ferguson, Callum Marshall and Barrier Daily Truth for these great stories and pictures.

'We suggest that people smoke outside, that's a simple one'



Associate Professor Renee Bittoun with her Carbon Monoxide testing monitor. She was in Broken Hill yesterday to promote Maari Ma's program, Kiila Laana. PICTURE: Emily Ferguson

## Maari Ma renews war on smoking

By Emily Ferguson

Associate Professor Renee Bittoun visited Broken Hill yesterday to host education sessions with Maari Ma Health Professionals, as well as promote the launch of the Kiila Laana Program.

Formerly known as the Tackling Indigenous Smoking program, Kiila Laana is a fortnightly word which means growing. Associate Professor Renee Bittoun has an extensive bio and has worked with Maari Ma for over a decade providing specialist clinical consultation and education and training in the workplace.

Assoc. Prof. Bittoun said the Kiila Laana program is about changing people's perceptions on smoking in the community and helping those who do smoke to manage it.

"There's a lot of really well educated people working here at Maari Ma and the idea of giving the program a rebrand, which will be launched tomorrow, is to show that we're together trying to do something."

"It really is a long-standing agenda and a rebrand of the campaign to address smoking in a way that changes the culture around smoking and do something meaningful," she said.

"The idea is that we'll like to see smoking gone from everybody's thoughts. In some ways, of course, smoking prevalence is extremely low which is wonderful to see."

"So we want everyone to be on the same agenda and we want to see everybody involved in this. We all know smoking is bad for your health but that doesn't mean everybody stops smoking. We're sort of trying to get away from the word quit because nowadays, in a lot of people, those who could have quit have quit," she said.

"It's very expensive to smoke, it's bad for you, everybody knows that, so why would you go on doing it if it's not in your best interest to do so."

"We're trying to remind people that there are components of cigarette smoking that are very addictive, nicotine is very addictive, especially in the way of smoking and inhaling it, including vaping. It's very addictive and it's sort of a consumer issue."

"Some people are very addicted to it and some people aren't so it's complex, and the people who are really addicted don't potentially understand the nature of this, they think I've got a bad habit, they think it calms them down. It's okay I've got a stressful life and that's why I smoke, but don't quite understand the nature of what an addiction is."

Professor Bittoun said changing smoking behaviours is complicated because some people think it's a bad habit while others know it's an addiction. Ways to change the smoking behaviour include smoking outside, making it an isolated activity and using medications to help.

"Some strategies about how to manage the better, we suggest that people smoke outside. That's a simple one, changing your environment because if you know you can't people tend to not want to," she said.

"Another one, if you smoke outside don't bring your coffee out with you, don't do that together with something. If you try to take it all with you, do your coffee inside, newspaper inside, mobile phone inside and smoke: there just you and your cigarette."

This is more mindfulness, thinking and concentrating on the fact that it is what you do separate from everything else and once you start separating it, it changes the dynamics of it a bit.

"There are medications that help... often people who are addicted need stronger doses and combinations of doses of medications that actually help a great deal so we can strongly recommend medications."

Professor Bittoun said people's level of need for nicotine depends on their history and how quickly the nicotine is processed.

"Think about what you do with the substance in your body, liver and brain is different in different people. For example, some people can drink alcohol a lot and some people get really drunk really quickly. It's a very function thing... it's an alcohol dehydrogenase (an enzyme) which helps break down alcohol. We have the same with nicotine, there are people who excrete nicotine quickly and there are people who excrete it really slowly, so if your body excretes nicotine fast then you need more of them, that's all there is to it, it's your liver."

There are a lot of complicated effects of smoking.

"Medications are affected by smoking, almost every medication a person takes, doesn't matter what it's for, whatever you're taking is made weaker because you smoke. If you don't smoke, the tablets work better and you need less of them."

The Kiila Laana Launch is on today at Maari Ma's new building on Argent Street, the Old Silver King Service Station and 171 one today's building. There will be a bar, a lounge, a kitchen as well as the planting of an Yarn Yarn bush for direction. Callum Monoxide today is also available, and opportunities to join the Kiila Laana program. You can also join the program at any time by contacting Maari Ma.

**WHAT:** Kiila Laana Program Launch.  
**WHEN:** Today, from 11am–1pm.  
**WHERE:** Maari Ma (Old Silver King Service Station) Argent Street

## Perfect mix of health and culture

By Callum Marshall

Maari Ma launched their Kiila Laana Program yesterday, a rebrand of their Tackling Indigenous Smoking program.

The program, which was discussed in detail by visiting Associate Professor Renee Bittoun in Wednesday's BDT, is named after the Barkindji word for growing.

At yesterday's event, locals and members of the Maari Ma board came out to see the unveiling of the program's name and design at the Old Silver King Service Station.

"It's really about looking at what people can do to change some lifestyle choices and practices that they do," said Maari Ma's Executive Manager of Social and Community Programs Justin Files.

"And that's what we'd like to support our community with as opposed to harping on to community about quitting smoking and the like."

The symbol displayed within the Kiila Laana rebrand was significant as well, added Mr Files.

"The image that we've used is the leaf of one of our bush medicine trees which is the Emu Bush," he said.

"That's the image that we're sharing now in terms of looking at strengths but also cultural competence."



Maari Ma board member and Menindee Director Cheryl Blore in front of the organisation's Kiila Laana Program design. Ms Blore planted an Emu Bush as part of yesterday's launch of the program, with a leaf from the bush serving as the program's design symbol. PICTURE: Callum Marshall

"Reflecting back to community that we are culturally respectful and we understand that there are traditional medicines that are still available and people still use."

He said the event marked a great opportunity for Maari Ma, as an Aboriginal community-controlled health organisation, to promote Aboriginal culture.

"But also some of that important knowledge base that our Aboriginal community have," said Mr Files.

"It's an opportunity to promote this with the whole community and share with them the Barkindji language, but also the bush medicines that are part of Aboriginal culture."



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## STUDENTS FROM UTS UNDERTAKE INDIGENOUS DESIGN PROJECT



*University of Technology Sydney students put their holiday time to good use this month and visited Broken Hill to focus their attention on a new challenge – to design a Knowledge and Healing Centre. The group is pictured above during their week long visit with Executive Manager Social and Community Programs, **Justin Files** and Maari Ma Board Chair, **Maureen O'Donnell**.*

During February Maari Ma hosted a group of students from the University of Technology Sydney who are undertaking Indigenous Design for their summer studio project.

UTS Students are engaging with Maari Ma in the design of a Knowledge and Healing Centre at 422 Argent Street (the former service station). It's a project combining community space to engage language, the arts, health and other issues. The students were from a number of different faculties including Information Technology and Engineering.



**Murray Butcher** gave the students a tour of the sacred historic site, Mutawintji for inspiration and insight. Mutawintji, with its superb ochre hand stencils and rock engravings, has one of the best collections of Aboriginal rock art in the state.

Maari Ma's **Murray Butcher** gave the students a glimpse through a window of the ancient Barkindji culture with a tour at Mutawintji, and then students presented to senior Indigenous staff their initial conceptual ideas and after receiving feedback the students were able to refine their concepts. These will be presented back to Maari Ma in the near future.



## YEAR 7 COMBINED *Information Day*

Maari Ma staff attended the combined Year 7 information day held at the Gary Radford Pavilion on Thursday 13th February.

Maari Ma's dietitian Alina Turgieva, Trainee, Cooper Fleming, Mental Health student Ellearne Morris, Primary Mental Health & AOD Worker Valerie Henderson and Kiila Laana team member Sharon Hooker were able to connect with students starting Year 7 in Willyama and Broken Hill High this year. Local organisations held activities to provide education and knowledge on a variety of topics.



*From left ; Alina, Cooper, Val and Elle*

Maari Ma held a drink station where students had a blind drink test to see if they could guess the sugar free drink compared to a full sugar drink with coke vs sugar free coke—the hardest to identify, and red cordial vs sugar free red cordial - which is the easiest to identify.

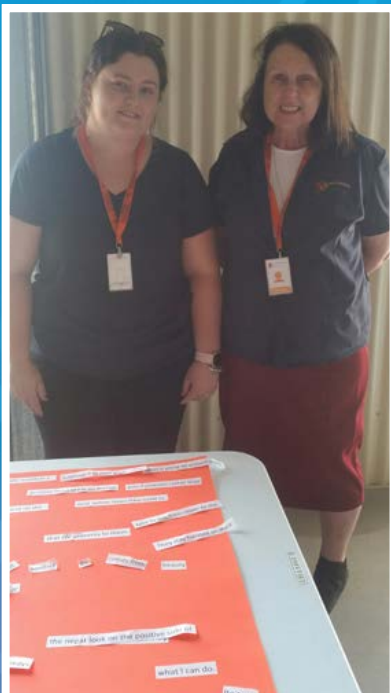


*To accompany the blind sugar free drink test Maari Ma also provided a visual of the amount of sugar added to popular drinks.*



*Cooper Fleming and Alina Turgieva ready with small cups of sugar free and full sugar drinks for students to guess the difference.*

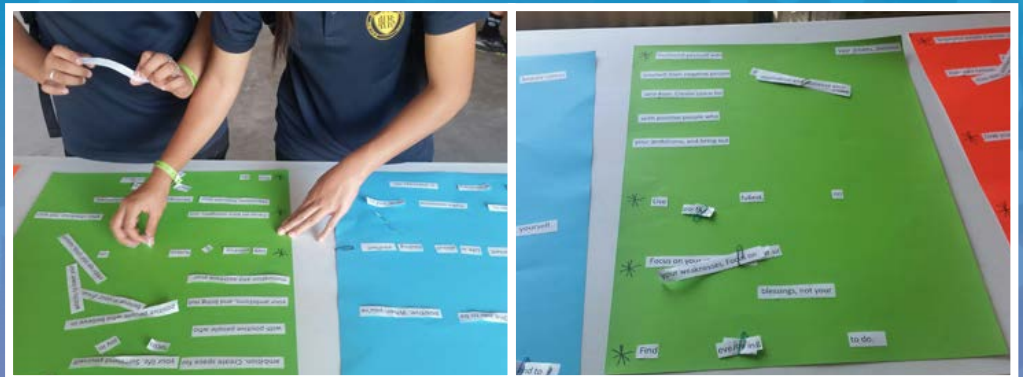




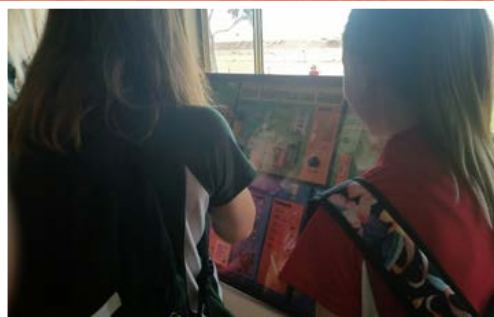
Elle and Val

## YEAR 7 COMBINED *Information Day*

There were positive mental health messages that had sections missing and students were required to think about the phrase then find the missing words.



Maari Ma also provided plenty of visual educational tools to get students thinking about healthier choices including 'beer goggles' (not pictured) which blur vision and make walking in a straight line difficult, and the health effects of smoking and drug & alcohol abuse.



Students viewing the Drug & Alcohol educational tool.

Educational tool on the health effects of tobacco smoking.





## Patient Charter



01

### Access

I have a right to:

#### Health care

I can access services to attend to my health care needs.

It is important that I:

- advise Maari Ma of any changes to my address and contact details
- be aware that I may need to wait for attention or treatment at times if staff are attending to other patients
- keep my appointments, or notify Maari Ma if I am unable to attend
- accept that some services I require may not be available at Maari Ma.

02

### Safety

I have a right to:

#### Receive safe and high quality care

I can access services to attend to my health care needs.

It is important that I:

- provide accurate information about my health and anything else that may have an impact on my care (including alternative or complementary therapies)
- tell staff of changes I notice in my medical condition
- tell staff if I have concerns regarding any aspects of my care.

03

### Communication

I have a right to:

#### Be informed about services, treatment, options and costs in a clear and open manner

I receive open, timely and appropriate communication about my health care in a manner I can understand.

It is important that I:

- be as open and honest as I can, and ask for more information if I do not understand
- tell staff if English is not my first language so I can be given access to an interpreter in person or by phone

04

### Participation

I have a right to:

#### Be included in decisions and choices about my care

I may join in making decisions and choices about my care and about health service planning.

It is important that I:

- ask questions so I can be informed about my medical condition and my care options before giving my consent to any treatment
- discuss my concerns and decisions with my health care provider, for example, if I do not wish to continue treatment or I am unable to comply with treatment. Once I am made aware of the implications, I must accept responsibility for the consequences of my decisions
- provide a copy of advanced health care directives, enduring power of attorney or other legal documents which may be relevant to my care.

05

### Respect

I have a right to:

#### Be shown respect, dignity and consideration

The care provided shows respect to me and my culture, beliefs and personal needs and requirements.

It is important that I:

- tell staff of circumstances concerning my culture and beliefs so they can respond to my needs
- treat Maari Ma staff, patients and visitors with respect and dignity
- respect other patients and staff, for example, by limiting noise or the number of people I have with me.

06

### Privacy

I have a right to:

#### Privacy and confidentiality of my personal information

My personal privacy is maintained and proper handling of my personal health and other information is assured.

It is important that I:

- accept that my health information may be shared with appropriate health care providers and other agencies as authorised by law
- ask for my recorded health information to be corrected if it is inaccurate
- respect the privacy and confidentiality of others.

07

### Comment

I have a right to:

#### Comment on my care and to have my concerns addressed

I can comment on or complain about my care and have my concerns investigated and responded to.

It is important that I:

- tell staff if I have a problem or any concerns so they can respond.

Adapted from Mater Misericordiae Health Service, South Brisbane, Queensland. <http://www.mater.org.au/Home/Patient-rights-and-responsibilities.aspx> (accessed 14 September 2011)

The Australian Charter of Healthcare Rights: <http://www.health.gov.au/internet/safety/publishing.nsf/Content/PriorityProgram-01> (accessed 14 September 2011)

Aboriginal Artwork by: Guy Crawford



**MAARI MA HEALTH  
ABORIGINAL CORPORATION**





**Cancer Council  
NSW**

**ENRICHing  
Survivorship**



Join our **FREE ENRICHing Survivorship** program for cancer survivors. Facilitated by an exercise physiologist, dietitian, yoga instructor and volunteers to restore your physical and emotional wellbeing after cancer treatment.

**Coming to**  
Broken Hill  
Tuesdays: 17 March - 5 May 2020  
1:00pm - 3:00pm

**Registration is essential**  
1300 360 541  
enrich@nswcc.org.au  
cancercouncil.com.au/enrich/

An evidence based program for people who have completed their active cancer treatment (surgery, chemotherapy, radiotherapy) and their carer, partner or family member.



**Health**  
Far West  
Local Health District

### What is ENRICHing Survivorship?

The ENRICHing Survivorship program is a free group-based program comprised of eight, two hour, face to face, weekly sessions. The program introduces survivors to a range of nutrition information, involvement in physical activity and practical information and discussion about adjusting to life following cancer treatment. The ENRICHing Survivorship Program is made up of the following components:

- **Healthy Lifestyle**  
Six sessions focus on exercise and nutrition to improve cancer health (ENRICH). Each session is co-facilitated by an exercise physiologist/physiotherapist and a dietitian. The sessions are informative and interactive, motivating and encouraging participants to move, implement, and maintain, a healthier lifestyle. Three core components are covered in every Healthy Lifestyle session: Healthy eating, a Walking program and resistance training.
- **Yoga & Mindfulness**  
A yoga & mindfulness session allows participants to trial a new form of exercise and enables them to explore mindfulness and relaxation techniques to help reduce stress and anxiety. This session is delivered by a qualified yoga instructor who has experience working with cancer patients. Three core components are covered: Breath and movement practice, relaxation techniques and mindfulness meditation.
- **Peer Support**  
Life after cancer treatment can be a confronting and challenging time and despite the expectations to 'get back to normal' finishing treatment can bring new challenges and lead to feeling fatigued, isolated, and/or other challenges. This session is delivered by Cancer Council NSW trained volunteer facilitators who are cancer survivors or carers. The session provides practical information, discussion and ideas about how to adjust to the changes following cancer treatment.

### What are the benefits?

- Increase physical activity, improving aerobic fitness and strength
- Improve dietary habits to align with the Australian Dietary Guidelines
- Reduce levels of fatigue
- Improve sleeping habits
- Improvements in mood (feeling less worried/anxious and less sad/depressed)

### Who can participate?

- Cancer survivors who have finished active treatment.
- Carer, partner or family member may accompany the survivor.

### Are there any restrictions?

- Physically able to participate in an exercise program.
- Over 18 years of age.

### For more information:

1300 360 541  
enrich@nswcc.org.au  
cancercouncil.com.au/enrich



ABSEC 20 YEARS CELEBRATION



# ART COMPETITION

## Are you young, Aboriginal and a deadly artist?

AbSec is celebrating 20 years! And we want you to help us create the signature artwork to commemorate our landmark celebration – 20 years of caring for our Aboriginal children, families and communities!

AbSec is all about keeping Aboriginal young people at home in their communities, surrounded by culture and effective support services. Aboriginal children and young people are at the centre of everything we do. So we think it's only right that those same Aboriginal young people (aged 25 and younger) get the opportunity to design the artwork.

The winning artwork will feature at our Symposium and NSW Aboriginal Child and Family Awards night in November 2020, and on AbSec resources and promotional material.

**Submit your entry by Friday 10 April 2020 for your chance to win an iPad package valued at \$1000.**

## Funds raised support: CENTRAL BROKEN HILL FOOTBALL CLUB & LIFELINE BROKEN HILL COUNTRY TO COAST

# TRIVIA NIGHT



**SATURDAY 28th MARCH**  
**CENTRAL FOOTBALL CLUB - 2 Warnock St**  
**DOORS OPEN 6PM, TRIVIA STARTS 7PM**

**\$25 EACH - 8-10 PER TABLE**  
**SUPPER INCL. FULL BAR AVAILABLE**

**TICKETS SOLD AT LIFELINE OFFICE**  
**194 ARGENT ST. ph: (08)8087 7525**





# Maari Ma Staff News

Maari Ma's Dietitians **Alina Turgieva** and **Gina Absalom** held a community education event on Friday 14th February.

The Woolworths Tour invited local community members to attend an hour walk through the supermarket where Maari Ma dietitians were on hand to discuss food labelling and healthy options along with discussions about myths and facts that exist around healthy food.

Alina and Gina took the time to discuss label reading and smart swaps for healthier options and suggested looking for the Health Star Rating as a good, quick way to see if something is a healthy option.'



Deb Brown and Lawry Sinclair during the Woolworths Tour with Dietitians Gina Absalom and Alina Turgieva  
Picture provided by: Myles Burt, Barrier Daily Truth.



## Try these tips next time you go shopping:

Look for the Health Star Rating on the front of packaged food products.

- Use the Health Star Rating to compare similar food products. Remember, the more stars, the healthier.
- Make one positive change to your shopping basket or ingredients for a meal.
- Use the nutrient information icons to choose products lower in saturated fat, sugars and sodium (salt).
- Some products will show a 'positive' nutrient icon as well. You can use this information to choose products high in these nutrients, if they are important to you.

**MAARI MA HEALTH**

## ACTIVE KIDS

**AT PCYC BROKEN HILL**

**STARTS BACK ON TUESDAY  
11TH FEBRUARY FROM 3.30 TO  
4.30PM**

**RUNS EVERY TUESDAY (EXCEPT  
FIRST AND LAST WEEK OF  
SCHOOL)**

**PLEASE CONTACT DIETITIANS  
ALINA OR GINA ON 08 8082 9777  
TO BOOK IN.**



# AFTER SCHOOL

## Cooking Group

Thursday 13th February saw Maari Ma's Dietitians Alina and Gina hold the first after school cooking group of the year. There were 6 new faces and the group made Thai Fish cakes, as the theme for this term is around the world. With this week's destination being Thailand, Gina said the kids loved blending the fish in the food processor and getting hands-on moulding the mix into a patty.

The after school cooking group is on every Thursday from 3:30pm at the Maari Ma's health community kitchen .

## THAI FISH CAKES

### INGREDIENTS

800g boneless white fish fillets, skin removed, chopped  
2 tablespoons lime juice, plus extra lime wedges, to serve  
1 tablespoon Kikkoman gluten free soy sauce  
3 garlic cloves, chopped  
2 long red chillies, seeded, finely chopped  
2 lime leaves, finely shredded, or finely grated zest of 1 lime  
150g green beans, finely sliced  
3 shallots, finely sliced  
1/4 cup coriander leaves, finely chopped  
1 1/2 cups gluten-free breadcrumbs  
1/3 cup peanut oil  
1/4 cup Trident sweet chilli sauce, to serve



### METHOD

1. Process the fish, lime juice, soy sauce, garlic and chilli in a food processor until combined.
2. Transfer to a large bowl. Add lime leaves, beans, shallots, coriander and breadcrumbs.
3. Shape 1/4-cup portions into patties.
4. Heat oil in a large non-stick frying pan over medium heat.
5. Cook, in batches, turning, for 6 mins or until golden and cooked through. Transfer to a plate lined with paper towel.
6. Serve with sweet chilli sauce, lime wedges and coriander.



# Kiila Laana LAUNCH DAY

The weather was perfect for the Kiila Laana launch on Thursday 27th February.



Many community members attended and signed on to participate in the Yapara program which is designed to detect Carbon Monoxide in homes. Kiila Laana Project Officer **Tiffany Lynch** discussed various ways Carbon Monoxide can enter homes and explained the dangers this can cause, spiking interest and curiosity from the community about their home's CO levels. Tiffany encourages all Maari Ma members, especially pregnant mothers, to sign up for the 8 week program.

The Kiila Laana logo represents a branch from the Emu Bush and Maari Ma Board Chair, **Maureen O'Donnell** with Board Director, **Cheryl Blore** each planted an Emu Bush in front of the building.

They both then received their own Emu Bush to take home and plant.



Director Cheryl Blore with the Emu Bush gift and planting of the Emu Bush.



Board Chair, Maureen O'Donnell planting the Emu Bush and with her gift from Kiila Laana.



Maari Ma Allied Health Team members Erin and Mele with Transport Officer Rachel (right).



Rotary Club members cooked a perfect BBQ with sausages or Vegetable patties and onion in bread.



Maari Ma Board Director, Cheryl Blore with Midwives Tiffany Cattermole (far left) Toni Bahler Kiila Laana Project Officer, Tiffany Lynch and Executive Manager, Primary Health Care Service Kaylene Kemp.

**For more information call  
Maari Ma or speak with your  
health professional.**



## Farewell...

Dental Assistant **Natalie McMahon** moved to Adelaide at the end of January to commence a position with a paediatric dentist.

Natalie is pictured in the centre with Dental Therapist **Megan Hurst** and Dental Assistant **Christene Polanski**.



**Bronwyn Johnson** completed her Certificate 4 in Primary Health Care Practice on 5th December 2016. Bronwyn chose to work in Healthy Start and has been a hard working Aboriginal Health Practitioner. Bronwyn is seen by her colleagues as cheerful, caring and always willing to put her hand up and especially supportive of community members.

Bronwyn first started in C&FH and Mid, before moving into the AMIHS AHP role in Dec 2018. There Bronwyn worked in partnership with the midwives and pregnant women in Broken Hill and outreach to Wilcannia. Bronwyn has taken 12 months leave to move back to Lake Cargelligo, Maari Ma Midwives **Tiffany Cattermole** and **Toni Bahler** said she will be missed by all.

## Welcome!

### Max Quale

I'm a Barkindji man born in Broken Hill and raised & worked in Menindee. I have worked since I was 16 and feel comfortable working as a Healing Program team member for Maari Ma. I have 5 daughters and 1 son along with 4 grand daughters and 1 grandson and look forward to working with the community as Support Worker for Maari Ma's Men's Healing Program.



### Stacey Nelson

Stacey is a speech pathologist from Talking Matters in Adelaide and will be working with Maari Ma one week a month.

Pictured from left Erin, Stacey, Sandy and Mele from Allied Health team.



# MUMS & BUBS!

We continue to provide a "Baby Bag" to mums who engage in antenatal care through the AMIHS Program at Maari Ma.

Maari Ma has purchased some beautiful Indigenous designed nappy bags. The nappy bags are given to mum on birth of her newborn baby.

Maari Ma's AMIHS Team Tiffany, Bronwyn and Toni have been so excited about giving out the new nappy bags and have been getting excellent feedback since."



*New Mum Amanda Regnier with baby Baaka Bates*



*Baby Lucas*

Our congratulations to mum **Adrianna Bugmy** for the birth of baby **Lucas Bugmy**, born on 30/12/2019, weighing 4090g and measuring 53cm.

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

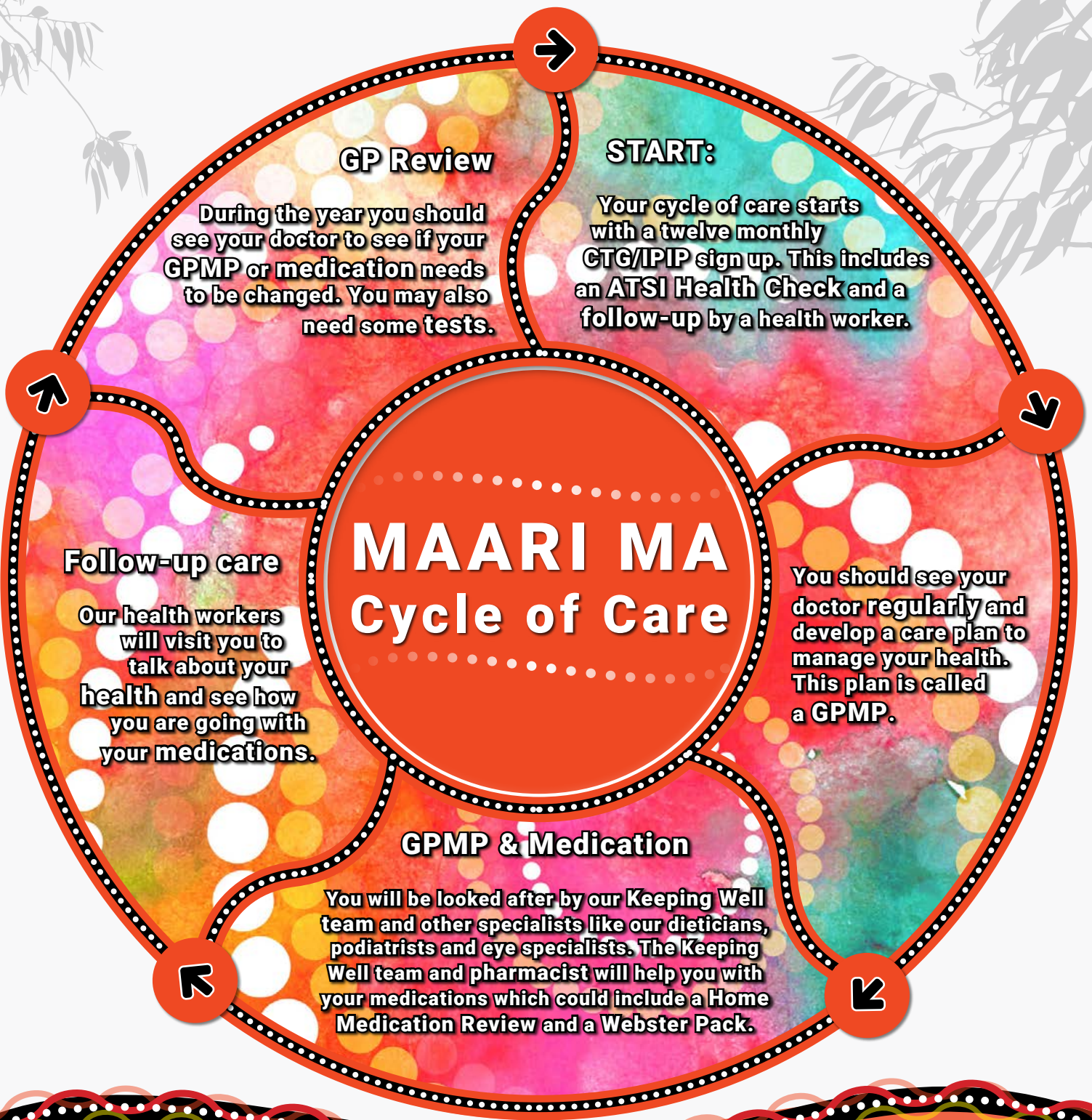


Congratulations also to mum **Tina Crowe** and dad **Corey O'Connor** for the arrival of baby **Jehalia Karen Janet Phillis May Crowe** on 29/01/2020. Baby Jehalia weighed 2730g and mum was looked after by Community Midwives **Tiffany Cattermole**, **Toni Bahler** & AHP **Bronwyn Johnson**.



*Baby Jehalia*





## 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.*

### Regular services

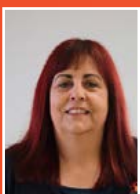
Doctors  
Nurses  
Health workers  
Child health nurses  
Midwives  
Dietician  
Primary mental health workers  
Alcohol and other drug staff  
Psychologist  
Kids dentist  
Adult dentist  
Women's health  
Pharmacist  
Social Worker

### Occasional services

Heart specialist  
Kidney specialist  
Diabetes specialist  
Child health specialist  
Eye specialist  
Alcohol specialist  
Smoking specialist  
Podiatry  
Optometrist



**Kaylene Kemp**  
Executive Manager  
PHCS



**Kendy Rogers**  
Service Manager:  
PHCS

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