



2021 Aboriginal Health Worker Trainees

Maari Ma welcomes some of the Aboriginal Primary Health Worker Trainees for 2021.

Here's what the girls had to say:

Kendi - I am Kendi. I am from Broken Hill. I have previously worked as a support worker at a voluntary mental health residential service locally and I have worked on the healing program with Maari Ma. I am looking forward to working with the community again as an Aboriginal Health Worker Trainee. I am passionate about working with our community, promoting holistic healthy living, and sharing knowledge. I hope to one day be able to become a midwife.

Jenni - I am Jenni. I am from Goodooga, which is near Bourke, NSW. I have been raising my four children at home before applying to be an Aboriginal Health Worker Trainee. I look forward to being able to work with our Aboriginal community to help spread knowledge about healthy living. I hope to become a Registered Nurse in the future.

Tessa - My name is Tessa and I'm from Menindee but have lived in Broken Hill most of my life. This will be my fourth year at Maari Ma. I started as an Administration Assistant, and this included traveling to Wilcannia to assist over there. I then started with the Healing Program where I stayed until getting the opportunity to be an Aboriginal Health Worker Trainee. I've always wanted to pursue a career as an Aboriginal Health Practitioner to help our mob in the Far West communities.

Pearl - I am Pearl, and I am from Menindee. Before applying to become an Aboriginal Health Worker Trainee I worked at Menindee's preschool for 10 years and Happy Day preschool in Broken Hill. I was interested in a change of career and chose to apply for the traineeship knowing it was an amazing opportunity to learn new skills and work with our communities. I am looking forward to working with our youth at Maari Ma.

Tamara - Hi, I'm Tamara. I was born in Toowoomba which is located in Queensland, but I moved to Broken Hill 15 years ago. Since living here I have always had an interest in the Aboriginal community and wanting to learn more about my culture. I have recently been offered a position at Maari Ma Health as an Aboriginal Health Worker trainee. Before accepting the position I was employed at our local Broken Hill Hospital for 3 years. During those years I undertook a 2-year school-based traineeship which I completed last year and became an AIN (Assistance in Nursing). I look forward to working at Maari Ma and learning new skills and more about our culture.



Pearl Ferguson, Tamara Thomas, Kendi Simmons, Jenni McDonald, & Tessa Flles.



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Maari Ma Primary Health Care Service

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



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International Women's Day



Let's all choose to challenge.
#IWD2021 #ChooseToChallenge



Maari Ma's Playgroup got behind this year's theme #ChooseToChallenge.

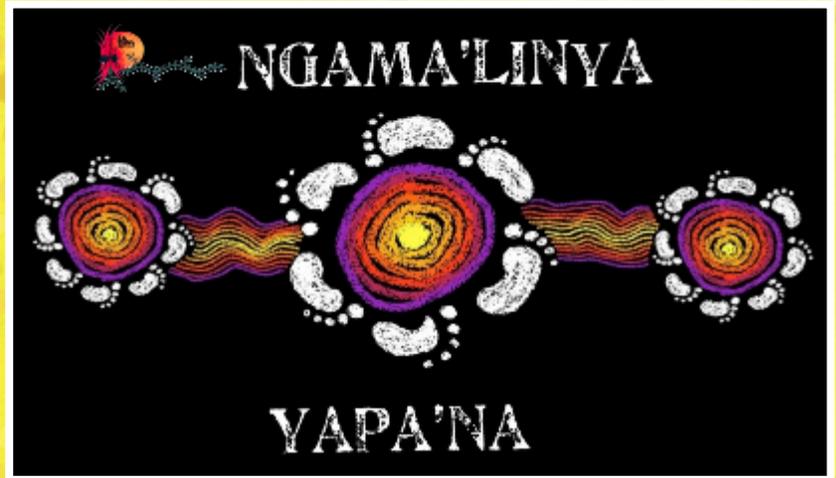
Internationalwomensday.com website said:

“ We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge. ”



The Official Launch of *Ngama'liny Yapa'na*

The re-naming of the Healthy Start program to Ngama'liny Yapa'na, meaning "a mother and child on track/on a track". The official logo was designed by **Frances Dutton** from Wilcannia and Frances was called on to cut the cake at the opening which was attended by Board Chair, **Maureen O'Donnell**, staff, and some of our families. The official launch was held in February and was accompanied by a BBQ lunch. Thanks to all those involved in the event and particularly for organising the impressive cake.



Maari Ma's board Chairperson Maureen O'Donnell with Chloe Bennett holding daughter Blakeley Charnock.



The beautiful Ngama'liny Yapa'na cake, and pictured cutting the cake - Frances Dutton.



Specialist Appointments

Maari Ma has many specialist doctors who visit the Primary Health Care Service in Broken Hill; some also go to Wilcannia and Menindee. We have different specialists to look after your heart, kidneys, diabetes, mental health and one especially for your children and grandchildren. There are a few others as well.

Your doctor might ask you to see one of the specialists so that, together with the other nurses and health workers who look after you, we can improve your health. It's really important that you come to these appointments because the specialist will be able to give the local team some advice about how best to keep you well.

Most specialists only visit the health service every 2 or 3 months for about a day or so. If you miss your appointment then you and the teams will not get any new advice until the next time the specialist is in town. Also, by missing the appointment you've also made someone else miss out too because they couldn't get your time slot.

If the doctor suggests that you should see a specialist it's really important that you attend the appointment – this appointment could be the one that makes you feel much better which means you're more likely to feel up to doing the things that you like most to do.



Keep **LOOKING** when **COOKING**
DISTRACTIONS can quickly **LEAD** to a **KITCHEN FIRE**

Did you know that 60% of home fires happen in winter?
Don't be a statistic. Always keep looking when cooking to prevent kitchen fires.



FRNSW will be holding its Fire Station Open Day for everyone on the Saturday the 15th of May at Broken Hill Fire Station @ 248 Blende Street



FIRE + RESCUE

Get out, Stay Out and Call Triple Zero (000).
For more fire safety tips visit fire.nsw.gov.au/winter.
Or call Broken Hill Fire Station on (08) 8087 2233



Up and Running at Balranald

Maari Ma Health Balranald is working with FWLHD Diabetes Educator, **Ferna Vagg** to conduct a Men's Health Program called Up and Running. It's a six-week program held Thursday nights with the aim of helping to prevent diabetes in men.

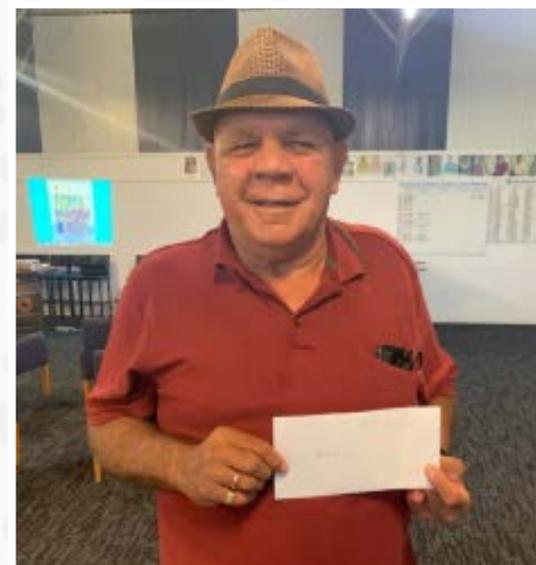


Emma Moore has been assisting Ferna with setting up before and packing up after the evenings, conducting men's assessments, checking HbA1C and other nurse-related clinical assessments. Last week, Emma also presented a session on Smoking Cessation.



Pictured top right is Emma and Ferna before the Smoking Cessation presentation at Up and Running, and Emma is pictured with a Smokerlyzer which measures the level of carbon monoxide in expired breath.

Pictured right is "Up and Running" participant **Neville Murray** with a \$50 Foodworks voucher. Maari Ma sponsored the vouchers as a lucky door prize.





Tuning in to Teens



Tuning In To Teens™ is a 6 week parenting program, for parents of Teenagers aged 11yrs - 18yrs. Tuning in to Teens shows parents how to help their teenager develop emotional intelligence. What you will learn:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage their emotions
- help to prevent behaviour problems in your teen
- teach your teen to deal with conflict

Dates and Time:

April 2021: 23rd & 30th.
May 2021: 7th, 14th, 20th and 28th.

12:30pm – 2:30pm

6 Week Program must attend all 6 sessions.

Venue:

**Convent 232 Lane Street,
Broken Hill**

Contact:

**Sandra on 8087 3477 or
Email: spedergnana@ccwf.org.au**

Cost: FREE

**You will need to pre-register for this program so please
contact me to do so either by phone or email.**

2021

MUUKU SMOKE FREE

P L E D G E



muuku
program

smoke free
join today

The Muuku smoke-free pledge is coming up to its 12 month anniversary since first being launched last year during World No Tobacco Day held on 31st May each year.

Current participants that took the pledge in 2020 received a gift around the three-month timeline to help the transition from taking a break and smoking, to taking a break and enjoying a smoke-free activity. The gift consisted of gardening gear and an art pack to help with the transition.

Just recently the current Pledge participants met another milestone at the 9-month timeline by successfully maintaining a reduction in smoking and/or being smoke-free. These participants received a gift of their choice which included a few participants requesting fishing gear or a pamper package at the local salon.

The Muuku team looks forward to presenting the 2020 pledgers with their final gift of choice at the 12-month timeline during World No Tobacco Day held this year on Monday 31st May.

You can join the Muuku pledge at any time by contacting Maari Ma.

The local program has been designed with current tobacco smokers in mind who wish to manage their smoking.

Lowering tobacco dependence has shown a positive outcome for smokers paving a way to stopping tobacco smoking altogether.

The Muuku team understands the difficulties of reducing tobacco intake and has designed the Pledge as a reward-based system. The rewards offered are based on what participants request and at certain timelines.

For the past 9 years, Kiila Laana's education officer **Tiffany Lynch** has been hands-on ensuring Maari Ma staff have up-to-date knowledge of tobacco management and in late February Tiffany had the honor of being a guest speaker during the 'Nicotine Addiction & Smoking Cessation course hosted by the National Centre Of Indigenous Excellence.

Tiffany took this opportunity to shine a light on tobacco management services provided by Maari Ma for the rural and remote areas and discussed ways the service has changed to accommodate the barriers encountered. The presentation highlighted Tiffany's extensive knowledge of the program's core purpose and provided insight into the program's delivery for remote services such as Broken Hill, Wilcannia, Menindee, Ivanhoe and Balranald.



Dental Team

Maari Ma extends a warm welcome to the new Aboriginal Trainee Dental Assistant, **Robyn Cattermole** who started working in the Oral Health team in early February. Robyn is a familiar face at Maari Ma and many would know her from her previous role working in HIPPY. Robyn said she's looking forward to providing kids and families with oral health education, working in the clinic, being in the community and playgroup settings, and helping to support families through their appointments.

Robyn said tooth brushing is an important skill to have and teaching kids and families how to brush properly will pave the way for a healthier future, and she loves seeing kids with big, bright smiles.



2-year study receives a positive result for HIPPY program.

Maari Ma recently took part in an Australia-wide study on the impact of the Home Interaction Program for Parents & Youngsters (HIPPY).

CEO **Bob Davis** said, "We have been implementing HIPPY with 25 four-year-old and 25 five-year-old Aboriginal children each year since 2014—that's a lot of children and their parents, so we were very happy to participate in the study."

The 2-year study on children and parents that took part in the HIPPY program, showed an increase in children's literacy and numeracy skills throughout the program.

Maari Ma's Early Years program leader **Michelle Parker** said "The program is



*HIPPY coordinator **Briony Callaghan** and Early Years program leader **Michelle Parker**.*

crucial to not only early development but is also changing children's trajectories. This can include lowering rates of chronic disease, reducing the use of alcohol and other substances, increase school attendance, and reducing youth incarceration rate."

Maari Ma's HIPPY coordinator **Briony Callaghan** said the best way to interact with preschool children is to "make it fun and engaging. Children learn through play so get involved at their level".

EARLY YEARS



Catherine and Kulpa Pipinya Book Talk Project Officer Cathie Liston with some visual tools of favourite foods and their sugar & fat content.

You will notice some new posters around the Early Years building that highlight the amount of sugars and fats in some of today's favorite treats.

The Early Years team and Maari Ma's dietitian **Catherine** have teamed up to educate families on the large amount of sugars and fats that are present in some of our favorite snack foods and are providing information on ways to introduce more healthy options daily.

It's important to teach our children that foods high in sugars and fats can cause health problems if eaten often and instead focus on providing more fresh fruit and veg options.

Playgroup have a "Healthy Eating Policy" where they prepare the meal the day before playgroup, so attending families and children can enjoy a healthy lunch without the need to bring take-away or unhealthy treats.

Catherine helps with planning playgroup meals by providing balanced meal plans that are easy to make, affordable and the ingredients are easily accessible.

Catherine also plans these weekly meals around any special dietary requirement or allergy and ensures the meals are age & culturally appropriate. Feel free to talk to

the Early Years Team about your Child's dietary requirements or suggestions on future meal ideas. The team is especially interested in hearing ideas that are focused on local and traditional ingredients.

Playgroup is held every Friday during school terms from 10:30 am at the Early Years building.

Lunch is provided so please do not bring any. Transport can be arranged.

If your child is preschool age and you wish to attend please contact Maari Ma.



Dietitian Catherine Sim



Welcome New Staff!

Maari Ma welcomes to the Social and Emotional Wellbeing Parp'pah program

Helene Fox—Clinical Manager

In early March Helene travelled from Torquay in Victoria where she has been a social worker for over 15 years. Helene has always worked for families and young people most recently specialising in supporting young people who are experiencing distress and families with young children with challenging behaviours.

Helene said the trip here to Broken Hill was in itself an adventure with an unscheduled stopover at St

Arnaud to replace two sets of busted wheel bearings and suffering from a broken leg because she fell from a ladder while cleaning cobwebs in the house she left in Torquay. Apart from this rocky start to commence living in Broken Hill, Helene said she is looking forward to spending time with her family and grandchildren, including PJ (pictured) and taking in the desert landscape and night sky.



Ms **Julieann Hall** (Juls as she prefers to be known as) is an Aboriginal mental health clinician who after completing a placement at Maari Ma back in 2016 and 2017 whilst studying Bachelor of Health Science (Mental Health) through Charles Sturt University School of Nursing, Midwifery and Indigenous Health by distance education said “from that time I have wanted to return to Maari Ma and be part of the SEWB team. YaY now I am here !!!”

“Currently enrolled in my Masters of Indigenous Health at University of Wollongong School of Medicine and Indigenous Health. I have learnt that being a Indigenous mental health clinician I not only have a role in improving all of health

disparities in our communities but I need to be an advocate for better mental health through innovation and education.”

“I am a member of the Australian Association of Social Workers (AASW) Reconciliation Action Plan taskforce. I can facilitate Aboriginal Mental Health First Aid and Seasons for Growth Grief & Loss program. I have been working in and around Indigenous health and social justice for a very long time and have learned many different skills and approaches. I truly believe that by strengthening the social and cultural wellbeing of individuals, families and communities and by promoting resilience, empowerment, safety and respect you can lessen the gap.”



“My Name is **Zac Henderson** I am 19 years old and am currently

studying at Charles Sturt University. I am in my final year of completing a Bachelor of Health Science (Mental Health). For the past 2 years I was working at the Broken Hill Community Health Centre in the Child and Adolescent Mental Health Team (CAMHS).”

Desley McKellar

“I am a descendant of the Badjari/Kunja people of Cunnamulla South-West Qld through my Grandfather (Francis McKellar) and a descendant of the Barkandji people of NSW through my Grandmother (Allie-Agnes McKellar (Knight)). I am proud of my culture and heritage and pay full respect to my ancestors for the path they have laid for me and our people.

I have lived in Broken Hill for 18 years and completed a Bachelor of Health Science (mental health science) in 2017. I have worked in child care, age care, disability and as a support worker in the schools. I have a great passion for helping and supporting people, I am excited to be a part of Maari Ma and look forward to working with the team to improve the health and wellbeing of our people and community.”



Maari Ma Farewells

In late February Maari Ma farewelled **Dr. Aung** and **Dr. Priscilla** who have taken a position in Brisbane, and Youth Health/ Sexual Health Nurse **Rachel Jewell**, and also Occupational Therapist **Sandy Gray**.

Maari Ma would like to thank them for the hard work and accomplishments whilst at the health service and wish them all the best for the future.



Above: Executive Manager Primary Health Care Linda Lynott presents Rachel with a gift.

Left: Executive Manager Primary Health Care Linda Lynott presents Rachel with a gift.



Below: Cake cutting: Drs. Priscilla and Aung and Rachel and Sandy.





GP Review

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

START:

Your cycle of care starts with a twelve monthly GTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.



Follow-up care

Our health workers will visit you to talk about your health and see how you are going with your medications.



You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

MAARI MA Cycle of Care

GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.



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
- Allied Health

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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