

Maari Ma Health Aboriginal Corporation

Community Newsletter

Mother's Day was celebrated on Sunday the 13th of May this year. This special day honours our mothers and mother-figures. Maari Ma Health hopes that all of our mothers, grandmas, aunties and female carers in the community had a very Happy Mother's Day!

Happy Mother's Day

Mother's Day Raffle

The Maari Ma's Mothers day raffle was drawn by **Dr Penny Roberts-Thomson**, and who was assisted by **Ann Bennett** and **Kendy Rogers**.

The lucky winners of the dinner vouchers (donated by the Demo club), were: **Peter Crossing** and **Elizabeth Thomas**.

Other prize winners:

Tiffany Lynch
Harry Butcher
Ngearie Cattermole

Lesley Harvey
Bronwyn Johnson
Marsha Files



Dr Penny Roberts-Thomson, Peter Crossing, Ann Bennett and Kendy Rogers



In this issue:

- 2 **NEW BUBS!, What Mums Can Do**
- 3 **Tackling Indigenous Smoking, Art Class**
- 4 **Cally's Quit Story**
- 5 **Flu Vaccination 2018**
- 6 **Staff Updates**
- 7 **After School Cooking Group**
- 8 **Pop up Free Flu Vax Day, Youth Health Team, New Casual Transport Officer**
- 9 **Mobile Clinic, Regional Office Relocation**
- 10 **Coming Together Community Event**
- 11 **Maari Ma Cycle of Care**

Maari Ma Primary Health Care Service

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



www.maarima.com.au



admin@maarima.com.au



www.facebook.com/maarimahealth/

NEW BUBS!

Maari Ma would like to welcome two new bubs into the community this month!

Congratulations to Mum, **Jessica Harris** and to Dad, **Chris Kelly**, on the birth of their baby girl, **Kaylarnie Kelly - Harris**, on the 8th of May, 2018 and who weighed in at 2475 grams.

Jessica was looked after by Community Midwife **Robyn** & Aboriginal Health Practitioner **Bronwyn Johnson**.

Kaylarnie is the baby sister to proud big sister **Shavarnti Kelly-Harris**. We wish bubs and family all the very best!



Baby Kaylarnie

Congratulations to **Adah Etrich** and **Phillip Kennedy**, whose baby boy, **Nate Phillip Kennedy**, was born on the 4th of May 2018. Nate weighed 2740 grams and Adah was looked after by Community Midwife **Tiffany Cattermole** & the AMIHS Team.

We wish Adah, Phillip, Nate and their family all the very best!



Baby Nate



What's On?

Healthy Start Playgroup

10:30am–1pm

Fridays at the Maari Ma Child and Family Building (Not on during the school holidays)

After school cooking group

3:15pm–4:30pm Mondays & Thursdays in the Community kitchen at Maari Ma Health (Not on during the school holidays)

Cooking group for Parents

10:30am–12:30pm Thursdays (before Playgroup) at the Maari Ma Child and Family Building (Not on during the school holidays)

WHAT MUMS CAN DO

BEFORE YOUR BABY ARRIVES, GET THE FACTS ON BREASTFEEDING

WHEN YOUR BABY'S BORN, TRY TO GET THE FIRST BREASTFEED WITHIN AN HOUR

YOU'LL NEED HELP WITH LEARNING HOW TO BREASTFEED & SO WILL YOUR BABY. DON'T BE AFRAID TO ASK FOR HELP!

MAKE SURE THAT YOU GET PLENTY OF HEALTHY FOOD, WATER, AND REST!

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

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



Did you know that Maari Ma is a Breastfeeding Friendly workplace?

If you would like any support or information feel free to ask our Healthy Start team or call 8082 9777.

TACKLING INDIGENOUS SMOKING

This year, the TIS team is striving to make May the Smokefree Month!

We are running three different activities to engage with the community:

1. A colouring-in contest for the kids under 12yrs.
2. A painting contest for youth 12-25yrs.
3. A Quit 4 UR Heart challenge for adult smokers.

These will run throughout the month of May and the winners will be announced on 31st May, World No Tobacco Day.



ART CLASS

Be your own designer!

**Join the TIS team for a free t-shirt/bag printing class.
Got birthdays or anniversaries coming up?**

Make your own personalised gifts!

**Please give the TIS team a call on 80829777 to register and to provide your t-shirt size.
Lunch and transport are provided.**



CALLY'S QUIT STORY

Cally Doyle, this month's Quit Champion, is a Menindee girl who moved to Broken Hill 4 years ago. Her mum is from Menindee and her dad is from Maryborough (Victoria). Cally is a full-time homemaker and mum to 2 beautiful kids– Emery and Devlen.

Cally's first smoke was when she was 19. All of her friends were smoking, so Cally decided to give it a try too and then continued to smoke for the next 5 years.

Cal first quit smoking when she was pregnant with Dev. She decided to go Cold Turkey and didn't touch cigarettes for the following 2 years. While there were no cravings, but stress due to personal reasons lead to a relapse. Cal's second quit attempt was when she was expecting Em, and she decided to once again go cold turkey.

During her attempts to quit, Cally discovered that her triggers were stress, seeing someone else smoke, and the smell of cigarettes. You can use our Smoking Journal to help you find out what your triggers are.

If going cold turkey hasn't worked for you, Maari Ma's Smokers Program can provide you with any assistance you need in your journey to quit.

Despite smoking being one of the hardest addictions to break free from, Cally's determination to have a healthy pregnancy and to keep her bub away from passive smoke is commendable. Even though Cally has had a few relapses, she has also been persistent in her efforts to keep Devlen and Emery away from passive smoke. And that's why Cally is our Hero!



Cally's message for those trying to quit–

"Stick with it! Don't lose your motivation."

Cally's message for young mums out there–

"It's a lot healthier for your bub if you don't smoke. Do it for your kids, that's why I do it."

FLU VACCINATION 2018



Have you had your influenza vaccination for 2018?

Aboriginal people are more likely to get very sick from the flu and need to go to Hospital.

Chronic conditions such as: diabetes, heart conditions, asthma, renal disease, obesity, strokes and smoking can put you at an even higher risk.

The best and easiest way to keep your mob healthy is to get the flu shot.

Come into the Maari Ma clinic for your FREE 2018 Influenza Vaccination.

CLINIC TIMES

Clinics run Monday to Friday 9am to 5pm and after hours late night Flu Vax.

Clinics are now running on:

Wednesday 16th May 2018 - 5pm to 8pm

Thursday 17th May 2018 - 5pm to 8pm

Wednesday 13th June 2018 - 5pm to 8pm

No booking is required and transport is available.

Contact 80829777 for more information.



STAFF UPDATE



Jess Hung

After two years working at Maari Ma Health as the paediatric dietitian, Jess sadly has to say goodbye. Jess has accepted a position with Monash Health as a clinical dietitian in the renal unit. Earlier this year she was engaged, so it was inevitable that she would be moving back to Melbourne. She says that she has loved every part of Broken Hill. She will cherish all of the relationships that she has formed with community members and the team at Maari Ma Health.

We wish Jess all the best for her future journey in Melbourne. Jess will be sadly missed not only at Maari Ma but also in Broken Hill, Wilcannia and the surrounding communities.



Anne McGillivray

Anne was born in Scotland, raised in South Africa and is considered a citizen of the world, with family spread over every continent. Anne did her initial registered nurse training at Johannesburg General Hospital in South Africa, and then completed midwifery training at the Mater Mothers Misericordia in Brisbane.

Anne initially came to Maari Ma in June 2017 as an agency nurse, and liked it so much that she came back twice more before accepting a permanent position.

Anne has worked in a variety of different health roles, including primary health care, emergency on call, continence advisor, women's health, and management. For the last few years Anne has been working mostly in remote health clinics in the Northern Territory, Queensland and Western Australia.

Anne has settled into Wilcannia well and is looking forward to getting to know the community better and is looking forward to meeting future challenges.



Gemma Page

Gemma is from the Gold Coast, previously living in the Southport and Mudgeeraba region for the last few years. She was born in South Africa (Durban), but grew up in Brisbane after moving to Australia when she was 2 years old. Gemma has a husband who is currently living on the Gold Coast while he studies for a Bachelor of Exercise Science/Masters in Physiotherapy at Griffith University.

Gemma has completed the following studies: Bachelor of Nutrition and Dietetics (Griffith University), Bachelor of Nutrition Science (QUT), and a Certificates III, IV and a Diploma in Fitness.

Gemma has always been passionate about the community and public health, and has developed a strong interest in Aboriginal and Torres Strait Islander Health during her University studies. Gemma has always wanted to work in this field and is looking forward to meeting and working with all of the community and staff members at Maari Ma Health.

Gemma's hobbies include outdoors activities, such as hiking and bushwalking, she enjoys swimming, working out at the gym, and playing piano.

AFTER SCHOOL COOKING GROUP

It's been a fantastic first week at After School Cooking Group with 6 kids participating in the session!

This term's theme is "healthy lunchboxes". We made some yummy chicken wraps and the kids all tried a few new ingredients on their wraps, including hummus and avocado, BUT the real winner was the healthy popcorn! The kids now know how to make popcorn from scratch without all the extra salt and butter. We used honey, cinnamon and dark chocolate as toppings, and it was so delicious that even a few adults snuck a taste test.



POP-UP FREE FLUVAX DAY

Maari Ma Nurses, **Sherlie Barnett** and **Rebecca Conti**, participated in a Pop-up Free Influenza Vaccination Clinic at the Older Person's Centre in Blende Street on 9th May.

It was organised by the FWLHD Public Health Unit, and Maari Ma was requested to assist. It was a good opportunity to engage with the community and many of those immunised saw the nurses' uniforms and asked for more information about Maari Ma Health.



Sherlie Barnett Maari Ma Regional
Child and Family Health Nurse



Rebecca Conti Maari Ma Practice
Nurse & Corrin Fillery



just for the health of it!

The Youth Health Team have health check appointments available on Thursday afternoons as well as Friday for kids aged 9-18 years. Please call Maari Ma to book an appointment, or if you have any questions, you can call Tarissa or Katy on: 8082 9777



Casual Transport Officer

As many of you would know, **Tony Rigney** is a new casual transport officer at Maari Ma.

Tony has lived in Broken Hill since he came here in 1968, and previously he was living and working in Sydney.

Tony has worked in many health related jobs, and Maari Ma is glad to have Tony on board to help out with transport.

MOBILE CLINIC



On 8/5/18 the Maari Ma Mobile clinic attended Creedon Street.

Shannon, Claire, Dr Nalin and Alex Page all were out there on the day and offered the local Creedon Street community a chance to complete ATSI health checks, GPMP, discussion of results, Flu immunisations and anything else that the community wanted to discuss.

Further Sessions planned for Broken Hill are:

**28th May - Bourke & Wills park
5th of June - Creedon Street
12th of June - Ngyampa Park**

Regional Office Relocation



On Thursday 12th April, staff from the Regional Office were busy relocating to a new site at 82 Crystal Street (which is located on the corner of Crystal and Kaolin Street) and better known as 'The Miner's Arms'. The Early Years team and I.T. team are still located at the old Regional Office at 428 Argent Street.

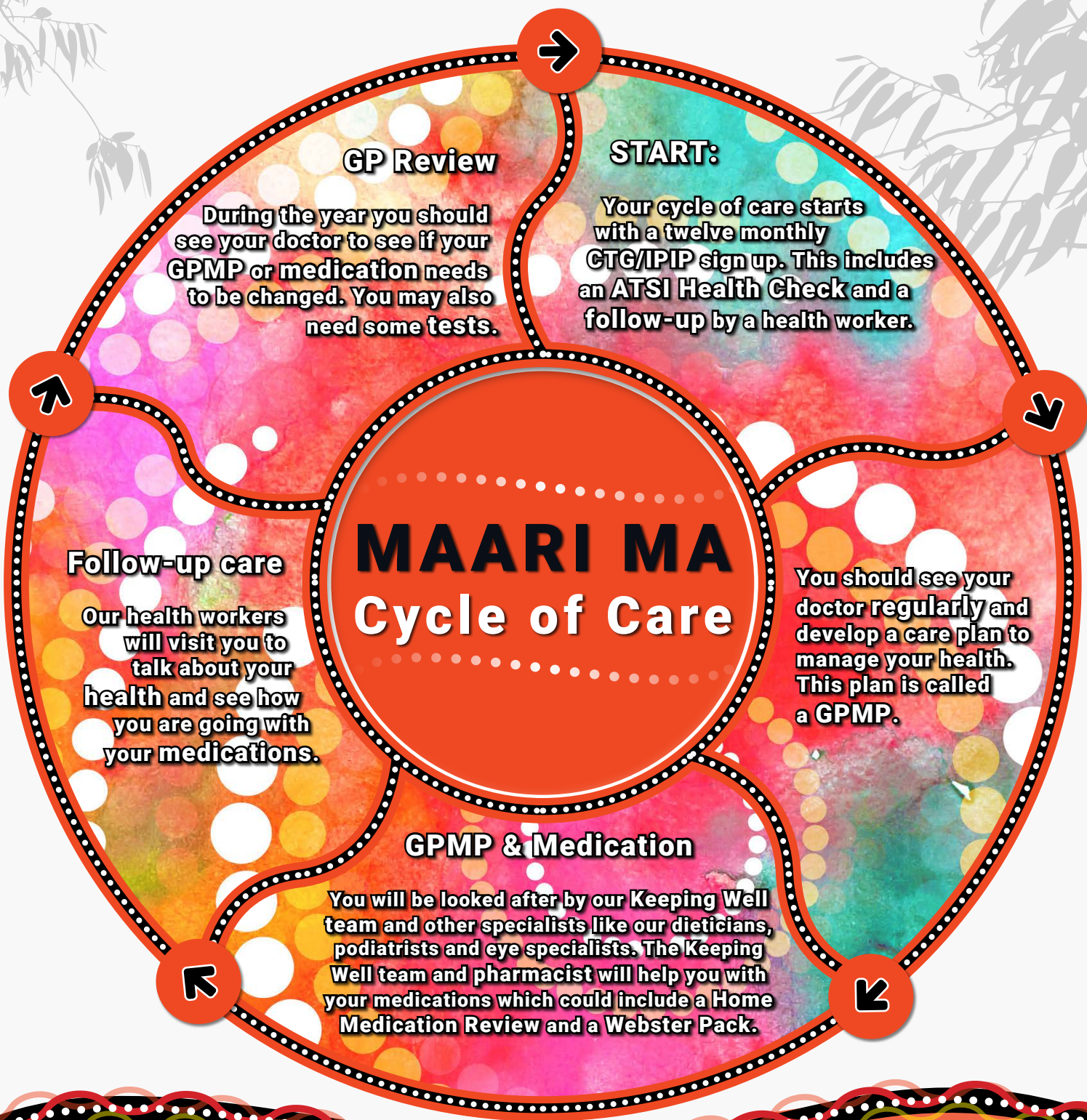
The Miner's Arms has been in Broken Hill since 1888 when it opened as a dusty pub and operated until it was de-licenced in 1924. Since then it has been a boarding house, a lodging house, a private residence and Art Gallery, a home and a Bed and Breakfast. Maari Ma staff have welcomed the change and have settled in nicely to their new location.

MAARI MA COMMUNITY EVENT

Maari Ma Health had it's first Community Event "Coming Together" on the 19th April 2018 at AJ Keast Park.

The day was filled with many activities including jumping castle, karaoke, face painting, sack race, Zumba, three legged race and a barbeque. All teams engaged with Community on the day with lots of information and giveaways. We would like to thank the community for helping keep the event Smokefree and alcohol free.





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
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

**439-443 Argent Street,
Broken Hill, NSW 2880**
Phone: 08 8082 9777 Fax: 08 8082 9778
Web: www.maarima.com.au