



Maari Ma Health Aboriginal Corporation

## Community Newsletter

CREATING AWARENESS  
of Autism

April was World Autism Month and Maari Ma's Healthy Start team has participated in the community engagement since 2016 by hosting an Autism Awareness Day.

The event this year was held on April 2nd in the courtyard at Maari Ma Primary Health Care Centre. There were many different sensory play activities that included play dough, slime, coloured rice, squishy toys and a photo booth that encouraged children to dress up in props and get their photo taken. There was lots of family engagement with staff and we had other local service providers also attended including Mission Australia, Benevolent Society, and Social Futures. They were able to talk to families about their services and how they can assist people on the NDIS.

Our Healthy Start staff see a number of children confirmed with an autism diagnosis. By educating the community and continuing to create awareness we are hoping for increased community support for parents with children with autism.

For the Autism Awareness Day event there were give-away bags for people who were coming in to the service and education around autism was provided. For the children with a diagnosis of autism, we supplied each one with an "Autism Awareness Day" shirt along with other sensory based toys.

Autism is a lifelong developmental condition that affects, among other things, the way an individual relates to his or her environment and their interaction with other people. The word 'spectrum' describes the range of difficulties that people on the autism



*It was beneficial to include other service providers for Autism Awareness Day to ensure families knew what other assistance they can access that we may not provide. Pictured left-right: Maari MaAllied Health trainee Mele Tuipulotu, Maari Ma Speech Therapist Abana Moeti, Angela Turner (Social Futures) Manisha Kumar (Benevolent Society), and Veronika Holland (Mission Australia)*



*Pictured Above: Abana Moeti is happy with the set-up.*

spectrum may experience and the degree to which they may be affected. Some people may be able to live relatively normal lives, while others may have accompanying learning challenges and require continued specialist support. The main areas of difficulty are in social communication, social interaction, and restricted or repetitive behaviours and interests.



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



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



# CREATING AWARENESS of Autism



## 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

3:30pm–4:30pm

Thursdays in the Community kitchen at Maari Ma Health with Elise (Ages 7-13 yrs).

(School Terms only & classes capped at a total of 8 kids per session)

### Active Kids

3.30pm – 4.30pm

Tuesdays at the PCYC with Gemma (Ages 7-13 years) (Not on during the school holidays)



*Pictured Left: Healthy Start Team Leader Helen Freeman is with mum Ada Etrich and young Nate Kennedy.*

*Below: Mele demonstrates some of the props for the photo session.*



## NSW YOUTH WEEK

Maari Ma joined Mission Australia and other service providers in Sturt Park recently to celebrate NSW Youth Week and Youth Homelessness Matters Day. The day highlighted to families the services that are available in Broken Hill to support young people.

Families of all ages attended to enjoy a free barbeque, live music and a number of activities. The very popular Maari Ma smoothie bike, which always draws a crowd was there and Maari Ma staff handed out Getting It Together bags which included a drink bottle and headphones along with information resources.

Maari Ma took on the contract for Getting It Together (GIT) for Family and Community Services late last year. GIT is an intensive case management program to assist vulnerable young people aged between 12 and 25 years of age with alcohol and/or drug problems. The program provides services and support for young people to transition to, or resume self-sufficient living free of dependence on alcohol and/or drugs.





## EASTER COOKING & *Active Kids!*

Dietitian, **Elise Wilson**, had some fun cooking with the kids at Menindee and their lesson was an Easter chocolate filled one. There were seven children at Menindee Pre-school and 16 at the Central School who enjoyed making Easter chocolate crackles which looked like egg baskets. Elise said that, as you'd imagine, the kids loved eating them even more.



Supporting kids to be active, such as helping out with sports gear so the Wilcannia boys can play soccer every Saturday, is what it's all about, and helping kids find activities that they enjoy is one of the keys to keeping them active. Dietitian, Elise Wilson, does a great job coming up with new and interesting activities each week for the Active Kids class. After the group played badminton and soccer at a recent class, they had a game of musical chairs which proved to be a great hit. Thanks Elise!

## Healthy Lunchbox Ideas

FOR A HEALTHY LUNCHBOX **PICK & MIX**  
SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



**For a healthy lunchbox pick & mix something from each food group 1 - 6!**

The Department of Health and Human Services' Pick & Mix 1-6 poster provides a range of ideas and practical tips to inspire families to create healthy school lunchboxes.

Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

1. Fruit (e.g. fresh, frozen, pureed and canned in natural juice)
2. Vegetables, legumes and beans
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
5. Grain (cereal) foods
6. Plain water

**To download a copy of the Pick & Mix poster and other resources, please visit:**  
<https://heas.health.vic.gov.au/schools/healthy-lunchboxes>



# STAFF NEWS

Congratulations to Registrar **Dr Aye Mon**, who has recently passed her exams – a first big step towards achieving her Fellowship of the Royal Australian College of General Practitioners. Dr Aye started with Maari Ma in February and these were the first two written exams as part of her GP training.

Maari Ma is very pleased with its' training program. Since it started around six years ago, 13 GP registrars have come through Maari Ma and achieved their College Fellowship. In fact, Maari Ma has not had one registrar not succeed.

Maari Ma's appreciation always extends to staff for their help and support and particularly our doctors who play such an important role in teaching and advising. However, as one of Maari Ma's supervisors, **Dr Stephen Gaggin**, recently said: a lot of the credit for our success goes to the registrars themselves– he said they have all been highly motivated and have wanted to work for Maari Ma and our communities.

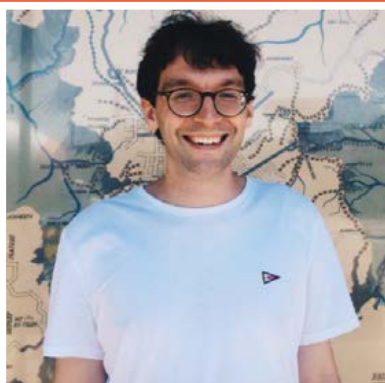
It's very rewarding to see that four of Maari Ma's former registrars have chosen to continue working for the organisation after achieving their Fellowship - Drs **Aung si Thu**, **Priscilla Htun**, **Stephen Grillet** and **Mel Mateo**.



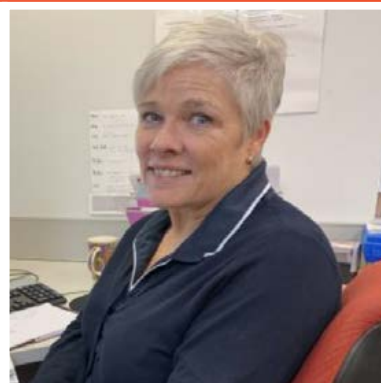
Pictured above: Maari Ma Registrar **Dr Aye Mon**, who started at the beginning of the year, has passed her first two exams. Drs **Than Soe**, **Jean Kim** and **Aye Han** have now all passed the assessments that are required for their training and are continuing to work in the practice environment to achieve their Fellowship.

## *Maari Ma Welcomes New Staff!*

Welcome to **Sam Harley** who has taken up a position as a Primary Health Nurse at Wilcannia.



Sam is no stranger to the region – he said he was struck by the natural beauty of Wilcannia and warmth of the community while completing a placement at the Wilcannia Health Service during his university degree in 2017.



Welcome also to Registered Nurse **Barbara Williams**, to our clinical Services team!

Barbara has been working for us for a few weeks now in a part-time capacity and is taking over from another member of our staff, **Kelly McGowan**, while she is on parental leave until early 2020.



# MAARI MA'S

## PAEDIATRIC OCCUPATIONAL THERAPIST

**Sandy Gray** is our experienced occupational therapist who sees children in Broken Hill and Wilcannia. OT visits occur either at Maari Ma, schools, preschools and at home, depending on what works best for the family.

### What does a Paediatric Occupational Therapist do?

It's a common question... in short OT's can help children achieve their developmental milestones such as motor skills (fine and gross), activities of daily living skills (dressing, personal hygiene, toileting) and social skills, and behaviour support - particularly in the areas of emotional and sensory regulation.

OTs work closely with parents, carers and educators in the development and learning of children.

Occupational therapy for children can lead to big benefits, especially for kids with learning and attention issues.



### When to refer...

If you've noticed that your child is missing certain developmental milestones, OT could help. Occupational therapists can work with kids on many different types of activities. Here are some examples:

- Self-care or activities of daily living (toileting, dressing, tying shoe laces, brushing teeth, buttoning clothes, using eating utensils)
- Hand-eye coordination (writing on a classroom whiteboard, copying in a notebook what the teacher writes on the board)
- Fine motor skills (grasping and controlling a pencil, using scissors)
- Gross motor skills (doing jumping jacks, ball skills, climbing, working on core muscle strength for sitting posture)
- Planning and organization (helping a teen plan a trip to his locker to swap books or gym clothes for the next class period, using a graphic organizer for writing)
- Sensory responses (helping kids with sensory processing issues respond to sensory input in more comfortable ways)



There are lots of benefits of OT for children. And the sooner a child starts OT, the more effective it tends to be. Some kids learn to concentrate better and complete their schoolwork with more success. Others have increased self-confidence as they learn to do more tasks on their own.

If you feel your child will benefit from Occupational Therapy arrange an appointment with the Healthy Start Team.



# Community Notices

## Help Keep our Mob Safe Online

Our mobs are growing up in two worlds, an 'online' world and 'real' world. It is important our kids know how to stay safe online.

We are writing to seek your support for an important initiative designed to help parents, carers and educators start the chat with children about how to stay safe online. 1 in 5 young Australians have had a negative experience online and 1 in 4 have been contacted by a stranger.

More than half the Aboriginal and Torres Strait Islander population are aged under 25 years old, and two thirds of households are regularly accessing the internet. More and more, we are online.

But many parents, elders, aunts and uncles have told us they don't feel prepared to talk to their mob about the dangers of being online. Many feel they don't understand the risks or can't keep up with new technology.



The Australian Government's eSafety Commissioner has developed information and resources specifically for Aboriginal and Torres Strait Islander families to give parents, carers and educators the tools, tips and advice to keep our mob safe online.

You can help - share the materials with your network

1. Talk to parents, carers and educators in your community.
2. Display the poster where community members can see them.
3. Encourage people to visit the [eSafety.gov.au](https://esafety.gov.au) website for more information.
4. Share the resources and case studies with your network.

Download the community resources, including a booklet, radio ad, video, poster and more:

<https://esafety.gov.au/aboriginal-and-torres-strait-islander-peoples>

## Everyone is invited to the 2019 NAIDOC Ball

**Saturday 13 July**

Broken Hill Entertainment Centre  
240 BLENDE STREET, BROKEN HILL

Tickets: \$70

For ladies especially, these events can become quite costly. On top of the price of the ticket, there could be the added cost of an outfit, hair and make-up.

To make it a successful event, and so no one misses out, we are going to try to make it a bit easier.

*The Compass team are asking for generous donations of evening/ball gowns and heels for this occasion!*

If you would like to donate any of these items for this occasion please call Tammy on 0447196354 or email [tammyf@compasshousing.org](mailto:tammyf@compasshousing.org)

Ladies, donations will be taken to 123 HUB so you can try the dresses and shoes on in front of a long length mirror but as the 123 Hub is not open daily, we suggest that you come in on a Tuesday when it is open for Outreach between 10am-1pm.







# COMMUNITY WELLBEING EVENT<sup>2019</sup>

- \* FINGER FOOD PROVIDED
- \* GUEST SPEAKER NRL GREAT KERRY HEMSLEY
- \* LOCAL SERVICES PROVIDING INFO
- \* DUTCH AUCTION - ALL FUNDS RAISED STAY LOCAL
- \* WAYNE WIGHAM FROM BLACK DOG INSTITUTE SHARING HIS EXPERTISE IN MENTAL WELLBEING

**MUSICIANS CLUB, BROKEN HILL**

**JUNE 12, 6PM - 9PM**

This event is only open to the first 150 people

**MENINDEE TRANSACTION CENTRE**

**JUNE 13, 6PM - 9PM**

[WWW.CREATIVECOMMUNITYCONCEPTS.COM.AU](http://WWW.CREATIVECOMMUNITYCONCEPTS.COM.AU)



Stay physically, mentally & socially strong



Take the extra step - get involved



Join in and connect with others





# SORRY BUSINESS PROJECT 2019

**ABORIGINAL  
COMMUNITY CONSULTATION  
SORRY BUSINESS PROJECT**

Members of the Broken Hill and surrounding communities are invited to participate in a community consultation about Sorry Business, and the development of a brochure series for Aboriginal people, when someone dies.

Come along and have a cuppa and a yarn with us, have your say and give advice

**Time: 10am to 12pm**  
**WHEN: Wednesday 12<sup>th</sup> June 2019**  
**WHERE: Centre for Community  
Beryl Street (behind Sturt Park), Broken Hill**

If you can't make it you can go online and make your suggestions or comments via the Community Legal Centre (CLC) Website Survey link  
<https://www.surveymonkey.com/r/KHMNLQL>

We look forward to seeing you there. Any questions or concerns please contact Project Coordinator and Aboriginal Worker, Bobbi Murray on 0435 113 438 or [bobbim@centralcoastclc.org.au](mailto:bobbim@centralcoastclc.org.au)

**CLSD** COOPERATIVE LEGAL SERVICE Delivery Program  
 Legal Aid  
 **BIGAN MOB**



## SORRY BUSINESS PROJECT 2019

According to the Australian Institute of Health and Welfare (July 2018), the life expectancy of Aboriginal people is significantly lower than that of the non-Indigenous population. It is estimated to be 10.6 years lower for males (69.1 years compared with 79.9 years) and 9.5 years for females (73.7 years compared with 83.1 years). Suicide rates are also significantly higher in Aboriginal communities.

The Central Coast Community Legal Centre and the Central Coast Cooperative Legal Service Delivery Program are looking to get advice from the Aboriginal community about helpful information about Sorry Business. This is to be put into a booklet series to assist you during this sad time so you have time to grieve with family.

The idea behind this is to take the pressure off and allocate duties to those who ask to help. They may be able to help with funeral preparations, cultural practices, locating funding for funerals, locating wills and other legal needs.

We would like to know what is appropriate to have in a public document and what is helpful for families to know about. These may include:

- Transport and assistance for the body if loved one has died off country.
- Funding assistance for Aboriginal people to help pay for the funeral.
- Checklists of what is needed for a legal funeral.
- Information about death certificates.
- Wills, estate and probate information.
- Money worries or debts.
- Location and contact details of local services and Aboriginal workers who can help you.

This booklet series will be specifically for Aboriginal people in NSW but general enough that the information can potentially be used nationally. We look forward to your support in this project.

Any concerns or questions, please contact, Ms Bobbi Murray, Aboriginal Worker and Project Coordinator, NSW Central Coast Community Legal Centre, 0435 113 438 or via [bobbim@centralcoastclc.org.au](mailto:bobbim@centralcoastclc.org.au)

For suggestions and comments, please visit: <https://www.surveymonkey.com/r/KHMNLQL>



# TACKLING *Indigenous Smoking*

## Tobacco and lung health



Every year, on 31st May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The campaign will increase awareness on:

- The negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease,
- The fundamental role lungs play for the health and well-being of all people.

### How tobacco endangers the lung health of people worldwide

World No Tobacco Day 2019 will focus on the multiple ways that exposure to tobacco affects the health of people's lungs worldwide.

These include:

- Lung cancer.
- Chronic respiratory disease.
- Across the life-course.
- Tuberculosis.
- Air pollution.



### Make a Deadly Choice to look after your lungs:

- Have your ATSI health check
- Request a Spirometry Test
- Undertake the Smoke Free Homes Project
- Talk to your health worker about joining the Smokers Program



## DON'T LET TOBACCO TAKE YOUR BREATH AWAY



CHOOSE HEALTH NOT TOBACCO

31 MAY WORLD NO TOBACCO DAY #NoTobacco



Did you know that smoking in or around your home or car can affect your family and friends? Do you want to be part of Maari Ma's new Smoke Free Homes & Cars project?

### ABOUT THE PROJECT

If you are a smoker, or have a family member that smokes inside the home or near the entry/exit of the house then this program is perfect for you! Our Tackling Indigenous Smoking team can support you to monitor the carbon monoxide (CO) levels in your home using a CO monitor.

Incentives will be provided throughout the project.

If you have any questions about our Smoke Free Homes & Cars project, please contact Maari Ma's Tackling Indigenous Smoking (TIS) Team on 8082 9777.

Please remember that Maari Ma's TIS Team is here to support you, whether you are considering quitting or even just wanting to change your smoking behaviours, we can help! We have trained health workers and specialist staff that can help you through your journey.



## Smokers Program

Maari Ma Health is proud to announce a support program in Broken Hill, Wilcannia, and Menindee to help smokers quit and stay quit.

### What the program involves

- A weekly appointment with a trained Health Worker.
- Free Nicotine Replacement Therapy (NRT).
- Doctor's review.
- Access to advice and counselling.
- Help to identify your triggers and cravings.
- Help to develop strategies to cope with withdrawals and symptoms.

### Tips to help you

- Make the rule: 'no smoking by anyone in the house'. Go outside to smoke.
- Eat breakfast.
- Use glucose tablets or jelly beans whenever the urge to smoke hits you.
- Use the NRT properly. Use it for at least 8 weeks.
- Work out your triggers (behaviours) that make you want a cigarette.
- Keep your weekly appointments with your health worker.

Remember- there is no such thing as failure... you can always come back!



For any advice, assistance, or information call Maari Ma Health on (08) 8082 9777. You can also speak to an Aboriginal Counsellor at Quitline on 137848.





# May EVENTS

**26<sup>TH</sup> MAY**

## National Sorry Day



This is a significant day for Aboriginal and Torres Strait Islander peoples, and particularly for Stolen Generations survivors. Commemorating 'Sorry Day' was one of the recommendations of the Bringing Them Home report, which was tabled in Parliament on 26 May 1997. This report was the result of a National Inquiry into the forcible removal of Indigenous children from their families, communities and cultural identity. The first 'Sorry Day' was held in Sydney in 1998 and is now held nationally with memorials and commemorative events that honour the Stolen Generations. For more information visit <https://www.reconciliation.org.au/>

**27<sup>TH</sup> MAY - 3<sup>RD</sup> JUNE**

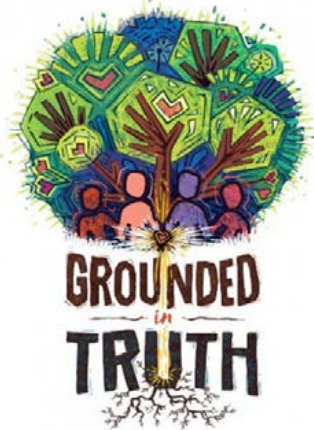
## National Reconciliation Week



This week is an ideal time for everyone to join the reconciliation conversation and reflect on shared histories, contributions and achievements. It is held annually and is a time to celebrate and build on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. Preceded by National Sorry Day on 26 May, National Reconciliation Week is framed by two key events in Australia's history, which provide strong symbols for reconciliation:

- 27 May 1967 – the referendum date when more than 90 per cent of Australians voted to give the government power to make laws for Indigenous people and recognise them in the census.
- 3 June 1992 – the historic Mabo decision. For more information visit: National Reconciliation Week at <https://www.reconciliation.org.au/>

NATIONAL RECONCILIATION WEEK 2019  
27 MAY - 3 JUNE



WALK TOGETHER WITH COURAGE

To foster positive race relations, the relationship between Aboriginal and Torres Strait Islander peoples and the broader community must be grounded in truth. Whether you're engaging in challenging conversations or understanding and respecting what you know, this journey requires all of us to walk together with courage.

LEARN MORE AT  
[www.reconciliation.org.au/nrw2019](https://www.reconciliation.org.au/nrw2019)  
RECONCILIATION  
AUSTRALIA

## Maari Ma Health Flu Vaccination 2019

**Please come visit us and have your flu vaccination.**

Aboriginal people are more likely to get very sick from the flu and may need to go to the hospital. July, August, September and October are typically the months when flu season is at its peak.

It's not too late! The best and easiest way to keep your mob healthy is to get the flu shot.

**FREE 2019 influenza vaccinations at Maari Ma Health  
Monday to Friday 9am - 5pm**

No bookings required and transport is available  
Call 80829777 for more information.

## STOP FLU. IT'S UP TO YOU.



**CATCH IT**

Cover your face  
when you cough  
or sneeze



**BIN IT**

Throw away  
used tissues  
straight away



**KILL IT**

Clean your  
hands thoroughly  
and often

**Annual vaccinations  
reduce your risk of flu.**

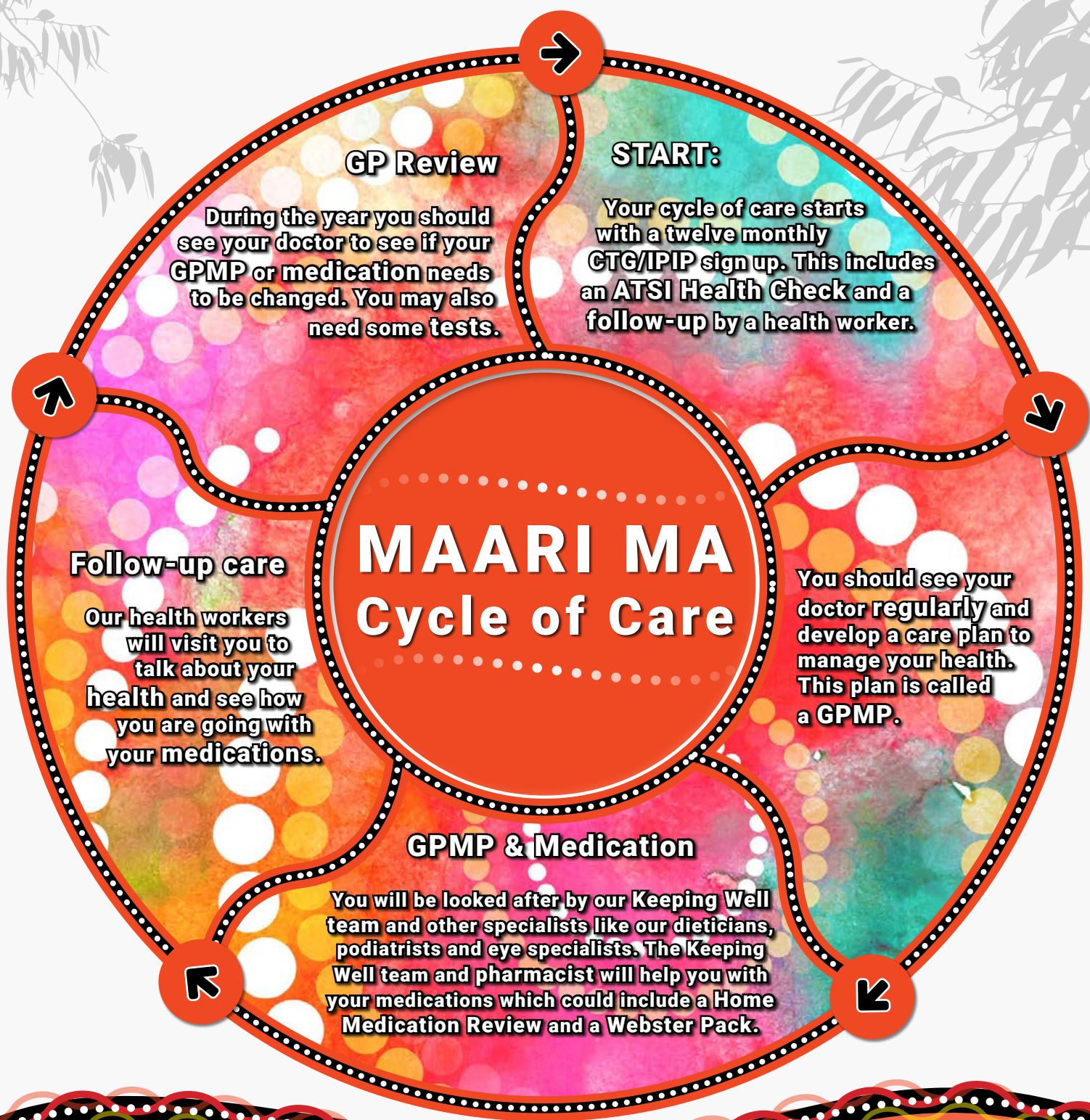
Speak to your GP now.

[www.health.nsw.gov.au/flu](http://www.health.nsw.gov.au/flu)

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NSW  
HEALTH





## 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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