



Maari Ma Health Aboriginal Corporation

Community Newsletter

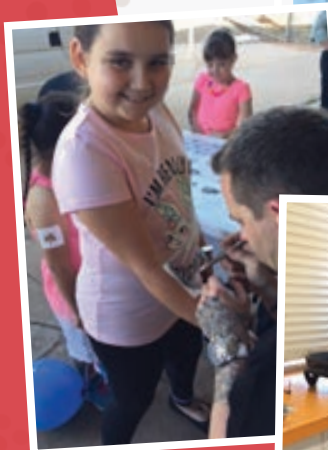
MENTAL HEALTH concert

Wednesday 17th October was the Mental Health Concert. The event was well attended with about 80 people enjoying the different activities including the BBQ dinner.

The famous and multi-talented **Nancy Bates** was the main performer of the night. Community members joined Nancy to sing along for the Koori-Oakie. Frances Dargan was one of the local talents giving individual performances. The spray-on temporary tattoo activity was popular with children. Many children were happy to receive multiple tattoos. There were several lucky door prize winners and a variety of show bags containing mental health information and other goodies were given away on the night.

The event was organised by Maari Ma Health, PCYC, Mission Australia, Neami National, Flourish Australia, Lifeline, 123 Hub/Compass Housing, RAMHP (Rural Adversity Mental Health Program), Royal Flying Doctor service, NSW Ability Links, and Broken Hill Local Aboriginal Land Council.

Life can get overwhelming at times. If you are struggling and would like to chat with one of our mental health professionals, come and see our GPs for a referral.



In this issue:

- 2 **Mums & Bubs, Cervical Screening Information**
- 3 **Quit Story of the Month, HalloweENT Night**
- 4 **NAIDOC Day Throwback, Boils**
- 5 **Staff Update, IPTAAS**
- 6 **Menindee Cooking Group, National Nutrition Week, After School Cooking Group**
- 7 **National Children's Day, Community Events & Information**
- 8 **Women's Survey, Webster Packs**
- 9 **Maari Ma Cycle of Care**

Maari Ma Primary Health Care Service

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


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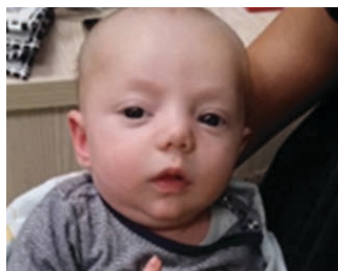
MUMS & BUBS!

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

Congratulations to **Kulai Reynolds and Chad Nunn** for the birth of their baby boy, **Huxley Lyall Nunn**, born on the 16th October, weighing 3.6kg. Latika was looked after by Midwife, **Robyn Harris** and the AMIHS team.



Baby Huxley and Proud Big Brother, Richard



Baby Patrick

Jett Hall, baby of **Joelene McKellar and Kym Hall**, was born on the 1st September weighing in at 4.2kg. Contratulations to mum, dad and family!

Our contratulations also go to **Rachel Sutton and Chris James** on the arrival of their baby boy, **Patrick James**. Patrick was born on the 18th August, weighing 3.3kg. Rachel was looked after by Community Midwife, **Robyn Harris** & the AMIHS Team.



Baby Jett



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 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)

Cervical Screening Information

What is the new Cervical Screening/Pap test?

The Pap test has been replaced with a new test, which you only have to do every five years. The test is quick and simple. If you have ever had a Pap test before the way this test is done will feel the same. It might be a bit uncomfortable but it shouldn't hurt. If it hurts, tell your health worker straight away. A health worker could be a general practitioner (GP), nurse or doctor at an Aboriginal medical service, community or women's health centre, or family planning and sexual health clinic. Remember, you can always ask for a female health worker to do your test.

The new test is safe and better.

Although it will feel the same for you, the new test is better. This is because it checks for a virus that could cause changes to your cells. It is safe to have this new test every five

years, instead of two like the old Pap test. Your health worker will get your results about two weeks after your test and may contact you to talk about your results.

When do I need my next test?

For most women aged 25-74 years your next test is due 2 years after your last Pap test and then it will be every 5 years if your result is okay. If you're unsure when your next test is due, talk to your health worker. Three months before you're due to have your next test, you'll receive an invitation to remind you to make an appointment with your health worker.

Where can I go for more information?

If you have any symptoms, such as unusual pain or bleeding, you should see your health worker immediately.

A NEW AND BETTER TEST FOR WOMEN

Talk to your health worker today – for yourself, your family and your community.



THIS MONTH'S QUIT STORY

Everyone has a story to tell. Thanks to our Quit Champions, we have many! **Kevin 'Buddy' Bates** is our Quit Champion of the month.

Born in Broken Hill and raised in Wilcannia, Kevin is the third oldest amongst his 7 brothers and sisters. Kevin has been in Wilcannia most of his life, except when he moved to Albury for a while. Before joining Maari Ma Health, Kevin was working in finance with Centrelink and prior to that, he was working with children at St. Therese's School in Wilcannia.

Going back to his childhood days, Kevin remembers he first smoked a cigarette at the age of 16 years. Everyone in his peer group was smoking, so he too just picked it up. Kevin says he still remembers when his first ever draw on a cigarette made him really sick and dizzy.

Kevin became a regular smoker after his first cigarette. However, that did not stop him from attempting to quit. That's why Kevin 'Buddy' Bates is our Quit Champion! Kevin's last quit attempt was 3 months long! He used patches and Champix to stay off the smokes. Unfortunately, personal stress lead to a relapse, but Kevin has since restricted the number of cigarettes he smokes. Currently, Kevin only smokes when is he is not busy as his boredom triggers the urge to smoke. However, Kevin has figured-out that keeping himself busy helps him to not smoke, for example: when at work, he does not smoke at all. Do you have a strategy to help you stay off smokes?

Kevin's Quit Tip for those trying to quit: Stay motivated. Remember that you are quitting not just for yourself, but for your family too. Quitting will help you live longer.

Kevin's message for youth: If you are smoking, have the willpower to quit, keep yourself busy with other things, and give it up. If you are a non-smoker, keep it up!



The nicotine in cigarettes increases the level of a substance called catecholamine in the body. This causes blood vessels to constrict, meaning the blood has to be pumped harder to pass through these vessels. This raises blood pressure and can make you feel dizzy, especially when you first start smoking or even when you smoke your first cigarette of the day.

Cigarette smoke also contains carbon monoxide, a colourless, odourless and poisonous gas, which replaces oxygen in the body leading to hypoxia. This leads to a lack of oxygen to the brain and causes dizziness.

HalloweENT Night

Maari Ma staff members, Shan, Lill, Sammy, Bec, Larnie and Cath Kennedy organised a special after-hours ENT clinic on the 31st October. 30 people attended the clinic, some even dressed for the occasion in their Halloween costumes!

Our special thanks goes out to specialist **Sam Boase** and **Nuwan**.



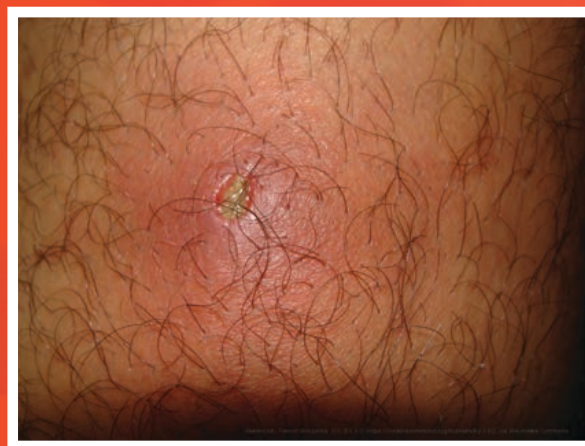
MORE PHOTOS FROM NAIDOC DAY



BOILS

Boils are a common skin infection that usually occur around the root of a hair, called the follicle. Germs get down under the hair follicle and start to multiply. This is what causes the boil. Boils can be tiny like a pea or as big as a golf ball, they are usually red on the outside and yellow or white in the centre. Boils are very painful.

Keeping your body clean by showering every day; especially after you get sweaty, can help reduce the risk of getting a boil. Stopping smoking also reduces the risk of developing boils. If you have a boil, it is a good idea not to share towels, sheets, clothes or personal items while you have an open sore. Keeping the sore covered helps it heal quickly and prevents others from being exposed to the germs. It is important to wash your hands thoroughly after you touch a boil or soiled clothing.



Boils usually get better on their own but there are some simple things you can do at home to manage a boil. Using a warm hot-pack on the boil can help reduce discomfort by helping the puss to exit the boil. A hot bath can also help relieve the pain. You should see a doctor if you are worried about a boil, feel unwell or have a temperature, have pain, have a large boil or a boil that has not healed.

For more information about boils and how to prevent them please drop by the clinic and speak to one of the Aboriginal health practitioners or registered nurses.

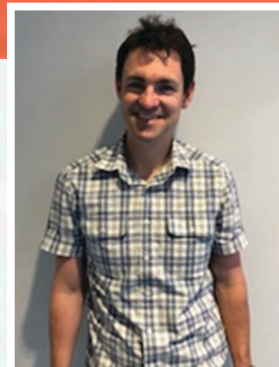
STAFF UPDATE

Welcome to our new staff member **Guy Staker** to the Community Safety Research Project, Kalypi Paaka Mirika Healing Program at Maari Ma. Guy will be partnered with **Murray Butcher** on the Men's Healing Programs in Broken Hill, Menindee and Wilcannia. Guy Staker is a local Indigenous man from Broken Hill with family connections to the communities of far western NSW and is looking forward to forging links with our communities as a part of his role as a project support worker.



The Community Safety Research Project delivers our locally designed healing program to women and men, and staff are also able to facilitate mixed groups of both genders. Kalypi Paaka Mirika aims to assist our community to deal with the effects of grief, loss, trauma, and the transmission of trauma across the generations. The Project has a great emphasis on our resilience as individuals, families and communities and how we may support others and ourselves in our journey of healing.

Maari Ma also has an addition to the clinic team- **Dr. Steven Grillett**. Steven was Maari Ma's first GP registrar! He recently moved back to Broken Hill from South Australia. Steven joined Maari Ma last month after working for a year at the William Street Surgery. Maari Ma is happy to welcome Steven back!



Farewell Smiley



Last month we bid farewell to **Smiley 'Guy' Crawford**. Smiley was Maari Ma's Transport Officer for more than 20 years making him one of Maari Ma's longest serving staff member.

Maari Ma will certainly miss you Smiley! We wish you all the very best for your next venture.

Congratulations Tarissa!

Our Youth Health Worker - **Tarissa Staker** recently won the Youth Worker of the Year Award at the 2018 NSW Youth Work Awards. The awards celebrate the exceptional work of youth services and youth workers in NSW. Maari Ma is extremely proud of Tarissa, who is not only a great worker, but also a role model for many. Congratulations Tarissa! Maari Ma hosted a morning tea to celebrate Tarissa's achievement.



IPTAAS

IMPORTANT INFORMATION relating to IPTAAS:

- Maari Ma Health does NOT cover the cost of FOOD or DRINKS while you're away
- There is NO CASH available through the IPTAAS Scheme or Maari Ma
- You will need to put some money aside to cover the cost for FOOD, DRINKS and any other items you may need while you are away from home



IPTAAS Processing and Accommodation Booking

- Please bring your completed IPTAAS form in as soon as possible to avoid any delays with accommodation
- It can take several days to process your IPTAAS request – accommodation may not be available at short notice
- It's better for you to let us know that you have a specialist appointment out of town as soon as you know.

Menindee Cooking Group



Kids at Menindee Preschool and Central School learnt about vegetables. Kids started the veggie adventure in the first week of term with the popular veggie face wraps. Wholemeal wraps with hummus or tzatziki base were topped with different veggies including capsicum, cucumber, tomato, spinach, mushroom, alfalfa sprouts and olives. The kids enjoyed their wraps and said "this is really fun".



National Nutrition Week

National Nutrition Week is from the 14th to the 20th of October. Maari Ma celebrated this at the Health Service from the 15th –17th October. This year's theme was 'Try for 5' focussing on increasing daily intake of vegetables.

On 15th the dietitians ran an omelette/breakfast station from 9am to 11am in the waiting area of the Broken Hill Primary Health Care Service. On 16th little veggie packs were given away at Broken Hill and Menindee. Platters of vegetables and dip were served on 17th in Broken Hill and veggie packs were taken out to Wilcannia. Printed recipes and information about how to include more veggies into diets were also provided.



The theme for this term is multicultural food. The first session kicked-off with the kids learning some fun facts about Japan and its food and culture. The kids enjoyed making sushi, using chicken, tuna, avocado and cucumber for fillings. Special thanks to Social Worker Student, **Yiana Georgas** for helping out with the session. In another session kids made healthy Mexican burritos with lean beef mince, onions, carrots, tomatoes, red kidney beans, avocados, cheese, spice mix and yoghurt. The kids also made Italian pizzas with mozzarella cheese and lots of veggies.

AFTER SCHOOL COOKING



Children's Day at Sturt Park



It was a fun day at the park on Children's Day. Our Early Years and HIPPY teams along with TIS Project Officer, dietitian, and Healthy Start staff organised different activities for the kids on the day.



COMMUNITY EVENTS



**JOIN US IN
CELEBRATING THE
INTERNATIONAL DAY
OF PEOPLE WITH
DISABILITY**

AJ Keast Park (Located near the
PCYC), 10am until 2pm.
3rd of December, 2018

Entertainment
—
Food/Drinks
—
Engage with local
services
—
Fun Activities
—
**OPEN TO
COMMUNITY**

Services are welcome to
contact the Ability Links
team to get involved.
(08) 8087 7310



**NATIONAL INDIGENOUS
TOUCH
FOOTBALL
KNOCKOUT**

**14th-16th December 2018
Apex Park, Dubbo NSW**

**TOUCH TEAMS FOR GIRLS AND BOYS 10 YEARS AND UP
ADULT MEN, WOMEN AND MIXED TEAMS**

For more information or to register visit:
www.indigenoustouchknockout.sportingpulse.net
 @quitbfit

Registrations close Saturday 1st December 2018



FAMILY INFORMATION EVENING

Life Without Barriers would like to invite you and your family to our Broken Hill
Respite Centre's Family Information Evening. This is a great opportunity to:

- Meet with the friendly staff and other families
- Find out the latest NDIS developments
- Learn how you can get more out of your NDIS Plan
- Understand how Support Coordination can work for you
- Have your say on services we could offer you and your family

Date: Friday, 30 November

Time: 5.30pm

Location: 63 Thomas Street, Broken Hill, 2880

RSVP using one of the options below:

Email: Desley.McKellar2@lwb.org.au Call: 08 8088 6064 Click here:

www.trybooking.com/ZELX

Attendance is free and transport is available

RSVP by: Monday, 26 November

Light refreshments will be served

**WE
LIFE WITHOUT BARRIERS
VE**

WOMEN'S SURVEY



The Aboriginal and Torres Strait Islander Social Justice Commissioner, June Oscar AO is inviting Aboriginal and Torres Strait Islander women and girls to share their priorities, challenges and aspirations for themselves, their families and their future.

The Wiyi Yani U Thangani (Women's Voices) project aims to find ways to promote and protect culture and enhance the lives of Aboriginal and Torres Strait Islander women and girls so that they can lead happy, healthy and fulfilling lives.

To have your say- complete an online anonymous survey on the project website. It is a quick multiple-choice survey, which is expected to take 10-15 minutes. Participation in the survey is voluntary. This survey is for all Aboriginal and Torres Strait Islander women 18 years of age and over, including all women who are trans-gender diverse and intersex.

ARE YOU USING A WEBSTER PACK?

If you are using a Webster Pack that is paid for by Maari Ma and haven't seen the doctor for a while then you are probably overdue for a doctor review to check your overall health and a medication review to check you are on the right medications.

If you are not up to date with your doctor visits then Maari Ma cannot continue to pay for your Webster Pack, and Peoples Pharmacy or your health worker will be unable to deliver the Webster Pack to you. When this happens, your Webster Pack will be given to your doctor and you'll need to make an appointment to see your doctor to complete your health checks, talk with your doctor about your medication and then collect your Webster Pack.

If you are worried that you are not up to date with your doctor visits please call and speak with a health worker to check and book an appointment if need be.



MAARI MA Cycle of Care

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.

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.

Follow-up care

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

GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dietitians, 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.

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

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.

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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Practice Manager:
PHCS