



Maari Ma Health Aboriginal Corporation

Community Newsletter



It's Official!

Around 45 community members attended a special event at Balranald on Tuesday 27th October, to mark the official naming of the Balranald health service – Maari Ma Health Balranald. The service is situated in the Bes Murray building in Court Street and the community was invited to attend a BBQ and meet members of the Board. The Board held its meeting there and enjoyed mingling and having a yarn with the community during the BBQ.

There were lots of willing helpers on hand with the cooking including **Paige Winch's** dad and her partner, and **Emma Moore** and Paige who were on hand to serve. Maari Ma are extremely proud of the work that has been undertaken at Balranald and the dedication of the staff who work there. A big thank you to **Linda Lynott** for her ongoing work at Balranald and the support that she has provided to staff.



Pictured: Service Manager, Kendy Rogers and Executive Manager Primary Health Care, Linda Lynott with Board Chair, Maureen O'Donnell and Directors Cheryl Blore, Norma Kennedy and Gloria Murray.



Nurse Emma More and Aboriginal Health Worker in Training Paige Winch.



Edward King enjoying the event.



Paige's Dad Peter and her partner Brayden Dalton.



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Maari Ma Primary Health Care Service

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


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*Sleep out.
Change lives.*



Each year the St Vincent de Paul Society holds a national event, the Vinnies Sleepout, to raise awareness of the growing issue of homelessness. It challenges businesses and communities to sleep rough for one night and raise funds to combat the issue.

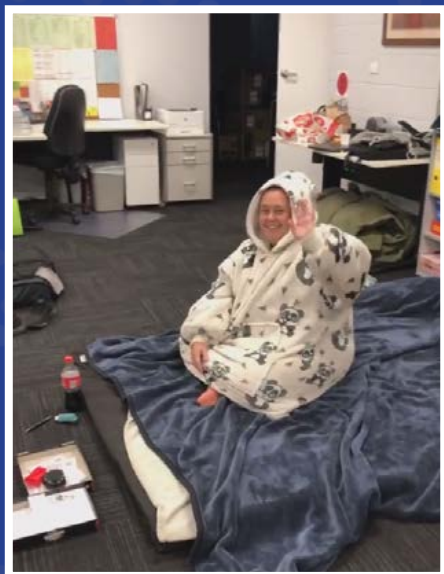
On Friday 23rd October Maari Ma staff members **Paegan Hall** and son **Jetta**, **Rochell Bottrell**, and **Tiarna Bates** took the challenge and slept on the floor of the regional office building.

Broken Hill was just one of the communities to take part in the national

event to raise funds and awareness for those in our local communities who need it the most – those experiencing homelessness and disadvantage. Unfortunately the rain dampened the outdoors but not being deterred, the happy campers set up inside the finance office.

Paegan said "The sleep out was a lot of fun! Very uncomfortable - none of us got much sleep but that was the point of doing it. It's a shame the weather was so bad and we couldn't sleep outside but the night was still a success!"

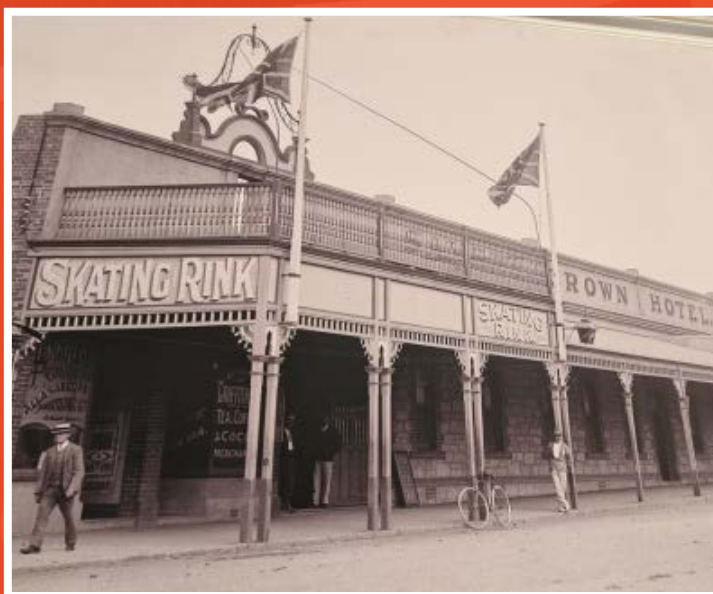
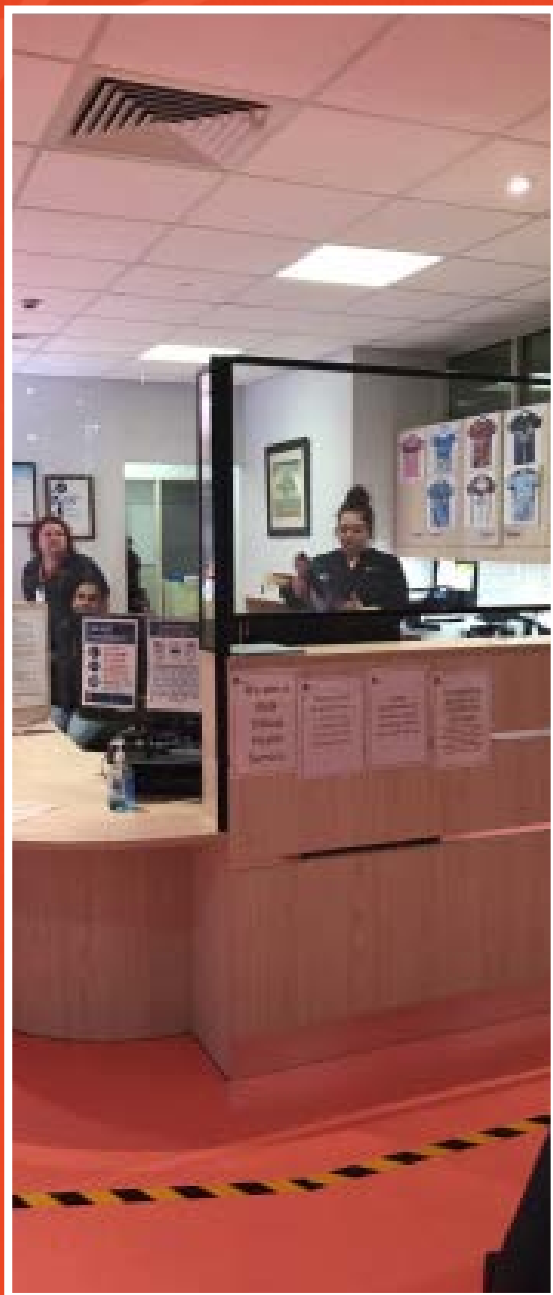
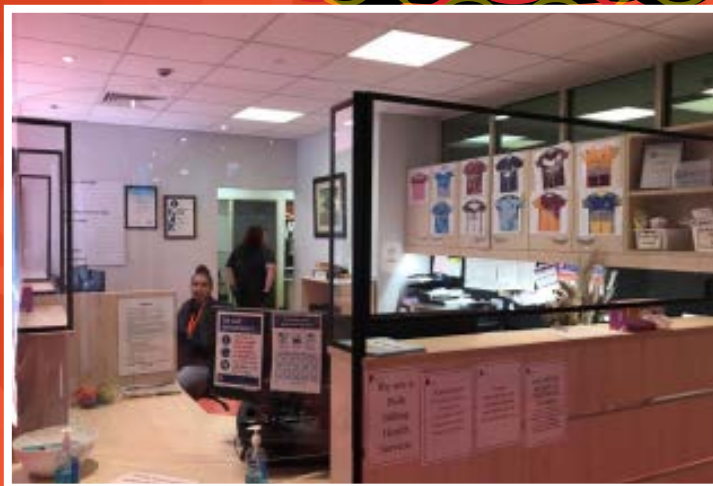
The event raised over \$1,100.



Maari Ma

Protection Screens

Maari Ma has recently installed protection screens at the reception area and is keeping everyone – both staff and clients, safe from spreading germs.



BACK IN THE DAY. The saying, 'get your skates on', takes on meaning for Maari Ma Regional Office in Oxide Street. This photo of the building showing that a portion of it was once used as a skating rink – who would have thought? It's a great photo and it also shows the fretwork that has recently been put back up.

2021 Scholarships



DCJ is offering scholarships to young people enrolled in education or training to help complete their studies.

How much is the scholarship?

Each scholarship for the 2021 school year is \$1,000 (no GST included as this is a grant payment).

Who can apply for a scholarship?

You are eligible to apply if you are:

- living in social housing (which includes public, community or Aboriginal housing), on the NSW Housing Register, receiving private rental assistance from DCJ, living in crisis/supported accommodation, or living in out-of-home care
- studying in Year 10, 11 or 12 at a NSW high school or HSC equivalent at TAFE, or completing a school based apprenticeship or traineeship, or studying a VET subject at school in 2021.

When can I apply for a scholarship?

Applications open at 9:00am on Thursday, 15 October 2020 and close at 5:00pm on Friday, 19 February 2021. Late applications will not be accepted.

How do I apply for a scholarship?

You must have a valid personal email address, do not use a school email address. This email address will be used to register and receive updates about your application so make sure that you can access and check this email regularly.

To apply:

1. Visit: www.facs.nsw.gov.au/dcj-scholarships to access the SurveyMonkey Apply application link.
2. Set up an account and create a password.
3. Complete the pre-eligibility questions.
4. Complete all relevant sections of the online application form.
5. Complete the Applicant Support task: You will need to nominate a school staff member (principal, welfare teacher, school administration manager, teacher, year advisor etc.) to complete an online Recommender form to support your application.
6. Review your application and click Submit.

Girls AACES Group

The girls group have been busy tie-dying shirts. During the Naidoc celebrations held at Broken Hill High school in mid November the girls had their shirts for sale.





Staff at the Bes Murray Centre promoted RU OK? Day in the main street of Balranald on 10th September.

Maari Ma Nurse **Emma Moore** said they had plenty of resources to share with people and they checked in with all who engaged with the stall. Human and community services provider, Intereach had a stall beside Maari Ma's as well. Emma said the activity was well received by the community and many of the Aboriginal community members came along.

All up about 70 people engaged with staff at the stall over the two and a half hours they were set up. In addition, Emma said two community members were referred as a direct result of the awareness raising activity.

RUOK? Day is a national suicide prevention campaign aimed at raising awareness that every day is the day to ask 'are you ok?' if you know that someone is struggling with life's ups and downs.



Expanding Balranald Visibility

The staff have wasted no time swinging into action to get appointment cards printed and a brochure completed to promote the services. **Emma Moore** said 100 brochures have been printed. As mentioned, Balranald has its own Facebook page now. The publication looks very good and is a great addition to increase the promotion of the service.



Maari Ma's long serving and valued GPs **Stephen Gaggin** has been recognised for going above and beyond in his work at Wilcannia by the Far West Local Health District.

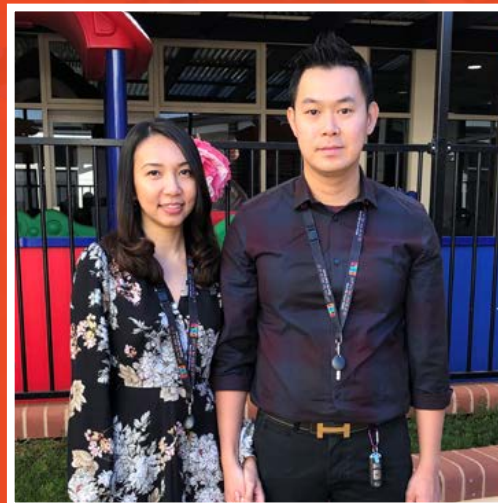
FWLHD Aboriginal Clinical Leader, **Corina Kemp** nominated Dr. Gaggin for his " collaborative and supportive work within the Wilcannia community ensuring consistent follow up care and holistic care of treatment for mental health consumers to ensure a smooth transition between services". The recognition was received from FWLHD Director Mental Health and Drug & Alcohol Service, **Jodie Miller** who said every month the LHD executives and managers meet with staff to identify those who do great work and consistently collaborate for improved patient outcomes.

Congratulations Dr. Gaggin—the recognition is well deserved.



Farewell...

Dr. Aye and **Dr. Than** will be heading to Brisbane at the end of November. Both Drs commenced as GP registrars in February 2018 with Dr. Than commencing as GP in 2019 and Dr. Aye in 2020. They are leaving largely for their child's education who is about to start primary school. The Drs. Would like to thank Drs **Aung**, **Gaggin**, and **Nalin** (who has since left).



Welcome!

Louise Holland commenced in the Youth Health Nurse role at the end of October. Louise has worked alongside Aboriginal controlled health organisations for many years and said the first couple of weeks has exceeded her expectations of how friendly and welcoming she has been made to feel.

Justine Bergman commenced working with Maari Ma at the end of October as a social worker with the Healthy Start team. Justine said she had been working as a mental health social worker for Melbourne health and wants to thank everyone for being so welcoming.

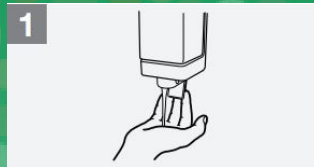


HAND HYGIENE

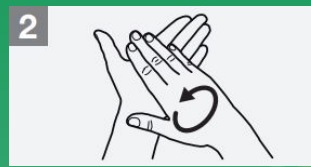
HOW TO HANDWASH



Wet hands with water;



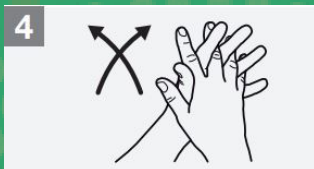
Apply enough soap to cover all hand surfaces;



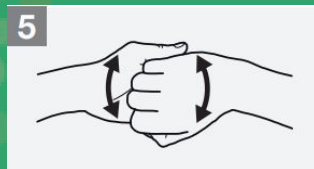
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



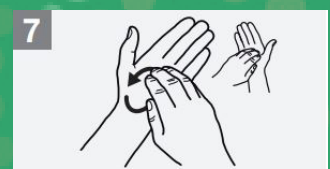
Palm to palm with fingers interlaced;



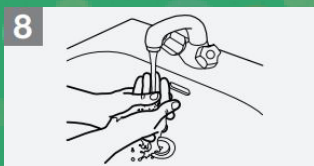
Backs of fingers to opposing palms with fingers interlocked;



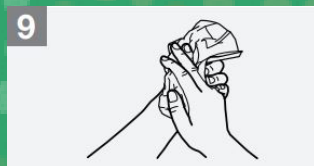
Rotational rub of left thumb clasped in right palm and vice versa;



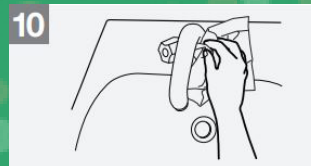
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



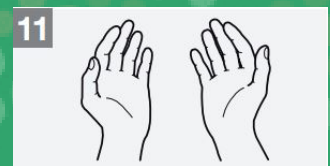
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Once dry, your hands are safe.

HOW TO HANDRUB

Wash hands when visibly soiled.

Rub hands for hand hygiene.

SAVE LIVES

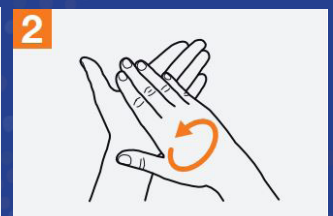
Clean **Your** Hands



World Health Organization



Apply product in a cupped hand



Rub hands palm to palm



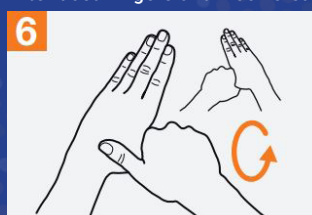
Right palm over left with interlaced fingers and vice versa;



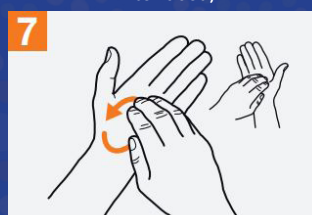
Palm to palm with fingers interlaced;



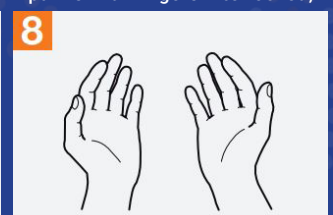
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotate rub, back and forward with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

TRANSCOVIDCARE

For trans people in NSW impacted by the COVID-19 pandemic.

Based on need, care packages will help support mental health and ease financial stress.

Options include:

- Connect with a trans peer
- Referral to ACON's Client Services
- Links to ACON Regional Services
- Woolies/Coles voucher
- Sock Drawer Heroes voucher
- Phone credit
- Pre-paid debit card
- TransHub and ACON resources

Every trans person will receive some **Trans COVID Care** support, not all support offered will be financial.

Applications accepted by individuals, their carer/s or a service provider.

Applications will be processed on Wednesdays until funding is exhausted.

Online application: tinyurl.com/TCCare
For more information or a phone application, leave a message: (02) 9206 2050





yapara

Yapara project officer **Tiffany Lynch** presenting **Beverly Hall** with a Coles voucher for participating in the yapara program back in October

JOIN THE YAPARA PROGRAM

Currently, the yapara program is seeking participants to have their home screened for carbon monoxide (CO) levels.



Recent participants have return mid to high levels of CO in their homes resulting in Education Project Officer Tiffany Lynch to urge everyone to take part in the free program and have peace of mind that the air you and your family breathe is at safe CO levels.

Beverly Hall pictured above recently participated in the program which resulted in a high CO reading in one of her rooms and after some investigation by Tiff, it was suspected the high levels are emitted from trucks fumes that parked in front of her home regularly. Tiff recommended Bev ensure good airflow and maximum ventilation so the fumes could escape.

To test air quality a CO monitor the size of a takeaway cup is placed in a home where it is left untouched for up to 10 days. The monitor is then moved to another room. Gift vouchers are available to participants.

Call now and book your monitor.



EARLY YEARS

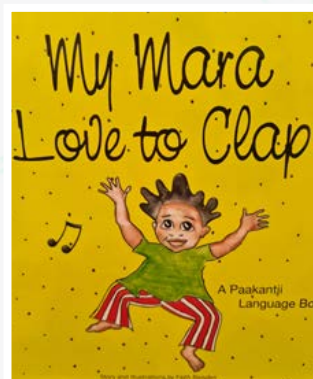
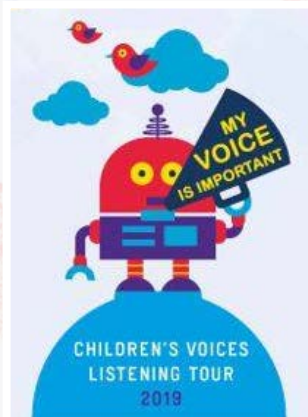


This year the Early Years team combined Book Week, Children's Week, and Hippy Australia week into Facebook posts focusing on the Faith Baisden book *My Mara Love to Clap*.

In past years a community event has been held at the Sturt Park along with other similar organisations to highlight the local support services that are available to assist in childhood education and development. Due to COVID-19, this was unable to take place, instead, the team at Early Years decided to continue with the popular Faith Baisden book series on Facebook.

My Mara Love to Clap is a book designed to help young readers learn Barkindji words for parts of the body, in a rhyme that encourages movement and repetition. The book is also written as a song which is available for everyone to view on Kiila Laana at Maar Ma Facebook page. Early Years team member

Ada Etrich (pictured) did a great job reading the book and teaching the Barkindji words.



yalka = mouth

manga = ears

miiki = eyes

mara = hands

thina = feet

thartu = head

mirlu = toes

thingki = knees

marnku = arms

thartu-pulyki = hair on the head

nganti = teeth

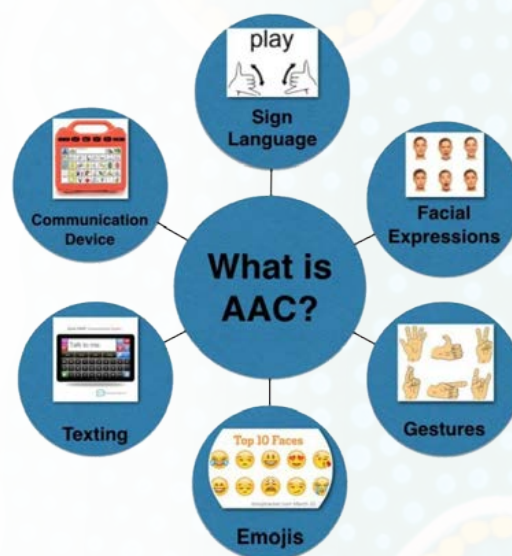
miinti-ula = nose





October was a busy month for the Allied Health team. With Allied Health Professionals Day, Occupational Therapy week, and Augmentative and Alternative Communication (AAC) awareness month.

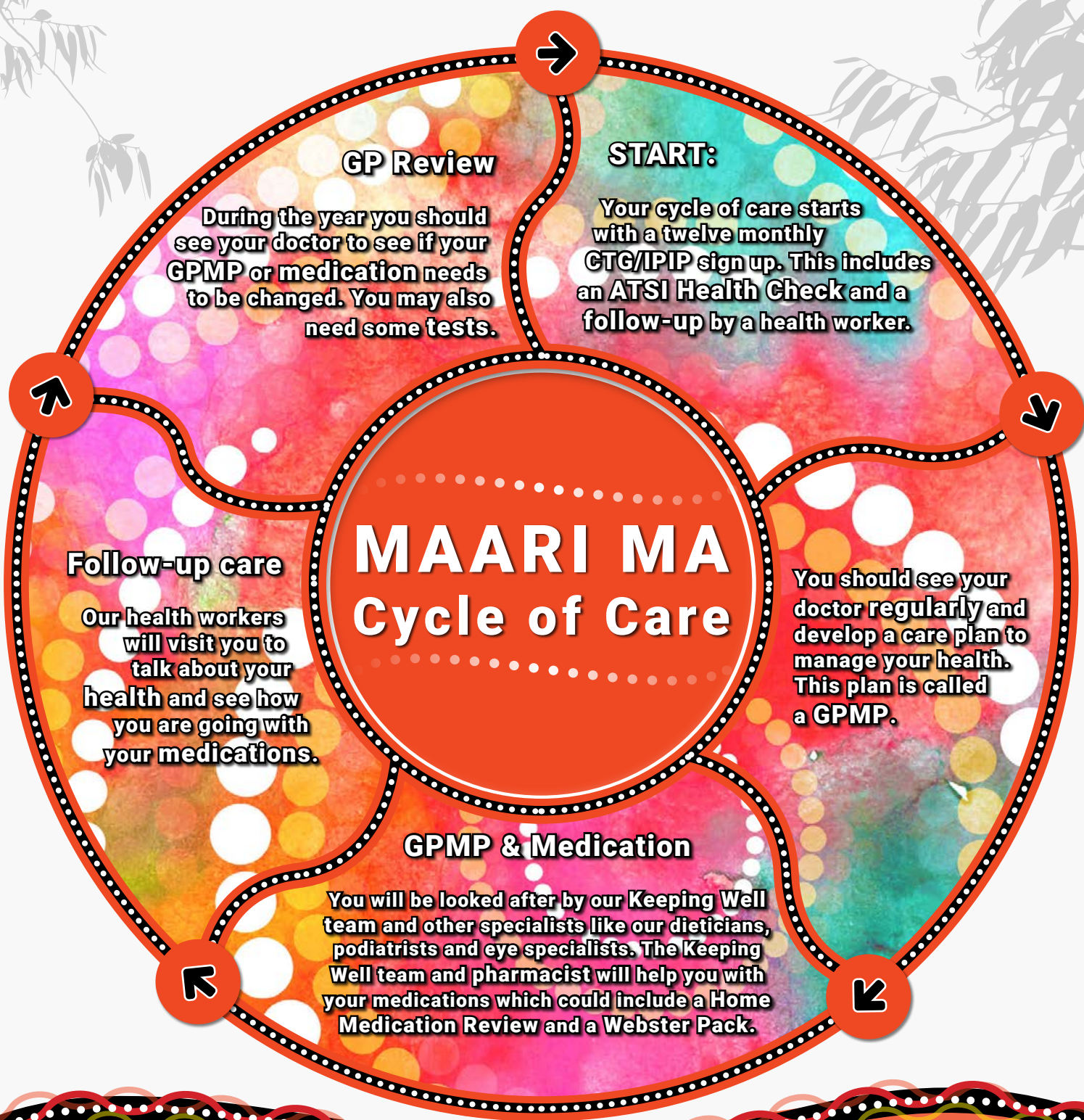
Aboriginal Allied Health Assistants **Mele Tuipulotu** and **Erin Vale** along with Occupational Therapist **Sandy Gray** and Speech Pathologist **Charlotte Bertelsen** were busy promoting their program focusing on helping children become school-ready with an educational talk on how to achieve this through Facebook posts.



**Allied Health
Professionals Day
2020**

Wednesday 14th October 2020

**#AHPsDay #alliedhealth
#strongertogether**



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

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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