



Maari Ma Health Aboriginal Corporation

Community Newsletter

Women's HEALTH WEEK 2018



Jean Hailes for Women's Health Week was from the 3rd to the 7th September 2018.

When it comes to health, many women are great at caring for others but often put themselves last. Women's Health Week aims to encourage women to put themselves first for at least that week, and to think about their health and wellbeing.

This year Maari Ma celebrated Women's Health Week by holding a professional photoshoot day. We had a great turn out of mums coming in to get photos of their bubs taken professionally. Special thanks to photographer of the day **Kristy Paulson**, who generously donated her time and skills. A big thank you to **Ross Morris** for providing us with photo props for the day.

Families will get a copy of their photos very soon! We hope to use the photos for next year's calendar.



In this issue:

- 2** *Mums & Bubs, Yarning Circle, Children's Day*
- 3** *This month's Quit Story*
- 4** *Staff Update, What's the BUZZ?*
- 5** *Women's Healing Program, Maari Ma goes RAINBOW, Show Pass Winners*
- 6** *After School Cooking, Active Kids*
- 7** *Menindee Cooking Group, Dietitian's Visit*
- 8** *School NAIDOC Day, Clontarf Year 7 Visit*
- 9** *Christine Anu, Info for Youth*
- 10** *Managing Your Money, Ivanhoe BBQ*
- 11** *Community Events*
- 12** *Health Survey, IPTAAS*
- 13** *My Health Record*
- 14** *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/

MUMS & BUBS!



What's On?

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

Our congratulations go to **Latika Kennedy** and **Brendon Jones** on the birth of their baby girl, **Latika Sheena Joanna Lee Jones**, born on the 18th September, weighing 3615 grams. Latika was looked after by Midwife, **Robyn Harris** and the AMIHS team.



Baby Latika

Casey Russell, baby of **Charmaine Smith** and **Eric Russell**, was born on the 29th September, weighing in at 2265 grams. Charmaine was looked after by Community Midwife **Tiffany Cattermole** & AHP **Bronwyn Johnson**.



Baby Casey

Aboriginal Women's Yarning Circle

Are you an Aboriginal Woman?

Then you are invited to join us in our **FREE Yarning Circle**

WHEN: Wed 7th November @ 11am

WHERE: Meeting Room 2 @ Broken Hill Hospital

An information gathering to yarn about the importance of breast screening. If you are aged 40+ and haven't been screened in the last 20 months, then you can have a **FREE** breast screen on the day if you want.

FREE Refreshments and goodie bags provided.

RSVP: Christine Fing at Breastscreen on:

(02) 6369 3609

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 Child and Family Building (Not on during the school holidays)

Children's Day @ Sturt Park

**Wednesday 24th October
9am to 12 noon**

Come and celebrate the child's right to play!

Theme

Children's Week National Theme 2018 UNCRC Article 12: "Children's views and opinions are respected. They have the right to express those views freely in all matters affecting the child and the right to be heard."

This is a FREE day of play experiences for families of young children, held at Sturt Park. Meet different agencies that support children and their family's wellbeing.

Playdoh
Painting
Art & Craft
Messy Play
Water Play

Sun Safety
Healthy Eating Tips
Storytelling
Play Area for Babies
Free Morning Tea & Water



THIS MONTH'S QUIT STORY

Born and raised in Wilcannia, **Aunty June** has spent most of her life there– with her family and community. She has worn different hats working at the Station, at the Courthouse Pub and at WINGS Drop-In Centre for the last 18 years.

Aunty June grew up with 2 brothers and 7 sisters– all 9 smoked, and all 9 quit too! Aunty June has been smokefree for 7 years now. She says it all started when she was 15 years old. At that time, everyone was smoking, it was considered normal, and smoking was the way to socialise. As cigarettes were cheap it was also easier to buy them back in the day. Additionally there were no health programs to educate people about the effects of smoking or support programs to help people quit. All these factors and the addictive nature of nicotine led to Aunty June becoming a heavy smoker– smoking up to 2 packs a day sometimes.

Being a heavy smoker didn't stop Aunty June from quitting. When she was admitted to the Adelaide hospital for a broken arm, she took it as an opportunity to quit smoking. As she had to have complete rest and could not get up to smoke, she didn't smoke. This quit attempt lasted about 2 months. However after coming back and being around with people who smoke she started smoking again.

Aunty June's second quit attempt was a result of her engagement with Maari Ma's Smokers Program. The program helped her understand the effects of smoking. The educational videos left a lasting impact on her and the number of cigarettes, as well as her Carbon Monoxide readings on the Smokerlyzer, began to drop. Smokerlyzer is a mobile-phone-sized device that can tell you how much Carbon Monoxide is in your blood from a simple breath test. Carbon Monoxide is an extremely harmful gas and has serious health effects. Next time you see any of our clinic staff why not get your levels checked.

It's been 7 years and Aunty June is enjoying being smoke-free. People smoking around her doesn't trigger any cravings anymore. Even though just looking at the cigarettes made her feel sick, she used chewies to keep away from smokes and certainly hasn't looked back since!



Aunty June's message for young girls-

"Don't take it up. It's not good for you. It can cause cancer and many other diseases. I wouldn't take it up ever again."

Aunty June's message for those trying to quit-

"Just keep trying and remember that it's not good for you."

STAFF UPDATE

Welcome to Kristy Bennett!

Maari Ma welcomes Kristy Bennett. Kristy will be working in the Lead Program. Before joining Maari Ma, Kirsty was working in the Northern Territory for the Department of Housing and Community Development. She has travelled to very remote locations like Binjari, Beswick, Barunga, Manyallaluk, Bulman, Weemol and the Katherine Big Rivers region.

Kristy moved to Broken Hill with her husband and son to be closer to her family. Her hobbies are bushwalking and canoeing and she is glad that she doesn't have to worry anymore about being eaten by a crocodile! Kristy is also an avid reader and a qualified boilermaker.



*What's the **BUZZ** at Maari Ma?*



Can you spot what's new in the Lead Room?



We also have a private waiting area for our elders.



Our Child and Family clients can now wait closer to the play area and the clinics.

Did you notice the new and colourful poster promoting healthy pregnancy and quitting smoking?

Our waiting room now has comfy chairs, more privacy and a cooler look!



Women's Healing Program camp at Menindee

Kalypi Paaka Mirika (Clear River Ahead) is a locally designed Healing Program being run in Menindee, Wilcannia and Broken Hill. The Program discusses many common issues we face as community members and looks at healing as a journey for future change. If you would like to join one of these programs please contact the Community Safety and Research Program team at Maari Ma.



MAARI MA goes RAINBOW

In the spirit of Broken Heel, Maari Ma Health Service proudly raised the Rainbow flag - a symbol of pride for our LGBT community. Each colour in the flag has a meaning: red stands for life, orange for healing, yellow for the sun, green for nature, indigo for harmony and violet for spirit. The original flag also has hot pink and turquoise.

Maari Ma also supported a sexual health testing service at the Broken Heel festival last month by providing the mobile clinic van. The service was delivered by ACON and Far West LHD, and they said they had the most number of people getting tested this year. Maari Ma has been providing the mobile clinic van for four years now. Having Maari Ma's van at the festival promotes and normalises sexual health testing and makes it more accessible.



Broken Hill Show Passes Winners!

Congratulations to the winners of the Broken Hill Show Family Passes!

Kristy Paulson, Larissa Hooker, Natasha Woods, Latecia Cluss, Margaret Mitchell, Sarah Woods, Tenille Nagas, Shirley Williams, Mandy Gilby and Marinda Bugmy.

Thank you to everyone who updated their details for participation in the draw.

AFTER SCHOOL COOKING



Following the bush-tucker theme, the kids and dieticians made quondong and apple crumble with custard and kangaroo sausage stew. Some kids had never tasted quondong before and found it tasted quite bitter. However, they all loved the crumble! For the stew, they used plenty of veggies like potato, carrot, celery, tomatoes, garlic and onion. Quondongs are a very good source of vitamin C and kangaroo sausages are a much leaner alternative to normal sausages.



ACTIVE KIDS

The kids have had some fun and energetic sessions. In one of the sessions they played skipping and tiggy games including Pacman, rover red rover, roller boards and riding on scooters. In another session they enjoyed playing dodgeball, balloon volleyball and also had some scooter board races.



MENINDEE

Cooking Group



The children have learned how to cook with apples, berries and dates. They tasted dates and four different varieties of apples. The children got creative with their apple dish and made elephants using apples, corn thins, yoghurt, bananas, blueberries and honey. They also used dates to make delicious fruit and muesli balls and enjoyed rolling the balls and dipping them in the coconut! They were fascinated to see the blender churning the berries, oats, milk and yoghurt into a beautiful, delicious purple smoothie!

DIETITIANS VISIT TIBOOBURRA AND IVANHOE

Maari Ma Dietitian's, Gemma Page and Elise Wilson headed to Tibooburra last month. They visited Tibooburra Outback School, where they talked to children about hand hygiene and its role in reducing the risk of spreading germs. They used Glitterbug to show the kids how germs stay on hands if not washed properly. The dietitians then demonstrated proper hand washing technique. At the Tibooburra Preschool the children tried new fruits like mango and kiwi, they made smoothies, and played some food games.



The dietitians also visited Ivanhoe Central School and organised cooking and nutrition activities. The kids learnt about everyday drinks (water and milk), sometimes drinks (smoothies, juices, up & go) and drinks to limit (soft drink, energy drinks and sports drinks). They also measured the sugar content of these drinks. The second activity focussed on the importance of eating a healthy breakfast every day. The dietitians organised a breakfast with healthy breakfast items such as weet-bix, toast, eggs, fruit and yoghurt. To finish off for the day they made banana and fruit pancakes which were super popular with all the kids.

NAIDOC DAY AT BURKE WARD AND NORTH SCHOOL

Our Youth Health team was out and about assisting the schools with their NAIDOC Day celebrations. Broken Hill North Public School even presented a special thank-you gift to our staff for their contributions. **Yiana Georgas**, our Social Worker student on placement, helped out with the activities on the day. Special thanks to **Kayelene Crossing** for volunteering to cook her famous stewed quangdongs!



Clontarf Year 7 visit

Clontarf Year 7 boys came for a visit to Maari Ma. **Tarissa Staker** organised the morning tea and information pack for the boys and took them on a tour of the health service building. The boys had to complete a questionnaire about the different services and teams at Maari Ma. Two boys with the most correct answers won a block of chocolate each. Special thanks to **Kathleen Wedderburn** for assisting with the food preparations and donating the chocolate blocks.



CHRISTINE ANU

INSPIRING OUR INDIGENOUS GIRLS

Girls aged 8-18 years from each primary and secondary school in Broken Hill, Wilcannia and Menindee were invited to attend a workshop with **Christine Anu** at the Broken Hill Regional Art Gallery. The 'Inspire' workshop was designed to encourage young Indigenous girls through singing, storytelling and yarning in a dynamic and interactive environment. Christine Anu is one of Australia's most successful Indigenous performers. She has won numerous awards as an artist, including three ARIA awards.




INFO FOR YOUTH




**Outback
Rainbow youth**

A social space for LGBTQIA+ youth aged 16 - 25
Safe, fun and confidential!

Meeting monthly @ headspace Broken Hill
Call 02 9393 9699, email
headspace.brokenhill@lifecurishausustralia.org.au
or visit us at 231 Blende St
for more info


 **headspace**
Broken Hill


**VOLUNTEER
WITH YMCA NSW YOUTH HUBS**



A Youth Hub is a place where young people have the opportunity to get involved in their community.

We're looking for 12 to 17 year olds who would like to step up and join YMCA NSW as volunteer Young Leaders.



 **YMCA NSW EMPOWERMENT / HEALTHY LIVING / SOCIAL IMPACT**

NEED HELP MANAGING YOUR MONEY?



The Australian Securities and Investments Commission (ASIC) Indigenous Outreach Program spoke to people in Indigenous communities about the financial issues that affect them and people said they needed help sorting out their money problems and dealing with family pressure about money.

From this, ASIC created two videos which follow the journeys of Uncle Charlie and Lisa as they learn how to take control of their money to look after themselves and their families. You can watch the videos on ASIC's MoneySmart website:

- Sorting out your money problems
- Dealing with family pressure about money

ASIC's MoneySmart website also has lots of useful tips and tools to help you take control of your money. You can also call ASIC's Indigenous Helpline on 1300 365 957 or follow MoneySmart on Facebook and Twitter and sign up for their monthly newsletter.

IVANHOE COMMUNITY BBQ

Our dietitians **Gemma** and **Elise** organised a community BBQ in Ivanhoe at the Health Service. Despite a cold, rainy and very windy weather there was a great turn out. The lean sausages and veggie patties were served with wholegrain bread. Everyone also loved the fresh fruit and salad.





KNOW YOUR RIGHTS!

Talkin' Together is a series of FREE workshops that are a space to talk about **your** consumer rights in the NDIS and in everyday life.

It will be a great opportunity to learn some new skills and to have a space to share your stories and hear the stories of others who have lived / living experience with mental health issues.

SCAM AWARENESS
HIRING A SERVICE
ENTERING A CONTRACT
MAKING A COMPLAINT

We'll be running workshops
in Broken Hill on:
24 - 27 September
22 - 25 October
26 - 29 November

Plenty of freebies!



If you're interested, contact
alisha.bourke@being.org.au



FAR WEST Academy of Sport

Follow us on Facebook
[fwas.com.au](https://www.facebook.com/fwas.com.au)

2018-19 FAR WEST ACADEMY

RUGBY LEAGUE & LEAGUE TAG TRIALS

WHO IS ELIGIBLE?

Athletes that reside in the Far West Region (ie. area bounded by Lake Cargelligo-Lightning Ridge-Trangie-Broken Hill)

Rugby League Athletes must turn 15 - 18 years of age in 2019

League Tag Athletes must turn 14, 15 or 16 in 2019

WARREN

When: Sunday 28th OCTOBER, 2018

Where: Victoria Park, Udora Rd

WARREN 2824

Time: 10am - 2.00pm (lunch provided)

Please note:

To be eligible for selection, ALL ATHLETES MUST trial at Warren on the 28th October 2018.

If athletes are unable to trial on this date, a written explanation with your current team and Coaches details must be submitted via email to:

executive@fwas.com.au by Wednesday 24th October 2018

Far West Academy of Sport

PO Box 409, Lightning Ridge NSW 2804 | [fwas.com.au](https://www.fwas.com.au) | 08 81 0147 2018

Transport

Athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring

Rugby League training gear, boots, water bottle, towel, tape for strapping if required & snacks.

NS Representative apparel - FWAS, Western Rams, Group 14 etc. to be worn at this trial.

How to enroll

Please apply online on our web page [fwas.com.au](https://www.fwas.com.au) or by following the link on our Facebook page.

Phone (02) 6847 3638

Email executive@fwas.com.au

NOMINATIONS CLOSE

Wednesday 24th October, 2018



Supported by the



Murdi Paaki

Regional Rugby League Council



Broken Hill League Tag is BACK

Spring 2018 program commences
Monday, October 15 from 5.30pm @ Lamb Oval

Continues EVERY MONDAY @ 5.30pm.
Come and register, learn new skills and have fun.
BOYS and GIRLS aged 5-14 all welcome.



**MAKE
HEALTHY
NORMAL®**

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH SURVEY

I've been chosen to be in something called the National Aboriginal and Torres Strait Islander Health Survey (NATSIHS). Why?

This survey is run by the Australian Bureau of Statistics (ABS) to provide the community with important information for measuring the health and wellbeing of Aboriginal and Torres Strait Islander people. The results from the survey are used to help plan for the future and support research into ways to help Aboriginal and Torres Strait Islander people live healthier and longer lives.

Why was my household selected?

From July 2018 to March 2019, about 6,500 households will be randomly selected to be included in NATSIHS. Every household in Australia has the same chance of being selected for the survey. If your household has been selected to be in this survey, it means that the people in your household will represent households that are similar to yours. This is so that the information about larger groups in the community can be produced.

How will I complete the survey?

An interviewer will come to your home. They will check your address, identify themselves as an ABS interviewer and show you their official ABS photo

identification. They will conduct an interview using a laptop computer.

What information will I be asked?

The survey collects a range of information to give a 'snapshot' of Aboriginal and Torres Strait Islander people's health. The questions will be about:

- Cultural identification
- Demographics such as age, education, employment, income and housing
- General health and wellbeing including disability status
- Health risk status including physical activity, smoking, dietary behaviour and alcohol consumption
- Diagnosed conditions such as asthma, cancer, heart conditions, arthritis, osteoporosis, diabetes and high sugar levels, kidney disease and mental health conditions
- Experience of discrimination

There will also be voluntary checks such as hearing, blood pressure, weight, height and waist size. This part of the survey is optional. Adults aged 18 years and over who are selected, may also be asked to volunteer for a follow-up for the purpose of assisting the ABS with future health-related information collections.

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.

Your health record in your hands

This year, you will get a **My Health Record** unless you tell us you don't want one



MyHealthRecord.gov.au
Help line 1800 723 471

How My Health Record benefits you

Better connected care

As more people use the My Health Record system, Australia's national health system will become better connected. The result is safer, faster and more efficient care for you and your family.

Access to your key health information in an emergency

In a medical emergency, healthcare providers connected to the My Health Record system can see your health information such as allergies, medicines and immunisations. This helps them to provide you with the best possible treatment and care.

A convenient snapshot of your health

When your healthcare provider uses your My Health Record, it means you don't need to remember and repeat your medical story, such as your prescriptions or the names of tests you've had. It also helps you keep track of your children's health, immunisations and any medical tests.



What do I have to do?

You don't have to do anything. A secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans' Affairs card.

However, if you don't want a My Health Record, let us know by **15 October 2018** by visiting our website or calling our Help line.

What if I already have a My Health Record and I don't want it any more?

You can choose to cancel your record at any time. You can find the 'Cancel My Health Record' button under the 'Profile' menu within your record, or you can call the Help line.

For more information go to:

MyHealthRecord.gov.au
Help line 1800 723 471

If you have a hearing or speech impairment, go to **relayservice.gov.au**
If you need assistance in another language, call **131 450**



Authorised by the Australian Government, Canberra.

Your health information in one place

This year, you will get a **My Health Record** unless you tell us you don't want one

What is My Health Record?

My Health Record is an online summary of your key health information.

Once it's set up, you don't need to do anything. Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.

What is included in your My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare.

Healthcare providers can add clinical documents about your health to your record.

They include:

- ◆ an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- ◆ hospital discharge summaries
- ◆ reports from test and scans, like blood tests
- ◆ medications that your doctor has prescribed to you
- ◆ referral letters from your doctor(s)



Medicare data can be added to your record.

This includes:

- ◆ Medicare and Pharmaceutical Benefits Scheme (PBS) information stored by the Department of Human Services
- ◆ Medicare and Repatriation Schedule of Pharmaceutical Benefits (RPPBS) information stored by the Department of Veterans' Affairs
- ◆ organ donation decisions
- ◆ immunisations that are included in the Australian Immunisation Register

You, or someone authorised to represent you, can share additional information in your record that may be important for your healthcare providers to know about you.

This includes:

- ◆ contact numbers and emergency contact details
- ◆ current medications
- ◆ allergy information and any previous adverse reactions
- ◆ Indigenous status
- ◆ Veterans' or Australian Defence Force status
- ◆ your Advance Care Plan or contact details of your custodian



Personally controlled

It's your choice who sees your My Health Record and what's in it. You can choose to share your information with the healthcare providers involved in your care. By allowing your doctors to upload, view and share documents in your My Health Record, they will have a more detailed picture with which to make decisions, diagnose and provide treatment to you. You can also ask that some information not be uploaded to your record.



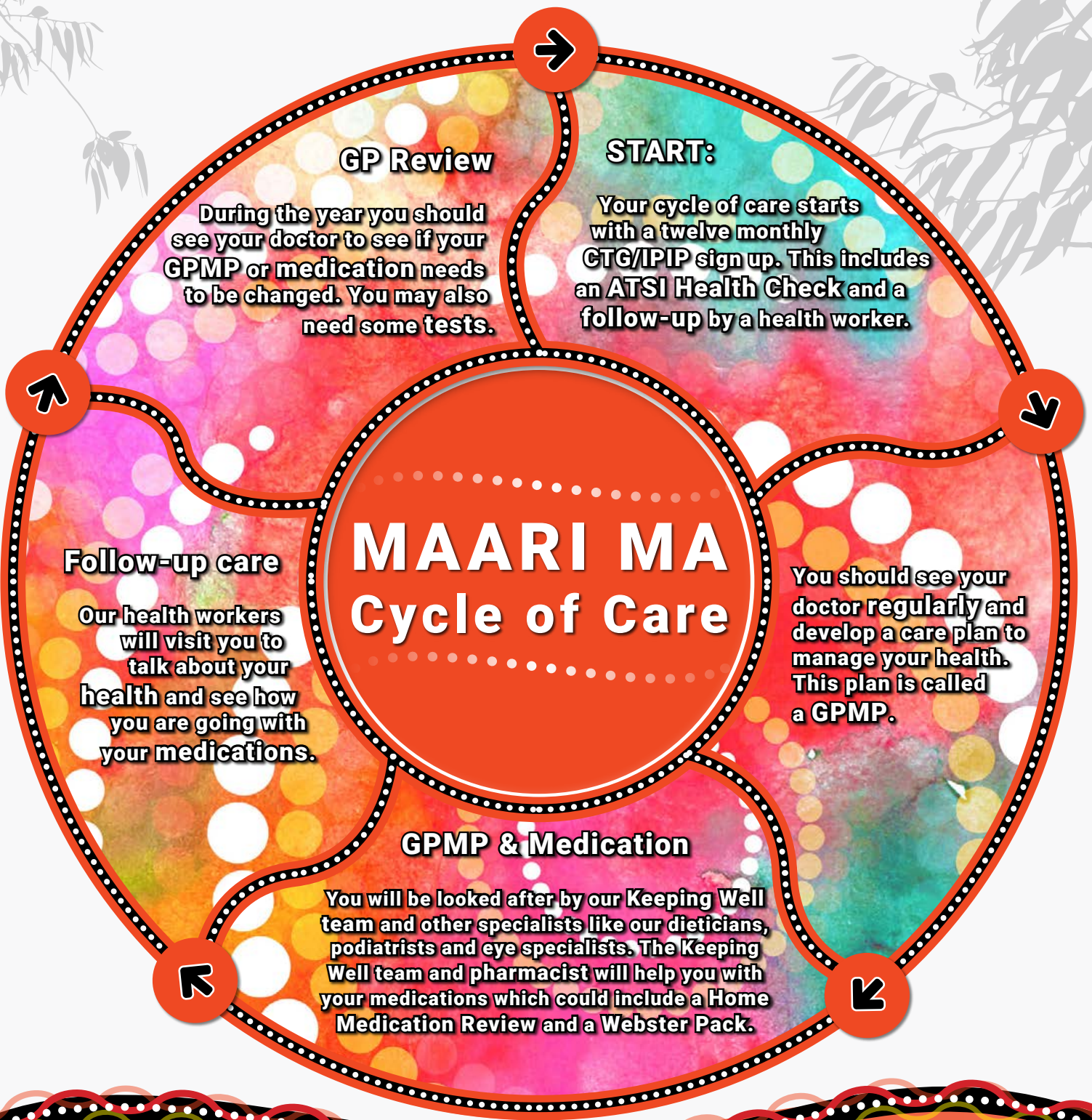
A secure system

My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging. There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse.



What to expect when logging into My Health Record for the first time

The first time you log into your My Health Record there may be little, or no information in it. There may be up to two years' worth of Medicare information such as doctor visits under the Medicare Benefits Schedule (MBS), as well as your Pharmaceutical Benefits Scheme (PBS) claims history. If you choose, you can remove this information after you log in. Your previous medical history such as older tests and medical reports will not be in your My Health Record.



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.

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



Kaylene Kemp
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS

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