



Maari Ma Health Aboriginal Corporation

## Community Newsletter



# KALYPI PAAKA MIRIKA

## Presentation

Between the 21st and 23rd of August CSRP staff members **Alinta Edge** and **Murray Butcher** attended the "Working with Family Violence in Aboriginal Communities' Forum at Lake Burrendong which was funded by No to Violence.

Alinta and Murray directed a PowerPoint presentation on the evolution of the locally designed healing program, Kalypi Paaka Mirika (Clear River Ahead). The staff explained the interconnected phases of the project from the chief investigators, to our yarning stories with the vignettes, to the adult survey and lastly the healing program.

Importance was given to the links of land and culture and their use and role in healing for Wiimpatja of far west NSW. Focus was put on the delivery of the program, the trials faced, what worked and what did not work so well. The presentation was well received by other attendees of the conference, and positive feedback was given in group discussion after the presentation.

A great contingent of representatives from far west NSW attended with men from all around the state coming together to talk about issues that affect our communities. Wilcannia was well represented with 10 men attending out of a total of 35 participants.



It was great to see the men and youth attend and be exposed to leadership and mentoring roles -they were well received by other participants and encouraged to be positive role models and active leaders of the future.



The conference was a great way to meet others from around NSW to get an understanding of what people are doing in community to tackle family violence, and how healing programs and other such programs aim to give our communities empowerment to address such important issues. Maari Ma would like to thank Alinta and Murray for the presentation, and for representing Maari Ma and our healing program.



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### Maari Ma Primary Health Care Service

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


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

# The Deadly Blues

## HIPPY & EARLY YEARS family fun!

Around 120 people came along to a Deadly Blues event with HIPPY and Playgroup held on Wednesday 21st August at the Maari Ma Child and Family Building and what a great event it was.

HIPPY and Playgroup families attended as well as elders and other community members. It was the first visit to Child and Family Building space for some families and they were very keen to start attending Playgroup or join HIPPY.

Alma Public School's Aboriginal education officer and kindergarten teacher attended the event to encourage enrolment to Bugdlie Preschool and to start the enrolment process for the children who will be starting kindergarten at Alma next year.

There was lots of fun with face painting, a jumping castle and rugby balls. Unfortunately, the Deadly Blues Ambassador cancelled his attendance the day before due to unforeseen circumstances but that didn't dampen the day and it was still a success. Families gathered around listening to music and enjoyed a roast lunch.

Thank you to the Early Years team for make the day enjoyable for everyone while at the same time raising awareness of Maari Ma's Early Years program and helping children ease into school.



## What's On?

### CHILDREN'S DAY

23rd October  
Sturt Park  
9AM – 12PM

### 7-a-Side Mixed League Tag

28th October  
Lamb Oval from 5PM

### LIGHT FLIM FESTIVAL

2nd November  
STURT PARK

### Far West Academy of Sport Trials

3rd November  
9:30am -1:30pm  
VICTORIA PARK, UDORA RD, WARREN

### Healthy Start Playgroup

10:30am–1pm  
Fridays at the Maari Ma Child and Family Building  
(Not on during the school holidays)



## SELECTION FOR 5 LOCAL LADS

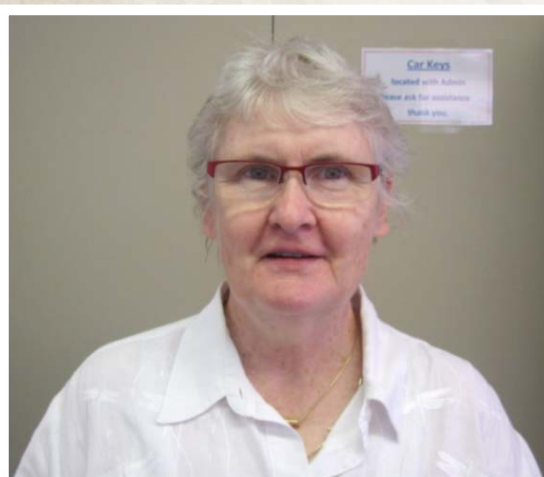


For some Indigenous rugby players the step towards the big dream of playing in First Nations teams has moved forward. Five talented players who tried out at the First Nations Rugby 7's talent identification tour in Broken Hill in April this year were selected to attend a national three day camp in Sydney recently.

The 5 local lads were part of that identification tour thanks to our Deadly Choices partnership. As a result of that a big congratulation goes out to **Ashley Wilson, Jameson Burke, Steven Newman, Casey Shillingsworth** and **Sinele King** who were among a group of 133 players around Australia selected to attend the camp. 46 females and 87 males were selected from the series of talent identification days in rural and regional Australia and to get five of our players from Broken Hill making the cut was a great achievement.

The process now moves to the next stage with two First Nations teams (male and female) to be selected to compete in a series of domestic and international 7's tournaments. The first camp kicks off in Sydney on October 25th to 27th. Following that, two First Nations Sevens squads of 30 (male and female) will be chosen to compete around the country. The camps also offer lessons off the field which centre around the importance of leadership, recovery and nutrition. The selection panel has included current and former First Nations stars including **Glen Ella** and **Andrew Walker** – they've looked at not just physical skills such as speed, aerobic fitness and passing skills but also the competitors' ability to make quick decisions under pressure and working together as a team. Well done again to the five players selected and good luck for the next selection. Congratulations also to all our young players who competed in the identification tour in April.

## Vale Sue Selden



It was with great sadness to hear of the recent passing of **Sue Selden**.

Sue was involved in the Far West Rural Training Unit - which became the University Department of Rural Health and was Director of the UDRH Primary Health Care Stream. Sue completed her Doctor in Philosophy – Primary Health Care and was involved in the Aboriginal Health Worker training program in the Far West for many years developing the training modules and overseeing the program at the UDRH.

Sue began to work for Maari Ma in January 2011, in the early days of the Community Safety Research Project (healing program) as project manager. Sue was a pioneer in the delivery of health care to disadvantaged communities all around the world and Broken Hill became a front runner in Aboriginal primary health care in part because of her work.

Vale Sue Selden.



## CONFERENCE PRESENTATION ATTRACTS GREAT INTEREST

Executive Manager, Marrabinya and Western Services, **Donna Jeffries**, was a speaker at the Aboriginal Chronic Conditions Network 2019 Conference which was held in Sydney this week.

This year's theme was "power in partnerships" and Donna's address to the delegates on the work of Marrabinya attracted great interest. Donna told of how Maari Ma has developed a new program in response to the burden of illness and high level of chronic disease experienced by Aboriginal people in its service area, naming it "Marrabinya". She explained that Marrabinya is a Wiradjuri word meaning "hand, outstretch thee" and that Marrabinya was designed to lend a helping hand to Aboriginal people. A summary of Donna's address can be accessed by going to the latest Marrabinya newsletter at:

<http://marrima.com.au/uploads/documents/newsletter1.pdf>

After she spoke at the conference, Donna said that there was great interest in the work of Marrabinya from Aboriginal health workers and other health allies in Sydney and surrounding areas. She said the Chief Executive of the Western NSW Primary health Network, Andrew Harvey was in the room and he was very pleased to hear of the success of Marrabinya, and with her presentation. He congratulated Donna and asked for a copy of the presentation so that he could organise for the short testimonies presented to be uploaded to their website. The manager of Aboriginal programs, Kim Whitely was also quite chuffed, Donna said, and is looking into the possibility of getting it onto the agenda of the LIME conference (the Leaders of Indigenous Medical Education) in New Zealand later this year.

Well done Donna, and congratulations to all the Marrabinya team and the Finance team on the great work they do for communities across the region.



*Donna Jeffries presented the work of Marrabinya at this year's Aboriginal Chronic Conditions Network Conference in Sydney. The Agency for Clinical Innovation coordinated the conference in partnership with the Centre for Aboriginal Health, Aboriginal Health & Medical Research Council and Primary Health Networks.*



# KALYPI PAAKA MIRIKA HEALING PROGRAM AT MUTAWINTJI NATIONAL PARK

On the 12th of August, 5 men attended Maari Ma's Kalypa Paaka Mirika Healing Program.

The 5-day workshop included walks to various sites within the Mutawintji National Park, cooking over an open fire and movie night.



The program allows support and discussions around issues relating to grief, loss, trauma and violence that impact the daily lives of individuals, families and communities.

Everyone worked together by sharing in the cooking, collecting wood and sharing stories with each other around an open fire.

Maari Ma's **Murray Butcher** and **Peter Gough** who lead the Kalypa Paaka Mirika Healing program thank Mutawintji National Park traditional owners and staff, both office and on park for allowing the program to be run on country and appreciate the assistance and hospitality received. Murray Butcher said "Overall, the men thoroughly enjoyed participating in the workshops and visiting various cultural sites within Mutawintji".

Murray Butcher and Peter Gough would like to say a big thank you to the 5 community men who agreed to participate and state "it was an honour to be on country with you".



*Above: A nice 'ashes damper' was pulled from the ashes.*



*Below: Everyone enjoying an open air movie night thanks to Michael 'Smacka' Whyman.*





# Kalypi Paaka Mirika Healing Program

MENINDEE

WILCANNIA

BROKEN HILL

## Helping Our Mob

Reconnect with Country

Create Positive Change

Community Bonding

Supporting

Men's & Women's

Issues

Trauma Grief

Violence & Loss

**Group Sessions**

**Individual follow-ups**

**No Referral  
Needed**

Healing is a DEADLY CHOICE. Call Maari Ma on

**08 8082 9777**



# ORAL HEALTH EDUCATION

## HELPING KIDS FOR A LIFETIME

The Kids Dental team recently visited Bugdlie Preschool. They conducted two oral health education visits (one for each of the two preschool groups). The Kids Dental team said 'the children were really responsive'.

The team has also followed up the education visits by demonstrating and teaching pre-schoolers how to brush their teeth. Which will be something done daily after eating lunch. The tooth brushing sessions have been held twice weekly for two weeks and will then be once per month. Oral Health Therapist, **Megan Hurst**, said 'The aim of the visits is to educate the pre-schoolers on how to brush their teeth, why our teeth are important, how to look after them and that seeing a dentist is fun'.

The children get to have their own tooth-brush kits – a case, toothbrush and paste – which stays at preschool. Megan said the visits will help build a good relationship with Bugdlie preschool students and staff. Regular visits will also ensure school brushing is continuing and hopefully the children will gain confidence in coming into the dental clinic for appointments and identifying the dental team, the children will also benefit from gaining lifetime self-care skills, improving oral health and limiting incidences of decay in their younger years and throughout their adult lives.



*Bugdlie preschool students are learning skills on oral health care that will help them through-out their lives—and they're having fun at the same time.*



# STAFF NEWS

**Erin Vale** and **Mele Tuipulotu** have become Maari Ma's first allied health graduates. They achieved a Certificate IV in Allied Health Assistance after 18 months of on the job training and study at New South Wales TAFE. Erin and Mele have had the support of their allied health mentors, and both say they have developed a passion for working with children and plan to continue expanding their careers. Congratulations to you both on your achievement.



*Erin Vale (left) and Mele Tuipulotu are our first Allied Health Assistants.*

## STOP IT AT THE START CAMPAIGN

Indigenous women experience hospitalisation rates for family violence related assaults up to 32 times higher than other women. This is a cycle of violence that starts with disrespect, and those attitudes can grow from a very young age.

Children are keen observers of what adults say and do, and are greatly influenced by them. When it comes to teaching respect, every adult influences a child's idea of what is right and wrong, whether or not they mean to. We can all have a positive influence on our young people, and set the standard for what is and what is not acceptable, right from the start.

Resources to help have been developed for the Aboriginal and Torres Strait Islander campaign which can all be found at the campaign website:

[www.respect.com.au](http://www.respect.com.au)

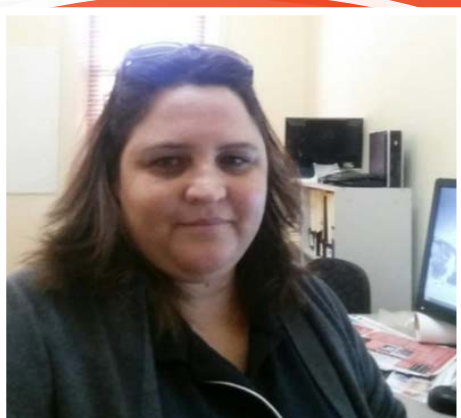
**VIOLENCE AGAINST WOMEN**  
**LET'S STOP IT**  
**AT THE START**

## MAARI MA

### Welcomes...

A warm welcome to **Paige Winch** who has commenced as a care link worker with the Marrabinya Program and a receptionist at the Bes Murray Community Centre, Balranald. She is currently completing orientation training with Marrabinya and will be helping clients in the Marrambidya region which includes Balranald, Dareton, Gol Gol, Wentworth, Euston, Buronga and Coomealla.

Paige is a local and knows the Balranald and regional community well. She says she is very much looking forward to working for Marrabinya and at the Bes Murray Community Centre helping local communities.



Welcome to **Sharon Hooker** who has started in the position of Project Officer for Tackling Indigenous Smoking (Media). Sharon will be working alongside **Tiffany Lynch**, our Education Officer for TIS. Sharon said she feels very fortunate to have been selected for the position and looks forward to being part of the Maari Ma team. Sharon is currently updating the Tackling Indigenous Smoking Facebook Page and encourages everyone to follow, share and comment on the content.

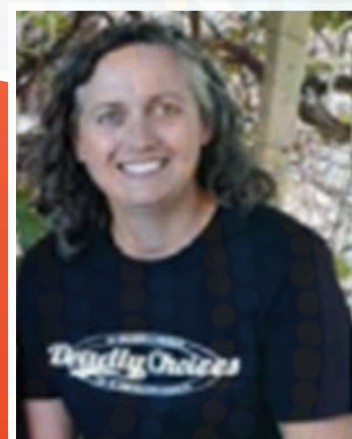
Maari Ma welcomes **Karena Crampton** who has started in the position of HR Assistant with the Workforce Team. Karena is looking forward to the new challenge and starting her Certificate IV in Human Resources.

Welcome also to: **Vivienne Prestidge** – CNC Diabetes who started on Wednesday 4th September, **Robyn Fidge** – Out of Home Care / Child and Family Health Nurse who started on Monday 2nd September, and **Peter Gough** – our new Primary Mental Health Worker who also started on Monday 2nd September. Maari Ma is very pleased to have you with us!

## Farewell

Maari Ma recently said farewell to Lesley Harvey after nearly five years as our Early Years Leader. Lesley has taken up a position with the Royal Flying Doctor Service as a Child and Family Therapist (play therapist). Maari Ma wish her all the best.

We also farewell Norman Thomas who worked at Maari Ma as a Transport Officer. We wish Norman the very best for the future.



# October EVENTS



CONNECTING & EMPOWERING COMMUNITIES

## 7 A-SIDE MIXED LEAGUE TAG

COMING TO YOUR COMMUNITY!

Non Competitive 6 week block  
for all ages  
Beginning on 28th October



LOCATION: LAMB OVAL, BROKEN HILL  
TIME: JUNIORS 5-14 YEARS 5:00PM  
SENIORS 15YRS+ 5:45PM  
DATES: MONDAY 28TH OCTOBER



Office of Sport  
Sport & Recreation

**Murdi Paaki**

Regional Rugby League Council



**FAR WEST Academy of Sport**

Follow us on Facebook  
[fwas.com.au](http://fwas.com.au)

## **FWAS Under 18's and Under 16's Rugby League, Under 16's Ladies League Tag and Under 16's Netball Trials for 2020.**

### **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** (male) must turn 15 - 18 years of age in 2020

**League Tag Athletes** (female) must turn 14, 15 or 16 in 2020

**Netball Athletes** (female) must turn 14, 15 or 16 in 2020

### **WARREN**

**When:** Sunday 3<sup>rd</sup> November, 2019

**Where:** Victoria Park, Udora Rd  
WARREN 2824

**Time:** 9:30am – 1.30pm (Fruit platters and water provided)

#### **Please note:**

To be eligible for selection, **ALL ATHLETES MUST** trial at Warren on the 3<sup>rd</sup> November 2019.

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](mailto:executive@fwas.com.au) by Wednesday 30th October 2019

### **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.

**NO Representative apparel – FWAS, Western Rams, Group 14 etc. to be worn at this trial.**

### **How to enroll**

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

Phone (02) 6847 3638

Email [executive@fwas.com.au](mailto:executive@fwas.com.au)

### **NOMINATIONS CLOSE**

**Wednesday 30th October, 2019**

Supported by the





# PERFECT LIGHT FILM FESTIVAL

PROUDLY  
PRESENTED  
BY



**SATURDAY 2 NOVEMBER  
AT STURT PARK, BROKEN HILL**

# 2019



## THE PERFECT LIGHT FILM FESTIVAL IS NOW CALLING FOR ENTRIES

ENTER YOUR SHORT FILM, UP TO 8 MINUTES IN LENGTH, FOR A CHANCE TO WIN!  
ENTRIES CLOSE 4 OCTOBER 2019

### GOVERNMENT PARTNERS



### FESTIVAL PARTNERS



### MEDIA PARTNER



### PLATINUM PARTNERS

Supported by the  
NSW Government  
via Create NSW



### FESTIVAL SUPPORTERS

Cobalt Blue Holdings  
Westside Plaza  
Silver City Motors

Globe Home Hardware  
Broken Hill Credit Union  
Blackmagic Design

**1ST PRIZE \$1K CASH, 2ND PRIZE \$500 CASH, 3RD PRIZE \$250 CASH  
PLUS \$500 FOR THE RUOK EMERGING FILMMAKER AWARD (18 YEARS AND UNDER)**

**ENTER VIA [FILMFREEWAY.COM/THEPERFECTLIGHTFILMFESTIVAL](http://FILMFREEWAY.COM/THEPERFECTLIGHTFILMFESTIVAL)**



## Children's Day @ Sturt Park

Wednesday 23rd October 2019

9:00 am to 12:00 noon

Come & celebrate the rights of children to enjoy childhood.

### Children's Week National Theme 2019 UNCRC Article 24

"Children have the right to good quality health care, clean water, nutritious food and a clean environment so that they will stay healthy."



This is a FREE day of play experiences for families with young children in Sturt Park. Meet different agencies that can further support children and family's wellbeing.

\*play dough\* painting \*art & craft

\*photo booth \*drum beats

\*messy play like goop \*water play \*sand play

\*threading \*sun safety \*healthy eating tips



*Introducing....*  
**SMOKE FREE HOMES & CARS**

**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 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.*



# MUMS & BUBS!

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

Our congratulations to mum **Kimberley Solomon** and to dad, **Marcus Kennedy** on the birth of **Serenity Kennedy** on the 14th August, 2019! Baby Serenity weighed in at 2720g and was 49.5cm in length.

Kimberley was looked after by AMIHS Midwife **Tiffany Cattermole**, & AHP **Bronwyn Johnson**.



*Baby Serenity*

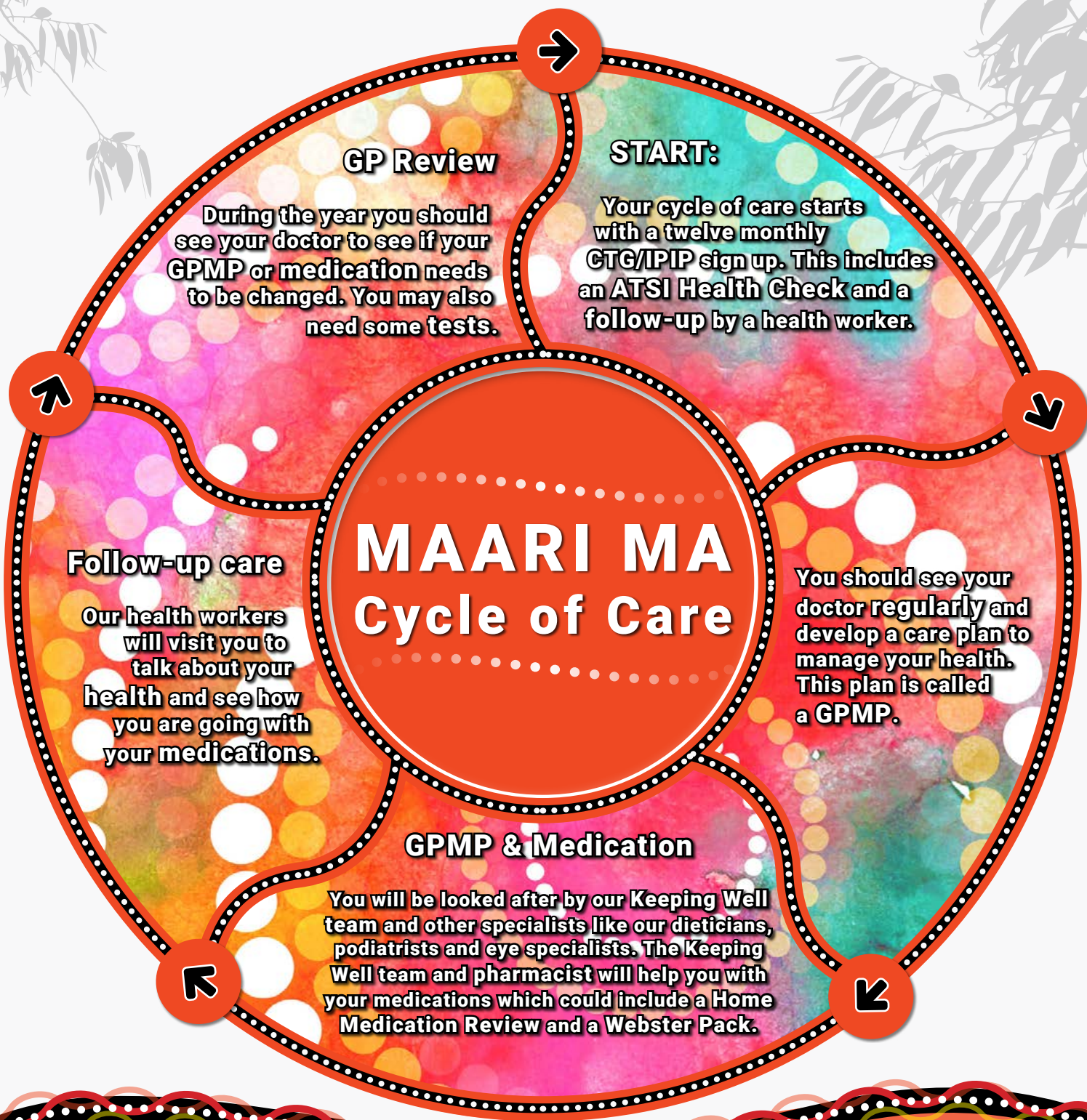


*Baby Kiari*

On the 5th of September, 2019, mum **Tahlia Philp** and dad **Tyler Kennedy** welcomed baby **Kiari Kennedy** into their family. Our congratulations mum & dad! Baby Kiari weighed 3420g and was 51cm in length.

Tahlia was looked after by AMIHS Midwife **Tiffany Cattermole**, Midwife **Toni Bahler** & AHP **Bronwyn Johnson**.





## 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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