



# Maari Ma Health Aboriginal Corporation

## Community Newsletter



Women's Health Week was supported at the Kiila Laana building in Argent Street from Monday 7th to Friday 11th September.

Women's Health Week is about reminding women to have regular health checks and make positive changes that last a life time. Maari Ma enjoyed providing the community with education, take home information and gifts along with a few fun activities such as relaxing hand massage and a stress down hypnotherapy session. The coffee van was a popular draw card as were the lunches provided. Programs that provided information also had staff in attendance to help with any questions and booking appointments.

Women that were up to date with their health check or booked to have a health check went into a draw to win a pamper voucher from Aura Clinic and Spa, fruit & veg box and a meat pack. The draw took place live on Facebook and **Katy Hynch** was the lucky winner.

The week was a huge success with many appointments made and the community left good feedback from the education provided. Maari Ma looks forward to a bigger and better 2021 Women's Health Week.



COVID safety regulations were adhered to with temperature checks at a designated entry point. Kiila Laana project officer **Sharon Hooker** can be seen here checking Midwife **Toni Bahler** for an elevated temperature.



The Facebook promotion for Women's Health Week, featured on the Kiila Laana at Maari Ma page, saw the faces of playgroup women and children promoting the event.

### Women's Health Week continued...



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**Maari Ma Primary Health Care Service**

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



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



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



# Women's Health Week



**Kalinda Morrison** presenting Women's Health Week winner **Katy Hynch** with a fruit and veg box, meat tray and a voucher.



**Maari Ma Aboriginal Health Worker Jae Edwards** was kept busy all week attending to everyone's coffee needs.



The Kiila Laana building was closed to the public for one day to allow Broken Hill High school students to attend the Women's Health Week and receive education and support.



Lunch was provided daily with a mix of soups, sandwiches, wraps and BBQ throughout the week. **Kalinda Morrison** did a good job at cooking the BBQ.



Each Maari Ma Program station offered gifts such as water bottles, facemask, hand sanitiser and lots more.

## Dental Team



Dental team **Megan Hurst** and **Jayde Flentjar** offered relaxing hand massages while manning the dental information table.



Dental Assistant Trainee **Jayde Flentjar** ready to answer any dental questions.





# Women's Health Week



The Kiila Laana program provided information around the dangers of smoking during pregnancy and damages incurred in the mouth through tobacco smoking were highlighted by a mouth and teeth model. Among the many program stations that were present, some of the more popular ones included information around breast screening, types of contraception, and cervical screening.



**Toni Bahler**, one of Maari Ma's midwives and qualified clinical hypnotherapist held a much needed stress down session. If you missed this, keep an eye out for future events as Toni may be able to provide another session.

## Our community enjoying Women's Health Week





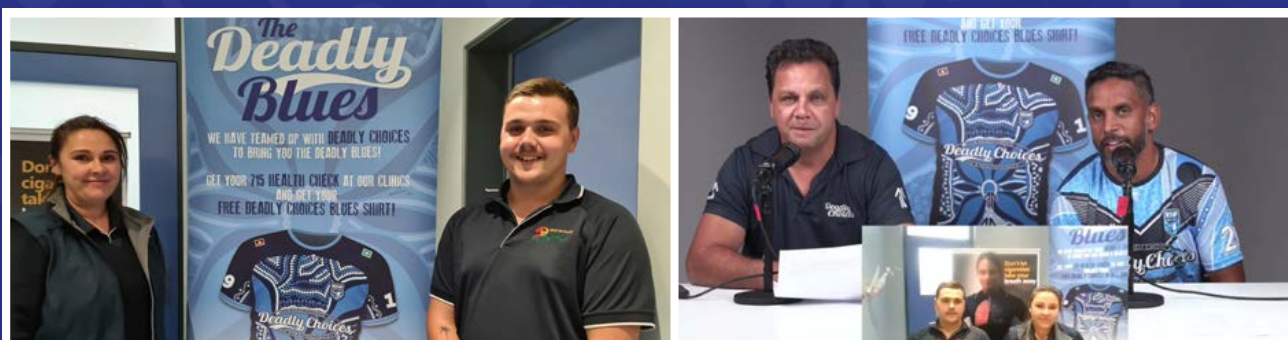
# Deadly Blues

On the 14th of September we saw the launch of the Deadly Blues campaign via the Deadly Choices Facebook page. Maari Ma's community worker chronic disease team member Lavinia Henderson and Aboriginal health worker Jae Edwards had the opportunity to talk with rugby legends Steve Renouf and Preston Campbell about the Broken Hill and surrounding area and how important the Deadly Choices and Deadly Blues partnership is to our local communities.

Over a 12-week period the Deadly Blues campaign will promote the State of Origin competition including the chance to win tickets to the game and flights and accommodation for people who get a health check and talk more with Maari Ma and other Aboriginal Health Services with in NSW.

*Follow Deadly Choices, Maari Ma and Kiila Laana at Maari Ma Facebook pages to stay up to date.*

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



**Lavinia** and **Jae** discussing all things Deadly Blues via zoom for the Deadly Blues Facebook Launch



Aboriginal health practitioner youth health worker **Tarissa Staker** alongside **Ben Thorne** from Broken Hill Clontarf Academy in zoom interview with Deadly Blues Ambassadors.



## Brother to Brother - a new 24-hour crisis line for Aboriginal men

Dardi Munwurro (Strong Spirit) is an Aboriginal organisation that supports people suffering family violence. It has a range of family violence programs for Aboriginal men.

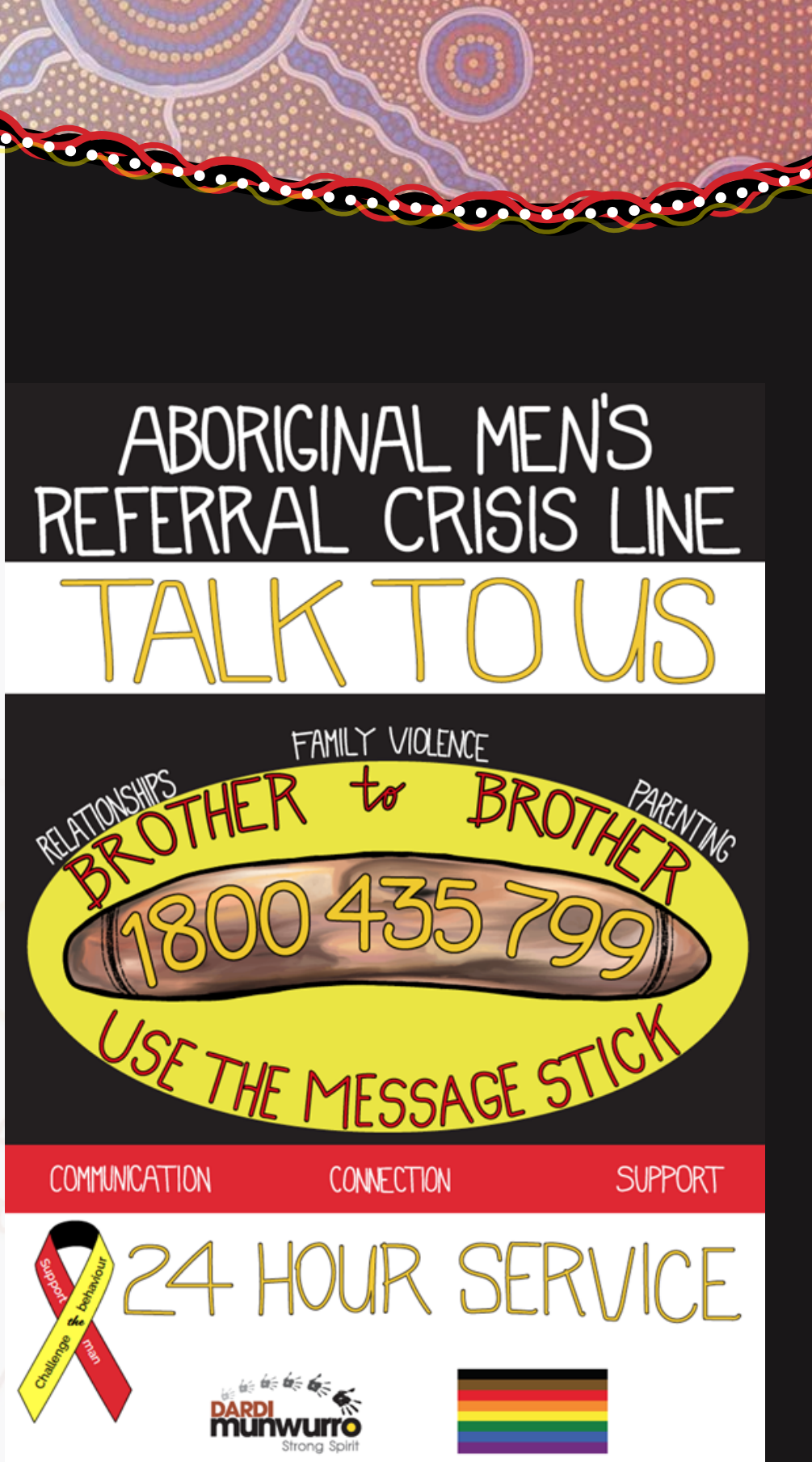
In response to the COVID-19 crisis, Dardi Munwurro has launched Brother to Brother, a 24/7 crisis line for Aboriginal men.

The crisis line gives phone support to Aboriginal men who need someone to talk to. You can ring about relationship problems, family violence, parenting, drug and alcohol issues or if you are struggling to cope for any other reason.

The line is run by Aboriginal men, including Elders, who have experience in these issues.

The crisis line number is

1800 435 799.



ABORIGINAL MEN'S  
REFERRAL CRISIS LINE

TALK TO US

RELATIONSHIPS FAMILY VIOLENCE PARENTING

**BROTHER to BROTHER**

1800 435 799

USE THE MESSAGE STICK

COMMUNICATION CONNECTION SUPPORT

Support the behaviour Challenge the man

24 HOUR SERVICE

**DARDI munwurro**  
Strong Spirit





## PARTNERSHIP ADDRESSING UNMET LEGAL NEEDS



*Pictured at the launch of the partnership are (from back left) Stacy Treloar, CEO Far West Community Legal Centre and Warra Warra Legal Service, Linda Lynott, Executive Manager, Primary Health Care Service and Kendy Rogers, Service Manager. (Front from left) Shannon Oates, Manager, Warra Warra; Leah Billeam, Principal Solicitor, Warra Warra; and Bernie Kemp, Manager Aboriginal Health.*

It is recognised that legal problems not addressed can have a harmful impact on the health and well-being of the person affected.

Maari Ma's Health/Justice partnership is up and running. Maari Ma has partnered with Warra Warra Legal service, which will see solicitor **Leah Billeam** work from the PHCS on Thursday mornings to provide legal assistance.

The aim is to address the unmet legal need for people who need help but may not access it. Leah will be available for both booked appointments and for walk-in appointments. The partnership will also entail a mutual exchange of knowledge and skills between the two services.

Warra Warra will provide legal education to help Maari Ma staff to identify and respond to their patients' legal needs and Maari Ma will provide health education to lawyers to help them identify and respond to the health impacts of their clients' unmet legal needs.

These partnerships are being developed across Australia and have been described as the 'quiet revolution' transforming the way some of the most vulnerable in our community access legal services.

Thank you to BDT journalist, **Annette Northey**, for the photo.



# TRANSPORT

## BROKEN HILL TO ADELAIDE



**Paul Toole**  
Minister for Regional Transport and Roads

Broken Hill residents will continue to be able to travel to Adelaide by coach, with the current NSW TrainLink coach to be extended for another nine months. The timetable for this service will remain the same with the coach leaving Broken Hill on Mondays and Fridays at 7am arriving at Adelaide Hospital at 1:30pm and central Adelaide at 1:45pm.

The return coach departs Adelaide on Tuesdays and Sundays at midday returning to Broken Hill by 6:45pm.

The service will run until June 2021 after which all future options will be considered.



## Farewell...



**Alina Turgieva** returned to Brisbane in early September. Alina started with Maari Ma in 2019 as a dietitian after working in private practice as a contracting dietitian for NDIS. Alina is pictured center at her staff farewell.

## Welcome!

Maari Ma welcomes two new HIPPY tutors – **Caitlin-Amber Coff** (pictured on the left in the photo) and **Robyn Cattermole** (pictured right).

Caitlin-Amber and Robyn are HIPPY tutors for the 1st year of the two-year program, and they join Adah Etrich and Stephanie Newman who are tutors for the 2nd year.

52 families are enrolled in HIPPY which is a great result. The tutors have been working around COVID19 by still visiting homes but having shorter visits, remaining outside of the house and keeping to the social distancing rules. HIPPY group meetings are still occurring in the Early Years building. In the meantime, enrolments for next year are being accepted and already there are lots of enquiries.

Contact for enrolling;  
HIPPY coordinator, **Briony Callaghan**.

If you have family or friends who may be interested they can contact Briony on our Regional Office number 8082 9888.



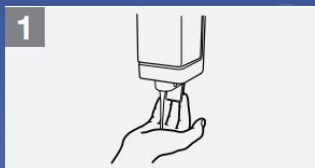


# HAND HYGIENE

## HOW TO HANDWASH



Wet hands with water;



Apply enough soap to cover all hand surfaces;



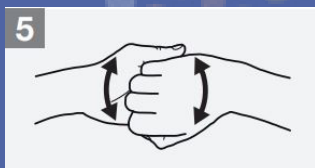
Rub hands palm to palm;



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



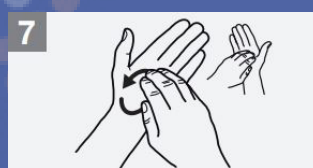
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



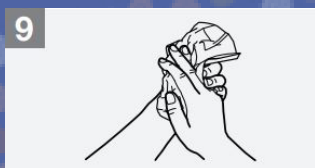
Rotational rub of left thumb clasped in right palm and vice versa;



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



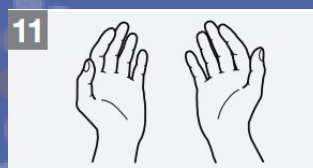
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Once dry, your hands are safe.

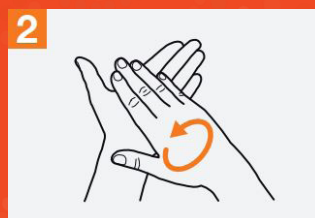
## HOW TO HANDRUB

Wash hands when visibly soiled.

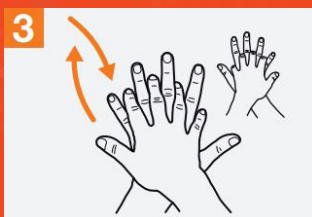
Rub hands for hand hygiene.



Apply product in a cupped hand



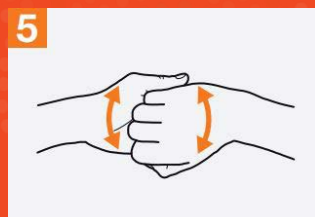
Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa;



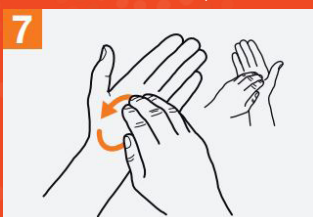
Palm to palm with fingers interlaced;



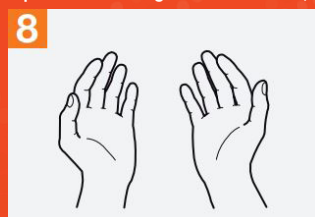
Backs of fingers to opposing palms with fingers interlocked;



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.

# SAVE LIVES

Clean **Your** Hands



World Health Organization





Recently local Broken Hill resident **Beverly Hall** completed the Yapara program where her home was monitored for dangerous levels of carbon monoxide.

A carbon monoxide monitor was placed in Beverly's home and each room was monitored for around 7–10 days. The results showed Beverly's bathroom returned a high reading of 21.5ppm compared to both bedrooms resulting in low read at 6 ppm and the lounge room came in at 2 ppm. The cause of the high reading in the bathroom is currently being followed up. Beverly said she encourages everyone to have their homes checked as you may be surprised with the results.



*Beverly Hall receiving a Coles voucher from Yapara Education Officer Tiffany Lynch for completing the program.*



## yapara program

breathe easy

### CO CHART

Level of carbon monoxide (CO)	Health Effects & Information	Did You Know?
0-1 ppm	Unpolluted fresh air	People with <u>anaemia, heart or lung disease</u> are more sensitive to carbon monoxide
2-8 ppm	CO present	
9ppm	Maximum allowable indoor CO level	Young children are more at risk than adults because they have smaller bodies and process carbon monoxide differently to adults
10-24 ppm	Possible health effects with long-term exposure	
25 ppm	Maximum exposure for 8 hour work day (if working in manufacturing where CO is produced)	Carbon monoxide is harmful to <u>pregnant women</u> as it can cross the placenta and harm the unborn baby
50 ppm	Maximum permissible exposure in workplace	
51–100 ppm	Slight headache after 1-2- hours	





# Building healthy habits for better mental health



Staying on top of our mental health is something we have to work on. Just like we have to look after our bodies by exercising, and eating and sleeping well. That means actually stopping to think about how we can make our mind healthier and improve our wellbeing. Reducing stress and anxiety are really important to feeling better.

Thankfully, there are some simple ways we can go about doing this, such as:

- ✔ Getting some exercise, which is good for our mind and our body.
- ✔ Talking about how we are feeling.
- ✔ Connecting with our culture.
- ✔ Doing things that make us feel good like listening to music or being creative.
- ✔ Another important way to help our mental health is by having healthy habits. Healthy habits and routines can give us a sense of purpose and order. It's about taking control and managing what we can, in our own lives and in our own ways.
- ✔ Have a think about the healthy routines and habits you can start doing today. It could be making sure you get a good eight hours sleep. Or, doing regular activities like stretching, going for a walk, playing with the dog or doing some arts and crafts with your kids.
- ✔ Think about the foods you eat. Cut back on the unhealthy stuff, like foods that are full of added sugar, or high in salt and unhealthy fats.
- ✔ Make a point of contacting your mob and having good yarns to keep your spirits up. You might like to make this a part of your everyday routine.
- ✔ Try replacing smoking and drinking alcohol with healthier habits.
- ✔ For help and support to quit smoking call and talk to the mob at Maari Ma and join the Muuku smoke free program.
- ✔ You can also speak to your local health service or doctor about the best way for you to go about quitting smoking or cutting down on drinking. Everyone is different and need different supports to have a healthier life.



# KALYPI PAAKA MIRIKA

*clear river ahead*



R U OK Day was held on Thursday 10th September. The theme being "There's More To Say After R U OK". The Kiila Laana building was decked out in R U OK promotional material including special R U OK coffee cups.



The Kalypa Paaka Mirika team continued the message for a further week with videos and education tools on the Kiila Laana at Maari Ma Facebook page. Encouraging messages were heard from community members such as **Natasha Trezise** and **Derek Hardman**. Maari Ma's Kalypa Paaka Mirika team member **Alinta Edge** also spoke about the program and we heard from Maari Ma's provisional psychologist **Peter Gough**.

Kalypa Paaka Mirika is a program designed to create a positive change along with connecting with country, building and strengthening bonds between individuals and families for the Broken Hill, Menindee and Wilcannia communities for those aged 18 years and older.



Murray Butcher and Max Quayle with CEO Barkandji Native Title Derek Hardman



Kate Balman and Alinta Edge with program participant Natasha Trezise

Maari Ma's provisional psychologist Peter Gough



Find out how the program can assist you by calling Maari Ma for more information. You can watch the video clips anytime on the Kiila Laana at Maari Ma Facebook page:  
[facebook.com/maarimahealth](https://facebook.com/maarimahealth)





# WHAT TO DO IF THEY AREN'T OK? FOR MORE TIPS VISIT

[WWW.RUOK.ORG.AU/HOW-TO-ASK](http://WWW.RUOK.ORG.AU/HOW-TO-ASK)



## **LISTEN WITHOUT JUDGEMENT AND DON'T JUMP INTO 'FIX-IT' MODE STRAIGHT AWAY**

Giving people a chance to share their experiences and voice their concerns without judgement is of great benefit. It helps people to feel less alone and more hopeful.



## **LET YOUR FRIENDS KNOW THEY DON'T HAVE TO GO THROUGH THIS ALONE**

Having you there for support can make a world of difference to someone in crisis. Be present and let them know they can reach out to you when they need.



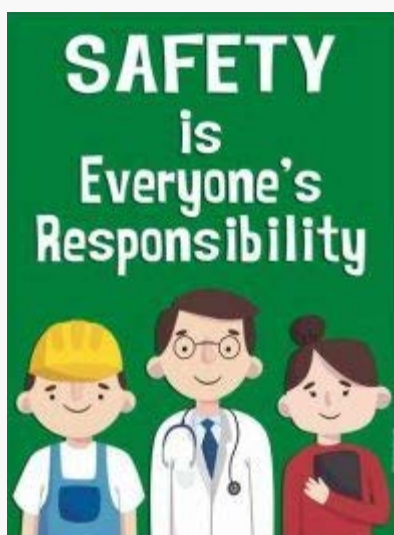
## **ENCOURAGE THEM TO SEEK HELP**

Suggest they make an appointment with their general practitioner (GP), or check out the resources available at [ruok.org.au/find-help](http://ruok.org.au/find-help)



## **SUGGEST SOME SELF-HELP STRATEGIES**

Things like exercise, quality food, and a good nights sleep can contribute to a more positive outlook.



## **Checklist for a healthy approach to alcohol consumption**

Alcohol is widely used and socially acceptable to most people. It can be used recreationally to relax and socialise with friends and family, and used in moderation is not a problem. It becomes a problem when used to excess whether that is daily or binge drinking.

The active ingredient in alcohol is ethanol, the same stuff used as fuel for cars. We feel drunk when there is more ethanol in the body than the liver can process. Safe drinking guidelines suggest we should have no more than 10 standard drinks per week or more than four in a day. It is recommended that we have at least two alcohol free days per week. Alcohol becomes unsafe beyond these levels.

Alcohol is a depressant, it slows down everything in the brain and body. This increases risk of injury and can have a negative impact on how you think and feel.

Signs that you may have a problem with alcohol include blackouts or loss of short-term memory, mood swings and irritability, creating reasons to drink and withdrawal symptoms when you do not have alcohol. Withdrawal symptoms include shaking/ tremors, hallucinations and seizures.

For people wanting to reduce their alcohol intake it is recommended to do so slowly to avoid unwanted withdrawal symptoms. For people who have consumed alcohol in large amounts over a long period of time any reduction should be medically supervised as cold turkey is dangerous and not recommended. Treatments include counselling to look at the reasons why alcohol consumption is high and there are also medications available to assist with managing alcohol dependency.

Maari Ma provides a drug and alcohol counselling service and we have many GPs who can also provide advice if you would like more information.



# Dental Team

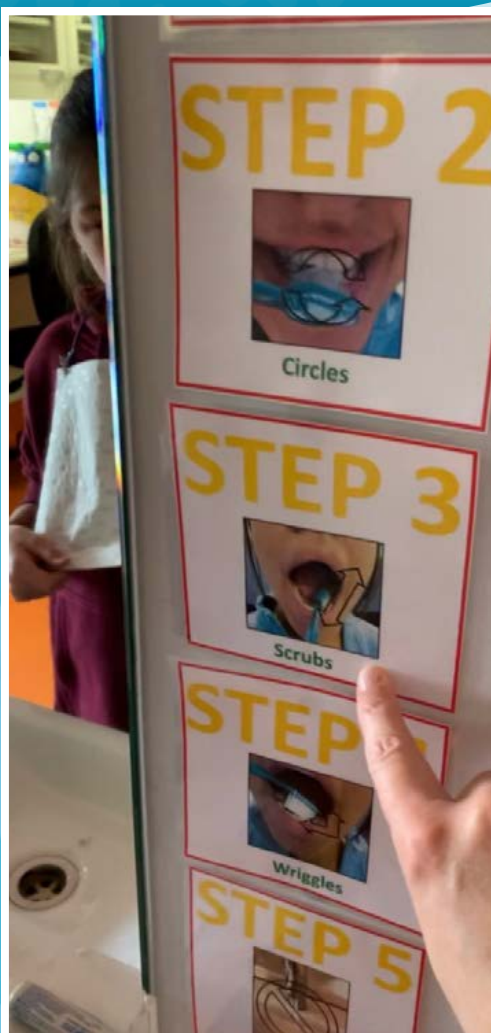
Maari Ma's dental team welcome the new Oral Health Station.

The Oral Health Station will provide an area for patients and parents to learn good tooth brushing techniques.

Patients are also able to see where plaque has built up by using something called disclosing solution which is used to rinse the mouth to change the colour of plaque to be visible to the eye and highlight areas of the teeth that current brushing is not reaching. This will allow the patient to see and remove the plaque that is being missed. An array of dental education will be available for patients and parents to take home.



*The new Oral Health Station*



*A step by step guide to good brushing technique*



*Farrah Smith using the new Oral Health Station*

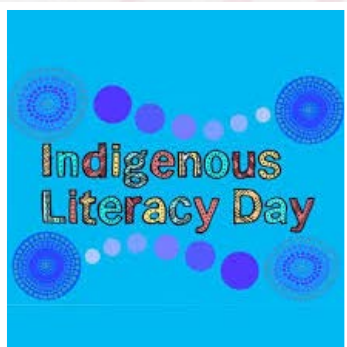


# EARLY YEARS

**HIPPY are now taking enrolments for 2021. Enrol by calling 8082 9888 or Cath on 0429672196**



Maari Ma Kulpa Pipinya is a book talk program where you learn some new ways to read with your child. Book talk is free and is available to all Maari Ma families and their children aged 2–5 years.



Maari Ma Early Years celebrated Indigenous Literacy Day on 2nd September through the Kiila Laana at Maari Ma Facebook page. Michael Johnston, the Aboriginal Education Officer at Alma Public School, kindly

joined the team to read the book No Tharlta On The Bus. This was followed by a talk on the names of the animals and finally the whole team sang the No Tharlta on the Bus song. You

can view the team's sing-a-long anytime via the Facebook page. See next page for lyrics



**Week 1**—Introduction to Book Talk and book 1 at Maari Ma

**Week 2**—Home visit and book 2

**Week 3**—Home visit and book 3

**Week 4**—Home visit and book 4

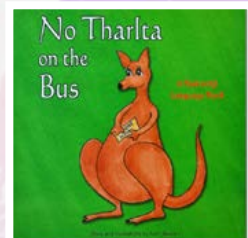
**Week 5**—Library visit and final group session

Home Visits can be arranged at another location

Sessions are 60–90 minutes

Each week you will take home:

- a book to share with your child
- a tip sheet
- a book mark







## —NO THARLTA ON THE BUS

Lenny had decided that today he'd go riding on the bus with all his friends into town, they were standing on the corner, when the bus pulled over and the driver looked out and frowned, and he said:

No Tharlta (*Dhari-ta*) on the bus!  
 No Tharlta (*Dhari-ta*) on the bus!  
 They bounce up and down  
 When i'm driving into town so,  
 So no no Tharlta (*Dhari-ta*) on the bus!

And there'll be

No Wantaali (*Dharil-lee*) on the bus!  
 No Wantaali (*Dharil-lee*) on the bus!  
 They're way too prickly  
 And they can't move quickly,  
 So no Wantaali (*Dharil-lee*) on the bus!

But Lenny said, Hey driver, can I bring them inside if we keep right away from the door?  
 The old driver sighed and said, Oh all right, but we won't be taking any more.

And there'll be

No Kuukakaka (*Cooh-kah-kah-kah*) on the bus!  
 No Kuukakaka (*Cooh-kah-kah-kah*) on the bus!  
 They cackle and they laugh at the people in the cars  
 So no Kuukakaka (*Cooh-kah-kah-kah*) on the bus!

And there'll be

No Kalthi (*Gharl-thi*) on the bus!  
 No Kalthi (*Gharl-thi*) on the bus!  
 Their necks are too long and their legs are all wrong,  
 So no Kalthi (*Gharl-thi*) on the bus!

But Lenny said, Hey driver, can I bring them inside if we keep right away from the door?  
 The old driver sighed and said, Oh all right, but we won't be taking any more.

And there'll be

No Karli (*Cull-lee*) on the bus!  
 No Karli (*Cull-lee*) on the bus!  
 They have hairy little feet, and they put them on the seat,  
 So no Karli (*Cull-lee*) on the bus!

And there'll be

No Thurru (*Dhu-rr-oo*) on the bus!  
 No Thurru (*Dhu-rr-oo*) on the bus!  
 They have hairy little feet, and they put them on the seat,  
 So no Thurru (*Dhu-rr-oo*) on the bus!

But Lenny said, Hey driver, can I bring them inside if we keep right away from the door?  
 The old driver sighed and said, Oh all right, but there *absolutely, positively, finally and really truly, definitely*, won't be any more. So shut the door!





# MUMS & BUBS!



Baby **Alita Williams** Wearing a Deadly Choice shirt with mother **Robyn Cattermole** and Maari Ma's Healthy Start team member **Meagan Rufus**.

Deadly choice shirts are available for free when your child receives their ATSI Health check.

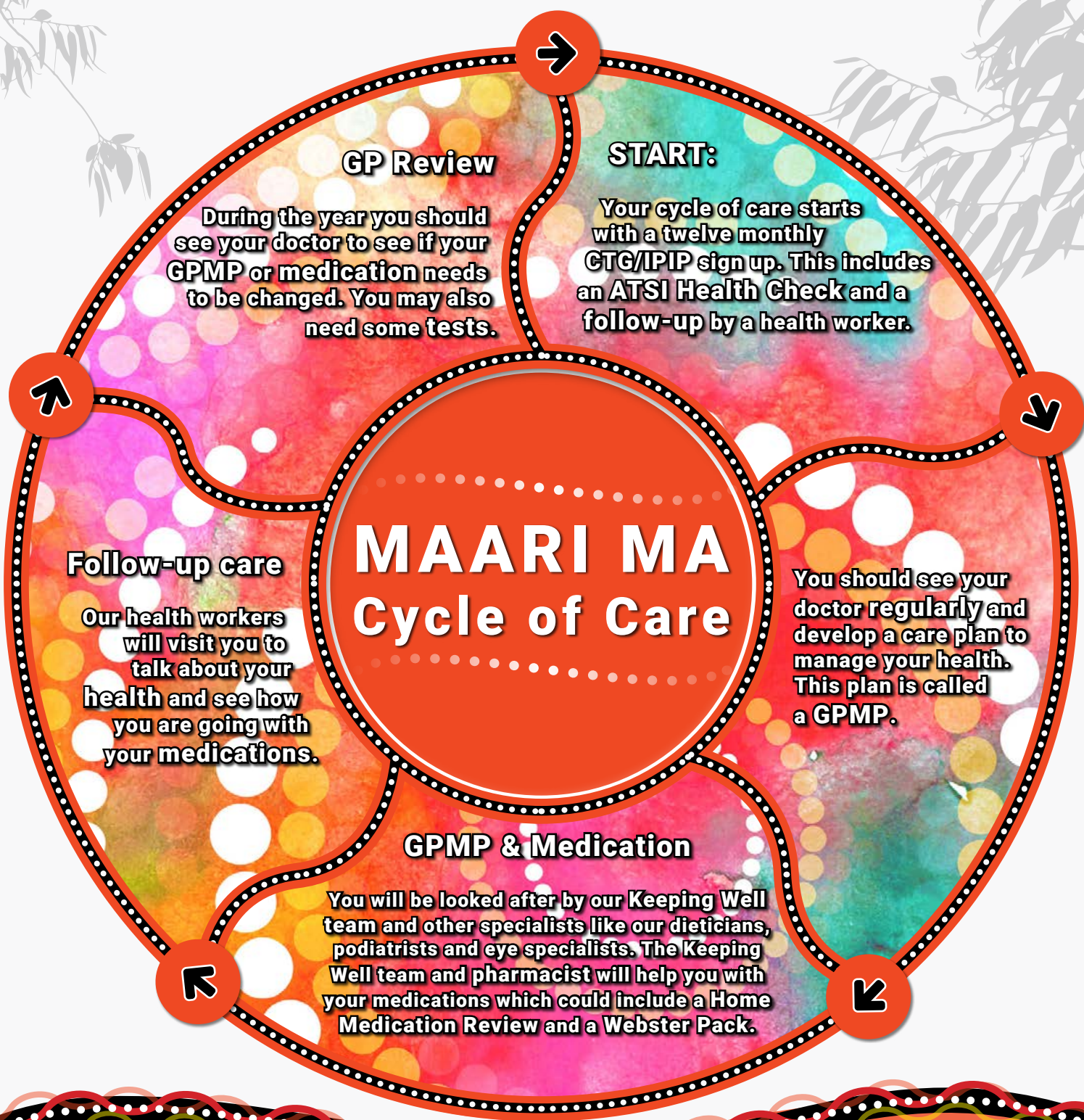


Maari Ma midwives are here to help all mothers during pregnancy and enjoying gifting this beautiful Indigenous designed nappy bags to all new mums.

Baby onesies are also available in a variety of Rugby team colours free when your baby receives their 6 week immunisation.







## Maari Ma Primary Health Care Service

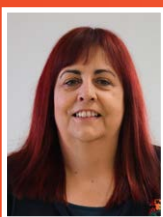
*Improving Aboriginal Health & Closing the Gap...*

### 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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Broken Hill, NSW 2880  
Phone: 08 8082 9777 Fax: 08 8082 9778  
Web: [www.maarima.com.au](http://www.maarima.com.au)