



Maari Ma Health Aboriginal Corporation

## Community Newsletter

## THIS MONTH'S QUIT CHAMPION *Joycelyn Bugmy*



**Joycelyn Bugmy** is our Quit Champion of the month! Her mum and dad are both from Wilcannia and she has lived there most of her life.

Joycelyn first started smoking around the age of 15. Watching everyone around her smoke made her pick up the cigarettes as well. She smoked regularly until her first pregnancy, when she was expecting Leonard. Leonard's wellbeing motivated her to go cold turkey and Joycelyn quit smoking on her own!

However, soon after the pregnancy having people smoke around her triggered the cravings and Joycelyn relapsed. She continued to smoke regularly till she was expecting her second bub-Curtis. Once again, it was for Curtis's health and a healthy pregnancy that Joycelyn quit. But soon after the delivery her family and friends smoking around her lead to another relapse.

Joycelyn is expecting her third bub and has been smokefree

for a month now. She says she can't stand the smell of cigarettes and they make her sick. And, this has put her off cigarettes and helped her to stay quit for a healthy pregnancy even though her partner and sister smoke.

Motherhood and pregnancy can be extremely stressful. But, Joycelyn has her own ways to fight stress. She goes for walks and loves to do washing! If you are smoking because of stress remember there are many other healthier ways to cope-exercise, keep a diary, snack on healthy foods like carrots, reduce alcohol and caffeine intake, or listen to music that helps you relax.

Joycelyn's message for pregnant women is:

*"I encourage you to give up smoking for your bub and a healthy life."*

Joycelyn's message for young girls is:

*"Smoking is not good for you and your health. Don't take it up!"*



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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)



[admin@maarima.com.au](mailto:admin@maarima.com.au)



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



# MUMS & BUBS!

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

Congratulations to **Charley Forner** and **Michael Dalton** on the birth of **Armani Dalton**, born at Broken Hill Hospital on the 19th August, weighing 2835 grams.



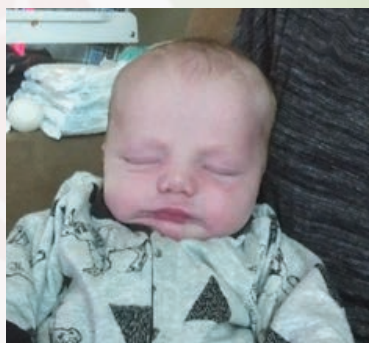
*Baby Armani*



*Baby Deonte*

**Mitchell James**, baby of **Rachel Sutton** and **Chris James**. was born on the 18th August at Broken Hill Hospital, weighing 3275 grams. Rachel was looked after by our AMIHS midwife, **Robyn Harris**.

This is **Deonte Terry**, son of **Kaitlyn Johnson** and **Dylan Terry**. Kaitlyn was looked after by Community Midwife, **Tiffany Cattermole** & the AMIHS team.



*Baby Mitchell*



## What's On?

### Healthy Start Playgroup

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

### After school cooking group

3:30pm–4:30pm Mondays & Thursdays in the Community kitchen at Maari Ma Health  
(Not on during the school holidays)

### Cooking group for Parents

10:30am-12:30pm Thursdays (before Playgroup) at the Maari Ma Child and Family Building  
(Not on during the school holidays)

## WOMEN'S HEALTH WEEK

Two of the biggest barriers to women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. To all those women who hold the fort, run the show, coach the team and steer the ship it's time to show that you're putting your health first too. Join in by tagging incredible women and put your 'selfie' first!

## #MyHealthFirst



1) Post a selfie on your favourite social media platform to show you are going to start putting your health first.

2) Share a good health message and encourage your followers to do the same.

3) Use the hashtags **#MyHealthFirst**, **#WomensHealthWeek** and tag **@JeanHailes**



# Smoking and Breastfeeding

As a new mum, not smoking is the single most important thing you can do to protect your own health and health of your child. Breastmilk contains important factors to help babies fight illness and protects the baby from the harmful effects of cigarette smoke



If you or your partner cannot quit or cut down:

- Make your house or car smokefree and don't allow anyone else to smoke near your baby.
- Smoke after a breastfeed- nicotine levels in your breastmilk are halved in about 97 minutes after a cigarette. The longer the time between smoking and a breastfeed, the less nicotine your baby will be exposed to through your breastmilk.
- Cover up and clean up- each time you have a cigarette the smoke is trapped in your clothing, hair and skin. If you can't always change your clothes, brush your teeth, shower and wash your hair after each cigarette... you could think about having a 'smoking outfit' or something to cover your clothes which you keep outside to change into. Cover your hair with a shower cap or scarf. You can then wash your hands and brush your teeth when you take off the outer layer.
- It's important not to share a bed with your baby (co-sleep). This is known to raise the risk of SIDS- Sudden Infant Death Syndrome, particularly if you smoke, you recently drank alcohol or you're taking medication that makes you sleep more heavily.





# AFTER SCHOOL COOKING



The children made bush mince crepes with lots of vegetables, which is great tucker for blood and energy. The mince contains lots of iron, and the tomatoes and capsicum help the body absorb the iron. In another cooking group session, kids made damper with quandong jam and ricotta as part of the bush tucker theme. They used wholemeal flour for extra fibre. It was absolutely delicious!



## What's the **Buzz** at Maari Ma?

Soak up the sun  
while you wait for your turn!

New waiting chairs in the front courtyard.



What is  
happening  
here??

Watch this  
space!





# STAFF UPDATE

## *Farewell to Staff Members...*



Last month we said farewell to Senior Aboriginal Health Practitioner, **David Doyle**, who after six years at Maari Ma has moved on to his next chapter. All the very best Dave!



We also wish **Simone Baczynski**, our Dental Assistant, good luck for her future endeavours. Simone had joined the Dental team in March.

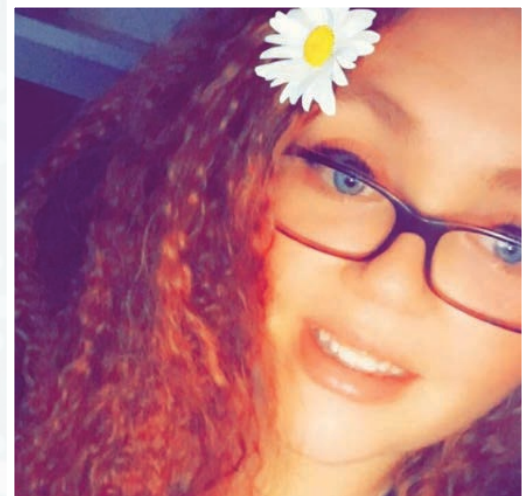
## *Maari Ma Welcomes New Staff Members!*



**Hannah Morris** has joined our Regional Office as an Administration Assistant.

Hannah was born in Broken Hill and has lived here since. Before joining Maari Ma, Hannah was working as the Dispenser Technician at Nettings Chemist. Hannah has represented Broken Hill and South Australia in various basketball championships. She is enjoying working at Maari Ma.

Welcome Hannah!



We also welcome **Jessica Woods**.

Born and raised in Broken Hill, Jessica was working at Subway before joining as a Part-time Transport Officer. She has been here for two weeks and is finding the job breezy!

Outside of work, Jessica loves to watch the local AFL games every weekend.



# ACTIVE KIDS

**Gemma** and the kids played some footy games and the kids had a competition to see who could kick the AFL ball the farthest on the football field. The kids also played a game of playground tiggy. They also had a surprise visit from an emu!



## CSRP CAMP

On Monday 20th August and Tuesday 21st August a number of men from Broken Hill and Menindee converged on Kinchega National Park at Menindee for two days to take part in a program with Murray Butcher and Luktas Dunlop, both Project Officers with the Community Safety Research Project.

Before the program began a smoking ceremony was conducted to cleanse the building and surrounding country, and the men also took part in the smoking ceremony to cleanse and protect the spirit of those involved in program. Everyone was respectful and mindful of why they were on country. The men from Broken Hill enjoyed damper and chicken curry for dinner on Monday night and were up early Tuesday to cook breakfast for the Menindee men, who were on time for breakfast. Full bellies and laughter made for a great day ahead.

After the program some of the men took time to enjoy a spot of fishing on the Darling River below Menindee to wind down in a relaxing environment after two days of hard workshoping. A big thankyou to the men for their participation in the workshops.





# COMMUNITY EVENTS



## WEAR IT PURPLE DAY

FOR 12-25 YEAR OLDS

HEADSPACE BROKEN HILL ARE GIVING AWAY 50 TICKETS TO THE FIRST AND ONLY SCREENING OF **CRAZY RICH ASIANS (PG)** 31ST AUGUST **MOVIE COMMENCES AT 5:30PM** DOOR PRIZES



**HOW TO REGISTER FOR YOUR TICKET**

1. Contact **headspace** Broken Hill  
- (02) 9393 9699  
- [headspace.brokenhill@flourishaustralia.org.au](mailto:headspace.brokenhill@flourishaustralia.org.au)  
- 231 Blende Street
2. Tell us your name and date of birth
3. Visit the **headspace** info stall on 31st August between 4pm-5:30pm at the Silver City Cinema to collect your ticket



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



## MOVIE NIGHT

FOR 12-25 YEAR OLDS

HEADSPACE BROKEN HILL ARE HOSTING A MOVIE NIGHT AT OUR CENTRE FOR YOUTH 12-25 Y/O ON WEDNESDAY 5TH SEPTEMBER. WE WILL BE SHOWING 'LOVE. SIMON' ON THE BIG SCREEN!



**FREE TO ATTEND  
SNACKS AND DRINKS INCLUDED**

**HOW TO REGISTER YOUR ATTENDANCE**

1. Contact **headspace** Broken Hill  
- (02) 9393 9699  
- [headspace.brokenhill@flourishaustralia.org.au](mailto:headspace.brokenhill@flourishaustralia.org.au)  
- 231 Blende Street
2. Tell us your name
3. Come along to headspace Broken Hill (231 Blende Street) on Wednesday 5th September. Doors open at 5:30pm - Movie starts @ 6pm

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health





## MENINDEE JUNIOR GALA DAY

### SATURDAY, SEPTEMBER 8

### @ BURKE & WILLS OVAL, MENINDEE

**ALL junior players across the ORL come and try rugby league in Menindee.**





**Will support this great day**

**Registration: 11.00am. (EST)**  
**Matches will commence from 11.30am.**  
**Under 8s, 10s and 12s.**  
**All males and females**  
**Born 2006-2012 welcome**

**The first step to becoming an ORL star is here;**  
**COST: Free BRING boots or covered shoes, MPRRLC supplied shorts, socks and a water bottle (if possible).**  
**If registering a new participant, please supply Medicare No. and DOB**  
**MORE INFORMATION: Dallas Reeves 0418 811 483**



## Out of the Shadows and Into the Light

*Take part in Lifeline's Out of the Shadows - national suicide prevention walk held to coincide with World Suicide Prevention Day.*

*Raise Awareness, remember those lost to suicide, and unite in a commitment to prevent further deaths by suicide.*

*For more information visit [outoftheshadows.org.au](http://outoftheshadows.org.au) or call (08) 8087 7525*

**Event Date & Time:**  
**Monday 10<sup>th</sup> September 2018,**  
**6:30AM**

**Meeting Point:**  
**Lion's Park Reserve, Cnr Blende & Bromide St.**

**Additional Information:**  
**A morning tea will follow at Sturt Park**

**Join us on a walk  
to remember those  
lost to suicide**



## DID YOU KNOW THAT AUGUST WAS FAMILY HISTORY MONTH?

The Australian Institute of Aboriginal and Torres Strait Islander Studies can help you to research your Indigenous family history. If you are looking for information about your families, they can assist you by providing family history research assistance, access to information, skills and knowledge.

**You can head on to their website:**

<https://aiatsis.gov.au/research/finding-your-family>

or email: [familyhistory@aiatsis.gov.au](mailto:familyhistory@aiatsis.gov.au)

or call on free number: 1 800 352 553

The National Library of Australia also offers a wealth of family history resources that are available electronically. Their extensive collection includes newspapers, manuscripts, pictures, maps and oral history. More information is available at:

<https://www.nla.gov.au/research-guides/family-history>

### Indigenous Literacy Day 5 September -

Only 34% of Indigenous Year 5 students in very remote areas are at or above national minimum reading standards, compared to 95% for non-Indigenous students in major cities, according to the 2017 National Assessment Program for Literacy and Numeracy (NAPLAN). The situation is improving but there is still a long way to go and the challenges are immense.

### September

Join the movement and thousands of people around the world who are taking on the challenge to move 10,000 steps a day for 28 days starting on 4 September. You'll get fitter, sleep better and feel great. Step any way you like- dance, run or swim!

**R U Okay Day on 14 September** - Got a niggling feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

### Quit Challenge

- Now recruiting Superheros to win the War Against Smokes. We are not looking for flying capes or superpowers. We are looking for superheros who want to quit smoking - for themselves, their family, their community and culture. Be a Superhero – Join the Quit Challenge - Make 30th September your Smokefree Day.



1. Ask



2. Listen



3. Encourage action



4. Check in

### Important phone numbers:

- If someone's life is in danger, call 000
- Call Lifeline for crisis support on 131114
- People who are at risk of suicide, carers and bereaved can call 1300 659 467
- Counselling for young people 5–25 years is available on 1800 55 1800
- Counselling service for people suffering grief is available on 1300 845 745

For more information and to register, call the TIS team on 80829777.



# ABORIGINAL MENTAL HEALTH FIRST AID COURSE

This 14-hour AMHFA course teaches Aboriginal or Torres Strait Islander adults (18 years and over) first aid skills for helping family and friends experiencing a mental health crisis, mental health problems or the early stages of mental illness.

This course provides information about:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective. The delivery format is flexible. Course participants receive a copy of the AMHFA Manual to keep and are eligible to become an accredited Mental Health First Aider.

**Note:** Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.



## ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

**Learn skills and gain confidence to assist  
Aboriginal or Torres Strait Islander friends and  
family experiencing mental health problems.**

*This course has been culturally adapted for the Aboriginal and Torres Strait Islander community and is taught by Aboriginal and Torres Strait Islander Instructors.*

*The course teaches first aid skills for helping indigenous people experiencing a mental health crisis, mental health problems or the early stages of mental illness.*

**If you're interested in attending this course,  
please use contact details below to enrol.**

**LOCATION:** PCYC Broken Hill

**DATE:** 26th and 27th of September 2018

**PRICE:** Free

**MHFA INSTRUCTOR(S):** Kayelene Crossing, Lee-Anne Adams and Karen Sharpe

**CONTACT NUMBER:** 08 8082 9777

**EMAIL:** kayelene.crossing@maarima.com.au

**ADDITIONAL INFORMATION:** Morning tea and Lunch provided.

*Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.*



### COURSE INFORMATION

- 14-hour Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the AMHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

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



# Your health record in your hands

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



## 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.



Australian Government  
Australian Digital Health Agency



### 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**



**MyHealthRecord.gov.au**  
Help line 1800 723 471

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.



## GP Review

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

## START:

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

# MAARI MA Cycle of Care

## Follow-up care

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

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

## GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

## 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

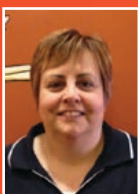
### Occasional services

Heart specialist  
Kidney specialist  
Diabetes specialist  
Child health specialist  
Eye specialist  
Alcohol specialist  
Smoking specialist  
Podiatry  
Optometrist

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



**Kaylene Kemp**  
Manager:  
Community  
Engagement



**Kendy Rogers**  
Practice Manager:  
PHCS