



Maari Ma Health Aboriginal Corporation

Community Newsletter



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Trainees pictured at the start of their traineeship left to right: Front: Jae Edwards and Cooper Fleming, Back: Hannah Morris, Kalinda Morrison, Britny Coff and Shontae Harris. Lavinia Henderson, Latesha Adams and Tarissa Staker, who are not pictured, are also part of the group.

It's been a difficult year in many ways for Maari Ma's Aboriginal health worker trainees with COVID 19 because TAFE has been unable to deliver face to face training. But the good news is that the fourth cohort of trainees undertaking the Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care were able to go back to TAFE in mid-August and for some this was their final TAFE block. This means they have completed all of their practical and theory assessments and are awaiting results. Congratulations to you all.

TAFE has organised a final block for October for the remaining trainees to complete their last assessments and we wish them all luck. The trainees started their course in March 2019 - they are **Hannah Morris**, who previously worked at the Regional Office as Administration Assistant, **Kalinda Morrison**, **Jae Edwards** and **Cooper Fleming** who are from Broken Hill, **Britny Coff** from Menindee and **Shontae Harris** from Wilcannia. Staff **Lavinia Henderson** and **Latesha Adams** also joined the group and **Tarissa Staker** is updating her qualification and joined the group to complete some units.

Maari Ma Primary Health Care Service

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



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www.facebook.com/maarimahealth/

Uncovering LOCAL HISTORY



Harry Prescott securing the old fretwork back to its original position after 25 years or more.



The building was the former Crown Hotel and was built in 1887 before closing as a hotel in 1991.

Maari Ma's regional office has had a part of its heritage returned with the previous owners finding the original fretwork in an old shed.

The previous owners said around 25 years ago the bull nose veranda needed replacing and the old red cast iron fretwork was removed, and never put back up. The interlaced decorative design was dusted off, powder coated white and replaced in its' original position.



Balranald

LANDSCAPING PROGRESSES



Balranald has had a few delays but is still progressing. The landscapers are from Victoria and there have been some issues with crossing the border but they are back on deck again and hopefully the project will be completed soon.

Staff say the work is looking good and will prove to be less hazardous; the paving colours introduced represent the Aboriginal flag.

Maari Ma Jingle

WITH TRANSLATIONS

Parrini Maari Ma
(Keep coming to Maari Ma)

Kumpaana thikama
(they will fix you up)

Ngina paringku ngaratja maarima-ri
(We are coming together at Maari Ma)

Maari Ma is here for you and your family too
If you need help and you're unwell
Healing is what we do oo oo

Parrini Maari Ma
(Keep coming to Maari Ma)

Kumpaana thikama
(they will fix you up)

Ngina paringku ngaratja maarima-ri
(We are coming together at Maari Ma)

Maari Ma-ri



A CRISIS DOESN'T EXCUSE ABUSIVE BEHAVIOUR AT HOME

Newsletter editorial

Help is Here is the Australian Government's national campaign to promote support services for people experiencing domestic and family violence during the coronavirus pandemic.

Research shows that during times of crisis, incidences of domestic violence can increase. This means it is now more important than ever to support those in our communities who may be suffering from, or at risk of, domestic violence.

The campaign includes advertising across TV, digital platforms, social media, radio, magazines and newspapers, as well as shopping centres, hospitals, Aboriginal Medical Services and GP surgeries.

It's important to remind everyone in our community that there is no excuse for violence - a tough time doesn't excuse abusive behaviour at home.

Free, confidential help is available online and by phone 24/7.

- For support and counselling for everyone, call **1800RESPECT (1800 737 732)** or visit 1800RESPECT.org.au
- For men's advice and counselling, call **MensLine Australia 1300 789 978** or visit MensLine.org.au

More information, including information for Aboriginal and Torres Strait Islander communities is available to download at www.australia.gov.au/dvsupport

THERE'S NO PLACE FOR
DOMESTIC VIOLENCE



Australian Government

Download resources to support these messages locally at www.australia.gov.au/dvsupport

Farewells

Kaylene passes on a very big thank you to the community



By now many people in the community may be aware that **Kaylene Kemp**, a very dear and long term employee, has retired. Kaylene retired from her role at Maari Ma's Primary Health Care Service in July.

While it's early days for Kaylene she is so far enjoying much needed time for herself to rest, focus on her health and do some of the creative hobbies she couldn't find time to do while working full time.

It's hard to get used to Kaylene not being at the PHCS because she has been there since the first day the service opened its doors back in 1998. Over the last 22 years, Kaylene worked in a number of different roles at the PHCS and made significant contributions to the setting up of the clinics, including many improvements to the clinics over the years; setting up patient transport; the chronic disease program; access to Webster packs; access to ATSI health checks; education to reduce smoking, and setting up our IPTAAS program to support patient attendance at out of town health appointments.

While we appreciate and respect Kaylene's contribution to these important health services, we know from talking with Kaylene that she is not one to reflect on her own contribution... she prefers to reflect on the community and the community's contribution... the effort of our Board to run a health service which is a big and difficult job and the effort the community makes to access the healthcare that is on offer to stay well. Kaylene knows it's not easy to prioritise attending health appointments when life is hectic and stressful with other pressures, which is why Kaylene admires and respects the community so much for continuing to come in to Maari Ma.

Kaylene is thankful her work at Maari Ma enabled her to have regular contact with the community and she'd like to send a big thank you to the community for making Maari Ma what it is today.



With Best Wishes to Marsha Files

Maari Ma would like to wish Manager Social and Emotional Wellbeing, Marsha Files the best for her future. Marsha has left to do some consulting work and spend more time with her family.

Marsha started with Maari Ma in 2012 working within the Community Safety Research Project. She was integral to the development of the Kalypi Paaka Mirika Clear River Ahead Healing Program over the intervening years, and to its successful roll out in Broken Hill, Wilcannia and Menindee. She assisted with the Maari Ma Broken Hill playgroup's orientation process which aims to ensure playgroup is a safe environment for families and children.

Marsha played a leadership role in the development of Maari Ma's cultural framework alongside her brother Justin. Marsha also played an important role this year in our COVID19 Working Group, and was the voice of some of our early community messages, with many people commenting favorably on her calm and matter of fact demeanor on radio, which was just what was needed in anxious times.

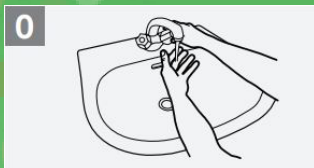


Best Wishes to Callan Rogers

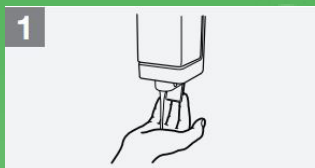
Administration Officer, Callan Rogers is off to Melbourne to take up the role as an administration officer at the Alfred Hospital. Callan was employed with Maari Ma in 2013 so his absence will certainly be missed by staff and clients who have got to know him well over the years. Callan was also a member of the Murdi Paaki Regional Assembly Young Leaders Program and as a Health Services Union representative, he was an additional resource for staff and workplace relations. All the very best Callan.

HAND HYGIENE

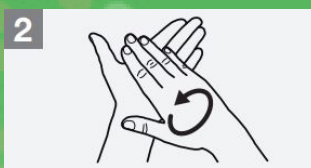
HOW TO HANDWASH



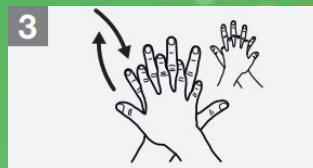
Wet hands with water;



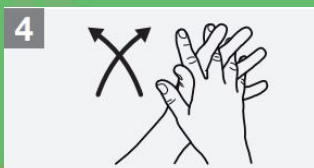
Apply enough soap to cover all hand surfaces;



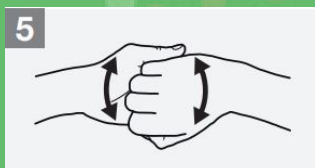
Rub hands palm to palm;



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



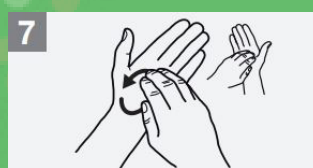
Palm to palm with fingers interlaced;



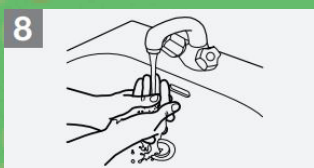
Backs of fingers to opposing palms with fingers interlocked;



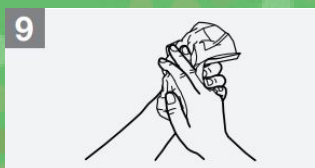
Rotational rub of left thumb clasped in right palm and vice versa;



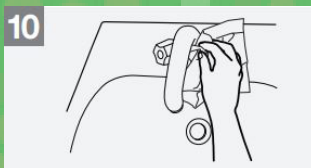
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



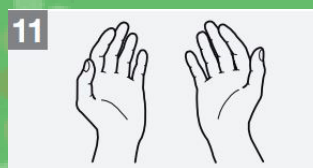
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Once dry, your hands are safe.

HOW TO HANDRUB

Wash hands when visibly soiled.

Rub hands for hand hygiene.

SAVE LIVES

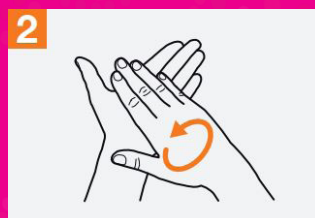
Clean **Your** Hands



World Health Organization



Apply product in a cupped hand



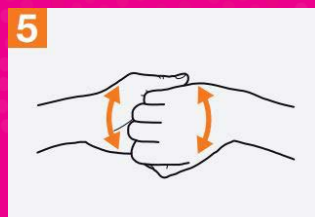
Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa;



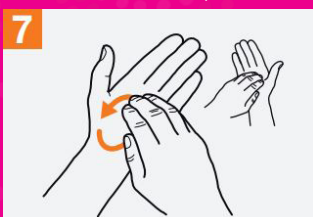
Palm to palm with fingers interlaced;



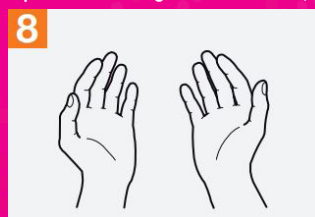
Backs of fingers to opposing palms with fingers interlocked;



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



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



Once dry, your hands are safe.



Each new participant to join the Kiila Laana smoke free program will receive a welcome pack which includes:

Hand sanitizer, car deodorizer, green bin sticker, smoke free home sticker and a cooling towel for those hot summer days all in a bamboo tote bag. (some items may vary depending on availability)

Maari Ma Balranald's Registered Nurse Emma Moore presenting Kiila Laana participant Rondha Campbell with a welcome pack.



Art sets and gardening equipment were provided to those people that took part in the 2020 Muuku pledge as a means of implementing a new healthier strategy or behavior to provide satisfaction, or "Happy Hormones" in the absence of tobacco use.

The packs included a boxed art supply set with paints, brushes and easel along with gardening tools, gloves and native plant.



HEALTHY START TEAM

The Healthy Start team have been calling families to commence the **Meningococcal B vaccination** which has been added to the vaccination schedule from **1st July 2020** for **children 6 weeks – 23 months**.



Health Workers will ask parents to give **Paracetamol** before they come in to shorten the length of waiting time before giving the vaccination. The main side effect of Bexsero is that it *may* cause a fever.

The team will give parents an information sheet and times for the next 2 doses of Paracetamol to follow. Panadol is available at Maari Ma if you don't have any and we will give baby a dose 20 minutes before vaccination.

Where possible we will try and add the new vaccination to your baby's current schedule. Once started we will call you when the next vaccination is due to arrange an appointment.

The *catch up* is booked as per the below age groups:

Age at start of vaccine course	MenB vaccine brand	Dose requirements for healthy people (without any medical conditions associated with increased risk of invasive meningococcal disease)
6 weeks to 5 months	Bexero	3 doses (8 weeks between 1st and 2nd doses; 3rd dose at 12 months of age or 8 weeks after 2nd dose, whichever is later)
6 - 11 months	Bexero	3 doses (8 weeks between 1st and 2nd doses; 3rd dose at 12 months of age or 8 weeks after 2nd dose, whichever is later)
12 - 23 months	Bexero	2 doses (8 weeks between doses)

Dental Team

Help brush your child's teeth until they are at least 9 years.

Make sure the gums are brushed (as well as the teeth) to keep them pink and healthy.

Brushing morning and night removes food and plaque that cause white marks and tooth decay.

Call today and book your child in for a dental appointment.



Look for early signs of tooth decay once a month

Healthy Teeth



White lines along the gum line



Make a dental appointment now

Brown or yellow spots that don't brush off



Urgent! see a dentist or dental therapist now



NSW GOVERNMENT June 2013



Brushing:

Always use a soft toothbrush as this is gentle on your gums and teeth.

Always use a fluoride toothpaste.

Assist little children in brushing their teeth properly.

Brush in circles, wriggles and scrubbing motion.

Fissure Sealant

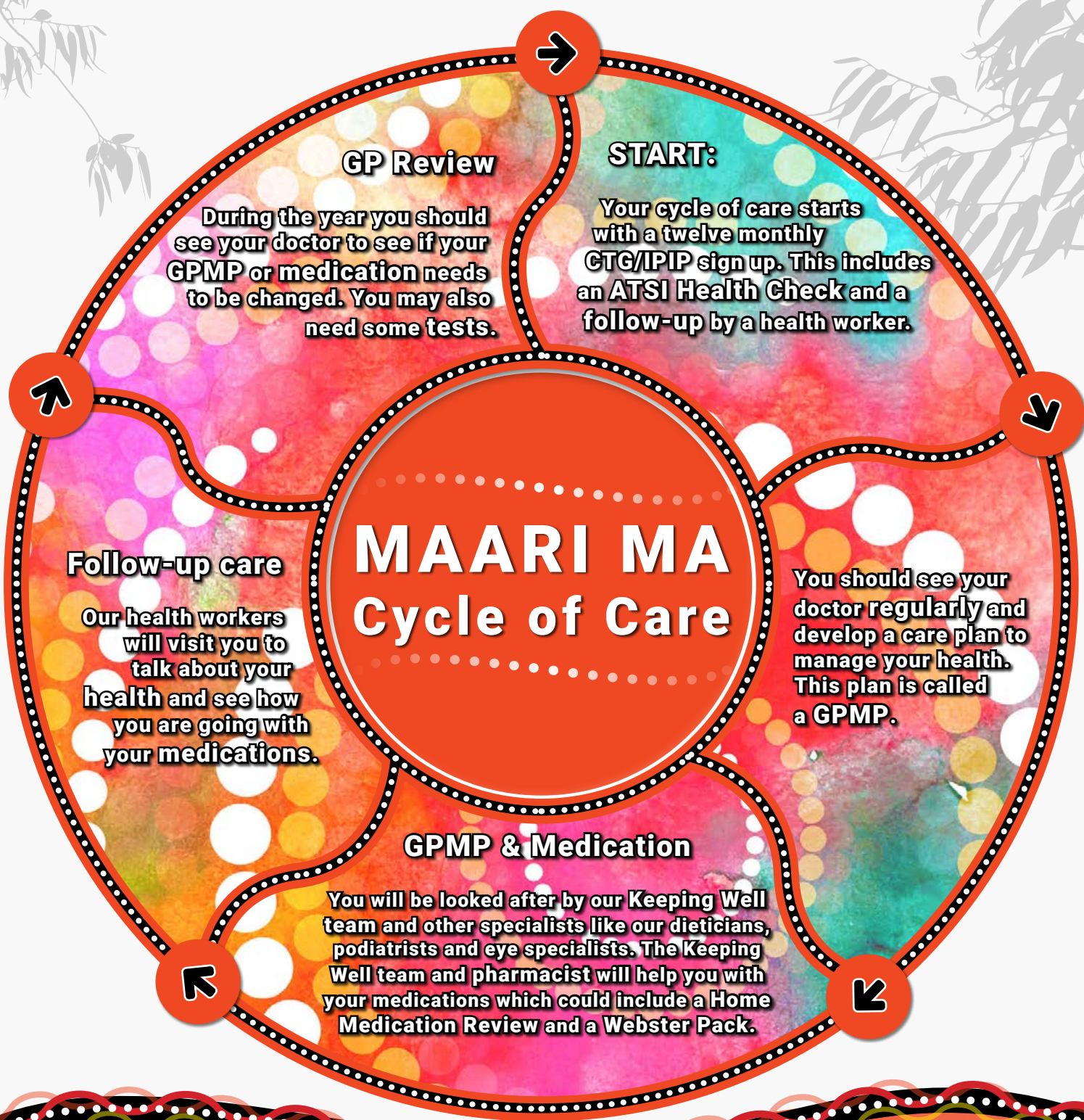


Deep pits and fissures make it difficult to remove all bacteria from the tooth surface.

Fissure sealant gives a quality seal to the tooth surface to reduce possibility of decay.

Fissure seal is a resin material that runs into the grooves of teeth. Fissure sealants help protect teeth from getting decay.

Ask your dental team about fissure sealants the next time you are in!



Maari Ma Primary Health Care Service

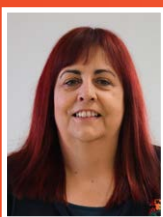
Improving Aboriginal Health & Closing the Gap...

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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