



Maari Ma Health Aboriginal Corporation Community Newsletter



Balranald Vaccinations

Aboriginal Health Worker trainees in Balranald, **Kelvin Murray** and **Paige Winch** assisted the AUSMAT team, along with the Balranald MPS, Balranald Shire Council and Land Council, with a mass COVID19 vaccination effort.

Kelvin and Paige were part of the door-to-door vaccination teams and Health Service Manager, **Emma Moore** was vaccinating at the drive through clinic. The clinic was held at the old Emergency Department site at the Balranald MPS. The vaccinations were Pfizer and were available to anyone over the age of 12.



Maari Ma Health Balranald was praised for its coordination of the door-to-door vaccinations - providing maps with highlighted houses and lists of those requesting a vaccination. Maari Ma also provided free transport if needed.

Emma said it was a great day and a great collaborative effort - working together with other services to increase vaccinations in the shire. We will have our vaccine incentives for fully vaxxed mob in Balranald shortly.

The vaccination drive in Balranald was a great team effort. AUSMAT (Australian Medical Assistance Team) said at the conclusion of the day they have been pleased with the response from the community to date and are pleased that people are wanting to protect themselves, their family and their community.



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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/

Benefits

The benefits of the Outback Letterbox Library service such as:

- › Access and increased awareness of library services
- › Connections to underserved locations
- › Connection to outside world in remote areas
- › Opportunities for lifelong learning
- › Door to door delivery in a large geographical area
- › Able to match readers habits
- › No cost to members – city library users access library services for free

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Quick links

Catalogue <https://bit.ly/bhlibero>
 Website <https://bit.ly/bhcclibrary>
 Mobile printing <https://bit.ly/bhclprint>



Contact us for more information

Broken Hill City Library

245 Blende Street

PO Box 448 Broken Hill NSW 2880

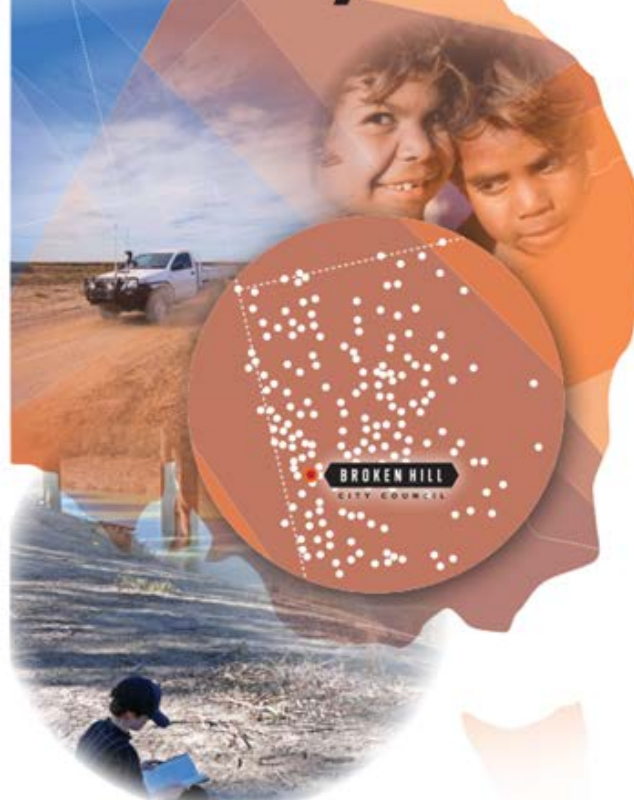
P: 08 8080 3460

E: BHLibrary@brokenhill.nsw.gov.au

W: www.brokenhill.nsw.gov.au/Facilities/Library



Outback Letterbox Library



Thank You for your Donations!

These are just some of the donations that arrived for Wilcannia from Winc via Good 360.

Thank you so much for your generosity!



Allied Health Thinking Outside the Square

Our allied health workers have been working around COVID restrictions to help families during the stay at home orders.

Because families are spending time at home, children are having less opportunities to socialise with peers and learn the imperative skills they get from these exposures such as social communication, language development, empathy, play and turntaking. In an effort to compensate, the team decided to run a competition for children to 'take their toy on an adventure'. Not only does this provide opportunities for children and families to get creative and use their imaginations but allied health staff are also providing an opportunity for children to develop an array of skills that they usually would be developing with peers outside of the home.

They say they're also missing seeing the children face to face and they're excited to see what they are doing during lockdown.

Well done team ! – a great way to keep children's skills up in a fun and inventive way.



*Pictured are Occupational Therapist, **Jacquie Payne**, Allied Health Assistant in Training, **Telicia Briar** and Speech Therapist, **Charlotte Bertelsen**. The competition is open to the end of this month and the team is asking for children to send them a photo, video, drawing or a story of their toy going on an adventure or engaging in an activity at home. Prizes include a \$100 voucher from Kmart.*



KEEPING COMMUNITY CONNECTED

A big thanks to SEWB Clinical Manager, **Helene Fox** and her team – they've been doing a great job taking and doing daily calls for assistance such as help with groceries and importantly checking on people's mental health and wellbeing.

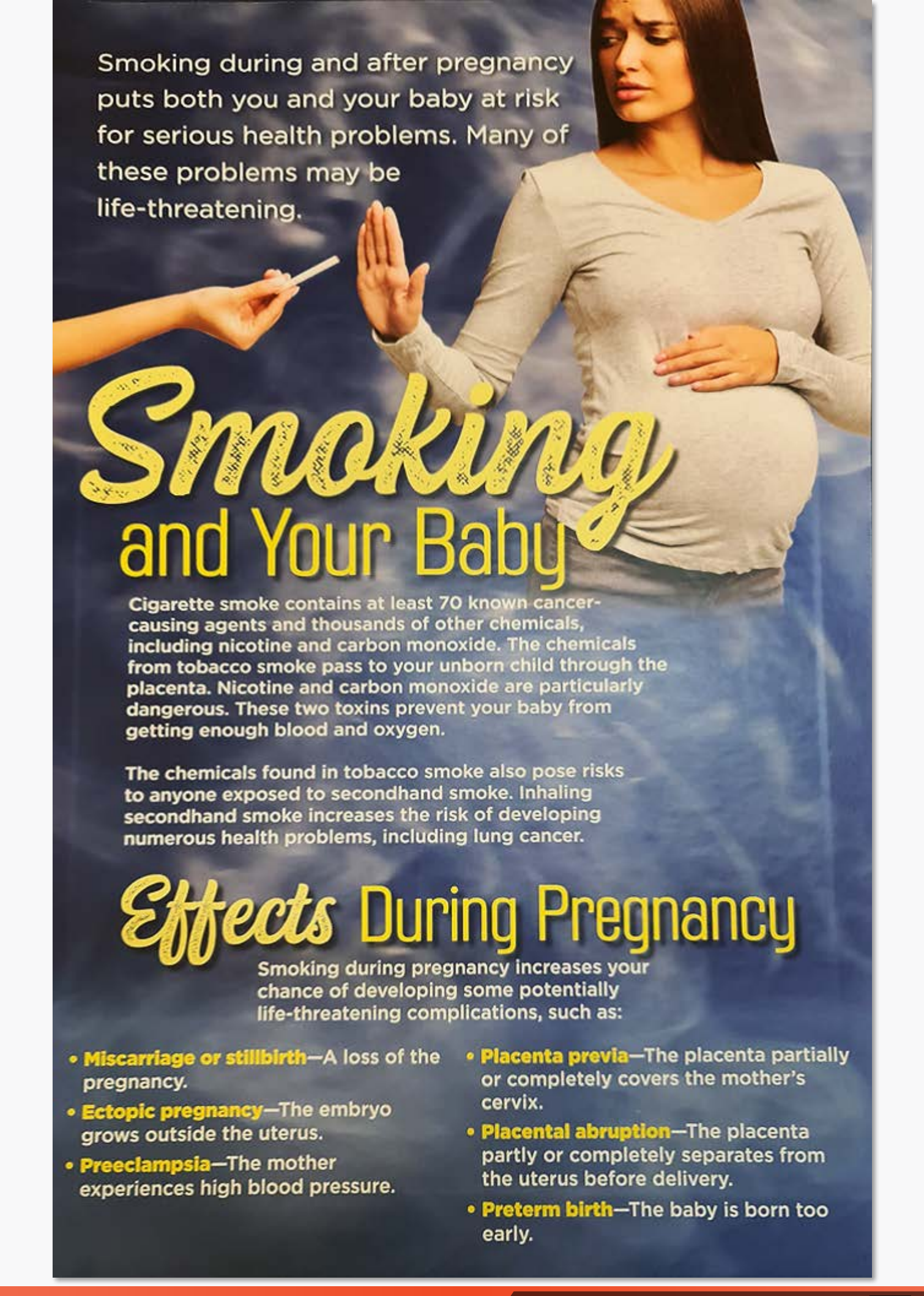
It's a very stressful time and having staff make the connection with community to check to see how they are and if they need help is very important as the stay at home orders continue and the COVID numbers continue to rise. SEWB staff are also linking clients with other service providers such as Lifeline, and online AA and NA meetings.

Daily activities are an important aspect of keeping emotionally well and SEWB Worker, **Juliann Hall** has been ensuring clients have daily activities to do - she's been sending via text jpeg worksheets around self care, mindfulness, 5 minute meditations - even an Indoor Scavenger Hunt for the whole family. On a bright note, she said four clients have commenced NRT to help reduce their

smoking, another has moved their fitness bike into their lounge to motivate them while another is picking the oranges off their tree each morning to help remind them it's a fresh new day.

GIT/SEWB Worker, **Desley McKellar** has been busy working with her GIT clients, the 12 – 25 year age group, and has been delivering all sorts of supplies from food to phone credit so they can stay connected. The SEWB team has also been supporting young people to get internet dongles from the school to increase their access to online learning. They've also supplied to every school, lockdown activity packs with worksheets, colourful mandalas to do and fact sheets containing good mental health tips for the schools to print out and send to families. The packs are also being distributed to our Playgroup mums via the HIPPY program.

Thank you to all the team and to Senior Clinician, **Cheryl Baxter** who is making the team feel very supported.



Smoking during and after pregnancy puts both you and your baby at risk for serious health problems. Many of these problems may be life-threatening.

Smoking and Your Baby

Cigarette smoke contains at least 70 known cancer-causing agents and thousands of other chemicals, including nicotine and carbon monoxide. The chemicals from tobacco smoke pass to your unborn child through the placenta. Nicotine and carbon monoxide are particularly dangerous. These two toxins prevent your baby from getting enough blood and oxygen.

The chemicals found in tobacco smoke also pose risks to anyone exposed to secondhand smoke. Inhaling secondhand smoke increases the risk of developing numerous health problems, including lung cancer.

Effects During Pregnancy

Smoking during pregnancy increases your chance of developing some potentially life-threatening complications, such as:

- **Miscarriage or stillbirth**—A loss of the pregnancy.
- **Ectopic pregnancy**—The embryo grows outside the uterus.
- **Preeclampsia**—The mother experiences high blood pressure.
- **Placenta previa**—The placenta partially or completely covers the mother's cervix.
- **Placental abruption**—The placenta partly or completely separates from the uterus before delivery.
- **Preterm birth**—The baby is born too early.

Maari Ma Staff

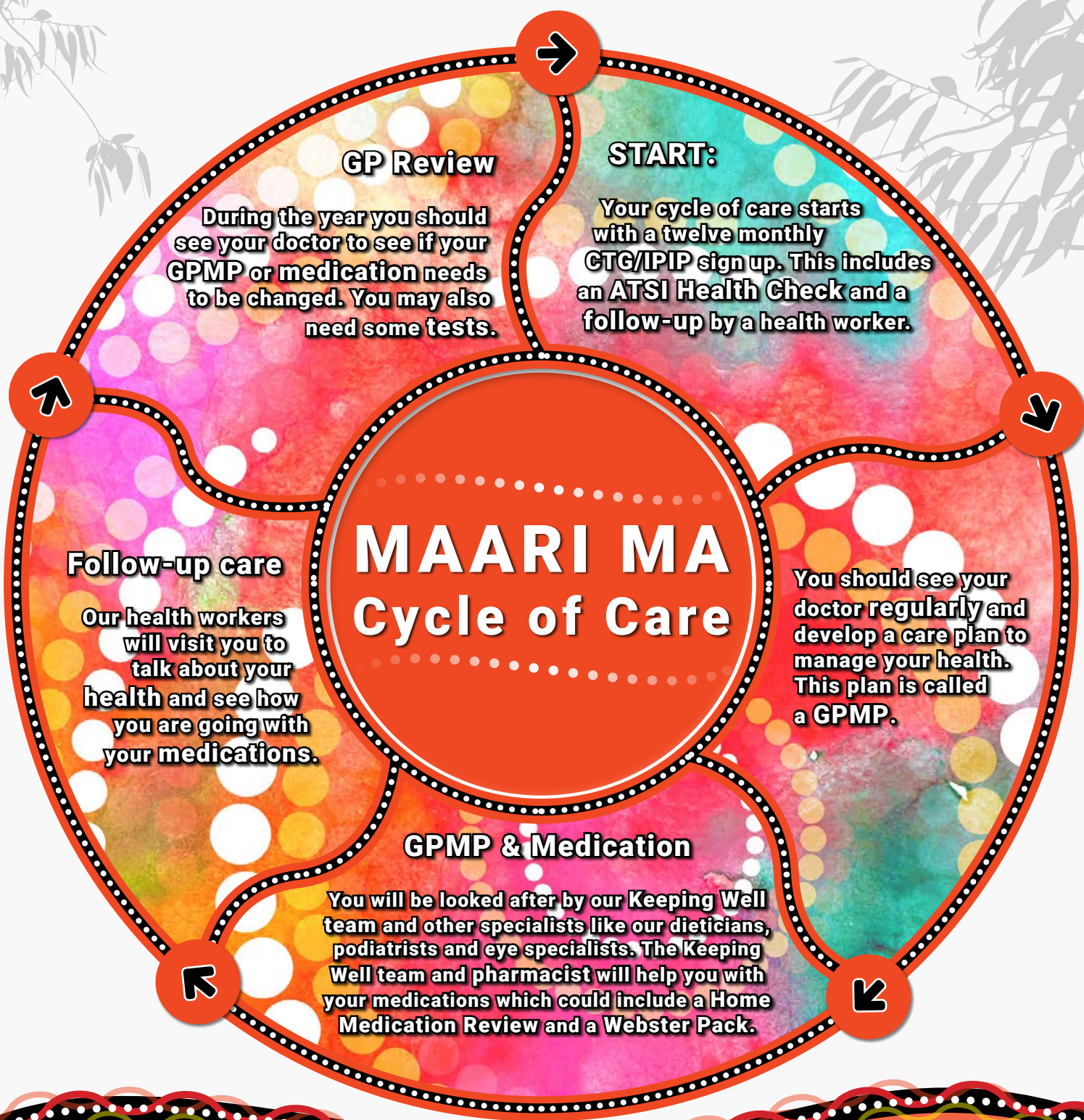
Welcome!

Practice Admin Assistant at Maari Ma Balranald

Hi I'm Bianca Charles I'm a Mutthi Mutthi, Yorta Yorta, Wamba Wamba Descendant of Balranald who has recently moved back to Balranald after many years of living and working in Melbourne at the Victorian Aboriginal Health Service as a Aboriginal Health Worker and a Coordinator for the Covid-19 pandemic supports and other various roles.

I feel as a strong Aboriginal Woman from the local area of Balranald, and with my knowledge of health and wellbeing, I can support my mob in staying on top of their health and being a great advocate not only for the clients but for Maari Ma.





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
Allied Health

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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