Take Blaktion was held on Friday the 22nd of July at Liberty House and was hosted by Maari Ma’s Youth Health team and the NSW Health Sexual Health unit. This workshop targeted male and female Aboriginal young people between 14-18 years and aimed to demystify and destigmatise sex, sexual health and sexuality concerns, and to help young people get the information they need to have safer sex. The workshop encouraged positive and open discussion between peers and sexual health professionals with the aim of increasing condom use and more testing for STIs.

The attendance was fantastic with 63 young people joining in on the day. These young people came from Wilcannia, Menindee, Broken Hill High School, Willyama, and ALESCO and were entertained by Black Comedy stars – Elizabeth Wymara and Bjorn Stewart.

Thank you to everyone who was involved in organising the day and to everyone who attended!

Please tell us what you think of our services

At Maari Ma we know it’s important to learn from community feedback. Your feedback is important - good and bad, because we use what you tell us to improve our services.

You can give us your feedback or make a complaint in a few ways:

- Tell a member of staff who you feel comfortable with and they will pass your feedback / complaint on to the right person
- Fill in a feedback / complaint form and drop it into the Primary Health Care Service (you can pick up a form from the waiting room at the Primary Health Care Service or in the foyer of the Regional Office)
- You can send us a message via our website www.maarima.com.au
- You can talk to Kaylene Kemp, Manager of Community Engagement 8082 9888 or Kendy Rogers, Practice Manager 8082 9777.

If you have a serious complaint about our health care services and you’d rather talk to an independent body you can talk to the Health Care Complaints Commission free phone call 1800 043 159 (www.hccc.nsw.gov.au)
Elder’s Birthday

In this issue we have a special birthday wish for one of our Elders.

Happy Birthday to Barbara Vale who turned 70 on the 16th of August.

Congratulations Barbara, and best wishes from everyone at Maari Ma.

Maari Ma would like to welcome one new bub into the community this month.

Congratulations to Taylor Degoumois and Michael Westley on the birth of baby boy, O’Meara. O’Meara was born on the 22nd of July at 4.05am, weighing in at 4075 grams, with a length of 53cm.

Taylor is a Primary Mental Health Trainee at Maari Ma and she will be taking a break from work to look after baby “O”.

May baby O’Meara bring you both all the happiness in the world!

International Day of the World’s Indigenous People

On Tuesday the 9th of August, Maari Ma Health celebrated International Day of the World’s Indigenous People. Justin Files and our HIPPY team hosted a special lunch at the Child and Family Building to promote the importance of education which was this year’s theme.

There were activities for young children, Elders were invited and there were representatives from education agencies to talk to families. The guest speaker for the event was Muriel Hunter, who is a Year 12 student currently completing a school based traineeship at the Broken Hill Health Service.

A big thank you to everyone who helped organise the day and thank you to everyone who attended!

IPTAAS

If you have a referral from your doctor to see a specialist interstate or in another town you should organise your travel arrangements as soon as your appointment is made. Maari Ma Health can help you with this. Please contact the Primary Health Care Service on 8082 9777.
Healthy Bones Action Week

National Healthy Bones Week was held during the first week of August. The aim of this week is to raise awareness of osteoporosis and ensure that everyone is taking action to build and maintain healthy bones.

On the Monday, the dieticians held a stall in the Primary Health Care Service waiting room. There was plenty of low fat milk, cheese, recipe books and other resources on offer. Jess and Elsie even took some time to demonstrate how to make healthy smoothies that are full of dairy goodness.

Some tips to maintain healthy bones are:

- Increase your daily serve of calcium
- Stay active! Go for a walk or commit to regular exercise
- Enjoy some time outdoors to absorb vitamin D from the sunlight—especially in the morning!

How to increase your daily serve of calcium

Boost your calcium intake by eating at least 2.5 serves of low-fat dairy per day. These include milk, cheese or yoghurt. Some other food sources include soy milk, tofu, broccoli, almonds, green leafy vegetables, sardines or salmon with bones.

World Breastfeeding Week 2016

Breastfeeding is a key to sustainable development.

The first week of August is also World Breastfeeding Week. This year’s theme is about raising awareness of the links between breastfeeding and the Sustainable Development Goals which were developed by our world’s leaders. By recognising that breastfeeding is a key to sustainable development, we will value our wellbeing from the start of life, respect each other and care for the world we share.

Breastfeeding for the first 6 months of your baby’s life provides your bub with many health benefits such as important nutrients and protection from deadly diseases.

For more information on breastfeeding, please see a member of our Healthy Start Team or talk to your doctor when you visit our service.
Hepatitis Awareness Week

Hepatitis Awareness Week was held from the 25th to the 31st of July. Hepatitis is responsible for a significant burden of ill-health for Indigenous people.

Aboriginal Health Worker Trainee, Shannon Edwards, did a great job of setting up the display in the Primary Health Care Service waiting room for clients to come and take information and for our staff to promote testing and awareness.

A staff education session was delivered by Dr Marion Christie during that week, with 26 staff attending. Dr Marion leads hepatitis awareness work at Maari Ma.

If you would like more information about hepatitis, please see one of our Aboriginal health workers, nurses or your doctor.

WORK WITH YOUR COMMUNITY.
WANT TO WORK AT THE LOCAL COUNCIL ELECTION?

The Local Government Elections are being held in your local government area on 10 September 2016.

We are looking for Aboriginal people to work at this election. Working at the election is a good way to earn some money, learn new skills and help your community have their say.

To find out more, visit: http://www.votensw.info/work_at_these_elections

or telephone 1300 135 736

YOUR COUNCIL.
YOUR LIFE.
YOUR VOTE.
Staff Update

Last month we farewelled Dr Belinda Lorenzo. Dr Belinda had been with us for 6 months and has now returned to the GP Superclinic. We would like to thank her for all of her great work with our children and families.

This month we welcome Dr Melanie Mateo. Dr Melanie has been working at the GP Superclinic and will be with us for the next 6 months.

Aboriginal Women’s Group

CRC: Community Restorative Centre

WOULD LIKE TO WELCOME ALL ABORIGINAL WOMEN TO ATTEND OUR WOMEN’S GROUP.

EVERY Monday
FROM 11AM – 2PM
80 Oxide Street
Broken Hill
LUNCH PROVIDED

The aim of our women’s group is to empower and motivate our women to yarn about what issues are affecting our community. We also focus a lot of time with art & craft activities that relate to our Aboriginal culture so that we can have a sense of belonging and an understanding of our own identities.

TO BECOME A MEMBER OF CRC’S WOMENS GROUP AND TO CONTRIBUTE TO OUR IMPORTANT GATHERING
PLEASE CONTACT Chevy Kemp on 0428 334 893 OR CRC Office 8088 1617

Transport is available
Alex’s education session with the boys at Clontarf

Alex Page, our Pharmacist, recently visited the boys at Clontarf to talk about recreational drugs and physical activity/sport. Around 10 boys participated in the education session at Broken Hill High School and they were interested to learn about how drugs such as caffeine, alcohol, yarndi and ice can affect you when trying to be physically active or play sport. Alex conducted a few different exercises with the boys to show them how certain drugs can affect your balance and perception.

Maari Ma Health will continue to run education sessions at Clontarf with the help of Pete Ballard and Linden Cox.

In support of
Australia’s campaign to stop violence against women

White Ribbon Morning Tea

A White Ribbon Morning Tea was held on Friday the 29th of July in the Primary Health Care Service courtyard to raise awareness about men’s violence against women. We had information and resources to give to community members as well as a delicious morning tea of meats, cheeses, veggies, dips and a variety of cakes to have with a cup of tea or coffee.

It was great to see members of the community stop and have a yarn with Maari Ma staff over a cup of tea or coffee.

Thank you to everyone who helped organise the morning tea and of course to our community members who attended!

I am a smoker, but I want to breastfeed my baby...

Research has found that smokers are less likely to begin or persist with breastfeeding compared with non-smokers. It is a common belief that if mothers smoke it is safer to give their baby formula, however babies who are formula fed are more likely to suffer the effects of second-hand smoke compared to breastfed babies. This is because infant formula does not protect against illness like breast milk does.

Harm minimisation if you are a smoker, but want to breastfeed your baby

1. Smoke straight after a breastfeed—Nicotine levels in your breast milk are halved in about 97 minutes after a cigarette. The longer between smoking and a breastfeed, the less nicotine your baby will be exposed to through your breast milk.

2. Don’t smoke in the house or the car—Keep the area around your baby as smoke-free as possible. Don’t allow anyone else to smoke near your baby.

3. Cover up and clean up—Each time you have a cigarette, the smoke is trapped in your clothing, hair and skin. You won’t always be able to change your clothes, brush your teeth, shower or wash your hair after each cigarette. However, 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.
DENTAL FACTS

- It is important to brush your teeth twice a day for 2 minutes.
- Always use a soft toothbrush with a pea size amount of toothpaste.
- Once you have brushed your teeth spit out the excess. Do NOT rinse with water as this will allow the fluoride to be absorbed into the teeth.
- Always eat a healthy balanced diet avoiding sugary foods and drinks.
- Use an age appropriate fluoridated toothpaste.
- Floss at least 3 to 4 times weekly, daily is better.

IF YOU HAVE YOUR ADULT TEETH FOR 90+ YEARS...
AND YOU EAT THREE MEALS A DAY...
HOW MANY TIMES IN YOUR LIFE WILL YOU USE YOUR TEETH TO CHEW FOOD?

90 YEARS X 365 DAYS A YEAR X 3 TIMES A DAY = 98,550 !
98,550 CHEWING WORKOUTS — AND THAT’S IF YOU DON’T EAT SNACKS BETWEEN MEALS!

LETS SAY IT TAKES 10 MINUTES TO EAT A MEAL...
AND YOU CHEW YOUR FOOD FIFTY TIMES A MINUTE...
HOW MANY TIMES WOULD YOUR TEETH CHEW DURING THOSE 98,550 WORKOUTS?

10 MINUTES X 50 CHEWS/MINUTE X 98,550 MEALS = 49,275,000 CHEWS !
49,275,000 CHEWS! THAT’S ALMOST 50 MILLION TIMES FOR EACH TOOTH!
YOUR TEETH ARE AMAZING!

WHAT HAPPENS AT THE DENTAL CLINIC?

- It is recommended you visit the dentist every 6 months.
- During your dental visit each tooth is checked and counted.
- The dental team will help you with and demonstrate good diet and oral habits.
- Teaching you good techniques with brushing and flossing.
- Discuss how we can take care of our teeth.
- Discuss how we get dental decay and how we can prevent it.
- Give you toothbrushes and toothpaste to take home to get started on your bright and happy smiles.

10 MINUTES X 50 CHEWS/ MINUTE X 98,550 MEALS = 49,275,000 CHEWS!!

YOUR TEETH ARE AMAZING!
Preventing and Managing Chronic Disease

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 followup by a health worker.

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

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.

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

Maari Ma Primary Health Care Service
“Improving Aboriginal health and 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.

Regular services
Doctors
Nurses
Health workers
Child health nurses
Midwives
Dieticians
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

Maari Ma: Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.