Friday the 28th of July was White Ribbon Night. To raise awareness about White Ribbon and to prevent men’s violence against women, Maari Ma Health held a free screening of Wonder Woman at the Silver City Cinema.

Everyone from the community was welcome to attend and we had a great turnout. The cinema opened at 5pm and we had plenty of giveaways, free tickets to win the door prize, free popcorn and drinks for the kids and a free pizza dinner for everyone. Wonder Woman was even there to greet the kids as they arrived. It was great to see the smiles on their faces as they had photos with Wonder Woman. Maari Ma’s David Doyle, who is part of our White Ribbon Committee, gave a speech to officially kick off the night. Dave talked about White Ribbon and what Maari Ma’s White Ribbon Committee does. The winners of the White Ribbon Colouring Competition were also announced on the night by Dave. Congratulations to Jorja Bray, Amalie House, Costa Bennett, Noah Zammit-Harvey and Emery Doyle. The winner of the door prize was Stephanie Newman.

Thank you to Buslink for providing transport and to Outback Pharmacies for supplying the pizzas! Also, a big thank you to everyone who attended and to Silvery City Cinema for supporting our special night.
The lucky winners of the White Ribbon Colouring Competition & some of the entries below!

What’s On?

National ATSI Children’s Day
4th August

International Day of the World’s Indigenous Peoples
9th August

World Breastfeeding Week
1st—8th August

Healthy Bones Action Week & Dental Health Week
7th—13th August

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
3:15pm—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 Child and Family Building
(Not on during the school holidays)
NEW BUBS

Maari Ma would like to welcome two new bubs into the community this month.

Congratulations to Kirely Billing and Timothy Quayle on the safe arrival of baby boy Timothy James. Baby Timothy was born on the 1st of August, weighing in at 3200 grams. He was named after his great grandfather and also shares his first name with his father. Timothy is the new grandson of Aboriginal Health Practitioner, Jamie Billing. What’s really special about his birth is that Aboriginal Health Practitioner, Stevie Kemp and Tiffany Cattermole assisted and supported Kirely. Having Stevie there as a support person and Tiffany as her midwife was such a great feeling.

Maari Ma would like to wish both families all the best.

Stevie Kemp and Tiffany Cattermole with baby Timothy

Christopher John O’Donnell was born on the 22nd of July, weighing in at 3245 grams. Hayley Beer and Chris O’Donnell are the proud parents of this baby boy and Chris had the honour of delivering baby Chris at home! Congratulations on the new addition to your family!

Chris and Hayley with new baby boy Christopher

World Breastfeeding Week

World Breast Feeding Week ran from the 1st to the 8th of August this year.

Here at Maari Ma we celebrated this by creating a display board of posters in the Primary Health Care Service waiting room. Additional breastfeeding promotional posters were placed along the walkway to the Community Kitchen. The Community Kitchen was then the venue for a free morning tea on the Thursday. This was well attended by clients, families and staff. It was an opportunity to provide low-key education and discussion around breastfeeding. As community Elder, Maureen O’Donnell rightly said, there are mixed messages about breastfeeding from the community. On one hand, we know that it is best for the babies, on the other mothers are made to feel embarrassed to breastfeed, especially in public. This is not just a local issue, but a global one.

Many people do not realise the wonder of breast milk. It is made specifically for the needs of your baby and it’s properties will change depending on your baby’s needs, for example, more antibodies if baby is sick. Whilst formula is “safe” for babies, it is definitely not the better option.

Breastfeeding is important as it will set your baby up for life, and decreases your baby’s chances of developing asthma, diabetes, obesity and ear infections, just to name a few. Breastfeeding also has protective factors for the mother, including reducing the chances of certain cancers. It also has some contraceptive qualities, and can be used (with guidance) as a natural way to space children. Breastfeeding is also free!

If you have any questions about breastfeeding, please speak to the AMIHs team at Maari Ma.

The World Health Organisation recommends that babies be exclusively breastfed for the first six months of life, and for breastfeeding to then continue (with food introduced as well), until the child is two.
Around 100 students from Railway Town Public School recently took part in NAIDOC activities with Maari Ma staff and school staff. Around 60 of the kids did dot paintings with cotton buds, or did hand or animal paintings and the younger kids made mosaic Aboriginal flags. A small group of students also made quandong pikelets after recess.

Thanks to Peter Crossing, Kalynda Powell, Kaylene Crossing, Rachel Kennedy, Taylor Westley and Alinta Edge for completing the activities with the kids, they had an absolute ball!
Friday the 4th August was National Aboriginal and Torres Strait Islander Children’s Day. The theme this year was “Value our rights, respect our culture, bring us home”. It was a great opportunity to celebrate culture with the families and children at playgroup and for all Australians to show their support for the Aboriginal community.

Each week at playgroup we provide activities to encourage children and families to play together and to explore what culture means to them in different ways using nature in the sandpit, with playdough, at the painting table or exploring children’s own identities as they socialise with others.

Staff from Save the Children and Centacare from Wilcannia were invited to this special playgroup session. Valerie (Puddin), Team Leader from Save the Children said, “It was good to go and visit the Broken Hill Playgroup. We got to meet some new families and to see how playgroup is set up in the Child and Family building. It was good to go over for the day and we would love to come back again”.

It was also fantastic to see some Dads and men come along to playgroup! Thanks to everyone who attended and made the day special!
HEALTHY BONES
ACTION WEEK

Healthy Bones Action Week was celebrated at Maari Ma from the 7th of August. Dietician, Elsie, created a display in the Primary Health Care Service waiting room and free milk and cheese was on offer to encourage people to eat calcium rich foods. Elsie has also provided this delicious, healthy recipe.

**Ingredients**
- Fruit toast or wholemeal toast
- 1 tub ricotta
- 1 tbl honey
- ½ tsp cinnamon
- 1 tsp vanilla

**Method**
1. Combine ricotta with honey, vanilla, cinnamon.
2. Toast bread.
3. Spread mixture on toasted bread.
4. Decorate with ingredients of your choice.

**To decorate**
- Pumpkin/sunflower seeds
- Strawberries or blueberries
- Kiwifruit
- Bananas
- Nuts of your choice

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HEPATITIS AWARENESS WEEK

The last week of July was Hepatitis Awareness Week. World Hepatitis Day is observed during this week on the 28th of July. This day aims to raise global awareness of hepatitis and encourage prevention, diagnosis and treatment. Aboriginal and Torres Strait Islander people are more at risk of getting Hepatitis B or Hepatitis C.

What can you do to look after your health?

- Ask your health worker or doctor at Maari Ma for regular liver tests (about every six months) even if you feel well.
- Talk to your health worker or doctor before taking any herbal or complementary medicines as some are harmful to the liver.
- Get some regular exercise and eat fresh fruit and vegetables every day – a healthy body weight will help keep your liver healthy too.
- Alcohol and tobacco are both harmful to your liver. If you regularly drink alcohol or smoke tobacco, then talk to Maari Ma staff about what is available to help you to cut down or stop.
- Yamdi is also harmful to your liver. If you smoke yamdi regularly, then think about cutting down or stopping to help look after your liver.

- Information from Hepatitis NSW

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IPTAAS (Isolated Patients Travel and Accommodation Scheme)

**Important note:**

Maari Ma Health is NOT able to cover the cost of food or drinks while you are away and we are NOT able to provide cash to patients under any circumstances.

If you have a specialist appointment that you need to travel for you should consider putting some money aside for food, drinks and any other items you may need while you are away from home.
Parents are encouraged to bring their children in from 6 months of age. Then every 6 months after.

If you or your child have early signs of decay – Early signs of decay appear as white lines along the gum or yellow-brown spots that don’t brush off.

If it has been longer than 1 year since your last check-up.

If you are experiencing sensitivity to cold or sweet things.

If your teeth become sensitive to hot drinks or you are experiencing pain please contact the Health Service as soon as possible.

Brushing your teeth twice a day. Especially at night!

Avoid foods that are high in sugar or acidity. For example: sticky lollies and soft drinks. A diet high in sugar and soft drinks will increase your risk of dental decay.

Eat foods that are good for you – plenty of fruits and vegetables.

Drink water as much as possible. Drinking water is not only good for your health; it also protects your teeth from harmful bacteria.

Change your toothbrush every 3 months.

Wear a mouthguard when playing sport to protect your teeth.

Smoking affects your teeth and can lead to gum disease. If the gum disease is not controlled properly you may eventually lose your teeth.

Sippy cups should be introduced to children from 6 months on. We recommend water or milk. Juice and cordials are VERY high in sugar and can cause early decay.

DO NOT give your child soft drinks!

Please do not let your child sleep with a bottle in their mouth. This can lead to tooth decay.

How do I make an APPOINTMENT?

- Adults should make an appointment to see their GP. The GP will then place them on a waitlist. Once you get to the top of this list reception will call you for an appointment.
- Parents or carers of children aged 0-18 can contact Maari Ma Health to schedule an appointment with the Dental Therapist.
LEGAL INFORMATION SESSIONS

**AUGUST 7TH**
- Victims Support Scheme
- Family Law - Parenting Plans
- Domestic Violence - What to do?

**OCTOBER 2ND**
- Gambling Addiction
- Drowning in Debt? - How we can help
- Bankruptcy Notice - What to do?

**DECEMBER 4TH**
- Applying for Disability Support Pension (DSP)
- People’s Choice 1
- People’s Choice 2

**SEPTEMBER 4TH**
- National Disability Insurance Scheme (NDIS)
- Youth Issues - Truancy/Drugs/Parties
- Wills, POA & Enduring Guardianship

**NOVEMBER 6TH**
- AVO and Court Support
- Employment Issues
- Care & Protection

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**WIN WIN WIN**

COMPLETE THE COMMUNITY SURVEY TO WIN VOUCHERS

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WE NEED YOUR FEEDBACK. AND YOUR FEEDBACK WILL BE ANONYMOUS.

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AFTER COMPLETING THE SURVEY, GRAB A RAFFLE TICKET FROM ADMIN. RAFFLE DRAWN EVERY MONTH.

If in doubt, ask Admin for help :)

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**JULY’S RAFFLE WINNER**

Maari Ma is running a Community Survey to get feedback on our services and staff. Everyone who completes the survey enters a monthly raffle draw to win a $50 voucher.

July’s raffle was drawn by Wayne Mitchell and the winner is **Taylor Spratt**! Congratulations Taylor and happy shopping!
Smokers Program

Maari Ma Health is proud to announce a support program in Broken Hill, Wilcannia, and Menindee to help smokers quit and stay quit.

What the program involves

- A weekly appointment with a trained Health Worker.
- Free Nicotine Replacement Therapy (NRT).
- Doctor’s review.
- Access to advice and counselling.
- Help to identify your triggers and cravings.
- Help to develop strategies to cope with withdrawals and symptoms.

Tips to help you

- Make the rule: ‘no smoking by anyone in the house’. Go outside to smoke.
- Eat breakfast.
- Use glucose tablets or jelly beans whenever the urge to smoke hits you.
- Use the NRT properly. Use it for at least 8 weeks.
- Work out your triggers (behaviours) that make you want a cigarette.
- Keep your weekly appointments with your health worker.

Remember—there is no such thing as failure... you can always come back!

For any advice, assistance, or information call Maari Ma Health on (08) 8082 9777. You can also speak to an Aboriginal Counsellor at Quitline on 137848.
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 minimization 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.

Tarissa’s Quit Journey

Tarissa Staker is from Wilcannia. She lives in Broken Hill, where she works for the Youth Health Program at Maari Ma Health Aboriginal Corporation.

Tarissa grew up in a non-smoking household. Her Nan and Pop didn’t smoke, but at around the age of 15 years, there was a phase where she and her teenage friends wanted to just try the cool stuff, so she’d pinch a few smokes from her brother. A couple of years later, around the age of 17, Tarissa started smoking regularly.

Tarissa gave up when she was pregnant, but relapsed after sometime. Even though Tarissa has had multiple quit attempts in the past, she hasn’t given up on quitting smoking... and that’s why Tarissa, you are our hero!!!

Feeling unhealthy, constant chest infections, getting harder to breathe, and most importantly KIDS are Tarissa’s reasons to quit. What is your reason to quit?

Currently, Tarissa is in the process of quitting smoking. The support from the Smoker’s Program, discussing cravings, triggers, and withdrawals with Tiffany Lynch (Project Officer Tackling Indigenous Smoking at Maari Ma); and her daughter Rhiannon’s constant motivation (and sometimes nagging!) are helping Tarissa to manage the smoking.

To all the youngsters who are in the phase of just trying the cool things, Tarissa’s message is, “Give up before you get addicted.” She didn’t think she was addicted to smokes until she really started craving for it. Tarissa’s message to all the mums out there is, “It’s proven smoking can affect the development of your baby. The cost of cigarettes, the stench of smoke are a few things you don’t realise until you give up.”

Tarissa’s message to all is to “utilise the information” and “help is available now!”
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.

Follow up 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.

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.

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
- 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

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