On Friday the 2nd of December, Maari Ma staff from Broken Hill, Wilcannia and Menindee came together for our annual staff meeting. It was a relaxing and enjoyable day with presentations from our staff members highlighting our achievements over the last year.

Our staff would like to wish you and your family a very Merry Christmas and a safe and Happy New Year. We hope to see you and your family in 2017!

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)
WHITE RIBBON DAY

White Ribbon Day is held on November the 25th. This year Maari Ma hosted an event in the Town Square to raise awareness about domestic violence against women. We were joined by community organisations such as Mission Australia, CentaCare, Warra Warra Legal Service, PCYC, Lifeline, Far West LHD, Staying Home Leaving Violence and the Salvation Army. A free BBQ was available for community members, we had face painting by Brodee Kernaghan for the kids and their was a door prize up for grabs. White Ribbon Ambassador and actor, Steve Bastion stopped by as he happened to be in town.

Congratulations to Trevor Mallon from Menindee who won the door prize on the day.

To end men’s violence against women we must stand up, speak out and act. Silence and inaction will let this violence continue.

Thank you to everyone who took part in the day, especially all of the services that joined us on the day!
Last month we farewelled AMIHS PMHAOD Worker, Susan Jordan. Susan has worked for us for 5 years and she has been a great member of the Maari Ma team, providing support to families and kids. She will be missed and we wish her all the best for the future.

Appliance Replacement Offer

The NSW Government is offering massive discounts on new energy efficient fridges and TVs. You can get 40% discount on a fridge and 50% discount on a TV. If you are eligible for this offer you can order your appliances from The Good Guys. To be eligible you must meet the following conditions:

- be a NSW resident
- hold one of the following concession cards
  - Pensioner Concession Card
  - Health Care Card or Low Income
    Health Care Card from Centrelink
  - Veteran’s Affairs Gold Card
- own a fridge that is more than 6 years old
- own a plasma or cathode ray tube (CRT) TV.


Tobacco tips for the holiday season

- Avoid other people’s smoke, don’t breathe it in.
- Drink less alcohol, ½ your usual amount, and one alcohol-free day per week.
- Drink less coffee and caffeinated beverages. Perhaps consider herbal alternatives as well.
- Christmas can be a stressful time for many of us. Pre-plan your Christmas time with extra NRT, relaxation, exercise and a support person/network. Lifeline is a 24-hour 7-day a week counselling service on 131 114. Talk about your feelings to help reduce the cravings that can occur during emotionally challenging times.
- Eat breakfast every day.
- Light a candle at Christmas for your loved ones….not a cigarette!!
- WISHING YOU ALL A HAPPY, HEALTHY & TOBACCO FREE CHRISTMAS.

Tackling Indigenous Smoking TV ads

You might have seen our first Tackling Indigenous Smoking (TIS) ad on Channel 7 (Southern Cross) TV featuring Rosie Bates, Francesca Etrich, baby Shakaila and Izayah Maari Ma’s TIS team has just finished filming their second TV ad which features Dennis (Bulldog) Williams, Kaashyden, Saxon, Xander, Brady and Bailey. The ad shows how smoking can affect your family.

Bulldog and the boys did a great job and we would like to thank them for their help in producing our second ad which is due to air soon.
The HIPPY Graduation ceremony will be held for age 5 children and their parents this week to celebrate all their success in the two year program. Congratulations to the kids and families who will be graduating!

**What is HIPPY?**

HIPPY is the Home Interaction program for parents and youngsters.

HIPPY is a free two-year early learning program and empowers carers to be their child’s first teacher.

HIPPY helps children make a successful transition to school and beyond.

Families receive a free set of activity packs and story books. A trained home tutor makes fortnightly visits to the home to demonstrate the activities to parents and carers. There are also fortnightly group meetings to practice the activities, listen to guest speakers and yarn with other parents and carers doing the program. Families can start HIPPY the year before their child is due to start school (usually around 4 years old).

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**If you’re interested in joining the HIPPY program or would like more information, please contact Michelle Parker at Maari Ma on 8082 9888.**

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**HIPPY Christmas Party & Playgroup Christmas Party**

The **HIPPY Christmas Party** was held on Wednesday the 7th of December at Sturt Park for both the age 4 and age 5 groups. Santa arrived with the support of the local NSW Fire and Rescue Brigade to deliver presents to all the children at the gathering. Everyone was treated to a pleasing dinner and the evening was enjoyed by all.

The **Playgroup Christmas Party** will be held on Friday the 16th of December at Sturt Park for children under five who attended playgroup this year. Playgroup will resume on Friday the 17th of February 2017 in the Child and Family Building. On behalf of everyone from Playgroup, Little Kids and Books and HIPPY, we would like to wish everyone a safe and very merry Christmas.

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**Playgroup Christmas Party**

For Maari Ma Playgroup families and children (Under five years of age only).

Sturt Park in the children’s playground

Friday 16th December

10:30 - 1:00

For transport call 8082 9888 or 0400 636 063
Christmas Closure

The Maari Ma Primary Health Care Service and our Regional Office will be closed from Friday the 23rd of December, reopening on Tuesday the 3rd of January 2017.

During the closure if you are sick you will need to present to the Broken Hill Health Service. If it is an emergency, please call 000.

Santa’s in town!

Attention all children. We have received a report that Santa is in Broken Hill!

He arrived earlier this month and will be in town until Christmas eve, when he embarks on his annual toy delivery run.

Of course he’ll be very busy in the lead up to Christmas, but we hear he’ll be taking a break from his present making between 11 am and 12 noon, Mondays to Saturdays, so that he can meet the local children.

See Santa at:
Centro Westside Plaza
11 am to 12 noon
Mondays to Saturdays

Maari Ma staff and the Broken Hill High School Clontarf boys played a game of cricket last month. Maari Ma staff put up a good fight but the Clontarf boys were just better on the day. David Doyle said it was a great event and the Clontarf boys were very well mannered and made Maari Ma staff feel comfortable before the big win! Jamie Billing took the photos on the day and Justin Files cooked the BBQ. Tarissa Staker and Courtney O’Donnell made a guest appearance towards the end of the game and nearly saved the day, but the boys were just too good. The final score was Clontarf 195 to Maari Ma 142.

Well done to all of the players!
This Year’s Christmas Recipe!

Reindeer Cupcakes

Method

1. Preheat oven to 160C.
2. In a pan, melt chocolate and keep warm.
3. In a bowl, beat butter and sugar together until pale and creamy. Add eggs one at a time, mix well after each addition.
4. Add flour, cocoa and melted chocolate to the bowl and mix well.
5. Spoon the mixture into muffin cases.
6. Bake for 15-20 minutes and transfer to a wire rack until cooled completely.
7. When cool, spread frosting over each cake. Arrange pretzels, M&M’s and chocolate buttons to make the reindeer faces.

Ingredients:

- 200g milk chocolate
- 125g butter, softened
- 1 ¼ cups brown sugar
- 3 eggs
- 2 cups self-raising flour
- ¼ cup cocoa powder
- 1 bag pretzels
- 1 bag white chocolate buttons
- 1 bag M&M’s
- Chocolate icing pens
- Chocolate frosting
- Christmas themed muffin cases
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.

**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.

**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.

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**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.

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**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

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