WHAT’S ON IN 2017?

February

Healthy Weight Week
Australia’s Healthy Weight Week will be held from the 13th of February until the 19th of February this year. Events are held throughout the week to raise awareness about how important it is to achieve and maintain a healthy weight and lifestyle.

March

Close The Gap Day
Thursday the 17th of March marks Close the Gap Day. Close the Gap is a campaign for Indigenous health equality. The campaign’s goal is to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians by 2030.

May

World No Tobacco Day
World No Tobacco Day is on the 31st of May every year. This day is about raising awareness of the effects of tobacco on smokers and their families. It also focuses on the benefits of quitting.

July

NAIDOC Week
NAIDOC week is held in the first full week of July every year. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

October

White Ribbon Night
White Ribbon Night falls on the last Friday of July. Maari Ma Health is now a White Ribbon accredited organisation and it is our job to raise awareness about domestic violence in our community and what we as individuals and as an organisation can do to help.

National Nutrition Week
National Nutrition Week will be from the 15th of October until the 21st of October this year. Each year a theme is set by Nutrition Australia to help teach us about healthy foods. Watch this space!

Mental Health Month
October is also Mental Health Month and a theme is chosen every year to help us take note of our mental health and how we feel about life. Our Mental Health Team at Maari Ma hosts activities and provides information to the community to raise awareness about the importance of our mental health.

Children’s Week
Children’s Week will be from the 21st of October until the 29th of October this year. Children’s week celebrates the right of children to enjoy childhood. A number of activities for children and families will be held during this week.

November

Postnatal Depression and Anxiety Awareness Week
Postnatal Depression and Anxiety Awareness week will be held from the 12th of November until the 18th of November this year. This is a good opportunity for us to catch up with families, parents and parents-to-be to discuss how they are feeling and let them know that it is ok to feel sad or anxious sometimes. We provide support and information on how to cope and who can help if you aren’t coping.

White Ribbon Day
White Ribbon Day is on November the 25th. This day is also the International Day of the Elimination of Violence against Women. We ask you to join us in raising awareness about the issue of domestic violence.
New Bubs!

Maari Ma would like to welcome a new bub into the community this month!

Congratulations to Kalinda Morrison and Quentin Beavan on the birth of their baby girl, Emmy-Faye. Emmy-Faye was born on the 27th of January weighing in at 3495 grams. Older brother Brax was very excited to meet his baby sister.

Kalinda received her antenatal care from Maari Ma's Healthy Start Team and will continue to see them for her postnatal care.

Carrying too much weight, especially around your waist, puts you at a higher risk of lifestyle-related conditions, such as type 2 diabetes and heart disease. Being a healthy weight helps you to feel your best, and it’s never too late to start!

Healthy Weight Week is about inspiring Australians to make simple changes towards smart eating. You can be involved by cooking at home, choosing the right portions and finding the right advice and support.

How is Maari Ma Health getting involved?

Maari Ma provided a healthy morning tea on Monday the 13th of February in the community kitchen from 10:30-12:00pm. Our dietician was available for a yarn and free resources. Information packs were also made available throughout the week in the Primary Health Care Service.

Start taking control of your health today!

What’s On?

World Cancer Day
4th of February

Healthy Weight Week
13th – 19th February

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) in the community kitchen at Maari Ma Health
(Not on during the school holidays)

Happy Valentine’s Day!

The 14th of February marks Valentine’s Day. It is a day of romance that should be celebrated with your loved one, or even if you don’t have a partner, you could celebrate with a friend or family member. We often get too busy or distracted to remember to tell our loved ones that we love them, so make the effort to tell someone in your life that you love them this Valentine’s day!

The best love is the one that makes you a better person, without changing you into someone other than yourself.
Human Rights Day

International Human Rights Day was celebrated at Maari Ma on the 9th of December last year. The theme was “stand up for someone’s rights”. An information session was held in the Primary Health Care Service waiting room at lunch time with students and Aboriginal Education staff from Broken Hill High School and Clontarf attending. Manager Community Services and Programs, Justin Files, gave a presentation and showed a short film of himself at the United Nations meeting last year. Human Resources Manager, Kay Macksween, talked about human rights in the workplace which will be good for the students to know when they leave school and enter the workforce. Youth Health Worker, Tarissa Staker, talked to the students about standing up for their rights at school.

A big thank you to the students and Aboriginal Education staff who attended the event!

White Ribbon Raffle

The winner of the White Ribbon raffle which was draw on the 21st of December by Dr Jhava, was Child and Family Nurse, Sherlie Barnett. Congratulations Sherlie and a big thank you to everyone who purchased tickets. Maari Ma was able to raise $500 from this raffle which will be donated to White Ribbon. Thank you to Vines Furniture One for generously donating the prize which was a lounge. Thanks to Ann Bennett for organising the raffle and for all the fund raising work she does for White Ribbon.

Maari Ma has a number of raffles throughout the year and we'd love your support. Please see the Practice Administration team at the Primary Health Care Service to purchase tickets.
World Cancer Day

World Cancer Day unites the world’s population in the fight against cancer. It aims to raise awareness about the disease, as currently 8.2 million people in the world die from cancer every year.

This year’s theme was “I Can, We Can” and Maari Ma decided to run a social media campaign with a focus on tobacco and physical activity to support this theme. The Tackling Indigenous Smoking (TIS) team set up a stall in the Primary Health Care Service waiting room on Friday the 3rd of February with lots of information about cancer and tobacco, as well as free resources. The TIS team was supported by Aboriginal Health Worker, Shannon Henderson and Senior Community Lead Worker, Lavinia Henderson. Shannon and Lavinia spoke to patients about smoking and conducted carbon monoxide screening for smokers and non-smokers. Patients were also offered to complete a basic cancer screening form. Project Officer Tobacco Control, Anshul Kaul approached staff and clients about having a photo with a rugby or basketball that had hashtags #ICanWeCan and #StayQuitStayFit on it to post on the Maari Ma Facebook page. Fruit and healthy salads were available for patients to snack on to promote healthy eating.
World Cancer Day - more photos!
Congratulations!

A big congratulations goes to all of Maari Ma’s Primary Health Worker trainees for completing their traineeships. A graduation ceremony was held on Friday the 20th of January at Maari Ma where each trainee received a certificate. Manager Community Engagement, Kaylene Kemp spoke about the graduates’ achievements and Human Resources Coordinator, Renae Roach presented each graduate with a certificate. Alison Morgan from the NSW Department of Premier and Cabinet was the guest speaker on the day and she talked about how important training and education is and also acknowledged how difficult it is to study whilst working full time (which all of the trainees managed to do!). Graduate, Christene Polanski gave a great speech on behalf of the graduates.

Maari Ma would also like to congratulate Taylor Westley (Degoumois) for completing her three year Mental Health Worker traineeship. Taylor has spent the last six months on maternity leave looking after baby O’Meara, but she has now returned to work. Welcome back Taylor!

Bronwyn Johnson and Rachel Kennedy have both secured 12 month positions in Maari Ma’s Healthy Start Team. They’ll be working in the Healthy Start clinics with the AMIHS midwives and child and family health nurses, as well as developing their skills in Healthy Start checks, lead testing and community engagement under the supervision of senior Aboriginal health practitioners. Well done ladies!

Congratulations and good luck to Primary Health Worker graduate, Shannon Henderson who is undertaking a nursing degree at Deakin University. Shannon begins her studies this month.
Family and Community Services is now offering High School Scholarships to help students enrolled in education or training to complete their studies. Successful applicants will receive $1,000 to help with school expenses.

**Applications open at 9am on Monday 16 January 2017 and close at 7pm on Friday 24 February 2017.**

Through the scholarships program, students can use the funds to purchase items like course materials and equipment, or to pay for excursions and tutoring, so they don’t miss out on educational opportunities.

Scholarships are open to those receiving housing assistance from Family and Community Services, community housing providers or Aboriginal housing. This also includes students:

- on the social housing waiting list
- living in Out of Home Care – currently under the care of the Minister
- living in public, community or Aboriginal housing
- living in transitional or crisis accommodation or receiving supported accommodation through a specialist homelessness service
- receiving private rental assistance, such as a private rental subsidy, bond loan or tenancy guarantee.

For more information, visit [www.facs.nsw.gov.au/education](http://www.facs.nsw.gov.au/education) or for enquiries, please contact 02 8753 8673 or email youthscholarships@facs.nsw.gov.au.

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**Playgroup and Cooking Group for Parents**

The first playgroup of the year will be on Friday the 17th of February from 10.30am until 1pm at the Maari Ma Child and Family Building. Playgroup is for little kids (aged 0-5 years) to talk, read, sing and play. A comfortable space is provided for parents to meet with other parents, for children to play and learn and to make friends.

Cooking group for parents starts on Thursday the 16th of February from 10.30am until 12.30pm at the Maari Ma Child and Family Building. The food cooked in this group is used for playgroup the next day. All parents are welcome.

Please contact Lesley Harvey, Leann Adams or Latesha Adams on 8082 9888 if you are interested in attending or need transport.
Maari Ma would like to farewell four of our staff this month.

Dr Nalin Fonseka who has been with us for the last two years will sadly be returning to Mildura. He will be very much missed by staff and community members. We would like to thank him for his time with us and for being a fantastic GP. All the best Dr Fonseka!

Dr Nalin Fonseka

Dr Nalin with David Doyle and Dr Aung Si Thu

Sadlys we also farewelled two of our GP registrars. Dr Jhavevana Useelananthan has been with us for the last year as part of her training. She will now spend the next twelve months in Wellington. Maari Ma wishes Dr Jhava all the best in completing her training. Dr Melanie Mateo has also moved on from Maari Ma after completing six months with us. We wish Dr Mel all the best with her career.

Finance Officer, Aydan Simmons finished work with us last month. Aydan had been with us for a year and has returned to Adelaide to be with his family. All the best for the future Aydan!

Dr Jhava with Director Primary Health, Linda Lynott

Dr Mel

Aidan Simmons

Maari Ma would like to welcome one new staff member this month. Naim Yazdari joined our Dental Team as our new Oral Health Therapist. Welcome Naim!

Naim Yazdari

Welcome Back Kate!

Maari Ma would like to welcome Kate Pittaway back to her position in the Finance Team. Kate has returned to work this month after having maternity leave for the last year. Baby Ariah turns one later this month!

Kate Pittaway with baby Ariah
### 2017 Legal Aid Civil Law Clinics

**Broken Hill & Wilcannia**

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For more information contact Mukesh Mahajan
02 3929 5091 or 0416 885 303
mukesh.mahajan@legalaid.nsw.gov.au
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.

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.

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