On Thursday the 6th of July, Maari Ma hosted a BBQ breakfast for the community to celebrate NAIDOC week.

NAIDOC week is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

The breakfast started at 9am in the Primary Health Care Service courtyard with plenty of tasty food available including egg and bacon rolls, fruit platters, quandong stew with yoghurt and johnny cakes made by Transport Officer, Teddy Hart. There was also plenty of information on mental health and our Tackling Indigenous Smoking program plus plenty of giveaways!

The Aboriginal flag was raised for the first time at our Primary Health Care Service by Transport Officer, Guy (Smiley) Crawford and community Elder, Dennis (Bulldog) Williams.

It was great to see around 40 to 50 community members attend. Thank you to everyone who helped out on the day and to everyone who supported our event.
Congratulations to Rachel Sutton and Christopher James on the safe arrival of their baby boy Lucas Jye James. Lucas was born on Wednesday the 5th of July, weighing in at 3290 grams with a length of 53cm. Rachel received her antenatal care from Community Midwife, Helen Freeman.

Baby Azariah Riley was born on Thursday the 22nd of June.

Maari Ma’s Finance Officer, Bianca Files and Jared Reilly are the proud parents of this little bub. Baby Azariah weighed 2525 grams when she was born and was 48cm long. Bianca received her antenatal care from Community Midwife, Helen Freeman and Aboriginal Health Practitioner, Bronwyn Johnson. Congratulations Bianca and Jared!

Pregnancy Balance

The Tackling Indigenous Smoking team, along with the Healthy Start team recently organised yoga classes to celebrate pregnancy and motherhood in our community.

These classes were aimed at women who are pregnant or women who have recently had a baby. The class went for around 45 minutes and was taught by Marissa from the YMCA. It aimed to help you stretch out your muscles and relax which will help with birthing or help your body repair after you have had your bub.

Classes were held on Tuesdays at 11am and a healthy lunch was provided after the class.

For more information about our programs and services please call the Tackling Indigenous Smoking team on 8082 9777.
**Surprise visit for Guy (Smiley) Crawford**

On Sunday the 9th of July, Guy’s daughter, Waratah arrived in Broken Hill to spend the week with her Dad. Guy hasn’t seen his daughter for around 22 years so this visit is a special time for Guy and Waratah. Waratah was born in New Zealand and hasn’t been to Broken Hill since she was 2 years old. She was named after the “Waratah” flower as when her great aunty passed away, Waratah flowers were sent from Australia to her great grandfather and their family and he announced that the next girl to be born in the family would be named after the Waratah flower.

Waratah now teaches at the school she went to as a child which is in Helensville on the North Island of New Zealand. She teaches multicultural education which she said she really enjoys. She also now has a child of her own and he is 2 and a half.

Guy will be showing his daughter around Broken Hill and they will visit Silverton as well. Waratah said she is looking forward to seeing the wildlife!

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**NAIDOC WEEK**

On Monday the 3rd of July the traditional Flag Raising Ceremony was held at the Civic Centre.

Aunty Maureen O’Donnell carried out the Welcome to Country and spoke to those who attended about being a united community. She spoke about her family, acknowledging that our community has many different people and that we are all working together. Aunty Maureen also talked about healing our community and moving forward. She gave welcome and appreciation for all who attended.

The ceremony gave a feeling of pride, with a powerful cultural performance and experience had by all who were in attendance.

The ceremony was a display of Aboriginal people’s culture, beliefs, respect and passion to hold onto tradition.

Many were lucky enough to participate in a smoking ceremony which Aunty Maureen carried out. She told everyone that the smoking would wash away bad feelings, hurt and pain that you may be carrying with you.

The participation in this event was really great and many people left with a real feeling of community spirit.
Celebrating the opening of the Aboriginal Community Room at the Broken Hill Hospital

The Aboriginal Community Room at the Broken Hill Health Service was officially opened on Tuesday the 4th of July. Corey Payne and his partner, Elisha Mangal created the artwork in the room which is about “working together”. The artwork represents the nine communities in the Far West Local Health District individually; Balranald, Ivanhoe, Tibooburra, White Cliffs, Wilcannia, Dareton, Wentworth, Menindee and Broken Hill.

Aunty Maureen O’Donnell cut the ribbon with Ken Barnett, General Manager of the Broken Hill Health Service to reveal the room.

Many community members attended the event which was followed by a BBQ in the courtyard.

Alinta is changing her lifestyle, one day at a time!

Maari Ma employee, Alinta Edge started walking to work about a month ago. She wanted to change her lifestyle and become more active. Making lifestyle changes are not easy and can be difficult for anyone trying to be healthy.

Every morning Alinta gets up, gets ready for work and walks from the South of Broken Hill, over the overpass, down Crystal St to Maari Ma Health where she works. She leaves her home around 7:30am and arrives at work around 40 minutes later.

Walking can help with weight loss, increase heart and lung fitness and can also reduce the risk of heart disease and stroke. Walking can also improve management of conditions such as high blood pressure, high cholesterol, joint and muscular pain or stiffness, and even diabetes.

Well done Alinta, keep up the good work!

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.
MAARI MA HEALTH
PRESENT

WHITE RIBBON
MOVIE NIGHT

JULY 28TH FROM 5PM @ SILVER CITY CINEMA
FREE SCREENING @ WONDER WOMAN
LIGHT DINNER WILL BE PROVIDED | FREE POPCORN & DRINK FOR KIDS

COME TO A FREE SCREENING OF WONDER WOMAN TO PROMOTE WHITE RIBBON
HELP PUT A STOP TO VIOLENCE AGAINST WOMEN
*WINNER OF WHITE RIBBON COLOURING COMPETITION WILL BE ANNOUNCED ON THE NIGHT*

*FREE TRANSPORT PROVIDED AT THESE SELECTED PICKUP POINTS*
SOUTH LIBRARY BUS STOP - 4:15PM
CREEDON STREET BUS STOP - 4:30PM
CORNER MCGULLOCH/MCGOWEN BUS STOP - 4:45PM

PROUDLY SPONSORED BY
OUTBACK PHARMACIES & BUSLINK BROKEN HILL
The Maari Ma Lead Program aims to help families living with high levels of lead. Lead can be found in soil or in old paint. Families with children 5 years and younger can come to Maari Ma and have their lead levels tested.

In Broken Hill we are all living with Lead but in some areas there is more than others.

There are ways that we can prevent the risks of lead for ourselves and our families.

- Washing hands with soap after playing outside or with pets
- Keeping our homes dust free by wet wiping and mopping
- Leaving our shoes outside
- Safely removing or repairing peeling or cracked paint
- Drink tap water not water from rainwater tanks
- Don’t eat on the floor
- Encourage our kids to eat more dairy, meat, fruits and vegetables

If you have any questions about these tips feel free to call the Lead team on 8082 9777.

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

COMPLETE THE COMMUNITY SURVEY TO WIN VOUCHERS

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

If in doubt, ask Admin for help :)

WIN WIN WIN
Maari Ma Staff Update

Sadly Lowra (Daisy) Koraba left us last month. Lowra had worked at Maari Ma for 7 and a half years as an Administration Officer and more recently as a Clinic Coordinator in Wilcannia. She has decided to move back to Queensland to be with her family. Her bright, cheery smile and bouncy curls will be missed by all staff and community. Maari Ma would like to thank Lowra for her outstanding commitment to our service and we would also like to wish her all the best in the future.

Maari Ma also farewelled Regan Chesterfield last month. Regan had worked for us for 5 years, firstly as a Registered Nurse and then as the Youth Health Coordinator and Out of Home Care Coordinator. She has started in her new position in Out of Home Care and Child Wellbeing Coordinator for the Far West region. Her bright smile and can-do attitude will be missed by everyone. All the best in your new position Regan!

Maari Ma would like to welcome one new staff member. Robyn Harris joined us last month as the new Community Midwife and will be visiting Wilcannia with Stevie Kemp weekly. Robyn was previously working at the Broken Hill Health Service.

Tackling Indigenous Smoking—NAIDOC Yarning Group

Our third Yarning Group was held on Thursday the 6th of July after the NAIDOC breakfast at the Maari Ma Primary Health Care Service. Three community members attended along with the TIS team.

Dennis (Bulldog) Williams attended as the community leader and support person. Lucy Rose Doolan and Kim Harris came along for the first time and shared their experiences around smoking and their quit attempts. Kim’s beautiful granddaughter, Shavanti came along with her Nan and was very well behaved during the session. Tiffany Lynch spoke about the different types of treatments available to help manage smoking.

The TIS team has a monthly Yarning Group and would love for you to attend. Even if you are ex-smoker or are trying to support a family member or friend to quit, we’d love to hear from you!
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 follow up by a health worker.

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.

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.

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

Kaylene Kemp
Manager: Community Engagement

Kendy Rogers
Practice Manager: PHCS

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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