Tuesday the 31st of May marked World No Tobacco Day. Maari Ma Health decided to raise awareness about this day by having a screening day at the Primary Health Care Service. Resources were also available for our clients to take on the day and staff were available for a yarn. We also ran some short educational videos on the TV in the waiting room, which grabbed our patient’s attention.

9 of our clients (smokers and non smokers) were screened for carbon monoxide levels and many were interested in information about how to quit smoking.

Overall, the day was a success and we were able to talk to many clients as they passed through the health service. It was great to hear some of our clients tell us that they had already successfully quit smoking and they felt 100 times better for it! A big thank you to **Luke O’Donnell, Shannon Edwards** and **Tiffany Lynch** for screening clients on the day and providing them with information about quitting. Thank you to all other staff who were involved in the preparation of the day and of course to our clients who stopped by to have a chat.

---

**Maari Ma Health now has a new Smokers Program called Tackling Indigenous Smoking.**

For more information about this program please see Page 7 of the newsletter or call our health service on 8082 9777.
National Families Week

National Families Week was celebrated last month from the 15th to the 21st of May. Maari Ma Health hosted a family dinner on Wednesday the 18th of May at our Child and Family building. It was a great night with over 100 adults and children attending plus 10 staff members.

The space was set up to invite community members to talk with each other and staff members, and for children to explore the space. There was lots of yarning and laughing between families, and the children were running around freely and participating in the activities provided. It was so good to see all of the kids mingling together and having such a wonderful time. Feedback from the community was excellent, and they said the roast meat and veggies were delicious and they definitely would appreciate another family dinner to be organised in the future!

Thank you to everyone who helped make this night a success and thank you to all of our community members who attended.

Willyama High School Health Services Expo (Year 7-10)

Aboriginal Youth Health Worker, Tarissa Staker; Primary Health Worker Trainee, Christene Polanski and Project Officer for Tobacco Control, Anshul Kaul attended the Health Services Expo at Willyama High School on Wednesday the 18th of May. Our Youth Health Program was promoted by Tarissa and Christene, and Anshul promoted our new Tackling Indigenous Smoking Program. The kids were interested in learning about the contraception kit and what each item was used for. They were also interested in learning about the effects of smoking on the human body and many resources were given out.

Other services present on the day were Centacare, Robinson College, Mission Australia, Ability Links, University Department of Rural Health (UDRH) and Lifeline—Gambling Services.

Thank you to all of the students who took part in the day!
Maari Ma Health held our Biggest Morning Tea on Thursday the 26th of May. Cups of soup were available for purchase with a bread roll for $5. We had 10 different soups on offer and most were sold out by lunch time!

We raised a total of $350 for Cancer Council and all proceeds will go towards cancer research.

*A big thank you to all staff who donated soup and bread on the day and of course to those who purchased the soup!*

---

**Winter is here: Make sure you get your flu vax!**

**Common myths about the flu**

**Myth 1: Influenza is not a serious disease.**

**Fact:**

Influenza (commonly known as the “flu”) is highly contagious and in some cases can be life-threatening. It is not the same as the common cold and even young and healthy people may take two weeks or more to fully recover from the illness.

**Myth 2: The influenza vaccine causes serious adverse reactions.**

**Fact:**

Serious reactions to the influenza vaccine are rare. However redness and swelling could occur where the vaccine was given. Other symptoms could include headache, mild fever or sore muscles and these should only last 24 hours.

**Myth 3: It is not necessary to get vaccinated against influenza every year.**

**Fact:**

The types of influenza viruses change from year to year, therefore a new vaccine is made every year to protect against the current strain.

---

You are at a higher risk of not being able to fight off the flu if you:

- have a chronic disease such as diabetes, asthma, heart disease, kidney disease, stroke
- are a smoker
- are over the age of 65 and are Indigenous
- if you are a young Indigenous child.

We encourage all of our patients at Maari Ma to have a flu vaccination. If you haven’t had yours this year, please visit us at our Primary Health Care Service.
Mother’s Day Pampering

On Wednesday the 11th of May from 10.30am until 2pm, Maari Ma Health held a Pampering Day for mums, grandmas, aunts and female carers. This was a great opportunity for all mums/carers to wind down and treat themselves. A morning tea was supplied as well as foot and hand massages, facials and makeovers. We were lucky enough to have our Primary Health Worker Trainee, Courtney O’Donnell help out on the day as she has a Diploma in Beauty Therapy and has worked in the industry before.

Thank you to all staff who helped our mums/carers relax and feel special on the day and thank you to those who attended!

Broken Hill High School Health Services Expo (Year 7-10)

On Wednesday the 1st of June, Regan Chesterfield, Tarissa Staker and Anshul Kaul attended the Broken Hill High School Health Services Expo for Year 7-10 to promote our Youth Health Program as well as our new Tackling Indigenous Smoking program. Other services such as Lifeline, Centacare, Family Referral Services, Mission Australia, Broken Hill City Council, UDRH, Police Liaison Officer, Ability Links and Robinson College also attended.

The kids were interested in the smoking videos that Anshul had set up to play on a laptop which explained the effects of smoking. They were also interested in the lung display where they could have a go at pumping up a healthy lung and a not so healthy lung. Many of the students were also interested in our bright and colourful resources.

Friday the 26th of June is Red Nose Day. This day is about raising awareness of Sudden Infant Death Syndrome (SIDS). Pregnant women can reduce the risk and prevent SIDS by keeping their baby smoke-free before and after birth. To avoid exposing your baby to smoke, don’t let anyone smoke near your baby - not in the house, car or anywhere your baby spends time (www.sidsandkids.org).
YOUTH WORKSHOP

A workshop of comedy, fun and discussion about STIs. The workshop will be delivered by BLACK COMEDY stars, Bjorn Stewart and Elizabeth Wymarra, with lunch provided.

Join us for a laugh and help promote safe sex in our community.

9am to 3pm

WHERE: PCYC, 58 Gypsum St, Broken Hill
WHEN: Friday 22nd July
CONTACT: Regan Chesterfield
Tel: (08) 8082 9777
Email: regan.chesterfield@maarima.com.au
OR, Jo Lenton—Tel: (08) 8080 1632
Email: Jo.Lenton@health.nsw.gov.au

COMMUNITY INVITATION

Please join us for a meet and greet photo opportunity with the BLACK COMEDY stars, Bjorn Stewart and Elizabeth Wymarra.

Everyone is welcome to come along for a yarn, photo and a sausage sizzle.

Starts 3pm

ENDS 15th July

“TAKE BLAKTION” IS A SEXUAL HEALTH AWARENESS CAMPAIGN TARGETING ABORIGINAL YOUNG PEOPLE AGED 15–29 LIVING IN NSW. AN INITIATIVE OF NSW HEALTH, ARAMAC, AND NAYA NAGARA PRODUCTIONS

PHOTO COMPETITION

Children and young people have told us that they are tired of being stereotyped, in particular, through the photos and images used to represent them. ACYP together with children and young people want to shift the way children and young people are portrayed in our newspapers, on our televisions, and on our screens.

If you’re under 25, we invite you to participate in the Real NSW photo competition which gives you the opportunity to show NSW the real you!

Get involved by taking a photo that’s a glimpse into your world, such as your creative hobbies, engaging with your local community, volunteering, playing sports, exploring your favourite places, or hanging with your friends at school.

Learn more or enter the competition here:
www.acyp.nsw.gov.au/real-nsw

Enter the competition to win iPads and many more prizes!
Office of the Advocate for Children and Young People
Level 2, 407 Elizabeth Street Surry Hills NSW 2010
02 9248 0970 | acyp@acyp.nsw.gov.au
Staff Update

There have been some role changes at Maari Ma in the last month as well as the addition of a few new staff.

Jessica Ierace was previously our Health Information Officer and has now taken on the new role of Team Leader for our new Environmental Health Unit and she is also the Project Officer for Smoke Free Homes & Cars as part of our new Tackling Indigenous Smoking program. Tiffany Lynch was previously our Regional Tobacco Action Worker and her role has now changed to Project Officer for Smoking Cessation Education. Maari Ma would like to welcome Anshul Kaul to our Environmental Health Unit. Anshul started with us last month and is the Project Officer for Tobacco Control. You can find more information about our new Tackling Indigenous Smoking program on Page 7.

The Primary Care Specialist Services team would like to welcome two new members this month. Jessica Hung joined us as our new Dietician, replacing Hannah Pusey. Jessica will be providing services to Menindee as well as Broken Hill. Karen Elston joined us as a Primary Mental Health Worker. Karen was previously working for Mission Australia as a Youth Support Worker for the Mission Australia Reconnect Program. Welcome Jessica and Karen!

Our Early Years and HIPPY team also welcomed some new staff members. Leeann Adams is our Early Years Project Support Worker and will be working with us three days a week to assist with Cooking Group, Playgroup and Little Kids and Books. Terina King and Cyndal Bennett are our new HIPPY Tutors. Welcome Leeann, Terina and Cyndal!

Last month we farewelled Dietician, Hannah Pusey. Hannah has left us to go back to Melbourne, and we would like to thank her for her great work while she was with us and we wish her all the best.

Well done Tamara Jones!

Tamara Jones joined us part time last year working in our Healthy Start Team as a Midwife. Tamara has now joined us full time and she recently completed her graduate year with the Broken Hill Midwifery Group Practice. She completed her Bachelor of Midwifery last year through the Southern Cross University and was working at the Broken Hill Health Service, mainly assisting Maari Ma clients with birthing.

'Congratulations Tamara, we are very lucky to have you on board!'
Why we need to tackle smoking in our community

Introducing the Tackling Indigenous Smoking Program

Smoking around your family can harm them too. You put yourself, your kids, Elders, and friends at risk of many health problems.

Maari Ma Health is proud to announce we have received funding under the Tackling Indigenous Smoking Program. Our funded program is called **SMOKE FREE FAMILIES**. Together with the community we can try to defeat the **BIGGEST** cause of disease and death in our community.

The program will provide **INFORMATION** on tobacco, help people make decisions about its use and provide **SUPPORT** to prevent smoking, quit smoking and stay quit.

---

**Tobacco Control**

Our Project Officer, **Anshul Kaul**, will be working with the local shops and community members to monitor the sales of cigarettes to young people who are under the age of 18.

---

**Smoke Free Homes & Cars**

Our Project Officer, **Jessica Jerace**, will be working with families to promote smoke free homes and cars for our kids, adults and Elders.

---

**Smoking Cessation Education**

Our Project Officer, **Tiffany Lynch**, will be working to train our health care workers to support people to quit and assist to establish local quit support groups.

---

As a team we will work to strengthen Maari Ma’s Smoke Free Workplace Policy. We will also engage other local organisations by supporting them to develop their own Smoke Free Workplace Policy and will provide support for those who want to quit.

---

We invite all families, community members, retailers and organisations to participate in our Smoke Free Families Program and help us REDUCE:

- the uptake of smoking amongst our youth
- the smoke levels in our homes and cars
- the smoke levels in our workplaces.
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.

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.