World No Tobacco Day

Wednesday the 31st of May was World No Tobacco Day and Maari Ma’s Tackling Indigenous Smoking team had a number of activities planned. Project Officer for Tobacco Control, Anshul Kaul and Project Officer for Smoke Free Homes & Cars, Jessica Ierace spent the morning in the Primary Health Care Service waiting room talking to patients about smoking. They spoke to around 20 people who were waiting to go in for appointments. 14 people were screened for carbon monoxide and they were all interested to see what their levels were, particularly if they were smokers!

Around 10 people took the pledge to support themselves or a family member/friend to be smoke free. Those people were then encouraged to get a referral to the Smoker’s Program and both the person who made the pledge and the smoker will each receive one of our Smoke Free Families t-shirts.

Lots of patients checked out the Smokerface app and had a bit of a laugh and were surprised about how they would look if they smoked a pack of cigarettes a day for the next 15 years.

A healthy breakfast/morning tea was provided including savoury quiches and muffins and fruit and yoghurt cups. Information and resources were available for clients to take and our Promotional TV which plays videos around smoking was on in the waiting room.

Project Officer for Smoking Cessation Education, Tiffany Lynch and Aboriginal Health Practitioner, Jamie Billings spent the morning out in the community with the mobile clinic and screened 5 patients.

The Yarning Group followed on from these activities at 12pm in the community kitchen.

Friday the 30th 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.

- Information from www.sidsandkids.org
New Bubs!

Maari Ma would like to welcome three new bubs into the community.

Baby Katieli Pailate was born on Thursday the 6th of April, weighing in at 4614 grams. Katieli is the gorgeous son of Racheal Kemp. Irene is one very proud big sister. Racheal was looked after by Community Midwife, Helen Freeman and Aboriginal Health Practitioner, Rachel Kennedy.

Baby Connor Boothby was born on Friday the 28th April, weighing in at 1885 grams. Connor is the son of Tegan Burke and Jamie Boothby. Tegan and Jamie are both very proud parents and happy to finally have their precious son back home. Tegan was looked after by Community Midwife, Helen Freeman and Aboriginal Health Practitioner, Stevie Kemp.

Baby Tony Kennedy was born on Friday the 5th of May, weighing in at 2870 grams. Tony is the beautiful daughter of Roxanne King and Anthony Kennedy. Her older sister Lorraine is now a very proud big sister. Roxanne received her antenatal care from Community Midwife, Helen Freeman and Aboriginal Health Practitioner, Bronwyn Johnson.

Smoking and Pregnancy

Did you know that smoking during pregnancy can have serious health effects on your baby? Some of these include:

- Low birth weight
- Premature birth (being born too early)
- Stillbirth
- Respiratory problems
- Congenital heart defects (abnormal heart)
- Central Nervous System (CNS) (brain and spinal cord) effects
- Foetal death
- Infant death

It can be extra difficult to give up smoking during pregnancy, as pregnant women metabolise nicotine more quickly than non-pregnant women, which means they tend to crave their next cigarette sooner than a non-pregnant woman. Pregnancy can also be a stressful time for mums or mums-to-be, so quitting completely can be really hard.

Quitting is the best thing you can do for your unborn baby and for the rest of your family, and Maari Ma Health can support you through this journey. We have a Smoker’s Program that provides free NRT which is safe to use during your pregnancy. Our Tackling Indigenous Smoking Program will also be running a Yarning Group to offer support to pregnant mums soon—watch this space!

We encourage our community to make healthy lifestyle choices, and support them on their journey to reduce the effect that smoking has on our mob.

What’s On?

Red Nose Day
Friday the 30th of June

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)

For more information on our Smoker’s Program please contact Maari Ma Primary Health Care Service on 8082 9777.
School Services Expos

Broken Hill High School

Maari Ma’s Youth Health team and Tackling Indigenous Smoking (TIS) team attended the Broken Hill High School Services Expo on Wednesday the 10th of May. Both teams spent the morning talking to students in Year 7 to 10 about what the Youth Health team does and what the TIS team does. The kids were surprised about how many kids we have on our books aged 9-18 years; 405! Tarissa and Regan had informational flyers for the kids to take and coloured wrist bands which the kids went crazy over! Jess and Anshul had resources available as well as information about our Smoker’s Program. They also did some carbon monoxide (CO) screening with kids who were interested as some said they have family members who smoke around them. The effects of smoking was demonstrated by the using a model of teeth and a tongue. A jar of tar was also on display for the kids to look at.

Willyama High School

Maari Ma’s Youth Health team and TIS team visited Willyama High School on Wednesday the 17th of May to talk about their programs and services. Year 7 to 10 students attended in groups and each student was given a survey about the different services to complete. Many different services from around town attended such as Mission Australia, Lifeline, PCYC, CAMHS and Ability Links to name a few! It was a busy morning but the kids were well behaved which made the event enjoyable! Each student had the chance to win a block of chocolate if they answered their survey correctly. A winner was drawn from each year level.

Maari Ma Health held their Biggest Morning Tea on Thursday the 25th of May. Soups, bread rolls and finger foods were available to buy for $5. We were able to raise around $300 for the Cancer Council.

A big thank you to all staff who made food for the day and thank you to everyone who donated!
Supporting Suicide Prevention

Senior Constable Stuart Churchill began his 200km walk on Monday the 15th of May to raise awareness about PTSD, mental health and suicide prevention. He walked from Wilcannia to Broken Hill over the course of one week.

What is PTSD?

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder. Some people develop this after they have experienced a traumatic event. This event might be a serious accident, physical or sexual assault, war or torture, or a natural disaster such as a bushfire or a flood. Strong reactions such as fear, horror, anger, sadness and hopelessness are natural after events like these, of course. In most cases, these feelings will pass after the normal working-through of emotions and talking things over in your own time with family, friends or colleagues. However if these feelings don’t pass you should see your doctor or ask someone for help.

-Information from SANE Australia

Last year Senior Constable Stuart walked from Menindee to Broken Hill, and the year before that he walked from Newcastle to Sydney, so this is his third walk for PTSD. Staff at the Wilcannia Hospital showed their support for Senior Constable Stuart by hosting a special breakfast for him on the Monday. He reached Little Topar by Friday and Maari Ma staff met him there to provide a yummy dinner of kangaroo stew, Johnny cakes, and apple crumble.

Senior Constable Stuart arrived in Broken Hill with a Harley escort (thanks to Peter Crossing) on Monday the 22nd of May and was welcomed with a special BBQ cooked by the Lions Club, and the activities at Tri State Safaris (across from the Maari Ma Primary Health Care Service). CentaCare and Mission Australia attended the event and had information on their services available.

Senior Constable Churchill was also supported by the New South Wales Police Association, Silver City Motors, Harvey Norman Broken Hill, Totally Work Wear, Broken Hill Meats, New South Wales Police Shop (Goulburn Police Academy), Tri State Safaris (Broken Hill), McLeod’s Bakery, Southern Cross News (Broken Hill Patrick REINKE), and Coles Supermarkets (Broken Hill).

Thank you to everyone who participated in this event!

Mother’s Day Raffle

Thank you to everyone who bought Mother’s Day Raffle tickets. We were able to raise $400 which will be donated to White Ribbon Australia.

A special thank you to Ann Bennett for organising the raffle and all staff who helped to donate prizes. The winners were Lisa Kelly and Callan Rogers (winning after a last minute joint ticket), Brooke O'Donnell and community members Valerie Harvey, Joel Meherg and Trudy Hirschhausen.
This could be the most important hour of your life...

Act-Belong-Commit and Black Dog Institute invite you to the 2017 Education Session program

FREE

A talk about mental health and wellbeing with renowned former Rugby League players & Black Dog Institute ambassadors

Wayne Wigham and Percy Knight

BROKEN HILL PCYC
Wednesday 14th June 5:30pm

ALL WELCOME
FREE light refreshments after

https://www.facebook.com/ActBelongCommitNSW/

White Ribbon Colouring Competition

Go in the draw to win some amazing prizes by entering our Colouring Competition. You can grab a colouring-in sheet from Maari Ma’s Primary Health Care Service waiting room and pencils are also available.

Please place your entry into the box provided and the winners will be drawn on Friday the 28th of July at our White Ribbon Night (Silver City Cinema).

The competition closes on the 1st of July.
IPTAAS provides financial assistance to clients who need support to attend specialist medical appointments. To be eligible for this assistance you must meet the following criteria:

- Have proof of a specialist appointment (appointment letter or referral from your GP).
- Have a healthcare card/pension card (if you do not have either you will need to attend the Far West Local Health District (FWLHD) IPTAAS office at the hospital – a Maari Ma staff member can support you with this).
- Currently receiving a benefit from Centrelink.

Maari Ma Health can assist you with making your specialist appointment and filling out your IPTAAS form. Parts 1 and 2 of the form need to be filled out by you and it is important that you include your bank details. Part 3 of the form is to be filled out when you attend your specialist appointment and this part must be given back to Maari Ma when you return to Broken Hill.

Maari Ma can provide assistance with travel and accommodation. This could include fuel vouchers, cab charges or booking of flights if you have flight approval from the FWLHD IPTAAS office. Accommodation can also be organised for you, but food and drinks are not included in this booking.

**PLEASE 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.

**Why do the survey?**

- The community survey is about all of the services that are being run by Maari Ma and the Staff.
- Your feedback is important to us!

**COMMUNITY SURVEY**

**MAKE SURE YOU HAVE YOUR SAY!**

Complete the survey to enter a Raffle and win amazing prizes!

The raffle will be drawn monthly.

Worry not!

- The survey is anonymous (your details are not included).
- It’s easy to follow, and if you need assistance, our staff can help you out.
ABOUT THE PROJECT

If you are a smoker, or have a family member that smokes inside the home or near the entry/exit of the house, then this program is perfect for you! Our Tackling Indigenous Smoking team can support you to monitor the carbon monoxide (CO) levels in your home using a CO monitor. Incentives will be provided throughout the project.

If you have any questions about our Smoke Free Homes & Cars project, please contact Maari Ma’s Tackling Indigenous Smoking (TIS) Team on:

8082 9777

Please remember that Maari Ma’s TIS team is here to support you, whether you are considering quitting or even just wanting to change your smoking behaviours, we can help! We have trained health workers and specialist staff who can help you through your journey.

Winter has arrived—Have you had your flu vax?

Some common myths about the flu:

**Myth:** The influenza vaccines can give me influenza.

**Fact:** The inactivated influenza vaccine or flu shot cannot give you influenza. The vaccine contains killed influenza viruses that cannot cause infection.

**Myth:** Getting an influenza vaccine every year weakens my immune system.

**Fact:** Because the influenza virus strains change most years, you need to get immunised each year to be protected against new strains. People who get the vaccine each year are better protected than those who are not immunised.

**Myth:** The vaccines do not work because I still get influenza or the flu.

**Fact:** There are many different types of viruses yearround that can cause flu-like symptoms, but these are not actually the influenza virus.

The influenza vaccines protect against the strains of influenza viruses that health experts think will likely cause influenza during the flu season. The vaccines do not protect against other viruses.

**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.*
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 follow up 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
- Podiatrist

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

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