Mother’s Day will be celebrated on Sunday the 14th of May this year. This special day aims to honour mother’s and mother figures. Maari Ma Health would like to wish all of our mothers, grandmas, auntsies and female carers in the community a very Happy Mother’s Day!

Unconditional Mum

Mum, you’re everything a mum should be, Your love shines bright in everything you do. You’re parent, friend, supporter all for me. You give your sweet love unconditionally.

You always do what’s best for me, I know. You mentioned it to help me learn and grow. Your kindness, caring, nurturing always show. That’s why I love, respect and admire you so.

There aren’t enough words to say what I should say, So now I’ll wish you Happy Mother’s Day!

By Joanna Fuchs

Mother’s Day Raffle & Morning Tea

Maari Ma Health is selling tickets for our Mother’s Day Raffle which will be drawn on Friday the 12th of May.

Tickets are $2 each and there are a number of lovely prizes to be won. All proceeds will go towards White Ribbon Australia. Thanks to everyone who has purchased tickets so far.

Maari Ma Health will be having a morning tea in the Primary Health Care Service waiting room on Friday the 12th of May from 9am onwards. Please join us for some sweets!

Little J & Big Cuz

The Little J & Big Cuz TV Series was launched recently to support ready children, ready families and ready schools.

The new television series is the first animated kids show to feature Indigenous Australians and their culture and it has arrived in homes and classrooms around the country to support successful transitions to school for young Aboriginal and Torres Strait Islander children.

Little J & Big Cuz features the voice talent of Miranda Tapsell (Little J), Deborah Mailman (Big Cuz) and Aaron Fa’asua (Old Dog).

The TV series airs at 4pm AEST on NITV weekdays. Visit www.littlejandbigcz.com.au to watch, play and learn.

Maari Ma’s Early Years Team runs a playgroup for kids aged up to 5 years on Fridays from 30pm until 1pm at the Maari Ma Child & Family Building. We also have our HIPPY program for kids aged 4 and 5. These programs help prepare our kids for school. For more information please contact Lesley Harvey or Michelle Parker on 8082 9888.
World No Tobacco Day

Wednesday the 31st of May marks World No Tobacco Day. Smoking is the number one cause of chronic conditions and diseases among Aboriginal people, with lung cancer being the second largest cause of premature death.

In Australia around 40% of Indigenous people aged 15 and over smoke. Within the Maapi Ma community the smoking rates is even higher and is currently around 50%. World No Tobacco Day is about raising awareness of the effects of tobacco on smokers and their families. It also focuses on the benefits of quitting.

This year Maapi Ma is asking you to make your own pledge at our Primary Health Care Service on Wednesday the 31st of May from 9am to 12pm. We will have our Smoke Free Families t-shirts available as well as information, resources and carbon monoxide screening. You can also try the "Smokerface" app which shows how you age over time if you smoke. A healthy breakfast will be provided from 9am onwards in the waiting room. Please join us to show your support for a smoke free community.

World No Tobacco Day Yarning Group

Our Tackling Indigenous Smoking team will be holding their second yarning group on Wednesday the 31st of May from 10am to 1pm in the Community Kitchen. We will be discussing smoking cessation and weight gain over a hot lunch. If you are an ex-smoker, thinking of quitting or would like to support someone else to quit please join us!

Here’s some motivation to help you through your journey...

If you quit smoking today...

- 2 months: your blood pressure would return to normal,
- 3 months: your lung function increases by 30% and regains the ability to clean itself,
- 9 months: your risk of pregnancy complications is that of a non-smoker,
- 1 year: your risk of dying from coronary heart disease halves and you saved between $4,000 and $5,000
- 5 years: your risk of mouth or throat cancer has halved, and your risk of a stroke decreased dramatically,
- 15 years: your risk of coronary heart disease and stroke would be almost back to that of a non-smoker.

- Information from Creative Spirits

Mother’s Day Morning Tea & Raffle Draw

Friday the 12th of May at the Primary Health Care Service, 9am

Mother’s Day

Sunday the 14th of May

Australia’s Biggest Morning Tea

Thursday the 25th of May at the Primary Health Care Service.

World No Tobacco Day

Wednesday the 31st of May

Yarning Group

Wednesday the 31st of May, 10am—1pm in the Community Kitchen.

Healthy Start Playgroup

10:30am—12pm

Fridays at the Maapi Ma Child and Family building.

[Not on during the school holidays]

After School Cooking Group

3:30pm—4:30pm Mondays & Thursdays in the community kitchen at Maapi Ma Health.

[Not on during the school holidays]
Youth Week

Youth Health Worker, Tarissa Staker recently attended the Youth Fun Day as part of Youth Week at the PCYC. A stall was set up with brochures and giveaways for kids. Primary Mental Health Worker, Taylor Westley also popped down to help out for a couple of hours.

The event was run by the PCYC and Mission Australia. They had indoor laser tag, painting, kids obstacles and other activities for kids. Other services that attended include the SES, Jo Lenton from the Hospital, St Johns Ambulance and Georgie Biore had a karaoke machine set up.

Youth Workshop
Dareton

A Youth Workshop was held on Thursday the 26th of March with a group of young boys from Dareton. The boys attended with their mentor Greg Sloan.

Maari Ma sponsors the Youth Mentoring/Education Program which aims to provide local disengaged and disadvantaged youth with an opportunity to re-connect themselves with mainstream education, employment, family, the community and to reach their full potential.

The boys spent the day learning about family safety, leadership and how to deal with stress. They visited Clontarf at Broken Hill High School and had lunch with them, and then returned to Maari Ma in the afternoon to unwind with an arts and crafts session.

A special thanks to Anthony Hayward who presented on the day, and who held a fun interactive activity about trust, and listening carefully to others, and working in a team.
**Clontarf Luncheon**

At the end of March, Maari Ma’s Youth Health team held a special lunch for the Clontarf boys at the Primary Health Care Service. They were given a tour of the service and spent some time doing a painting for the Youth Health team to put in their office.

Thanks for the visit and the painting boys, and thanks for cleaning up!

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**Menindee Youth Day**

The Maari Ma Youth Health team was invited to attend Menindee’s Youth Day on Thursday the 13th of April. The beautiful weather had all the locals and visitors out and about having a fabulous day in the park. The activities included: cookie catching, ping pong shaking, slinky jumping, and many more crazy, fun activities. Free fruit and a sausage sizzle kept the hunger pangs at bay and kept the kids participating all day.

A huge thank you and congratulations to Deanna & Margot from the Central Darling Shire Council for organising and coordinating the day.

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Australia’s Biggest Morning Tea is an opportunity for friends, family or workmates to come together, share a cuppa or some delicious food, and help those affected by cancer.

Maari Ma Health will be selling a cup of soup and a bread roll for $5 at the Primary Health Care Service on Thursday the 26th of May to raise money for cancer research. This year you can also buy a plate of finger food for $5 or a cup of soup and a plate of finger food for $10.

We invite you to come and support us and support the Cancer Council.
My Choice Matters

My Choice Matters works with people with disability and their families to live life their way and get the most out of the changing disability system.

Our goal is to help people learn and practice new ways of doing things and develop and grow skills in three key areas: choice, voice and control – three very important qualities people should have in their own lives.

My Learning Matters

Where:
Broken Hill Musicians Club
276 Crystal Street, Broken Hill, NSW 2880

When:
Friday 19th May

Time:
Class 1: 10:00am to 12:00pm
or Class 2: 1:00pm to 3:00pm

My Learning Matters is an innovative new learning tool designed to help people with disability and their families get prepared!

It’s a fun and interactive e-learning platform. It covers topics like choosing a service provider and community connections. There are videos on every topic so you can hear people’s stories. There will be questions too and most of the time you can choose to write or create a collage for your answer.

The workshop is free, fully accessible and will have lots of hands on activities.

Jump Online to Become A Leader!

Become A Leader is a new e-learning tool that will help you be a leader in your life and in the community around you. We’re running classes to get you started on your leadership journey.

Learn about:
✓ Leadership
✓ Asking for what you want
✓ Making changes
✓ Working with others

Where:
Broken Hill Musicians Club
276 Crystal Street, Broken Hill, NSW 2880

When:
Thursday 18th May

Time:
10:00am to 2:30pm

Registrations are essential as spaces are limited.
Register online: http://mychoicematters.org.au/
On Thursday the 27th of April the Tackling Indigenous Smoking team held their first Yarning Group. Five community members attended including Dennis (Bulldog) Williams who is one of the community leaders for the program. Maari Ma staff who are currently smokers or who are ex-smokers were also invited to attend to share their experiences. Five staff members attended.

Anshul Kaul and Jessica Ierace guided the group as it was the first one. Bulldog was asked to share his story with the group to kick things off. Anshul and Jessica then outlined the purpose of the group which is to get a group of community members together to talk about their experiences with smoking, whether they have quit, are ready to or aren’t ready to quit just yet. Nicotine addiction was discussed, treatments such as NRT and possible side effects as well as options for replacing the addiction.

Thank you to everyone who attended the first Yarning Group. It was great to hear people’s experiences and stories.

Our next Yarning Group will be held on World No Tobacco Day on the 31st of May at 12pm.
Maari Ma Youth Health Clinic

The Youth Health Clinic has launched an electronic iPad questionnaire called TickIT. The iPad questions can be answered by young people when they come in for their annual Youth Health Check at Maari Ma. The questions are answered in private before they see the doctor. The iPad uses interactive questions and fun pictures to ask information about young people’s health and wellbeing.

When completing the questions on the iPad, young people can choose what they want to talk to the doctor about. After the questions have been answered, they are sent through to the doctor. This information will help the Youth Health Team speak to the young person about what is going on in their life. The youth health team can then offer support for any issues that they might be facing.

Maari Ma has worked to modify the questions for Aboriginal young people in Broken Hill. To find out how the iPad is going and what young people think of it, we will do an evaluation in a few months.

Maari Ma Staff Update

Maari Ma would like to welcome five new staff this month.

Renay Bates and Elizabeth Bennett started with us last month as HIPPY Home Tutors.

Rochelle Bottrell was welcomed to the Finance team last month and is employed as a Relief Finance Officer.

Louallen Baron and Gabrielle Khan joined the Transport team last month as Casual Transport Officers.

We wish our new staff members all the best in their new positions.

Community Survey

Our community survey is now available on our new iPads at the Primary Health Care Service. The survey is your chance to give your valued feedback on the services being provided by Maari Ma. This will assist us to continue providing high-quality services to the community.

The survey is anonymous and can be completed on the iPads in the Waiting Room or the Community Kitchen. It will take only a few minutes and it’s easy to complete.

If at any stage you require assistance with the survey, please do not hesitate to ask one of our Practice Admin staff for help.
Maari Ma’s Lead Program

Our Lead Program has been running for just over a year. The Lead team has two staff; Lavinia Henderson who is the Senior Community Lead Worker and Brooke O’Donnell who is the Primary Health Worker.

Lavinia and Brooke work together to complete home assessments for kids who have a lead level over 15µg/dL. During the home assessment they ask families about the child’s diet and where they like to play inside the home and outside the home. Samples of soil and/or paint are taken and tested for lead. Once our Lead team has the results they are passed on to the family and some recommendations are made. In some cases, a home may be nominated for remediation. This happens when a child has a high lead level that is not going down and there are high levels of lead in the soil or paint.

Maari Ma provides cleaning incentives on home assessments as well as advice and tips on how to help reduce your child’s lead levels. Our Healthy Start team also provides some basic education on lead when your child comes in for their health check/lead test.

Brooke is a fully trained health worker and can complete your child’s lead test. If your child has an appointment for a lead test it is important that you attend or call to reschedule if you can’t make it. We offer transport for all appointments so please call us on 8082 9777 if you require transport.

LeadSmart Broken Hill

Here are the Top Tips for living LeadSmart:

1. Wash your hands before eating and after playing outside.
2. Put kids and babies on a blanket or rug to eat.
3. Keep your kids away from dust, dirt and soil.
4. Eat lots of healthy fresh food.
5. Check for old flaking and chipping paint in your home.
6. Keep your home as dust free as possible.
7. Keep dust out of your home.
8. Drink tap water, not rainwater.
9. Leave your shoes, work boots and work clothes outside.
10. Keep young kids and pregnant women away from renovations.
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 dietitians, 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”

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, material 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) 8062 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.

Maari Ma Primary Health Newsletter
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