



# Maari Ma Health Aboriginal Corporation

## Community Newsletter

### In this issue:

# National Children's Week



Maari Ma celebrated National Children's Week with a number of different activities. On Monday the 23rd of October, reading at the Community Hub was held from 11am to 1pm. This was an opportunity for parents to come along and read a book with their child and to show that it's never too early to start reading to babies and young children. On Tuesday a reading session was held for families in the Town Square and on Wednesday families were invited to come along to Sturt Park where local services had set up play spaces for children in the playground area.

Maari Ma's Early Years and HIPPY team led the event and our Healthy Start team, Dental team, Lead team and Tackling Indigenous Smoking team attended to provide resources, information and activities for the kids. It was a very busy morning and it was great to see so many families and kids!



National Children's Week / New Bub

2

Perinatal Depression & Anxiety Awareness Week

3

Tackling Indigenous Smoking Education Session at Clontarf / Food is Fun!

4

White Ribbon Fundraiser / Mental Health Month

5

Important Notice / Wilcannia Community Christmas Dinner / Heart Health

6

Bronwyn's Quit Story / Printing at the Broken Hill Regional Art Gallery

7

Short Black Opera / Congratulations!

8

Preventing & Managing Chronic Disease

9

**Maari Ma Primary Health Care Service**

"Improving Aboriginal health and closing the gap"

**Broken Hill, NSW**

*Thank you to everyone who attended and helped out on the day!*



**More photos—page 2 >**



## National Children's Week—continued



## What's On?

### Perinatal Depression & Anxiety Awareness Week

12th—18th of November

### Food Safety Week

11th—18th of November

### World COPD Day

Wednesday the 15th of November

### White Ribbon Day

Saturday the 25th of November

### Healthy Start Playgroup

10:30am—1pm

Fridays at the Maari Ma Child and Family Building

(Not on during the school holidays)

### Cooking & Craft Group

3:30pm—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)

## New Bub!

Congratulations to **Kristie** and **Cory Paulson** on the safe arrival of baby boy **Tazaeha Vance Paulson**. Baby Tazaeha was born on the 5th of October, weighing in at 3713 grams with a length of 53cm. Jakora, Jevarlee and Tavielle are the big sisters and brother of baby Tazaeha.

Maari Ma would like to wish the Paulson family all the best!





# Perinatal Depression & Anxiety Awareness Week

Perinatal Depression &  
Anxiety Awareness Week  
12–18 November 2017



This week aims to raise awareness about perinatal depression and anxiety, including the signs to look for and where to go to seek support.

Having a baby is both an exciting and challenging time. Adding anxiety or depression can make it difficult for you to function and feel like you are not a good enough parent. Both women and men can experience perinatal (during pregnancy and the year after birth) mental health issues and these can vary in intensity and symptoms. As a mum or dad it is easy to feel guilt and shame that can get in the way of seeking the help you need. If this is how you feel, know that you are not alone. Having perinatal anxiety or depression does not make you a 'bad parent'. In fact, seeking help early leads to a faster recovery with less impact on you, your relationship with your baby, partner and family.

The signs and symptoms of antenatal anxiety and depression are different for everyone and may include:

- ☁ Panic attacks (a racing heart, palpitations, shortness of breath, shaking or feeling physically 'detached' from your surroundings)
- ☁ Persistent, generalised worry, often focused on fears for the health or wellbeing of the baby
- ☁ The development of obsessive or compulsive behaviours
- ☁ Abrupt mood swings
- ☁ Feeling constantly sad, low, or crying for no obvious reason
- ☁ Being nervous, 'on edge', or panicky

- Information from Perinatal Anxiety & Depression Australia

**Maari Ma Health offers support for parents and families. If you or someone you know needs support talk to a member of our Healthy Start team or come and see a GP at the health service.**

## Tackling Indigenous Smoking Education Session at Clontarf



Project Officers from Maari Ma's Tackling Indigenous Smoking team, **Anshul** and **Jessica** recently visited Clontarf at Broken Hill High School to talk to the boys about smoking. Year 7 and 8 boys attended the session which was split into 3 parts; the first was about "what's in a cigarette?", the second part "health effects of smoking" and the third part was about "how to get support to quit".

The boys were given activities to do in between each mini session which got them thinking about what kind of chemicals are in a cigarette, matching health effects to different parts of the body and how they can support a friend or family member to quit. It was great to see that the Year 7's and 8's already knew a lot about how smoking can affect your health.

At the end of the session we asked each student to do the Smokerlyzer test which measures the level of carbon monoxide in your blood. The boys were pretty keen on seeing what their levels were and it became a competition to see who could get the lowest number which was 1ppm (0ppm-6ppm is the range for non-smokers). A resource bag was given to each of the boys for participating in the session.



## FOOD IS FUN!



A group called "Food is Fun" recently started at Maari Ma and the second session was all about veggies! In this session the kids grew their own harvest sensory bin by using brown rice as the soil and embedding veggies into the soil. The kids used tongs or a spade to harvest their own bin. They were then taught how to wash and scrub them in a bucket of water.

Letting the kids be exposed to the veggies will increase the likelihood of them trying the food and ultimately accepting the food. It also helps them to understand that fruit and veggies do not come from a package.

**Ariah** and **Jebb** were very brave trying new veggies, especially when their parents reported that they are usually very fussy with them at home!

The kids also had an opportunity to shuck some corn and they did an amazing job unwrapping them.

The session ended with a nice, healthy picnic on the grass with veggie wraps and some dip. Letting kids pick the veggies that go in their wrap or sandwich can make meals a little less stressful and it is also a strategy to increase the chance of them consuming different foods that they haven't tried before.



# WHITE RIBBON FUNDRAISER

Members of Maari Ma's White Ribbon Committee recently organised a bake sale/sausage sizzle at the Coles Plaza. This was held on Saturday the 28th of October and aimed to raise money for White Ribbon Australia.

White Ribbon is Australia's campaign to prevent men's violence against women. Maari Ma Health is a White Ribbon accredited workplace and every year we hold events and fundraisers to raise awareness about domestic violence.

Just over \$700 was raised at the bake sale/sausage sizzle! There were so many cakes, pies and slices to choose from and there were also steak sandwiches, pulled pork sliders and of course sausages in bread.

**Maari Ma would like to thank everyone who donated sweets, everyone who came to support the stall on the day and also Coles for donating the bread.**

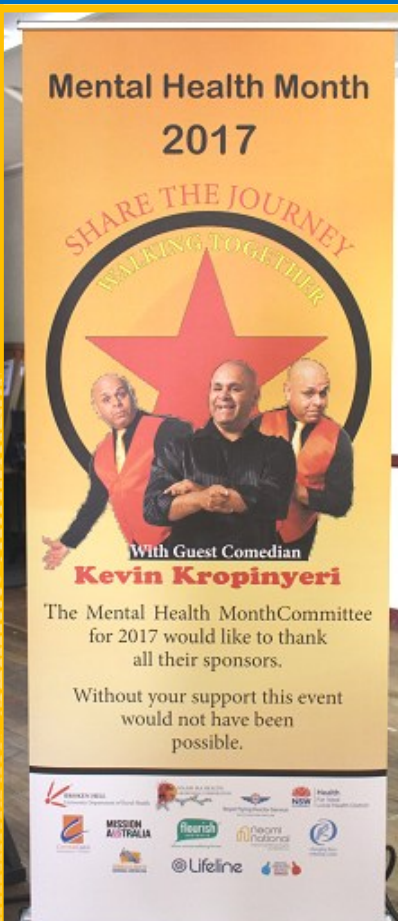
**White Ribbon Day** is on the 25th of November and Maari Ma will have a stall set up at the Primary Health Care Service on the Friday to create awareness about White Ribbon.



# MENTAL HEALTH MONTH

October was Mental Health Month and to help raise awareness about mental health, comedian, **Kevin Kropinyeri** held events in Broken Hill, Wilcannia, Menindee and Dareton. In Broken Hill the event was held at the West Football Club. Lots of people went along to see Kevin and a free dinner was provided for community members. It was a great night filled with laughter.

**Thanks to everyone who attended to "Share the Journey"!**





## IMPORTANT NOTICE

Maari Ma Health (Regional Office & Primary Health Care Service) will be closed on **Friday the 1st of December** due to a staff meeting. We will re-open on **Monday the 4th of December** at 9am. If you have an emergency, please present to the Broken Hill Health Service or call 000.

*Sorry*  
WE'RE  
**CLOSED**

## Wilcannia Community Christmas Dinner

Our last Wilcannia Community Dinner for the year will be held on November the 29th. The dinner will be at the Community Hall and Maari Ma staff from the Wilcannia Health Service as well as the Broken Hill Primary Health Care Service will be hosting the event. If you are in Wilcannia that day, please come along and join in the festivities.

## Heart Health: “The first step in getting Australia’s health on track”

One Australian dies every 12 minutes from Cardiovascular Disease (CVD) including heart attack and stroke – 40% prematurely. People with type 2 diabetes are 3-4 times more likely to suffer a heart attack or stroke. People with CVD are also at risk of kidney disease. Indigenous Australians are around twice as likely to be affected by heart disease as other Australians. Heart and circulatory conditions contribute most to the disease burden of Aboriginal and Torres Strait Islander people and are major contributors to the gap in life expectancy between Indigenous and other Australians.



### Here’s 10 things we can do to improve our health:

- |          |   |           |  |
|----------|---|-----------|--|
| <b>1</b> | <b>Drink fewer sugary drinks</b>          | <b>6</b>  | <b>Cut back on alcohol</b>   |
| <b>2</b> | <b>Give our kids healthy food options</b> | <b>7</b>  | <b>Use work as medicine</b>  |
| <b>3</b> | <b>Quit smoking or</b>                    | <b>8</b>  | <b>Cut down on salt</b>  |
| <b>4</b> | <b>Help others to quit</b>                | <b>9</b>  | <b>Promote heart health and have regular check ups with your doctor</b>                    |
| <b>5</b> | <b>Get active!</b>                        | <b>10</b> | <b>Participate in health surveys so the government know how to help us with our health</b> |

- Information from NACCHO Aboriginal Health News Alerts

**Maari Ma has a visiting cardiologist. For the last cardiology clinic in September there was 75% attendance. If you have been referred to our cardiologist it is important that you attend your appointment. If you need to cancel or reschedule please call 8082 9777.**



# Bronwyn's Quit Story

**Bronwyn Johnson** a.k.a Bonnie is from Lake Cargelligo which is about an hour and a half drive from Griffith. She moved to Wilcannia in 2015 to be with her partner. Bronwyn then applied for a traineeship to become an Aboriginal Health Practitioner. Last year in March, Bronwyn moved to Broken Hill to work as an Aboriginal Health Practitioner in Maari Ma Health's Healthy Start team. Bronwyn has lived in different places but she says she has been lucky to always have had family around.

Bronwyn said there wasn't much to do around town in Lake Cargelligo, so it was easier for the kids and teenagers to try things such as smokes. Around the age of 13, copying her cousins and friends, Bronwyn started smoking casually. However, it didn't take too long for the smokes to become a serious addiction.

After a few years Bronwyn decided to quit as she was expecting her first baby girl, Dashanti. She was successful in staying off smokes for 8 months. Unfortunately, due to personal stresses, Bronwyn started smoking again. Bronwyn's second quit attempt was when she was expecting her second child, Shaleeka.

Even though she had started smoking again since Shaleeka was born, Bronwyn recently joined Maari Ma's Smokers Program and sees **Tiffany**

**Lynch**. She is using NRT such as gums, patches, lozenges, and inhalers to tackle the cravings. This has reduced the number of cigarettes she smokes a day. Her tip for those trying to quit, "Never give up, never stop because your reason to quit smokes will always be right."

Dashanti and Shaleeka were and still are Bronwyn's biggest reason to quit. She wants to see them grow up and wants to be around to see their kids grow up. Bronwyn's Nan passed away in 2014. She was a chain smoker and remained sick because of emphysema. This has given Bronwyn another reason to quit—to have a healthy life and disease-free future. What's your reason to quit?

Bronwyn's message to all the young girls is, "Never take it up. There is so much to life, don't let the smokes ruin it for you."

To every woman out there her message is, "You are beautiful inside and out, so don't let smokes take that away from you."



**The woman with a heart of gold, who loves a laugh and her coffee and chocolates - Bonnie.**

## Printing at the Broken Hill Regional Art Gallery



On Wednesday the 1st of November an art class was held at the Broken Hill Regional Art Gallery. Members from the community were invited to come and do printing on a t-shirt, fabric or on paper and have a yarn. **Blake Griffiths** who works at the Art Gallery instructed the group and did a great job at helping everyone create something they could take home and show their families.

The class was organised by Maari Ma's Tackling Indigenous Smoking team and there will be a class held every month. If this is something you would be interested in please call the TIS team on 8082 9777 as numbers for classes are limited. Lunch and transport are provided.

Thank you to community members **Deborah Brown, Celine Allan, Christine Cole, Jo-Anne Cole and Dennis (Bulldog) Williams** for attending our second class.





# Short Black Opera

The Short Black Opera was held recently and 30 Year 5 & 6 kids participated. Renowned Yorta Yorta soprano, composer and educator **Deborah Cheetham** came to Broken Hill to work with the kids to deliver a wonderful performance for community members and families on Friday the 27th of October. The students worked hard all week practicing every morning. They learnt and sang 7 songs and 1 theatrical drama. **Carol Kickett** did the Welcome to Country on the day on behalf of **Maureen O'Donnell**.

This was the third and last year of Short Black Opera and it has been a very successful program with over 100 kids involved in three years.

*A big thank you to Deborah Cheetham for working with Maari Ma and the children over the last three years. Also thank you to Maari Ma staff **Kendall**, **Tarissa** and **Regan** for their hard work over the years to make this event happen. Also, thank you to **Jess** and **Toni** for accompanying Deborah.*



## Congratulations!

A big congratulations to Maari Ma's Youth Health Team who recently took out the Outstanding service or project working with Aboriginal young people award at the NSW Youth Work Awards.

**Regan Chesterfield, Tarissa Staker, Kendall Jackman, Dr Aung & Dr Priscilla**—your hard work has paid off, well done!



Tarissa Staker, Kendall Jackman, Dr Priscilla & Dr Aung



Thank you to **Natika Whyman** for collecting the award on behalf of the Youth Health team.



# 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**.

You should see your doctor regularly and develop a **care plan** to manage your health. This plan is called a **GPMP**.

## 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**



**Kaylene Kemp**  
Manager:  
Community  
Engagement



**Kendy Rogers**  
Practice Manager:  
PHCS



## 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  
Podiatry

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

**439-443 Argent Street,  
Broken Hill, NSW 2880**  
**Phone:** 08 8082 9777 **Fax:** 08 8082 9778  
**Web:** [www.maarima.com.au](http://www.maarima.com.au)