October is Mental Health Month. This year’s theme is Learn and Grow.

Nearly half of all Australians (45%) will experience some form of mental illness during their lifetime, and those who don’t will most likely know someone that does. Unfortunately, there’s still a lot of stigma and confusion around the topic and that’s where learning and growing comes in.

It’s important to make sure that as many people as possible know what mental illness looks like and what can be done to treat it – even if it’s not an issue for you right now, it might be one day, either for you or someone you know.

The theme also encourages everyone to learn new and exciting things, as the very act of learning can have many positive outcomes on our mental health and wellbeing – no matter what you choose to learn about.

Raising awareness about Mental Health at Maari Ma

On Thursday the 20th of October Maari Ma Health had a stall set up at our Primary Health Care Service for Mental Health month. This year’s theme is Learn and Grow so staff decided to give away plants for clients to take home and raise. Resources and information were also given out to clients passing through our service.

Thank you to everyone who stopped by for a chat!

Please tell us what you think of our services

At Maari Ma we know it’s important to learn from community feedback. Your feedback is important – good and bad, because we use what you tell us to improve our services.

You can give us your feedback or make a complaint in a few ways:

- Tell a member of staff who you feel comfortable with and they will pass your feedback / complaint on to the right person
- Fill in a feedback / complaint form and drop it into the Primary Health Care Service (you can pick up a form from the waiting room at the Primary Health Care Service or in the foyer of the Regional Office)
- You can send us a message via our website www.maarima.com.au
- You can talk to Kaylene Kemp, Manager of Community Engagement 8082 9888 or Kendy Rogers, Practice Manager 8082 9777.
Ocsober is about giving up alcohol for 28 days in October.

- Binge drinking and alcohol abuse is a growing problem, particularly among young Australians.
- More than one million Australian children are affected by parents and carers drinking.
- Across Australia, 73% of one-punch assaults resulting in fatality involve alcohol.
- Alcohol remains one of the biggest single causes of road deaths and injuries, responsible for 30% of fatalities.
- We want all children to grow up healthy and safe. We believe there’s nothing our youngest generation can’t achieve with the right skills, knowledge and tools.
- Even if you have missed Ocsober this year, you can choose another month to give up alcohol or something else you find it hard to go without.

Mental Health Month
Breast Cancer Awareness Month

Ocsober
4th—31st of October

National Nutrition Week
16th—22nd of October

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 Primary Health Care Service
(Not on during the school holidays)

Cooking group for Parents
10:30am—12:30pm
Thursdays (before Playgroup) at the Maari Ma Child and Family Building
(Not on during the school holidays)

National Nutrition Week is from the 16th to the 22nd of October. The theme this year is “Eat a rainbow” and “Try something new every day”.

Eat a rainbow
Have a bunch of different coloured fruit and vegetables every day to get the greatest variety of beneficial nutrients, PLUS you’ll love the variety of tastes and textures!

Try something new every day
Try a new vegetable, a new recipe, or try eating vegetables in a way that you don’t normally eat them. Or get more bang for your buck by using up ageing veggies, and eating the parts that you usually throw away!

National Nutrition Week at Maari Ma
On Monday, Dietitian’s Jess and Elsie cooked up a storm in the kitchen for both the community and staff. There were healthy wraps and bruschetta, jam-packed full of colourful veggies. The fragrance of the roasted pumpkin quickly filled up the Maari Ma Primary Health Care service. They also made rainbow fruit yoghurt cups as a healthy and easy dessert. Thanks to everyone who also assisted in preparation.

Tuesday it was all about ditching the sugary drink! In the waiting room, there were resources that illustrated how many teaspoons of sugar some popular drinks contained. Water and milk are the recommended drinks as they have no added sugar. Milk also has the additional nutrients of calcium, vitamin D and protein. These were offered to clients in the waiting area for the rest of the week.
White Ribbon is Australia’s only national, male-led campaign to end men’s violence against women. One common myth is that women should just remove themselves from abusive relationships.

There are many reasons women stay in abusive relationships. They include fear that the violence will become worse, financial dependence, social stigma, lack of self-confidence, isolation, religious and moral values, love and commitment and concern for children, family pressures and lack of community support, including affordable accommodation.

A man who is using violence against his female partner typically uses a range of strategies to encourage her compliance and dependence, such as monitoring her movements, destroying her self-esteem, and encouraging her to blame herself for the abuse. These things can make it seem too hard to leave an abusive relationship.

Work and Development Orders

Are you struggling to pay off fines?

Unpaid fines can really hurt. They can result in increasing debt, loss of drivers licence and car registration, some of your wage being taken by the State Debt Recovery Office (SDRO) or property being taken by the Sheriff.

Fines debt can also impact on your health and wellbeing, your relationships and your ability to find employment. It can even lead to further offending and prison.

Now there is a simple solution on how to pay off your fines.

How can Maari Ma Health help you?

Maari Ma is proud to be an approved sponsor organisation in the Work and Development Order (WDO) Scheme.

WDOs allow you to clear your fines through volunteer work, counselling, educational courses or treatment programs. We can support you with your WDO application and we offer treatment programs (drug and alcohol, medical or mental health), case management and counselling at our Primary Health Care Service. We may also be able to support your application for an educational course, counselling or volunteer work with other services.

How much of my debt can I pay off from a WDO?

Fines are worked off at different rates depending on the activity. For example, volunteer work reduces the debt by $30 for every hour worked. A medical or mental health treatment plan, or drug and alcohol treatment, will reduce the debt by up to $1000 a month, as long as you comply with the plan set by our health professionals.

Need more information?

Please contact the Primary Health Care Service on 8082 9777 and ask for Fiona Burrows or Kendy Rogers.
A recipe from After School Cooking Group...

The kids have been busy at After School Cooking Group and recently made traffic light yoghurt parfait.

Traffic light yoghurt parfait

Ingredients:
- Banana
- Strawberries
- Blueberries
- Kiwifruit
- Low fat Yoghurt
- Handful of muesli

Method

1. Chop up fruit
2. Start layering cups: blueberries, kiwifruit, bananas and strawberries with 1 tablespoon of yoghurt in between each layer
3. Top with muesli
4. ENJOY!

Coming Soon to Maari Ma Health

Maari Ma has recently purchased 2 iPads that will sit in the Primary Health Care Service. The iPads will be used for community surveys, as we would love to hear your feedback about our services and programs. Practice Administration staff will direct you to the iPads so you can complete the survey. Please keep in mind that all of the information you provide us with is confidential.

This year our service has expanded with two new programs; Lead and Tackling Indigenous Smoking. Both of these programs form part of the Environmental Health Unit and are based at the Regional Office. We will be recording radio ads to promote these programs soon, so listen out for them. We will also be producing our own TV ads around smoking and how it can affect you and your family. The TV ads will be aired on Southern Cross TV (Channel 7).
Maari Ma Health is giving away free shirts to clients who have had their ATSI Health Check and are up to date with their cycle of care.

ATSI health checks are important and you should have one every year. This health assessment has been developed to ensure that our healthcare system is meeting your needs and the health check itself promotes early detection, diagnosis and intervention for common and treatable conditions like heart disease and diabetes.

Once you have completed your ATSI health check with a health worker and your GP, please go to the reception desk with your orange form and ask for a shirt in your size. If we do not have your size in stock we will order your size in.

If you are due for your ATSI health check, book an appointment with us today on 8082 9777.

---

**National Children’s Week 2016**

Broken Hill Early Childhood Education and Child & Family services are working together to implement a week of activities to celebrate children and highlight the importance of their right to play!

**Come and join in the celebrations!**

---

**Monday 24th**
**Early Childhood Display at Westside Plaza**
Come & talk with local staff about what is available in Broken Hill for preschool, long day care & family day care choices
**9:30 - 4.00**

**Tuesday 25th**
**Reading in the town square**
Come and read a book with your child and show our community it’s never too early to start reading to babies and young children
**10:00 - 11:00**

**Wednesday 26th**
**Children’s Day at Sturt Park**
Come & celebrate the child’s right to play. There will be meaningful play experiences plus morning tea. Activities + food is free!
**10:00 - 1:00**

**Thursday 27th**
**HIPPY @ Maari Ma Child & Family Building**
A time to celebrate the HIPPY program & meet the HIPPY team and other Maari Ma staff. Little kids can have a play!
**11:00 - 1:00**

---

**Because every child in the world has one thing in common. Their rights.**
Breast Cancer Awareness month provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community. Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Breast cancer is the most common cancer experienced by Aboriginal and Torres Strait Islander women and is the second leading cause of cancer death after lung cancer. Research shows that survival is lower in Aboriginal and Torres Strait Islander women diagnosed with breast cancer than in the general population. Finding breast cancer early provides the best chance of surviving the disease.

Remember you don’t need to be an expert or use a special technique to check your breasts. Most changes aren’t due to breast cancer, but it is important to see your doctor at Maari Ma if you notice any changes of concern.

- Information from Cancer Australia

---

Chronic obstructive pulmonary disease (COPD) is one of the leading causes of death and disease. It can be caused by cigarette smoking, passive smoking and air pollutants. For this World COPD Day, let’s spread awareness about COPD and talk about the things that you can do to reduce breathlessness.

It doesn’t matter how far, or how fast you can walk!

Get those sneakers on and WALK FOR COPD with us!

When: Nov 16th at 9am
Where: Gather at Maari Ma Primary Health Care Service for a 1km walk to Kintore Reserve.

BBQ Breakfast from 9:30am at Kintore Reserve—Screening available at the Reserve and PHCS
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/IP/IP sign up. This includes an ATSI Health Check and follow up by a health worker.

Followup care
Our health workers will visit you to talk about your health and see how you are doing 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.