NAIDOC

FAMILY FUN DAY IN THE PARK

This year the NAIDOC Family Fun Day was held on the 28th of September.

The date was changed due to the freezing cold weather we have had over the past few years during July. Having the day in the park during the September school holidays definitely paid off as the weather was beautiful and sunny and so many people were out and about! Lots of families and Elders attended the event in Sturt Park which went from 10am to 3pm.

Maari Ma staff from all teams attended the event to talk to community about our programs and services and of course to offer food, giveaways and information. Dietitians, Jess and Elsie (with the help of other staff members) did a great job of organising and serving the kangaroo curry and quandong stew. The smoothie bike was in action all day and the kids were excited about making their very own smoothies. There were lots of giveaways with packs given out from Early Years/HIPPY, the Lead team, Healthy Start and the Tackling Indigenous Smoking team. A tug of war was held for the kids and each child received a $20 gift card for participating.

All in all, it was a great day! Thank you to all staff who participated in the event and helped set up and pack up and also to our special helpers Harry and Deano.
What's On?

Mental Health Month
Breast Cancer Awareness Month
National Nutrition Week
15th—21st of October
National Children’s Week
21st—29th of October
Lead Poisoning Prevention Week
22nd—28th of October

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) at the Maari Child and Family Building
(Not on during the school holidays)
TACKLING INDIGENOUS SMOKING TRIVIA WINNERS...

Lorna Murray
Lucinda Collins
Kathleen Ebsworth
Melissa Moore & Mervyn Harris
National Children’s Week

National Children’s Week 2017

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 23rd
Reading at The Community Hub - Creeden St
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 11:00 - 13:00

Tuesday 24th
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 - 11:30

Wednesday 25th
Children’s Day at Stuart Park
Come and celebrate the child’s right to play. There will be meaningful play experiences plus morning tea. Activities are tailored to level 10:30 - 1:30

Because every child in the world has one thing in common. Their rights.

Playing with our children should be fun, relaxed, low-pressure and woven into every part of our ordinary daily routines. Play brings you and your child closer together, making them feel loved, happy and safe.

West Darling Arts—Young Regional Artist Scholarship

The NSW Government is offering a total of 25 scholarships for young regional artists and cultural workers to undertake exciting and career-making professional development opportunities. Scholarships are open to artists, performers and arts and cultural workers from all art forms, including dance, design, digital arts, history, Aboriginal arts, literature, music, theatre, screen, curatorial and the visual arts.

Applications open: 4 September 2017
Applications close: 30 October 2017
(Midnight, AEST – Sydney time)

Who can apply?
Individual artists and arts/cultural workers based in regional NSW.
Funding range: Scholarships are valued at $10,000. Please do not request more or less than this amount in your application.

Please note: to apply for funding you will need to complete and submit the relevant application form on the Create NSW online application system.

As soon as you begin an application, Create NSW will be in touch to provide information to help you plan your scholarship program and complete your application.

Create NSW is committed to supporting applicants with disability. Information can be provided in alternative formats upon request (i.e. large print or electronic). If you require assistance with your application please contact Create NSW on the details provided below.

Contact Us
Lachlan Herd, Sector Investment phone (02) 8289 6437 and email: lachlan.herd@creates.nsw.gov.au

Read more about this funding category in the ACDP guidelines.
BASKET WEAVING AT THE BROKEN HILL REGIONAL ART GALLERY

On Wednesday the 20th of September an art class was held at the Broken Hill Regional Art Gallery. Members from the community were invited to come and do some basket weaving 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 Elders, Edna Kelly and Dennis (Bulldog) Williams for attending the first class and to Jamie Billing and Sam Hooker for coming along to support the class.

Jamie Billing grew up in Sydney and Port Macquarie. His mum’s side is from Wilcannia. He has been working and living in Broken Hill for about 16 years now.

Jamie’s first cigarette was at the age of 20. Initially it was an occasional stress-buster, but after about a year Jamie started smoking regularly. The 30 pack-a-day addiction continued until the mid 30’s. Jamie used to work in a pub and on most days would stay back to be with friends and family. Constant exposure to the pub culture made it hard to quit and even lead to an increase in the number of cigarettes he smoked. However, when Jamie started to notice the health effects from smoking, he decided it was time to quit!

The first quit attempt was about 10 years ago and Jamie stayed smoke free for 3 good months. However, the pub culture lead to a relapse. With each quit attempt, Jamie became more determined to quit. He left his job at the pub, saw a GP at Maari Ma Health and was put on Champix. He stayed on Champix for about 9 months until he was absolutely confident about coming off it and that was it! Jamie has been smoke free ever since, which is 9 years now and that’s why Jamie you are our hero!

Jamie’s family and friends supported him throughout the process. Those who smoked respected and supported his decision to quit. Each time someone challenged him about relapsing, Jamie turned it around with his determination and proved people wrong.

Jamie’s message for youth is, “Never give into the peer pressure. Make sure to be aware of what smoking can do to your body. Things we don’t see as a big deal when we are young, become a big deal when we get older.”

Jamie’s message to all the men in the community is, “Besides affecting your finances and your health, smoking will also reduce the chance of you enjoying other things in life.”

Jamie’s top tips for those trying to quit; to beat the urge, try to find something else to do. The cravings go away as quick as they hit you. Also, don’t fall into the trap of thinking smokes relieve stress and never feel bad if you have a smoke while you are trying to quit – EVERYONE does it!
Maari Ma Staff Update

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

Meg Hurst joined the Dental team as a Dental Therapist. Meg has had 12 years experience and used to work for the Greater Western AHS as a dental therapist. She has spent the last six years working as a Family Worker for CentaCare. She said she is very excited to be getting back into dental!

Welcome to Frank Oates who started with us recently as a Project Support Worker in the Community Safety Research Project team. Frank joins Lukkas Dunlop and Kendi Turley to work on Kalypi Paako Mirika: Clear River Ahead Healing Program Far West NSW. All the best Frank!

Daniel Jackman has started in a new role at Maari Ma. He is now the Coordinator of Quality Improvement and Support working in the Outback Division of GP’s Chronic Disease Management and Prevention Program support team. The aim of the program is to improve chronic disease prevention and management. Good luck in your new position!

Broken Hill Mixed League Tag
For Boys & Girls Aged 5-13
(Born 2004 - 2012)

Sessions Two to Seven, Phase Two 2017
Every Monday, 5.30pm – 6.30pm at Lamb Oval
Starting October 16, 2017, continuing October 23, 30 & November 6, 13 & 20

SIGN-ON SESSION (for new players) and Session One
Wednesday, October 11, 4.00pm – 6.00pm @ West Football Club
In conjunction with Broken Hill ORL Community Games Day

TO REGISTER: follow the link:
https://membership.sport4g.com/regoform.css?
aID=61E38pkey-ybda003h100a-10ak10021bk2370fba9yID-298030[formID]=32641
Or complete an MHE Hard Copy Registration Form at a session

For more information, contact Lyndon Pace
outbackrugbyleague@gmail.com

SKILLS, TAG, FUN FOOTY, FRIENDSHIP
October is Breast Cancer Awareness month.

**What is Breast Cancer?**
Breast cancer is the most common cancer in women in Australia. Breast cancer occurs when abnormal or damaged cells grow in an uncontrolled manner and a tumour is formed. Most tumours start in the milk ducts which carry milk to the nipple. Both men and women can develop breast cancer although it is less common in men.

**Breast Cancer Risk Factors**
- Being female
- Age
- Family history
- Previous breast cancer issues
- Genetics
- Hormones
- Women who began menstruation early or experience menopause later in life
- Lifestyle e.g. weight issues, high consumption of alcohol
- Hormone replacement therapy
- Increased breast density (measured by a radiologist)

**Symptoms**
In the early stages of breast cancer there may be no symptoms at all. As the cancer grows, symptoms can include:
- A new lump in the breast, armpit area or around the collarbone.
- A change in breast size or shape.
- Changes to the nipple, such as sores or crusting, an ulcer or inverted nipple.
- Clear or bloody nipple discharge.
- Changes to the skin including redness, puckering or dimpling (an ‘orange peel’ appearance).
- Breast tenderness or pain.

**Information from Breast Cancer Trials**
You don’t need to be an expert to check your own breasts. Most changes are NOT due to breast cancer, but it is important you see your doctor at Maari Ma if you are concerned about any changes.

**National Nutrition Week**
October the 15th to the 21st marks National Nutrition Week. This year’s theme is to discover new ways to add veggies every day through Eating a Rainbow and trying something new. Have a bunch of different coloured fruit and vegetables every day to get the variety of nutrients, PLUS you’ll love the variety of tastes and textures! Try a new vegetable, a new recipe, or try eating vegetables in a way that you don’t normally eat them. There will be a smoothie recipe, healthy food and information available in the Primary Health Care Service waiting room.
White Ribbon

White Ribbon is Australia’s only national, led male campaign to end men’s violence against women. One common myth is violence doesn’t impact on children. They don’t remember it and are too young to understand what is going on.

The reality is that children can be physically and emotionally harmed by violence at any age. It impacts on children’s self-esteem, confidence, education and their future relationships. Children may learn violent behaviours and continue them as an adult. Or they may think violence is normal and continue to experience it as adults. With the right help and support, children can recover.

Maari Ma Health is an accredited White Ribbon Workplace and we will be holding a fundraising event for White Ribbon soon at the Coles Supermarket carpark (watch this space!). We are aiming to raise funds to provide to White Ribbon Australia by having a BBQ and selling cakes. Our committee also aims to raise awareness about domestic violence against women and how we can be active bystanders. Please come and join us to raise awareness about this issue.

SEPTEMBER’S RAFFLE WINNER

The winner of this month’s Community Survey Raffle Draw is Bev Hall. Congratulations Bev and thank you for giving us your valued feedback.

If you would like to enter the raffle draw to win a $50 Gift Card, complete our Community Survey today!

The Community Survey is your chance to tell us what you think about the services Maari Ma provides.

You can complete the survey on the iPads in the Primary Health Care Service. Your answers will be anonymous.

If you have any questions, please feel free to ask Practice Admin.

6 Week Challenge, Are You Up For It?

“One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain’s response to stress.”

Join Maari Ma for a 6 week Challenge of making 10,000 steps daily.

Walking group from 9.30am for an hour every Tuesday and Thursday for 6 weeks starting Tuesday 24th of October.

Every participant gets a FREE pedometer to track your daily steps

At the end of the 6 Week Challenge, Amazing Prizes will be given to the Winners with the most steps!!

Please contact Kayelene Crossing, Primary Mental Health Worker at Maari Ma on 8082 9777 to sign up!
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/IPPI 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.

Maari Ma Primary Health Care Service

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.

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