



# Maari Ma Health Aboriginal Corporation

## Community Newsletter

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### Maari Ma Primary Health Care Service

"Improving Aboriginal health  
and closing the gap"

Broken Hill, NSW

# Happy Father's Day

*He never looks for praises  
He's never one to boast  
He just goes on quietly working  
For those he loves the most  
His dreams are seldom spoken  
His wants are very few  
And most of the time his  
worries  
Will go unspoken too  
He's there... A firm foundation  
Through all our storms of life  
A sturdy hand to hold to  
In times of stress and strife  
A true friend we can turn to  
When times are good or bad  
One of our greatest blessings,  
The man that we call Dad.  
— Karen K. Boyer*

Father's Day is a special day where we show our appreciation for our fathers, grandfathers, uncles or other males who have had an important role in our lives.

**Maari Ma would like to wish all father figures in our community a very Happy Father's Day!**

### Father's Day Raffle

The Father's Day raffle was drawn on Friday the 2nd of September by Justin Files. Prize winners were:

**Quentin Cattermole** — won the \$200 Shannon Electric's voucher

**Adam Lynott** — won the hose reel from Globe Timber & Hardware

**Peter Crossing** — won the cinema tickets from Silver City Cinemas

**Lisa Kelly** — won the rod and reel from Spot On Outdoors

**Teddy Hart** — won the basket of men's products

**Congratulations to our winners and a big thank you to all businesses that donated the prizes for the raffle, as well as staff who made donations. We were able to raise \$330 which will go directly to White Ribbon Australia.**



Teddy receiving his prize from Justin Files

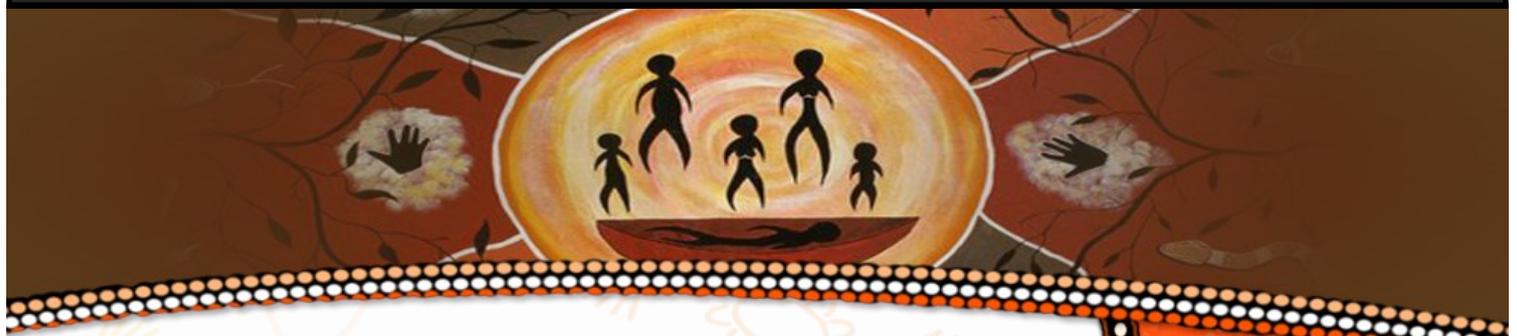
## Please tell us what you think of our services

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](http://www.maarima.com.au)
- You can talk to Kaylene Kemp, Manager of Community Engagement 8082 9888 or Kendy Rogers, Practice Manager 8082 9777.

**If you have a serious complaint about our health care services and you'd rather talk to an independent body you can talk to the Health Care Complaints Commission free phone call 1800 043 159 ([www.hccc.nsw.gov.au](http://www.hccc.nsw.gov.au))**



## Elders' Birthdays

In this issue we have a special birthday wish for two of our Elders.

Dennis (Bulldog) Williams turned 69 on the 5th of September and we hope he had a great birthday.



Barbara Allen

Happy Birthday to Barbara Allen who turned 81 on the 13th of September.

**Congratulations Bulldog and Barbara, and best wishes from everyone at Maari Ma.**



Dennis (Bulldog) Williams in his younger years



Dennis (Bulldog) Williams

## What's On?

### Father's Day

Sunday the 4th of September

### RUOK? Day

Thursday the 8th of September

### World Suicide Prevention Day

Saturday the 10th of September

### National Child Protection Week

4th–10th September

### Women's Health Week

5th–9th September

### 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)*

## New Bubs!

Maari Ma would like to welcome one new bub into the community this month.

Congratulations to **Francescia Etrich** and **Ross Graham** on the safe arrival of baby girl **Shakaila Etrich-Graham**. Shakaila was born on the 12th of August at 10:28am, weighing in at 3470 grams, with a length of 49cm. Siblings Kasey and Izaiah were very excited to meet their baby sister.

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



Baby Shakaila



Each year the International Day of Peace is observed around the world on 21 September. The Day's theme for 2016 is "The Sustainable Development Goals: Building Blocks for Peace." As part of this important international day, the Early Years and HIPPY team will be engaging with local Aboriginal families with children aged three who utilise all of Maari Ma's services on an excursion to visit local Early Childhood Education and Care services.

### The aims of the excursion are:

- To increase awareness of locally available early childcare choices
- To learn information about local services

- To promote the importance of early childhood experiences from birth to 5 years
- To promote the importance & value of play in early learning
- To encourage parents/carers to engage in conversations around the importance of the early years
- To encourage parents/carers to access quality early childhood experiences
- To improve children's learning before entering kindergarten

Healthy development in the early years provides essential building blocks for a child's future. Educational achievement, economic productivity, responsible citizenship, lifelong health, strong communities, and successful parenting of the next generation, are areas where healthy development can provide a strong foundation for children.

# After School Cooking Group

The kids have been busy at after school cooking group and recently made rissoles with mashed potato which could be smelt throughout the whole Primary Health Care Service building!

The first step was to prepare the vegetables to go into the rissoles and Isaac did a great job grating the carrots while Thierry peeled potatoes. Hannah grated 2 huge zucchinis and Latoya's eyes were watering from cutting up a very strong onion. Elliot and Jaidah joined in and helped to cut up the capsicum and potatoes.

The chopped potatoes went into the pot to boil whilst the remaining vegetables were mixed in with the mince, breadcrumbs, eggs and herbs to form the rissole mixture. All of the kids had a go at rolling the mixture into balls and Rickie did a fantastic job of cooking the rissoles, using tongs which were the "utensil of the week". Elliot mashed the potatoes, ready to be served with the rissoles.

The kids all enjoyed the food that they helped cook and once all of the food was eaten and the kitchen was cleaned, everyone received their own set of colourful tongs to take home.



# Active Kids

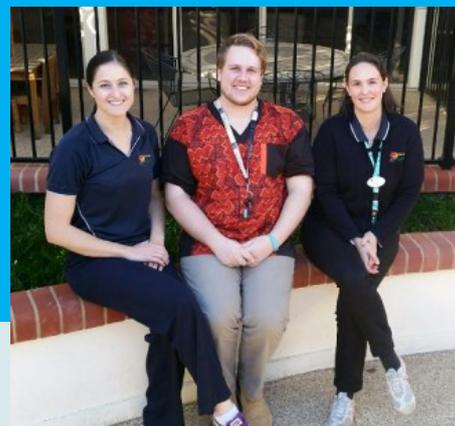


The kids have been enjoying the Active Kids Program at the PCYC which started last term. They have been learning how to play all sorts of different games and sports and also learning how to work as a team. The program was designed to encourage kids to be active after school and teach them the important role physical activity plays in having a healthy lifestyle.

# Maari Ma Dental Team Reaccredited

We would like to congratulate our Dental Team on their reaccreditation. Maari Ma received Dental Accreditation for the first time 2 years ago and it is important for our clients to know that we are able to provide their children with quality care in a safe environment.

Well done **Erin, Tylene** and **Penny!**



L to R: Penny, Tylene & Erin

## Feedback from a community member about our Dental Service

Maari Ma recently received an e-mail from one of our clients who was very appreciative of our dental service and the service they received from Oral Health Therapist, **Tylen Bert** and Dental Assistant, **Penny Billings**. The family could not praise them enough for their kind and gentle approach towards their daughter during her treatment. They described Tye as “an absolute gentleman and terrific professional man” who explained what he was doing and helped their daughter feel relaxed. The family said that at every appointment Penny comforted their daughter. They said she ... “held her hand, constantly spoke to her and reassured her at every point. It’s very hard for a parent to sit there and watch this happen to your child, but Tye and Penny reduced my stress. I cannot thank them enough, this is why I have sent this e-mail to you. This reiterates the great work that people in our community do and are rarely recognised for.”

**Thank you Tylene and Penny—your hard work and dedication to the program does not go unnoticed!**

## Is Your Child Ready for Big School?

*If you have a four or five year old you’re probably wondering about when and where to send your child to school.*

Children can start kindergarten if they turn five on or before July 31 in that year, and children must be enrolled in school by their sixth birthday. But age isn’t the only consideration; making sure your child is socially and emotionally ready for school is very important.

So how can you tell if your child is ready? The following list of questions may help you to decide:

- Can they make a decision and follow through on it?
- Do they have ideas of their own?
- Can they follow two or three instructions at the same time?
- Can they move on to new activities easily?
- Do they separate well from their parent / family?
- Do they show interest in and interact with other kids?
- Can they recognise and express their feelings and needs?
- Can they concentrate on a task?
- How do they deal with frustration?

If your child is going to pre-school, talk to their teacher, they should be able to tell you if they think your child is ready. There is nothing wrong with holding your child back a year; many children benefit from an additional year at preschool.

Orientation days for children starting kindergarten in 2017 will be run in October and November. Orientation days give children and their families a chance to look around the school and have their questions answered.

It is important that you enrol your child at their zoned school. Zoning is based on your child’s home address.

**Please contact Sissy Cearnis (Aboriginal Education Officer) or Julie Philp (Aboriginal Student Liaison Officer) at the Broken Hill Education Office on 8082 5700 for more information or assistance.**



# Life & Light in the Western Region Photo Competition 2016

“Rocks, Rust, Stars & Dust”



\$4150 in prize money to be won including \$500 “People’s Choice” award

**FREE TO ENTER - OPEN ALL AGES**  
**Entries close 30th September 2016**

**For more information please visit:**

<http://western.ils.nsw.gov.au/resource-hub/photo-competition>  
or contact Martha Gouniai on 0449 956 819

## Staff Update

Maari Ma would like to welcome one new staff member this month.

**Kendall Jackman** started with us recently as a practice nurse as part of our clinic team. Kendall used to work for us around four years ago and has been working at the Coonamble AMS, Walgett AMS and the Western NSW LHD as a women’s health/sexual health nurse. We are more than happy to have her back!

Last month, Maari Ma said goodbye to **Bilyara Bates**. “B” had been with us for 3 years and will now be working at Warra Warra Legal Service. He will be missed by staff and the little ones at Playgroup and we wish him all the best for the future.

This month, Maari Ma farewelled our Community Midwife, **Bryn Stables**. Bryn is retiring and we wish her all the best and thank her for all the great work she has done in the Broken Hill community as well as the Wilcannia community.



Kendall Jackman



Bryn Stables



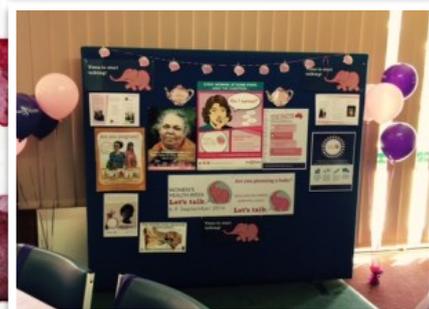
Bilyara’s last day at Playgroup



# Women's Health Day

Jean Hailes Women's Health Week was from the 5th to the 9th of September and it is a week dedicated to improving the health of all women across Australia. Maari Ma held a Women's Health Day on Wednesday the 7th of September at Broken Hill Community Inc.

The theme of the day was "Let's talk". We had clinicians available throughout the day to talk about women's health and general health with community members and were lucky to have Breast Care Nurse, **Jo Bevan** and **Sharon Grace** from Australian Hearing to talk about breast care and hearing screening/testing. Maari Ma's Chair of the Board, **Mauren O'Donnell** did the welcome to country. A photo booth was also available on the day which everyone had a lot of fun with.



**Thank you to the ladies who attended the day and thank you to all staff who helped make this day possible!**

# Respiratory Clinic

Maari Ma now has a visiting respiratory physician, **Dr Simone Barry**, who visits our service every 3 months. A respiratory physician is a doctor who specialises in managing patients with conditions that affect their lungs. Some of these conditions include asthma, COPD and sleep apnoea.

**What to expect when you have an appointment with the respiratory physician:**

## History

Dr Simone will ask you some questions about your illness such as how it developed, triggering factors, your symptoms and the effect of any previous treatments you may have had.

## Examination

Dr Simone will then examine your heart and lungs. This is done using a stethoscope and she will listen to your breath sounds to get some ideas about what is causing your illness and how severe it is.



**If you are worried about your asthma, COPD, sleep apnoea or are having trouble breathing please see your doctor at Maari Ma and they will refer you to Dr Simone.**



# NSW Children's Week

## 22 Oct – 30 Oct 2016

**Celebrate the right of children to enjoy childhood.**

The theme for Children's Week this year is on Article 17 from the UN Convention on the Rights of the Child: "Children have the right to reliable information from the media." Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. Broken Hill Early Childhood Education Sector 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.

**Watch this space for more information about NSW Children's Week!**

**RUOK?**<sup>TM</sup>  
A conversation could change a life.

Thursday the 7th of September was RUOK? Day. All around Australia, RUOK? Day encourages us to check in with our family and friends to see how they're doing. A lot of the time it can be really hard to know how someone is feeling and the only way to learn is to ask them. Having this conversation is really important and will help to reduce suicide rates as more and more people going through tough times feel safe to talk about what they're experiencing. It can be a tricky conversation to have, so find a way that suits you and roll with it.

**If you are unable to talk to family or friends, Maari Ma Health has many health professionals who can help you. Call us on 8082 9777 to book an appointment.**

## World Suicide Prevention Day

A walk "OUT OF THE SHADOWS and into the light" was held on Saturday the 10th of September which is World Suicide Prevention Day. The walk was organised by Lifeline and aimed to raise awareness to remember those lost to suicide, and to unite in a commitment to prevent further deaths by suicide.

**Thank you to Maari Ma staff who attended the walk!**



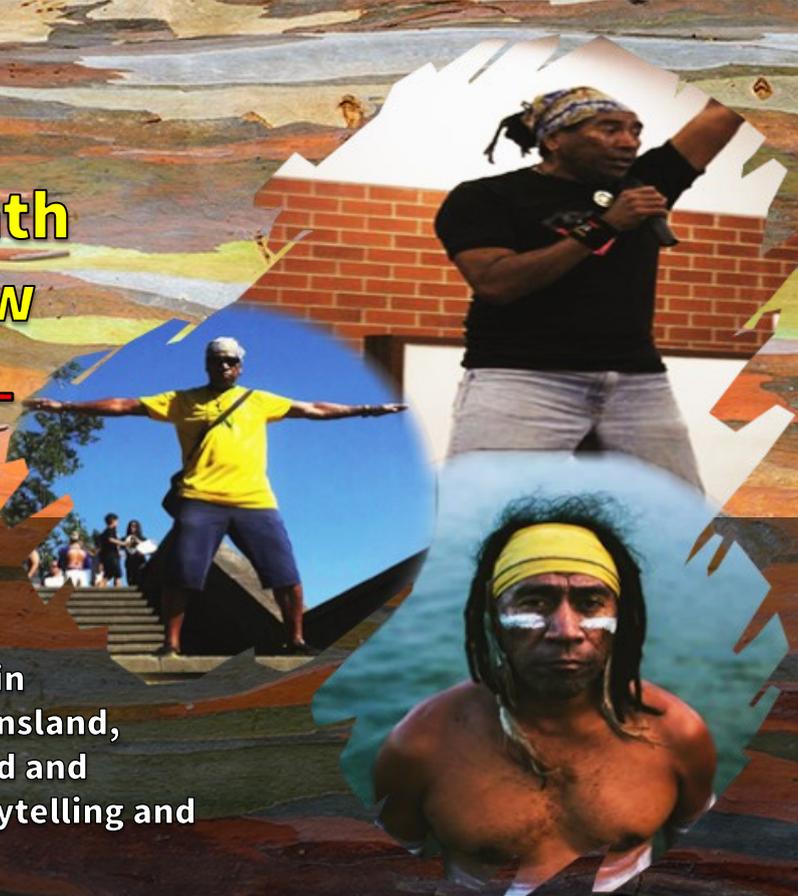
# Save The Date

## Mental Health Month 2016 Learn & Grow

### Our Mob - Our Culture - Our Strengths

Guest performer Dion Drummond

Dion—Moogera is of Aboriginal and Torres Strait Islander descent. Born in Kuku-Yalangi Land—Mossman, Queensland, Dion shares traditions from mainland and island culture through dancing, storytelling and singing



#### DARETON

Wentworth Football Club  
11th October 2016  
Doors open 12pm

#### BROKEN HILL

Community Hall  
12th October 2016  
Doors open 5:30pm

#### WILCANNIA

Community Hall  
13th October 2016  
Doors open 5:30pm

#### MENINDEE

Community Hall  
14th October 2016  
Doors open 5:30pm

**Free Entry, Healthy Meal, Free giveaways and Door prizes**

## Maari Ma's Tackling Indigenous Smoking (TIS) Team visit Alesco

On Tuesday the 6th of September the TIS team went to the Alesco Far West Learning Centre to talk to the Year 9, 10 and 11 students about smoking and its effects on the body. This is one of the first of many education sessions that the team will do with the kids. Visual aids were used so the kids could see how smoking has an effect on many parts of our bodies, not just our lungs. The kids were interested to see that smoking can cause hair loss, wrinkles and lots of dental issues! Information packages were left with the teachers for students who would like some help to quit or for those who have a friend or family member who they would like to help quit.



*Project Officer—Tobacco Control, Anshul Kaul, delivering the sessions*

# 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**

Maari Ma's Cycle of Care

## 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 a 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



**Kaylene Kemp**  
Manager:  
Community  
Engagement



**Kendy Rogers**  
Practice Manager:  
PHCS



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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