HAPPY FATHER’S DAY

Sunday the 3rd of September was Father’s Day. 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.

We hope all father figures in our community had a great day!

BULLDOG TURNS 70!

Maari Ma would like to wish Dennis (Bulldog) Williams a very Happy 70th Birthday! Bulldog celebrated this special milestone on the 5th of September. He had a great day spent with family and friends.

The Tackling Indigenous Smoking team invited Bulldog to come in to the Primary Health Care Service so they could give him a special cake and a gift.

Bulldog is a community ambassador for the Tackling Indigenous Smoking program and has supported many members in our community on their journey. He has been open in sharing his quit story with us and the community, and he appreciates how smoking can affect your health and your family.

The Tackling Indigenous Smoking team would like to thank Bulldog for the work he has done with us so far and we hope he will continue to support our program and our Yarning Group.

Mental Health Month/ Is your Child Ready for big School?
Launch of the Chronic Disease Strategy Evaluation Report
Active Kids / After School Cooking & Craft
Community Survey / Children’s Week
R U OK Day
Staff Update / International Day of the World’s Indigenous People
Respiratory Clinic / Lee-Ann’s Quit Story

Maari Ma Primary Health Care Service
“Improving Aboriginal health and closing the gap”
Broken Hill, NSW
OCTOBER IS MENTAL HEALTH MONTH!

This year’s theme is “Share the Journey”. Connecting with others is so important for our health and survival. Research tells us that feeling connected, valued and loved by others gives us a sense of security, support, purpose and happiness. Close connections and good relationships with others allows us to enjoy the good times in our lives and helps us deal with the hard experiences we face and this is important for all of us! Unfortunately in today’s society, we have many demands on our attention and time, and more people experience loneliness in Australia than ever before. For those experiencing or living with mental illness, loneliness can be far worse as individuals can face social exclusion, stigma and discrimination. As social beings, this can affect all aspects of our wellbeing.

- Information from Way Ahead Mental Health Association NSW

To raise awareness around mental health in our region, comedian, Kevin Kropinyeri will be doing shows in the following towns:

- Dareton on the 10th of October
- Broken Hill on the 11th of October
- Wilcannia on the 12th of October
- Menindee on the 13th of October

Kevin Kropinyeri is an Indigenous comedian from Australia and is fast becoming one of Australia’s leading Aboriginal stand-up comedians. This will be a fun night out for all families and food and drinks will be supplied. Giveaways including showbags and door prizes will be given out on the night.

Watch this space for more information and as Kevin would say, “Stay deadly”!

What’s On?

Father’s Day
Sunday the 3rd of September

RUOK? Day
Thursday the 14th of September

World Suicide Prevention Day
Sunday the 10th of September

National Child Protection Week
3rd—9th September

Women’s Health Week
4th—8th September

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 Ma Child and Family Building
(Not on during the school holidays)

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 preschool, 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 2018 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 Cears (Aboriginal Education Officer) or Julie Philip (Aboriginal Student Liaison Officer) at the Broken Hill Education Office on 8082 5700 for more information or assistance.
On Friday the 19th of August, our Chronic Disease Strategy Evaluation Report called Opening Doors was officially launched by the Federal Minister for Indigenous Health, Ken Wyatt AM MP.

The Western NSW Primary Health Network also launched their Cultural Safety Framework at this event which was attended by Chairman, Tim Smyth and Western NSW Primary Health Network Aboriginal Council Chairperson, Smiley Johnstone.

Our Chronic Disease Strategy was implemented over 10 years ago aimed at improving the lives of Aboriginal people in Far West NSW. The evaluation report shows how far we have come in last 10 years reguarding our services and community engagement.

All staff who have worked at Maari Ma over the years have helped contribute to our Chronic Disease Strategy and it was great to see some of these staff members attend the event.

Maari Ma would like to thank our special guests for attending, the Western NSW Primary Health Network, and our current and past Board members for their attendance and continued support of our work. Also a big thank you to our entertainment from Wilcannia; the Barkandji dancers.
ACTIVE KIDS

The Active Kids program is up and running again this term and Aboriginal Health Practitioner, Samuel Hooker came along to assist. A few games were played at the beginning of this session to increase the kids’ heart rate.

Firstly everyone was divided into two teams and you had to flip the opponent’s cones. The next game involved stealing blocks from each other’s hoop. Then everyone played crows or cranes where the kids had to run to the other side of the hall when the word is called out.

The session ended with Around the World shooting basketball hoops outside and then a run around the bike track. The kids were worn out by the end of the session and it was awesome to see them all engaged and cheering each other on.

After School Cooking & Craft

This term’s new theme, native foods, has been quite successful. The kids have been enjoying learning about the native ingredients and cooking with them. Recently the kids cooked with lemon myrtle. No one had cooked with it before. Dietitian, Jess let them smell the herb and they all liked the smell.

To incorporate the native food, they baked lemon myrtle cake. It was great to see the kids show independence by washing their hands and grabbing all of the ingredients from the pantry and fridge.

They then followed the method step by step - whisking the batters, folding in the lemon myrtle and spooning them into the baking tin. It was great to see the older kids help the younger ones with measurements and Jess even taught them about fractions. While they waited for the cakes to rise in the oven, they grated 3 lemons and made a quick lemon syrup to pour over the cakes. Washing up was finished in no time due to incredible team work!

The kids also enjoyed today’s craft activity painting with quandong stones and human-shaped stickers that they were able to take home with them after the program.
AUGUST’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.

The year’s National Theme 2017 UNCRC Article 29 is "Education should develop each child’s personality and talents to the full. It should encourage children to respect their parents, their cultures and other cultures."

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.

Watch this space for more information on activities that will be held during Children’s Week this year!

Education has the power to transform children’s lives.
R U OK Day is on Thursday the 14th of September. 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.

Got a niggling feeling that someone you know or care about it isn’t behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they’re just not themselves. Trust that gut instinct and act on it. By starting a conversation and commenting on the changes you’ve noticed, you could help that family member, friend or workmate open up.

Here’s some simple steps that could change a life:

1. Ask
2. Listen
3. Encourage action
4. Check in

Before you can look out for others, you need to look out for yourself. And that’s ok. If you’re not in the right headspace or you don’t think you’re the right person to have the conversation, try to think of someone else in their support network who could talk to them.

-Information from ruok.org.au

If you are unable to talk to family or friends or know someone that might need help, Maari Ma Health has many health professionals that can help you. Call us on 8082 9777 for more information or to book an appointment.

SUICIDE PREVENTION WORKSHOP

Wesley LifeForce will be conducting a Suicide Prevention Workshop at Lifeline Broken Hill – 194 Argent St, Broken Hill NSW 2880 on Friday 29 September 2017 from 9am to 4pm. There is no charge to attend the workshop.

The program helps participants recognise when a person may be having thoughts of suicide, and provides a simple strategy to intervene and assist them.

If you are interested in attending this workshop, please register on the website:

The training is open to community members aged over 18 years. Each participant will receive a certificate of attendance as well as support materials.

Morning Tea will be provided.
Maari Ma Staff Update

Maari Ma would like to welcome two new staff members this month. Lukkas Dunlop and Kendi Turley started with the Community Safety Research Project team as Project Support Officers and will be working with Manager, Marsha Files on Kalypa Paaka Mirika: Clear River Ahead Healing Program Far West NSW. Two more Project Support Workers will also be starting work soon and will be working on the Healing Program. All four will undergo training by Marsha and be ready to deliver the Healing Program in October. It’s an eight week program for participants incorporating individual and group sessions that include coping mechanisms for stress and trauma. It will be available in three communities - Broken Hill, Wilcannia and Menindee, and will allow for healing in a safe and supported environment.

INTERNATIONAL DAY OF THE WORLD’S INDIGENOUS PEOPLE

This day was celebrated on the 9th of August. This year’s theme was 10th Anniversary of the UN Declaration on the Rights of Indigenous Peoples.

Families that are part of Maari Ma’s HIPPY program were invited to the Child and Family Building for a roast lunch and a screening of a series of Maari Ma produced Human Rights Agenda films.

Thank you to all of the staff who were involved in the event and to Maureen O’Donnell for her Welcome to Country.

A big thank you to all families who attended!
RESPIRATORY CLINIC

Dr. Simone Barry is a respiratory physician (lung specialist) who visits Maari Ma every second month. Dr Simone helps our community with lung conditions like severe asthma and COPD and people who suffer from sleep apnoea, which is a condition where people can stop breathing for short periods of time while they are asleep.

Some patients also require a Spirometry (lung function) test before seeing Dr Simone. Aboriginal Health Practitioner, Jamie Billing conducts this test and he also yarns with patients about their current medication puffers and gives patients a new free spacer once a year.

What to expect when you have an appointment with the Respiratory Physician:

History
Dr Simone will ask you some questions about your illnesses 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 or sleep apnoea or are having trouble breathing please see your doctor at Maari Ma and they will refer you to Dr Simone.

Lee-Ann Adams is from Silverton which is about 26 kilometres outside of Broken Hill. She was born and raised in Penrose Park with her mum, dad and her siblings.

Lee’s first cigarette was the one she stole from her Dad at the age of 13 years. Fortunately or unfortunately, he finally caught her smoking after a year. Her best friend had started smoking around that time (she used to get her cigarettes from her mum!), so Lee-An wanted to try cigarettes too.

It wasn’t until Lee turned 20, the addiction set in. The alcohol especially led to smoking becoming more regular.

Lee first tried to quit in 2006 and even though she has had about 3 or 4 relapses, she is still trying. Lee’s mantra is, “Never give up on giving up,” and that’s why Lee, you are our hero!

Her daughter Nellie, is her biggest reason to quit as well as her support system during her quit journey. Nellie constantly reminds Lee that she wants her to be around, and we couldn’t agree more with Nellie! Lee’s grandkids are her second reason to quit. She wants to be around to see them grow up.

In 2015, Lee closely worked with Jenny Walters on smoking cessation. Since then, not only has her smoking reduced immensely, Lee has been feeling much better too. Lee is planning to jump back on the Smokers Program and quit completely. She has also reduced her alcohol intake to keep the smokes to a minimum because that’s a trigger for her.

Currently, she doesn’t smoke more than one or two cigarettes when at work, or if at home and with not much to do. Lee had identified her triggers which in itself is a very big step! When away for work, she always has her patch on!

Friendly reminder—Remember to put your NRT patch on!

Lee’s message for youngers, “Try to quit NOW, have a yarn with someone NOW, before it gets really hard.” Quitting isn’t as easy as we think.

Lee’s message for the mums out there, “Seek help now because later could be too late.” We need to be good examples for our kids and live longer to be here for our future and so we can be here for our kids and for our kids’ kids.
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.

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.

Maari Ma Primary Health Newsletter

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

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