

Aunty Dodie EXPANDS HER CAREER AND WE WISH HER ALL THE BEST!



Ann Currie, who is also respectfully known as "Aunty Dodie", has been a tireless advocate for children and the community in her roles with Maari Ma.

Aunty Dodie gained her Certificate 3 in Community Services during her time with WINGS and then the Strong Young Families program.

We now wish Aunty Dodie all the best for her future ventures and express our thanks for all her dedicated work while working with Maari Ma.



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Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"
Broken Hill, NSW



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STRONG YOUNG FAMILIES

With the rain and the time spent at home with our families, it is a great opportunity to work on your garden. Over the years Maari Ma has supported many gardening programs. The Drop In has planted garden beds at different times, and we supported families to grow plants and cuttings from the Courthouse cafe venue.



Now is a great time to put all that knowledge into action. If you need seeds for your garden, in a couple of weeks the Strong Young Families program will be out and about sharing seeds. In the meantime, you can call **Louise** to link you to a service that supports any of your needs on: **0417 830 040**.

Louise said she would like to thank everyone that came to our first gathering at the Redie meeting rooms. The kids enjoyed exploring the back yard and mums and bubs did hula hooping. It was a sad time because of the ongoing sorry business but people are strong because they know the children's future is going to be very different from our past.

We all want to find ways to do the things that give us those simple happy memories. Let nature guide you, find the little moments in your garden, look up at the big sky and be grateful for whatever you have at this moment. Talk to the ancestors and remember all the good times. We look forward to making more good times with you when this unusual time turns into something none of us have yet imagined. Use all your positive thinking to imagine something better than the ancestors dreamed for us and do everything you can to keep family safe in these difficult times.



**In case of an emergency:
Get out, Stay Out and Call Triple Zero (000).**

Visit fire.nsw.gov.au/winter for more fire safety tips.

Or call Broken Hill Fire Station on
(08) 8087 2233



PLAYGROUP

Playgroup had a special day, held in early August when dietitian Arnika came to town with 30 slow cookers.

Because of Covid restrictions, the community dinner was canceled and Arnika wanted to find new ways to support healthy cooking for families. With Stew being a favorite for everyone, the playgroup mums had a laugh adding some new ideas to these traditional recipes.

Everyone was so happy to receive the ingredients, recipes, and slow cooker. One man said, "When do we have to return it". Other people said they were going straight inside to cook up dinner for their family.



Dietitian Arnika preparing ingredients for the 30 slow cookers.



Vaping is O'cious Not Delicious **JUST DON'T START**



- Vaping is just as bad as smoking
- Vaping is bad for your heart and lungs
- Vaping still contains many poisonous chemicals
- Vaping is just addictive as smoking
- Vaping is just as hard to quit as smoking

MAARI MA Cycle of Care

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 a follow-up by a health worker.

Follow-up 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 Primary Health Care Service

Improving Aboriginal Health & 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 2017 Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.



Kendy Rogers
Service Manager:
PHCS

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
Optometrist
Psychiatrist
Child and Adolescent Psychiatrist
Pain Specialist

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