

MAARI MA CEO, *Bob Davis*

Each year at Maari Ma, our staff join together for a day of sharing achievements, highlighting programs and looking ahead to the future. This year we gathered at the Broken Hill Civic Centre and welcomed as our guest speaker one of our former CEO's, **Richard Weston** who has recently become CEO of the Secretariat of National Aboriginal and Islander Child Care (SNAICC).

had staff this year graduate with Cert IV in Allied Health and Dental Assisting, Diploma of Aboriginal Specialist Trauma Counselling and Bachelor of Social Science – Social Welfare.

During the year we also started our fourth group of Aboriginal health trainees who will graduate next year. A number of our programs received state award nominations this year. In



SNAICC is the national non-government peak body in Australia representing the interests of Aboriginal and Torres Strait Islander children. They have launched a program called Family Matters – a national campaign to ensure our children and young people grow up safe, and cared for in family, community and culture. At our staff meeting we were very pleased to officially join this campaign and commit to the Family Matters goal of eliminating the over representation of Aboriginal and Torres Strait Islander children in out-of-home care.

During the past year we have welcomed partnerships with Deadly Choices and Deadly Blues and as our connections with other organisations continue to grow, we are able to offer our communities increased opportunities and avenues to achieving improved health outcomes. Our staff are the pillars of our organisation – always working for you our clients and communities, and we are proud of their professional achievements. We have

the competitive awards' environment to be successful in nominations is a great achievement and we celebrated the recognition of WINGS for its nomination at the NSW Youth Work Awards and Marrabinya's nomination in the national Dreamtime Awards.

Our work is centered wholly around you – our communities, and at our staff meeting this year we launched our Cultural Competency Framework so that we can provide services to you that are of the highest quality for Aboriginal people in our region. So as another year draws to a close, we look forward to the opportunities that 2020 will bring and we look forward to providing you with health, social and emotional care delivered within our cultural framework.

On behalf of our Board of Directors and all staff I wish you a safe and happy Christmas. Our doors will close 5 pm Monday 23rd December and re-open Thursday 2nd January. We look forward to seeing you next year.



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Maari Ma Cycle of Care



Maari Ma Primary Health Care Service

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



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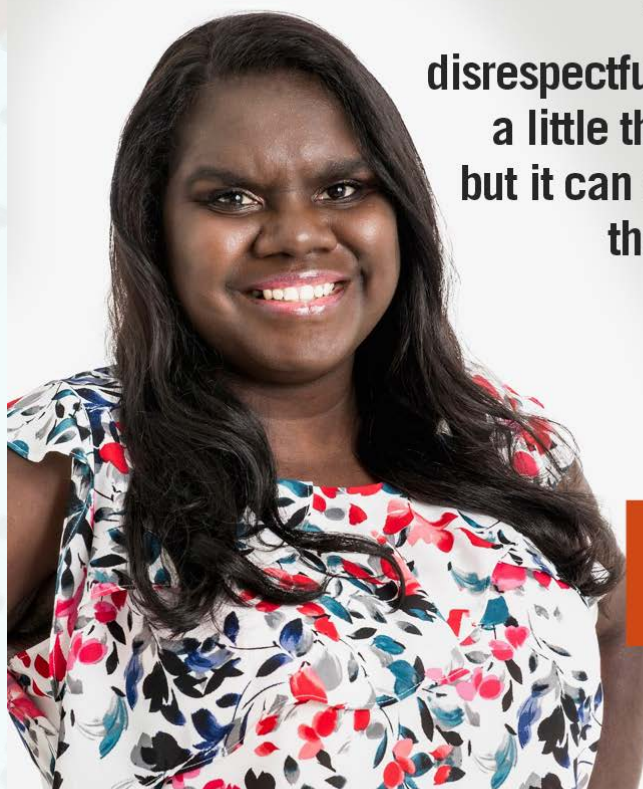
www.facebook.com/maarimahealth/

Wilcannia

COMMUNITY DINNER AND FASHION PARADE

The Wilcannia Community Dinner combined with a fashion parade on November 7th which was a great success.

Maari Ma's Dietitians, **Alina Turgieva** and **Gina Absalom** and their helpers cooked up spaghetti Bolognese and tuna bake, with brownies and stewed apples for dessert. The children in the fashion parade looked spectacular and everyone enjoyed the fashion show and the food.



“We need to speak up about disrespectful behaviour. It can start with a little thing, like ‘boys will be boys’, but it can escalate and all of a sudden there is a sense of entitlement and right to speak and act disrespectfully to women.”

Leila Gurruwiwi

Role Model, Indigenous Support Worker, and TV Host

It's time to start a conversation about respect.

To find out more, visit respect.gov.au

**VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START**

HELMET FOR A FINE

New initiative to encourage kids to wear a helmet in Broken Hill

Broken Hill Local Area Command and Transport for NSW launched a new bicycle rider safety initiative in Broken Hill on 5th November, encouraging children to wear a helmet while riding.

Transport for NSW Project Officer Aboriginal Network Management **Mark Hartwig** said the program will provide kids who are found without a helmet, with a new helmet and educate them about the risks of not wearing one.

"Far too often we see kids in the far west riding a bicycle without a helmet and it is something we are hoping to change," Mark said.



For more information about bicycle rider safety, visit: <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/helmets-gear.html>

"This program is about educating kids so they can make the right choice for their own safety. Any child who is stopped by police for not wearing a helmet will be offered a choice of attending an information session where they will be provided with a new helmet, rather than receiving an infringement notice."

Transport for NSW Director Western Region **Alistair Lunn** said Transport for NSW is supporting the program by supplying helmets to Broken Hill Police.

NSW Police will be targeting young riders not wearing a helmet in Broken Hill, Wilcannia and Menindee and surrounding areas, and providing a card with details about where to go to learn about bicycle safety and to collect their new helmet.

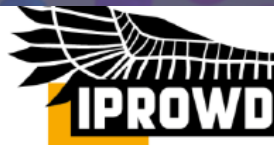


Community Notices

BE BOLD

IPROWD (Redfern) EORA TAFENSW Campus 3rd February – 19th June 2020

Certificate III in Vocational and Study Pathways



Code	10586NAT
Duration	18 weeks
Cost	Fee Exemption for Eligible candidates apply
Location	Redfern

WHAT YOU CAN BE

The Indigenous Police Recruitment Our way Delivery Program (IPROWD) supports Aboriginal and/or Torres Strait Islander people to join the NSW Police Force or other Justice and Emergency Service Agencies.

Course outcomes include:

- Communication
- Information Technology
- Writing and Presenting Information
- Ethics and Workplace Responsibilities
- Aboriginal Studies
- An excursion to the NSW Police Academy, Goulburn, NSW.
- Support to reach the fitness levels required to meet the NSW Police Force Recruitment standards.
- Support with applications for Charles Sturt University, NSW Police Force or other Justice and Emergency Service Agencies.

Eligibility Criteria

- Be of Aboriginal and /or Torres Strait Islander descent, and to self-identify and be accepted or known by your community. *(Proof of Aboriginality/Torres Strait Islander may be requested)*
- Have no serious prior criminal history or serious driving offences. (All applicants must give approval for a basic Police screening to be conducted)
- Be a minimum age of 17 years 10 months at commencement of the course.
- Have or be able to obtain a NSW Driver's Licence.

READY TO BE BOLD?

Join our information session.

Date	10 th December 2019 / 21 st January 2020
Time	9am-4pm
Location	EORA TAFENSW Campus
Contact	Tammy Gordon – 02 9217 4890 tammy.gordon3@tafensw.edu.au
Address	333 Abercrombie Street, CHIPPENDALE

TAFENSW.EDU.AU/IPROWD

RTO 90003. Terms and conditions may apply.
Information is correct at time of printing: November 2018

**OR APPLY TODAY AT
TAFENSW.EDU.AU/IPROWD**



TAFE NSW



Charles Sturt
University



tafensw.edu.au



131 601



THINKING ABOUT ATTENDING HIGH SCHOOL OR TERTIARY STUDY AWAY FROM HOME?

Enrol with AHL today

AHL provides a boarding residence for Indigenous students to access secondary education and tertiary studies in regional and city centres.

For secondary students this affordable accommodation assists students to attend high school and achieve their education goals, including their Year 12 Certificate.

Students study in a safe, comfortable environment with access to study assistance, sporting facilities and organised outings.

Students receive ABSTUDY living away from home allowance to help with the cost of secondary education hostel accommodation.

AHL also provides tertiary education accommodation for Indigenous students undertaking higher education and training — opening doors to degrees, diplomas and employment opportunities.

For more information:

Visit www.ahl.gov.au to download enrolment material

Contact hostels directly (see over for details)



Australian Government
Aboriginal Hostels Limited





Kalypi Paaka Mirika Healing Program

MENINDEE

WILCANNIA

BROKEN HILL

Helping Our Mob

Reconnect with Country
Create Positive Change
Community Bonding

Supporting
Men's & Women's
Issues

Trauma Grief
Violence & Loss

Group Sessions

Individual follow-ups

**No Referral
Needed**

Healing is a DEADLY CHOICE. Call Maari Ma on

08 8082 9777





TAFENSW

BE DEADLY

EORA CENTRE COMMUNITY DAY

11th DEC 10am-2pm
+
22nd JAN 10am-2pm

Live Music, BBQ, Course
Information & College Tours

ENROL NOW IN OUR 2020 COURSES

ABORIGINAL CULTURAL ARTS

- Certificate III & IV Aboriginal and Torres Strait Islander Cultural Arts

PHOTOGRAPHY

- Certificate IV in Photography and Photo Imaging

MUSIC PERFORMANCE

- Certificate II, III & IV

Hospitality and Events

- International Convention Centre (ICC) Sydney. Pre-employment program

ABORIGINAL LANGUAGES

- Gamilaraay / Gomeroi / Kamilaroi

MENTORING

- Certificate III Mentoring Aboriginal and Torres Strait Islander People

IPROWD

- Indigenous Police Recruitment Our Way Delivery

JOIN US

Date	11th Dec 2019 & 22nd Jan 2020
Time	10am-2pm
Location	TAFE NSW EORA CENTRE
Room	Theatre
Address	333 Abercrombie St, Chippendale



BE CONNECTED



131 601



courses.tafensw.edu.au

RTO 90003. Terms and conditions may apply.
Information is correct at time of printing: July
2018



TACKLING *Indigenous Smoking*

The TIS team would like to wish One and All Peace, Joy and Love over Christmas & New Year, and we're looking forward to continuing to help current and new clients in 2020.

Christmas can be a stressful time, to help avoid smoking over the festive season, TIS has prepared the following TIPS:



Maari Ma Health along with the Tackling Indigenous Smoking program have teamed up with Foodland in Beryl Street to bring you good nutrition and kick start a deadly lifestyle for you, your family and community.

Simply head to the Tackling-Indigenous-Smoking-at-Maari-Ma Facebook page. Like the post, tag a friend and share this opportunity. A winner will be announced each Thursday.

Maari Ma and Foodland Staff ineligible to enter.

Join the Tackling-Indigenous-Smoking-at-Maari-Ma Facebook page today:



<http://maarima.com.au/tis>

If you have a craving to smoke

- Use nicotine products (gums, lozenges, inhalers, mist) liberally
- Pre-empt a need to smoke by using the product—e.g. if you always feel like a cigarette when you wake up, then use the mouth spray (or gum, lozenge etc) when you are still in bed, or have it just after a meal, this helps avoid any cravings coming on.
- Do short (one minute) exercises, a walk around the house, push-ups on the floor; any form of short exercise will help with a craving.

Some tips

- Avoid other people's smoke, don't breathe it in.
- Drink less alcohol, ½ your usual amount, and one alcohol-free day per week.
- Drink less coffee and caffeinated beverages. Perhaps consider herbal alternatives as well.
- Christmas can be a stressful time for many of us. Pre-plan your Christmas time with extra NRT, relaxation, exercise and a support person/network.
- Lifeline is a 24-hour 7-day a week counselling service on **131114**. Talk about your feelings to help reduce the cravings that can occur during emotionally challenging times.
- Eat breakfast every day.



Our Dietitians Alina and Gina

With Christmas nearly here, now is a great time to help the kids make these healthy Christmas snacks and get more fruit into a daily diet.

Eating fruit regularly has many benefits to our health. Including fruit in our daily diet can help reduce risk of some chronic diseases including heart disease and some cancers as well as help us maintain a healthy weight.

Fruit contains:



✓ Vitamins ✓ Dietary fibre ✓ Natural sugars

The natural sugars in fruit provide the sweet taste and give our bodies fuel to do our daily activities. Dietary fibre, found in the flesh and skin of fruits, keep us feeling fuller for longer and help us go to the toilet regularly. Vitamins are only needed in small amounts and help keep our body functioning at its best. Eating fruit daily can also help keep us hydrated as most fruit has a high-water content – this is very important around summertime when it is very hot, and we are sweating more!

There are many ways to eat fruit: canned, frozen, fresh, juiced or dried.

If you are buying canned fruit, opt for fruit with juice rather than syrup. Canned fruit with syrup is higher in sugar – a simple trick to reduce how much sugar you are having is to drain the juice or syrup and only eat the fruit flesh.

Fruit juice is also another way to consume fruit, but important parts of the fruit are often lost in the juicing process. Fruit juice is lower in dietary fibre (the part that keeps us feeling full and go to the toilet regularly) and can cause dental issues due to the acidity. If you are opting for fruit juice, we recommend choosing 100% fruit juice and drinking in smaller quantities – the recommended serving for fruit juice is 125mL which is about ½ a cup!



We recommend having 2 serves of fruit a day, which includes:

- ✓ 1 medium apple, banana, orange or pear
- ✓ 2 small apricots, kiwi fruits or plums
- ✓ 1 cup diced or canned fruit
- ✓ 4 dried apricot halves or 1 ½ tablespoons of sultanas (30g)
- ✓ 1 cup berries



Only 51% of adults in Australia eat enough fruit so here are some tips to eat more fruit:

- ✓ Add fruit to your cereal in the morning
- ✓ Choose fruit as a snack
- ✓ Add fruit to yoghurt, ice cream or custard
- ✓ Buy frozen fruit as it lasts longer and is cheaper than fresh varieties

Happy holidays to everyone and see you in the New Year!

If you have further questions or want to know more about healthy eating, contact Maari Ma Health and book in to see one of the dietitians.



Christmas Recipes



SNOWMAN

INGREDIENTS:

1 medium banana
3 large grapes with the bottom sliced off on one side
1/4 of a carrot or pretzel sticks
1 tablespoon desiccated coconut
15 currents
3 bamboo skewers

DIRECTIONS:

1. Cut the banana into 9 thick slices
2. Roll banana pieces in coconut (so looks like snow)
3. Wash and scrub the carrot (no need to peel)
4. Cut carrot into 3 small triangles for the noses and cut 6 long stick for arms (or use the pretzel sticks)
5. For each snowman, thread 3 slices of banana onto a skewer and top with a grape beanie
6. Attach carrot nose to top three banana pieces (as noses), carrot sticks (or pretzel sticks) for arms, press currents as eyes and buttons



Christmas GRINCHES

INGREDIENTS:

1 Banana, sliced thinly (need 10 pieces)
10 Grapes
10 Strawberries, top cut off
10 Mini marshmallows
10 toothpicks

DIRECTIONS:

On each Toothpick-Thread (to resemble the Grinch's head in his red hat):

1 green grape
1 banana slice
1 strawberry (narrow end facing up)
1 mini marshmallow

Optional: Use an edible marker or gel decorating tube to draw little Grinch faces on the grapes!



MAARI MA Cycle of Care

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.

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 dietitians, 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 & 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.

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

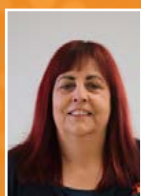
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

PHCS Broken Hill
439-443 Argent Street,
Broken Hill, NSW 2880
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Fax: 08 8082 9778

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14 Ross St,
Wilcannia, NSW 2836
Phone: 08 8091 5122
Fax: 08 8091 5911
Web: www.maarima.com.au



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS