

BASKETBALL NIGHT

ANOTHER SUCCESSFUL NIGHT FOR SHOOT THE HOOPS

Following on from the successful inaugural Shoot the Hoops night at Wilcannia was a second night of community basketball. As with the first event there was a good turn-out. It's great to see the strong community support for this. Executive Manager Aboriginal Health and Wellbeing, **Tegan Hinchey-Gerard** said there'll be a break over the school holidays but Shoot the Hoops will be back on again when school resumes.



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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



www.maarima.com.au



admin@maarima.com.au



www.facebook.com/maarimahealth/

School Holiday Fun

WINGS provided lots of school holiday activities to keep the kids busy, including arts and crafts, Movie night, EXCURSION TO KINCHEGA NATIONAL PAKE&MENINDEE LAKE and Easter activities.



The School holiday program kicked-off with a BBQ and crafts with thanks to PCYC for helping out. Following this Easter activities commenced from Wednesday 6th April with parents and children invited to join in with activities and an Easter Egg Hunt.

Wilcannia Playgroup is held on Tuesday and Thursday with anywhere between 8 to 15 kids in attendance.



Easter at WINGS





The National Best Practice Unit brought together Tackling Indigenous Smoking teams from across three states for a workforce development day on Kurna Country. The National Best Practice Unit Tackling Indigenous Smoking (NBPUIST) has been established to provide tailored support to organisations funded under the national Tackling Indigenous Smoking (TIS) program. NBPUIST is a consortium led by Ninti One Ltd and includes the Health Research Institute at the University of Canberra, and the Australian Indigenous HealthInfoNet based at Edith Cowan University.

Maari Ma's tackling Indigenous Smoking Program is called the Kiila laana program. The kiila laana program offers the community education, incentives and support to anyone wanting to manage their smoking/vaping through the muuku program and a free carbon monoxide home screening through the yapara program.

VAPING : THE LATEST EVIDENCE

The use of vapes (e-cigarettes) to quit tobacco smoking is a controversial topic which continues to be debated internationally. It was discussed throughout the workshop with some of the following points highlighted. * Smoking is Australia's leading cause of death and disability, responsible for >20,000 deaths annually and 8.6% of disability-adjusted life-years lost. It is estimated to cause 8.7 million deaths each year worldwide. * At least 32 countries ban the sale of nicotine e-cigarettes, 79 countries – including Australia – allow them to be sold while fully or partially regulating them, and the remaining 84 countries do not regulate them at all. In Australia, e-cigarettes are legal only on prescription, for the purpose of smoking cessation. * Standard e-liquids include water, propylene glycol, and vegetable glycerine and often contain flavourings and nicotine in freebase or salt form. Use of e-cigarettes results in inhalation of a complex array of chemicals. An Australian review of toxicological analysis of non-nicotine e-cigarettes identified 243 unique chemicals. 38 were listed poisons; 1 was not permitted in e-cigarette liquids, and 3 exceeded cut-off levels for the relevant standard. 27 chemical reaction products were identified, including carbonyls such as acetaldehyde, acetone, acrolein and formaldehyde which have all been associated with adverse health outcomes in humans. * Use of e-cigarettes is increasing and is greatest in young people in Australia. In 2019, 11% of the total population aged 14 and over reported ever having used e-cigarettes, around a quarter of people aged 18- 24 reported ever-use and 5% of this group reported current use. Over one-third of current e-cigarette users in Australia were aged under 25 and half were aged under 30. * In Australia, in 2019, 53% of e-cigarette users were also smokers ("dual users"), 31% were past smokers, and 16% had never smoked. Among young people 18-24, half of all current e-cigarette users had never smoked. Hence the majority of e-cigarette use is not for smoking cessation, particularly at young ages. * There is strong evidence that non-smokers who use e-cigarettes are 3 x as likely to go on to smoke combustible tobacco cigarettes as non-smokers who do not use e-cigarettes, supportive of a 'gateway effect'. * identified risks of e-cigarettes include: addiction; intentional or unintentional poisoning; acute nicotine toxicity including seizures; burns and injuries; lung injury; indoor air pollution; environmental waste and fires; dual use with cigarette smoking; and increased uptake by non-smokers. Overall, e-cigarettes are harmful for non-smokers, especially youth, and when used for purposes other than smoking cessation.



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 2017 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
Psychiatrist
Child and Adolescent Psychiatrist
Pain Specialist

Wilcannia Health Service

14 Ross St,
Wilcannia, NSW 2836
Phone: 08 8091 5122
Fax: 08 8091 5911

Web: www.maarima.com.au

PHCS Broken Hill
439-443 Argent Street,
Broken Hill, NSW 2880
Phone: 08 8082 9777
Fax: 08 8082 9778



Tegan Hinchey-Gerard
Executive Manager
Aboriginal Health and Community Wellbeing



Nola Whyman
Executive Manager
Operations



Kendy Rogers
Service Manager:
PHCS