

RECONCILIATION—MAARI MA LEADING AND INFLUENCING THROUGH EARLY YEARS



The Early Years Project (EYP) continues to improve the opportunities and development for children (0-5 years) and their families in the Maari Ma region. The EYP is based on evidence that children's earliest and most powerful learning comes from their family. Within all of Maari Ma's Early Years programs there is a strong focus on the importance of parent-child relationships and the ability it has to shape a child's development.

Maari Ma is proving not only a leader in childhood health with its Healthy Start program, but in child development and wellbeing with its Early Years Project. Maari Ma's Early Years Project Leader, Lesley Harvey chairs the Early Years Discussion Group (EYDG) and is encouraging all children's services in Far West NSW to make reconciliation part of everyday practice. The EYDG is a group of representatives from all of the early childhood education and care services in the region and works to improve outcomes in the development and wellbeing of all children - particularly Indigenous children - by collaborating in their best interests. During National Reconciliation Week Lesley led conversations with the group encouraging them to learn about National Reconciliation Week and how their services can make reconciliation part of everyday practices by incorporating it into curriculum activities, and celebrating it in classrooms at schools, early learning services and in the wider community.

MAARI MA'S EARLY YEARS PROJECT INCORPORATES

- **Intensive Supported Playgroup – Broken Hill**
- **Little Kids and Books—Broken Hill, Wilcannia, Menindee and Ivanhoe**
- **Promoting Early Years through networks— EYDG**
- **Macquarie University Project –science and maths in the early years**
- **Home Interaction Program for Parents and Youngsters (HIPPY).**

MAARI MA HEALTH
ABORIGINAL





EMPLOYER OF CHOICE



For the second consecutive year Maari Ma has won two Employer of Choice Awards in the 2017 Human Resource Director (HRD) Magazine Awards. Last year's HRD win was for Diversity and Inclusion, and Trust and Empowerment. This year Maari Ma collected awards in the Communication and Leadership categories. Chief Executive Officer, Bob Davis said it was another great achievement for Maari Ma, and reflects the ongoing hard work of all staff, management and the Board.

"Effective communication is critical to an organisation's ability to be productive and operate smoothly – even more so where clients depend on us for their health. Maari Ma is also an organisation that fosters and encourages leadership and I believe the Leadership Award is recognition of our long standing mentoring and encouragement of staff" Bob Davis, CEO.

WORLD NO TOBACCO DAY

Maari Ma's Tackling Indigenous Smoking team, established last year, was kept busy on World No Tobacco Day – May 31st, encouraging community members wanting to quit to come to the Primary Health Care Service for a morning of activities. Clients were offered a healthy breakfast, carbon monoxide screening, spirometry testing and a chance to see just how aging smoking is with a Smokerface app. The team has also started a Yarning Group which assists in educating and supporting smokers as well as reducing social isolation for them and the ex-smokers who come to maintain their quit status. Research shows that giving up smoking for good takes a positive attitude and the help and support of others in a non judgemental environment.



The Yarning Group is providing support and education for people wanting to quit smoking as well as helping ex smokers to stay smoke free. Quitting smoking produces the biggest and quickest improvement to a person's health of any other single activity and Maari Ma's strong focus on tobacco cessation is cornerstone in its efforts to tackle chronic disease in communities.

MAARI MA CONGRATULATES NEW HEAD OF MURDI PAAKI

Maari Ma has congratulated Des Jones who has been appointed the new Chair of the Murdi Paaki Regional Assembly (MPRA) which is the peak structure representing the interests of Aboriginal and Torres Strait Islander people in 16 communities across Western NSW. Mr Jones has been involved with Murdi Paaki for many years and is Chairperson of the Murdi Paaki Regional Housing Corporation—a position he's held for 20 years. He also has a long interest in health and is Maari Ma's longest serving Board director, it's current deputy Chair and former Board Chair. Maari Ma CEO, Bob Davis, said he has no doubt that Mr Jones will provide excellent leadership, and strategic direction and engagement for the delivery of services and programs against priorities determined by Aboriginal people across the region.



SECOND REGISTRAR TO QUALIFY AS A GP

Maari Ma is proud to have a second registrar to qualify as a general practitioner while in its employment. Dr **Nan Aint Thazin Htun (Priscilla)** recently completed all the requirements for the award of Fellowship of the Royal Australian College of General Practitioners. Dr **Aung si Thu** qualified last year and Maari Ma is pleased that both Dr Htun and Dr Thu are continuing to work as GPs at Maari Ma's Primary Health Care Service.



Christene Polanski is pictured right with Oral Health Team Leader, Erin Commins at her first clinic. Christene is taking the new role in her stride and showing great capability.

MAKING A DIFFERENCE

Newly graduated Aboriginal Health Worker, Christene Polanski, is now training to be a dental assistant and is studying through The Poche Centre for Indigenous Health – Sydney University. Christene is joining fellow graduate Shannon Henderson in further study. Shannon is studying to become a registered nurse at Deakin University. Maari Ma congratulates all of its health worker graduates from 2016 who are working to improve the health and well being of their communities.

AGE NO BARRIER TO NUTRITION EDUCATION

The dietitians at Maari Ma are proving there's no such thing as being too young or too old to learn about nutrition and their programs work towards improving the nutritional health of all community members regardless of age. The team has a strong focus on promoting diet and nutrition in pregnancy and children's early years by working within schools, pre-schools and with the Aboriginal Maternal and

Infant Health Service (AMIHS) team. It has also this year started nutrition education and cooking with our older adults, and is working at Broken Hill's Miraga Day Centre. The monthly class is proving just as popular as those with the younger generation with some clients even offering Maari Ma's dietitians a few cooking and nutritional tips of their own.



WORKING WITH CLONTARF

Students from Broken Hill High School enrolled in the Clontarf program spent a morning at the Primary Health Care Service recently touring the facility, enjoying a special lunch and putting their art skills to the test by doing a painting for the Youth Health team's office. Maari Ma entered into a formal partnership with the Clontarf Foundation last year. Under the agreement staff are encouraged to participate in activities with Clontarf students which includes workplace visits and celebrating their achievements. The boys were invited to Maari Ma by the Youth Health team.



As part of their visit to Maari Ma the students worked together on a joint hand painting for the Youth Health team's office.



Maari Ma Health Aboriginal Corporation Regional Office 428 Argent Street
PO Box 339 BROKEN HILL NSW 2880 Phone: 08 8082 9888 Fax: 08 8082 9889 / 08 8082 9890

www.maarima.com.au