

03-10
JULY
2016



Songlines:
The living narrative
of our nation

CELEBRATING NAIDOC



Despite the bitterly cold day and shrouds of fog, hundreds of people turned out for an annual Family Fun Day in Broken Hill's Sturt Park for NAIDOC Week this year. All of Maari Ma's programs were represented and staff attended stalls, conducted events, cooked healthy food and talked to the community about their health. Maari Ma took up a corner of the park with each team setting up stalls to promote their services to the community. Maari Ma's dietitians cooked up a storm with hot kangaroo stew dished out in mugs and there were also

cups of stewed quandongs and yoghurt for dessert. The Primary Mental Health team helped people create their own mindfulness jars and the dental team supplied the community with free toothbrushes and toothpaste. The Early Years Project team made sure the kids were well looked after with a host of games and events for them, and there was an Elders' tent with tea and coffee available. It was hardly surprising that the Maari Ma stalls were busy for the entire day.

MAARI MA HEALTH
ABORIGINAL
CORPORATION REGION OF
SERVICE



MAARI MA AT THE UNITED NATIONS



Above: Justin Files is pictured about to start his address at the 15th Session of the UNPFII. Left: Bob Davis and outgoing Chair of the UN's Permanent Forum on Indigenous Issues, Professor Megan Davis. The partnership between Maari Ma and NATSIHEC recognised the strong connections between health and education, and the presentation was the first step towards taking the issue of youth suicide to the United Nations General Assembly.

Maari Ma CEO, Bob Davis and Manager Community Service and Programs, Justin Files attended the Fifteenth Session of the United Nations Permanent Forum on Indigenous Issues (UNPFII) this year. The UNPFII is a subsidiary body of the United Nations Economic and Social Council which has a mandate to discuss Indigenous issues on economic and social

development, the environment, culture, education, health and human rights, and which takes recommendations to the General Assembly. Maari Ma co-presented a paper in partnership with the National Aboriginal and Torres Strait Islander Higher Education Consortium (NATSIHEC) on the engagement and disengagement of Indigenous youth, and the issue of youth suicide.

GOING MOBILE FOR FLUVAX

Maari Ma has been using the Mobile Clinic this year to help access members of the community for influenza vaccinations. It's the first time the mobile van has been used specifically for Fluvax shots and many residents who would not normally access the Health Service in Wilcannia attended the van for a vaccination. The disease burden from influenza is greater in Aboriginal and Torres Strait Islander people than in non-Indigenous Australians, across all age groups.



INTERNATIONAL FOCUS



Maari Ma was chosen as one of only a few sites in Australia to be visited by the HIPPY program's international director and national manager following a national HIPPY conference in Melbourne. Dr Westheimer and Marian Pettit spent time meeting Maari Ma's HIPPY families, visiting the Child and Family Building, Rainbow Pre-school, meeting senior Maari Ma staff and seeing maths/ science workshops in action. The Home Interaction Program for Parents and Youngsters (HIPPY) is in its third year at Maari Ma.

Pictured left: Director of HIPPY International, Dr Miriam Westheimer (centre) and National Manager HIPPY Australia, Marian Pettit, (seated right) were very impressed with the space Maari Ma has for families and children at the Child and Family Building.

"...this is a very good program here at Maari Ma. They have a health aspect. They are primary health, they really care about their families and so I wanted to showcase to Miriam one of the best (HIPPY) sites in Australia for working between health and early learning and really, sort of, putting the parent and the child at the centre of what they are doing, So it was very much to showcase HIPPY and showcase that relationship..." National Manager HIPPY Australia, Marian Pettit, explaining on ABC radio why she brought Dr Westheimer to Broken Hill.

ACTIVE KIDS

The success of a pilot eight week small group exercise program targeting 8 – 14 year olds has meant the program is now being rolled out on a longer term basis. The second Active Kids Program is underway at the PCYC two afternoons a week with around five children in each group. The aim is to get kids moving more to reach a target of 60 minutes of moderate to intensive physical activity a day through fun activities. Activities such as boxing, circuit training, ball skills for hand eye coordination, hula hoops and sack races are keeping the kids engaged and active.



GALA COMMUNITY EVENT IN WILCANNIA

Wilcannia's community working together was evident in June when Maari Ma's monthly Community Dinner combined with a talent quest and a White Ribbon awareness raising event all held at the Wilcannia Central School. More than 120 community members enjoyed a roast chicken and kangaroo meal with roast vegetables, salad and damper, with lemon cheesecake and trifle for dessert. The activities started with the 'Weeping Cloud'

musical which was performed by children from the Central School and the local choir group. The remainder of the talent quest occurred after the Community Dinner and included performances from St Therese's School and the dance group from WINGS. Maari Ma sponsored the event and provided trophies for all of the performers, as well as a number of other prizes. It was a memorable night for all.



A combined Community Dinner, talent quest to showcase the many talents of the local residents and information on White Ribbon resulted in a very successful night in Wilcannia with more than 120 community members attending.



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