

## MAARI MA WELCOMES FOUR YEAR TIS FUNDING COMMITMENT

Maari Ma has very much welcomed the increased funding period for the Tackling Indigenous Smoking (TIS) program from three to four years. The renewed round of funding started this financial year. Chief Executive Officer, Bob Davis said it will provide certainty and continuity for local programs and initiatives, and support the expansion of new ones. “Our approach with TIS has been to work with our communities and focus on a broad reach of message. We are pleased that the new guidelines recognise this approach as being the one for all services to implement” Mr Davis said. Smoking remains the leading cause of preventable disease. In 2011, tobacco use accounted for

12% of the burden of disease for Indigenous Australians. “The good news is that we are starting to see some reductions and the prevalence of smoking by Indigenous people has declined from 55% in 1994 to 45% in 2014–15. The greatest reductions have been among younger people—the uptake of smoking in high school age children has almost halved while the rate for 18-24 year olds has dropped from 58 per cent to 41 per cent. Our TIS program reaches out to our young people and into our communities and with this further funding commitment we will continue to build on this as well as further refine our future strategic direction” Mr Davis said.

### TIS EXTENDS TO IVANHOE

Maari Ma has extended the Tackling Indigenous Smoking program’s reach to Ivanhoe. TIS Project Officer, Anshul Kaul met with staff at the Health Service and the Central School to talk about the program. Maari Ma’s Smokefree and Deadly Superwoman also made an appearance to talk to the primary school students about the effects of smoking and passive smoking. Secondary students did carbon monoxide screening and tried the Smokerface App to see how smoking would affect their appearance. Discussions also included different chemicals in a cigarette and why people smoke. Staff at the Ivanhoe Health Service will be implementing the program based on the needs of the community.



Engaging with young people in a fun way to educate them about the detrimental effects that smoking has on health is a cornerstone of Maari Ma’s TIS programs. *Above:* Smokefree and Deadly Superwoman (AKA TIS Project Officer, Anshul Kaul) is pictured with Maari Ma Ivanhoe Board member, Fay Johnstone on the inaugural TIS visit to Ivanhoe. *Top right:* Ivanhoe school children enjoy having a smokefree Instagram photo.



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## MAARI MA WELCOMES NEW REGISTRAR TO TRAINING PROGRAM



Maari Ma has welcomed a new doctor to its GP registrar training program and has said farewell to another. Dr Andrew Harris, who is from Broken Hill, will be with Maari Ma for the next six months as part of his training while after 18 months Dr Shapla Mahmud has moved to Orange for the next term of her training. The GP trainees work in a team environment with nursing, diabetic educator, Aboriginal health practitioner, dietician and mental health support and have the opportunity to work alongside visiting specialists in endocrinology, cardiology, nephrology, pain management and addiction medicine to name but a few. Maari Ma's GPs are accredited educators and have dedicated times for tutorials and educational sessions. Maari Ma generally has two GP trainees at any one time.



## GETTING THE TEAM TOGETHER



*Marrabinya staff work across western New South Wales in ten clusters which means face to face meetings are important for the team. Coordinating a remote group requires good communication and strong leadership which Marrabinya is very fortunate to have with Program Manager, Donna Jeffries.*

The Marrabinya team gets together every six weeks for face to face meetings to keep the dispersed staff all up to date. At a recent meeting in Dubbo they welcomed three new faces - **Jacob Bloomfield** (Brewarinna), **Joanne Bugg** (Bathurst) and **Desley Mason** (Dubbo). The meeting was held over four days and the team was joined for some of the time by Maari Ma staff from Human Resources, Finance, Corporate Services and Systems Support for work on the 2018/2019 Marrabinya workplan. Maari Ma Health (under an alliance with Bila Muuji Aboriginal Health Service) is contracted to implement the Commonwealth's Integrated Team Care (ITC) program by Western NSW PHN. The program - Marrabinya - acts as a brokerage service purchasing health care services based on GP referral for eligible clients living with a chronic disease. It aims to improve outcomes for Aboriginal people through better access to coordinated and multidisciplinary care, and improve access to culturally appropriate mainstream primary care services. Specialist services most frequently purchased include cardiology, ophthalmology, oncology, pain and respiratory including sleep apnoea.

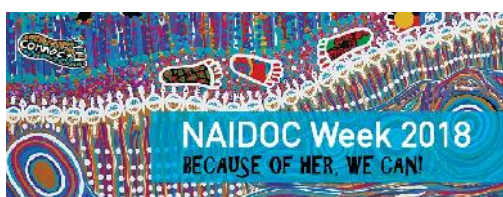




## *BECAUSE OF HER WE CAN* CELEBRATING NAIDOC IN BROKEN HILL AND WILCANNIA



Staff and communities at Broken Hill and Wilcannia enjoyed celebrations on NAIDOC Day and paid tribute to the invaluable contributions women have made and continue to make to our lives. Elders, other adults and kids joined staff and local service providers for a morning of great food and good yarning with a breakfast at Maari Ma's Primary Health Care Service in Broken Hill, including healthy smoothies on the Smoothie Bike. At Wilcannia, community, Wings Drop-in Centre, RFDS and hospital staff celebrated with a lunch at the Home Care building next to the hospital. Up to 70 people enjoyed some great bush tucker including kangaroo curry, kangaroo stew, kangaroo rissoles, salads and Johnny cakes made over hot coals.



*As pillars of our society, Aboriginal and Torres Strait Islander women have played and continue to play active and significant roles at the community, local, state and national levels. For at least 65,000 years they have carried our dreaming stories, song lines, languages and knowledge that have kept our culture strong and enriched as the oldest continuing culture on earth. Their achievements, their voice, their unwavering passion give us strength and have empowered past generations, and paves the way for generations to come.*



# SUPPORTING WHITE RIBBON

Maari Ma has been a White Ribbon accredited workplace since 2015 and at the end of the year will be applying for re-accreditation. A variety of awareness and fund raising activities are held and for the second consecutive year Maari Ma hosted a free movie screening at Broken Hill's Silver City Cinema for the White Ribbon campaign. All staff are in the process of becoming White Ribbon supporters as well and while it is part of accreditation, having a proactive and supportive workforce underscores the importance the organisation places on ending men's violence against women.



CEO, Bob Davis, was one of the first in the organisation to become a White Ribbon Supporter.

One of Maari Ma's White Ribbon fundraisers this year was a free screening of *The Incredibles 2* where adults and kids had the chance to dress up as their favourite super hero. Prizes were awarded for the best dressed and there was a free BBQ, drinks and popcorn.



## KITCHEN CONFIDENCE AT WINGS

The kids at Wings Drop-in Centre are rising to the challenge of learning new and more complex recipes, and the cooking sessions with Dietitian, Gemma Page, are proving to be very popular. During the recent school holidays seven children made meat and vegetable lasagne, and fruit salad and custard for everyone at WINGS including the staff. Gemma said the kids are becoming more confident in the kitchen and show a lot of enthusiasm when cooking and serving their meals. Forming a positive experience with fresh food is important because healthy food is the foundation of good nutrition. Children will also learn basic cooking skills that they can use for the rest of their lives.



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