



# COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

WORLD NO TOBACCO DAY

 MAARI MA PRIMARY HEALTHCARE SERVICE

JULY 2022 | ISSUE 56

**World No Tobacco Day first appeared in the headlines in 1987 when the World Health Organisation (WHO) wanted to draw global attention to the tobacco epidemic and the preventable deaths and diseases it causes.**



*Warra Warra Legal Community Engagement team Melissa Calliss and Deanna Grocke-Drust*

In 1988 World No Tobacco Day was officially marked for celebrations on 31st May every year. 34 years later World No Tobacco Day has helped educate populations on the preventable diseases of tobacco smoking such as lung, mouth and throat cancer and the dangers of second-hand and third-hand smoke.

Now with global interest in the health of the planet and worldwide efforts to reduce global warming, World No Tobacco Day 2022 has a focus on educating on the damages the tobacco industries have on our planet through the cultivation, production, distribution, consumption, and post-consumer waste.

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*"Improving Aboriginal health and closing the gap"*

# WORLD NO TOBACCO DAY



Continuing on with the World No Tobacco theme for 2022 to look after the planet, kiila laana's 'be smoke-free' program 'muuku' held an information day and gave attendees an emu bush to take home as the emu bush is represented in the kiila laana logo.

An activity to paint the planter pots was a nice way to spend a cold day and have a yarn and laughs before the muuku pledges received a special gift for meeting milestones while on their smoke-free journey.

The program accepts participants at any time and encourages anyone smoking or vaping to get in touch and have a discussion on how the program can help.



## World No Tobacco Day

LIZ BREBNER

YESTERDAY was 'World No Tobacco Day'. The environmental impact of tobacco products is the World Health Organisation's global message for 'World No Tobacco Day 2022'.

An estimated 20 billion cigarettes are smoked annually in Australia, with seven billion cigarette butts discarded as litter.



Tina O'Neil.

8 - BARRIER TRUTH - Wednesday June 1, 2022

Cigarette butts are the main portion of litter in NSW and represent almost half of all littered items, according to the Keep Australia Beautiful Litter Index.

The current rise in vaping rates will create further waste from these single-use plastic products.

"There is the danger of toxins and chemicals from discarded cigarette butts leaking into the environment.

These leaks can pollute drinking water and soils where we grow food. Thoughtless littering can harm our vulnerable, including children and animals, who rely on us to keep them safe," Koori Quitline Counsellor Vanessa Kendall said.

The Maari Ma's Kiila Laana team marked 'World No Tobacco Day' by holding an information session for people to hear about its Muuku Pledge Program that supports people who want to quit smoking.

Each person was given an Emu tree, the Muuku program's logo, to raise awareness about the program and plant in recycled pots they painted.

The Far West Local Health District partnered with Koori Quitline for World No Tobacco Day to raise awareness about how tobacco products are a threat to our environment.

"Caring for Country is very important to Aboriginal and Torres Strait Islander



Maari Ma group.

PICTURES: LIZ BREBNER

people, and to encourage community to stop smoking or vaping, the Koori Quitline has Aboriginal Counsellors to yarn about your journey and support a quit attempt," Ms Kendall said.

Caring for Country is one more reason to quit explained Ms Kendall.

The Koori Quitline and Maari Ma's Kiila Laana program offer culturally sensitive advice and support for Aboriginal people wanting to quit smoking.

The Quitline hotline number is 13 QUIT (1378 48).

Barrier Truth's editorial piece in the Wednesday 1st June edition.

**22,000,000,000 TONNES OF WATER USED TO MAKE CIGARETTES**

**600,000,000 TREES CUT DOWN TO MAKE CIGARETTES**

**84,000,000 TONNES OF CO2 EMISSIONS RELEASED INTO THE AIR.**



Tessa Files, Marlene Fleming and Viv Degoumois received a special gift for completing the muuku program. They said they are excited to receive a Samsung Tablet and enjoyed the program so much that they will continue to attend events in support of other smokers on the journey



# WORLD NO TOBACCO DAY

Tobacco Specialist Professor Renee Bittoun and Leanne Aldridge from TATU (Tackling Indigenous Smoking program Redfern) arrived in Broken Hill on Monday 27th of June. Prof Renee spoke with muuku be smoke-free program participants in support of their smoke-free journey in Wilcannia, Menindee, and Broken Hill.

Staff was also able to gain access to expert information while Prof. Renee was on site. Leanne joined the trip to connect with the local environment and see parts of the outback she had not yet seen.

**Prof. Renee will be back in August. Bookings essential: please call Maari Ma. 8082 9777**



TATU team member Leanne Aldridge Tobacco Specialist Professor Renee Bittoun and Kiila laana's Education Officer Tiffany Lynch



Planter pot designs ready for the free Emu bush



Sharron Gilby

# POISONING OUR PLANET

## #TobaccoExposed

# EARLY YEARS

The Leadsmart Broken Hill team made a visit to playgroup at the end of June to help teach muurpa, through song and dance, the importance of being lead smart.

The happy Leadsmart teddy interacted with muurpa, had photos taken and handed out little teddies.



## LEAD TEST

Muurpa that have a Lead Test at Maari Ma receive a goodie bag containing a toy, healthy recipes, and Leadsmart information.

## TIPS FOR LIVING LEADSMART:

Keep kids away from dust, dirt and soil. These are the biggest sources of lead exposure for kids in Broken Hill backyards. Cover these areas by planting or adding mulch, bark or astroturf.

A sandpit that can be covered when not in use is a great Leadsmart play area for kids.



## DEADLY BLUES



**CEO Bob Davis attended the launch of the 2022 Deadly Blues initiative in Sydney on May 18th where it was announced the New South Wales Rugby League (NSWRL) would be extending its partnership with the Institute of Urban Indigenous Health's (UIIH) Deadly Choices program for another year.**

The announcement was made by NSWRL Chief Executive, David Trodden and Deadly Choices Ambassador, Steve Renouf. NSW Blues Coach, Brad Fittler, True Blues Luke Lewis, Willie Mason and Jamie Soward and ambassador Reni Maitua were also in attendance among others.

Maari Ma have partnered with UIIH's Deadly Choices for a number of years and with Deadly Blues since 2019.

Everyone who gets a 715 health check gets a deadly shirt and goes into the draw to attend the first game of State of Origin – which includes the game, the flights and accommodation. The 2022 competition closed on June 1st and the aim is for 5,000 health checks to be performed across the state in the lead up. Maari Ma are working on getting two Deadly Blues Ambassadors – Willie Mason and Nathan Blacklock here soon.

## DEADLY BLUES WINNERS

Congratulations to winners of the Deadly Blues competition – **Daryl Bugmy** and **Julian King**.

The winners had their names drawn from the barrel for having had a 715 health check. Each winner were able to take one other person with them to the first State of Origin game which was held in Sydney.

While New South Wales went down 10 – 16 to Queensland – judging by these photos taken during training the day before, our winners would not have been too concerned – just being at the field and having selfies taken with the likes of legendary NRL player/coach **Mal Meninga** and Blues try scorer **Jack Wighton** would have been celebration enough.



# REMEMBERING THE STOLEN GENERATION

# BE BRAVE. MAKE CHANGE.

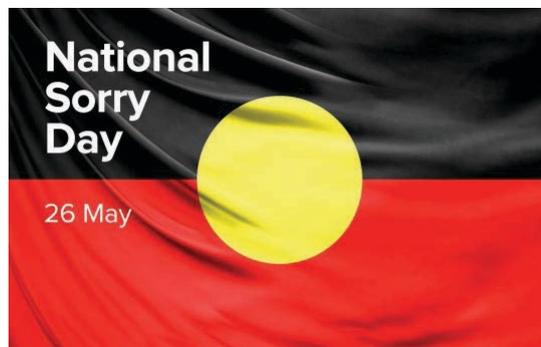
NATIONAL RECONCILIATION WEEK 2022  
27 MAY – 3 JUNE #NRW2022



**Sorry Day on May 26th is an important day for recognising and acknowledging the devastating effects which the forced removal of Aboriginal children from their families has had in terms of spiritual, emotional, and physical trauma.**

We can't underestimate how important the continued healing process is and that it is of great importance to all our communities. On May 26th 1998, the first National Sorry Day was held and May 26th 1997, the "Bringing Them Home report" was tabled in Federal Parliament. 'Bringing Them Home' is the final report of the National Inquiry into the Separation

of Aboriginal and Torres Strait Islander Children from their families and was conducted by the Human Rights and Equal Opportunity Commission between



1995 and 1997.

Following on from National Sorry Day is National Reconciliation Week which started on Friday 27th May - the anniversary of the 1967 referendum. This

year's theme, 'Be Brave. Make Change', is a challenge to all Australians – to be brave and tackle the unfinished business of reconciliation.

Reconciliation Australia is asking everyone to make change beginning with brave actions in their daily lives – where they live, work, play and socialise. In recognition of National Reconciliation Week, the Early Years Playgroup staff and children participated in a Reconciliation March which started from the Town Square and concluded at Sturt Park with a sausage sizzle and a 'sea of hands' display.

This year for National Reconciliation Week, all Australians are being asked to make reconciliation more than a word, and move from safe to brave on issues affecting Aboriginal and Torres Strait Islander people. Around 75 people took part in Broken Hill's march.

# Help improve hospital care for Aboriginal people

## Have your say

### Patient surveys

Each year, the Bureau of Health Information (BHI) uses surveys to ask people across NSW about their experiences in hospital. This information is used to improve care for patients.

BHI and the Centre for Aboriginal Health are working together to collect information on the experiences of care for Aboriginal patients in NSW.

If you are admitted to hospital in 2022, you may receive a copy of the Adult Admitted Patient Survey in the mail around two months after the end of your hospital stay.

### Why should I fill in the survey?

This is your chance to tell us about what could have been done better and what worked well during your hospital visit.

The more people who do, the more information we'll have about what's working well for Aboriginal people and what needs to be improved.

### What happens to survey responses?

Responses will be completely confidential and BHI will not report any results that may identify any individual. Hospital staff, Aboriginal Medical Services or general practitioners who provide care will not be able to see individual responses.

All responses will be combined and given to hospitals so they can improve the care they provide to Aboriginal patients.

The overall survey results will also be reported on BHI's website for those who want to learn from these experiences.

To view past results, use the QR code or visit [bhi.nsw.gov.au](http://bhi.nsw.gov.au)



The original artwork on this letter was created by Marcus Lee, a proud Aboriginal descendant of the Karajarri people.

# BALRANALD

Balaranald staff recently held a colouring competition for Reconciliation Week.

130 kids entered the competition with local Aboriginal artist **Robyn Davis** having the difficult task of choosing 5 competition winners for each age category and 5 encouragement awards.

**Congratulations to all the kids that entered.**

## WINNERS

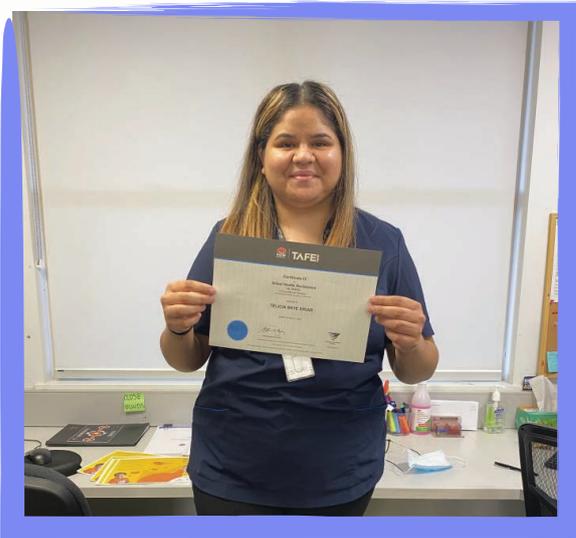
- Under 5** – Archie Hull (BELC)
- 5-7 yrs** – Milla Pollard (BCS)
- 8-10 yrs** – Finn Scott McIntyre (St Josephs)
- 11-13 yrs** – Wez Hines (St Josephs)
- 14-18 yrs** – Kyarah Hines (BCS)

## ENCOURAGEMENT AWARDS:

- Lucas Paton (BCS)**
- Mason Dalton (BCS)**
- Chloe Renfrey (BCS)\*\***
- Hudson Stevens (St Joeys)**
- Sophie Comitti (BCS)\*\***



# CONGRATULATIONS



**Congratulations to Telicia Briar who has gained her Certificate IV in Allied Health Assistance under very difficult circumstances.**

**Telicia** – who is from Menindee, started her traineeship in November 2020 – right in the thick of COVID 19.

**Telicia** stayed on track during this difficult time – there were

times when she was seconded to other areas and there were also long periods of time when there wasn't allied health staff to assist her, but it's all paid off. **Telicia** has now gained her qualification. Well done – it's a great achievement.

**Telicia** will be continuing in the Allied Health team in Healthy Start and be working under the supervision of Occupational Therapist, **Sandy Gray** and providing therapy to children at Maari Ma and in schools.

## Are you a Young Indigenous Woman 14- 25?

**FREE EVENT!!**

As part of our Woman's Art Program  
Warra Warra, headspace, and Home in Place  
Would like to invite you to  
Our Mutawintji National Park tour  
Morning tea and lunch will be provided

We will be leaving at: 8 A.M. sharp from Warra Warra & 123 HUB  
Date: Tuesday 19<sup>th</sup> July

Please call us to book your seat at

- Warra Warra: 08 8087 6766
- headspace: 02 9393 9699
- Home In Place: 1300 333 733

**Home in Place**

Warra-Warra  
Legal Service

**headspace**  
Broken Hill

Please make sure you are wearing comfortable and suitable shoes for walking, and a hat. Also please be sure to bring your water bottle and sunscreen.

**Mutawintji National Park**

Please call to find out if you fit the criteria to be eligible to secure a seat.

**headspace Broken Hill in association with Warra Warra Legal service and Home in Place is offering young indigenous women the opportunity to attend a cultural tour to Mutawintji National Park on 19th July 2022.**

30 women will be attending from the three organisations Leaving Warra Warra and 123 Hub at 8am Sharp on Tuesday 19 July  
Returning by 3:30 pm  
Lunch and tour including smoking ceremony will be provided free.

**BOOKING IS ESSENTIAL**  
call headspace 029393 9699

OR Email [susanne.jones@flourishaustralia.org.au](mailto:susanne.jones@flourishaustralia.org.au)  
OR Call Susanne on 043 614 004 for more information.

# CALL IT OUT



## FIRST NATIONS RACISM REGISTER

**“One of the most powerful ways to create change is the telling of stories”**

Larissa Behrendt AO

### HAVE YOU SEEN OR EXPERIENCED RACISM?

**Call It Out!** on the First Nations Racism Register – an independent, secure and Indigenous-led online reporting tool where you can report any type of personal or institutional racism, including:

- IN PUBLIC OR PRIVATE
- WITH A SERVICE OR BUSINESS
- IN THE MEDIA OR ONLINE



#### WHAT HAPPENS WITH YOUR REPORT:

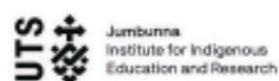
Reports will be held safely and confidentially by the Jumbunna Research team to inform an annual report to help expose and address racism facing our communities.

#### HOW TO MAKE A REPORT:

Scan the QR code below with your phone or head to our website [www.callitout.com.au](http://www.callitout.com.au)



Contact us:  
[info@callitout.com.au](mailto:info@callitout.com.au)  
[www.callitout.com.au](http://www.callitout.com.au)  
(02) 9514 4454



WELCOME  
NEW STAFF  
WELCOME  
NEW STAFF  
WELCOME  
NEW STAFF



**Janella Smith will be working with Maari Ma for the next three months as a midwife.**

**Janella** said. "I have been a midwife since 2006 and a nurse since 2002. I have been hospital based for most of that time. In 2016 I had a colleague die of motor neurone disease and it made me think about what I want from life. I decided that I wanted to travel and see

more of the world so I started doing agency work. This allowed me to travel around Australia and also gave me freedom to travel overseas as I could take holidays whenever is suited me. Since that time I have worked remotely in a place called Utopia in central Australia and in regional centres all up the west coast of Australia from Esperance up as far as Port Headland and up the east coast as far as Cooktown and down to

Burnie in Tassie. I love going to new places and meeting new people and I get to play the "I'm the new girl card" which stops people getting angry when I fill out the wrong form (I hate paperwork). I have three gorgeous children in Sydney who are not children any longer and I love going home to them but they get sick of me pretty quickly, so off I go on another adventure. I'm here in Broken Hill until the beginning of August."

**WELCOME BACK Occupational Therapist, Sandy Gray.**

Sandy has returned after being away for about a year.



**Maari Ma Health Balranald has a dedicated GP working for the service for the first time.**

**Dr Ruth Drohan** is working one week a month. **Dr Drohan** comes from Wangaratta in north west Victoria and will be focusing on clients with chronic disease. **Dr Drohan** is pictured here with Maari Ma Board Di-rector from Balranald, **Gloria Murray**.



**Farewell to Out of Home Care / Child and Family Health Nurse, RN, Robyn Fidge who commenced working with Maari Ma in 2019.**

A farewell was held for **Robyn** last week and she is pictured centre with staff.



## 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.

## START

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes ATSI Health Check and a follow up by a health worker.

## FOLLOW-UP CARE

Our health workers will visit you to talk about your health and see how you are going with your medications.

# MAARI MA CYCLE OF CARE

## GPMP & MEDICATION

You will be looked after by our Keeping Well team and other specialists like our dieticians, 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.

### 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



**Kendy Rogers**

Service  
Manager:  
PHCS



**Nola  
Whyman**

Executive  
Manager  
Operations



**Tegan Hinchey-  
Gerard**

Executive Manager  
Aboriginal Health  
and Community  
Wellbeing

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