

# COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation



WORLD NO TOBACCO DAY



MAARI MA PRIMARY HEALTHCARE SERVICE

JUNE 23 | ISSUE 66

**Maari Ma Health Aboriginal Corporation is calling on the communities of the far west to join in the new fight against Big Tobacco.**

On this World No Tobacco Day, 31 May, Maari Ma's Chief Executive Officer, Richard Weston, is wanting everyone in our communities to be ready to not only support those amongst us trying to quit smoking cigarettes, but also to save our young people from the health damage caused by vaping.

"Health authorities are now reporting that 99% of vapes in Australia contain nicotine and they are being marketed at young people – the next generation of smokers for Big Tobacco.



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"Improving Aboriginal health and closing the gap"



"The Federal Government's new regulations announced recently make selling vapes to anyone under the age of 18 illegal so it's our collective responsibility to make sure young people know vaping is doing them harm and people selling vapes to young people need to be stopped.

"It's clear that Big Tobacco has seen the impact of Australia's regulations on the sale of cigarettes - their unattractive plain packaging and grisly messages, and the increasing cost are hitting their bottom line so now they are coming for the next generation of smokers with sweet smelling, coloured

and flavoured vapes which contain the highly addictive nicotine" Mr Weston said.

Maari Ma's Tackling Indigenous Smoking team, which provides education in schools and at community events about the impact of smoking and vaping, has said schools are reporting a growing problem amongst students, with vapes being found and confiscated by teaching staff.

"We've finally managed to get kids to understand that smoking is bad for their health and is expensive, and then vaping comes along and it's the newest thing to try.

"What our kids don't understand is that vapes do contain nicotine and more than a third of them are likely to get addicted and then move on to smoking cigarettes" Mr Weston said.

Smoking rates across Australia have been falling in recent years with rates in metropolitan areas down to about 12%. However in more remote parts of Australia, like the far west, rates are closer to 20% and higher still amongst Aboriginal people.

Mr Weston said smoking is an addiction and it is hard to quit. It is also the single biggest

preventable health issue for Aboriginal people so it is a top priority for Maari Ma.

"Maari Ma staff are trained to be able to support smokers in a quit attempt and to keep their homes and cars smoke-free.

"We are here ready to support our mob to kick the addiction and to make sure our children don't become the next generation of smokers through vaping.

"We all have a part to play in this significant health problem" Mr Weston said.

## **An event to raise awareness around World No Tobacco Day was held at the kiila laana building on Argent Street.**

**kiila laana, (Maari Ma's tobacco support program) organised the event and included a free BBQ with the help of the Rotary club who agreed to cook for the day, Helen Grossi provided a fun activity making hangers for plants using Macramé and the kiila laana team handed out Emu Bushes which attendees carried home in their self-designed plant hanger. The kiila laana team said it was a great day yarning with the community and encouraging a smoke-free and vape-free future.**









**Keeping to the 2023 World No Tobacco Day theme 'Grow Food Not Tobacco', the kiila laana team organised a day on country with ACCES and CLONTARF students from the local high school, tour guide Dave Doyle from Wontanella Tours, and our youth health team, Tarissa Staker and Rebecca Jarvis.**







19 children and 4 teachers enjoyed a walk around the Copi Hollow area as Dave talked about how it was once used by First Nations people; he pointed out foods that grow naturally, and medicinal use of plants including the Emu Bush which is represented in the Kiila laana logo, an important plant in Barkindji culture. The amount of food available in a small area surprised everyone and the group were lucky enough to try some fresh river mint that has a strong spearmint flavour. Dave said he made ice cream with river mint which worked perfectly and was a big hit with his family.

An interesting fact; the river mint stalk is square!

Students were engaged and eager to know about their surroundings and it was an exciting lunch when Dave served three kinds of sushi; vegetable, chicken, and yabbies', all containing native ingredients.

Vaping and tobacco discussions, with a focus on the importance of land for food, were conducted



*Left: Kiila laana team Tiffany Lynch and Sharon Hooker*





before the start of the tour allowing students to reflect on the message as they enjoyed the experience of walking in the bush looking for food sources.

At the end of the day, each student received a gift bag from the kiila laana team containing an insulated lunch box, water bottle, pen, and diary.









## WORLD NO TOBACCO DAY CONTINUED



### **Broken Hill Netball Association started their first round of finals recently and the Maari Ma team was there to show support.**

Maari Ma and kiila laana recently purchased new netballs for the association and on Tuesday 30 May, the netballs were presented to BHNA president Tori McManus by Maari Ma Executive Manager Nola Wyman with Pearl Ferguson, one of our Aboriginal Health Practitioners. They opened by acknowledging the traditional owners and Nola seized the moment to discuss World No Tobacco Day and the effects of vaping to the onlooking crowd of youths and their parents. Nola encouraged everyone participating and playing to be great role models for our youngsters and help BHNA be a family-friendly smoke-free and vape-free place.



## WORLD NO TOBACCO DAY CONTINUED



Alinta Edge had the proud moment of presenting her father Garry Edge with an achievement gift from the kiila laana team for joining kiila laana's muuku smoke-free program 12 months ago and staying smoke-free since then. Garry said he had attempted to quit years ago but took it back up.

Last year Garry joined the muuku pledge and recommenced his quit journey with great success. On questioning Garry about how he now feels, Garry said he has never felt better and is glad he joined

the program to assist him on his journey. Garry said it is never too late to quit smoking and the benefits include more energy, sleep is better, and he saved money.

Kiila laana team know how hard the quit journey can be and understand it may take a few quit attempts: this is nothing to be ashamed or embarrassed about. The key message is to keep trying and allow Maari Ma's kiila laana team along with a GP to help you on your journey.



## WORLD NO TOBACCO DAY CONTINUED

Balrarnald helped spread the World No Tobacco Day awareness message and held a sausage sizzle and had the kiila laana information ready at hand for anyone wanting to know more about the smoke-free vape-free journey.

Nurse Manager Emma Moore said, "Although it was cool outside, we had a few call in. We were able to provide some smoking cessation information, test a couple of carbon monoxide levels, and commence clients on nicotine replacement therapy."

The team said the day provided a good outcome and they were able to talk to community members about smoking and particularly vaping concerns amongst children.

*Below left: Helen, Kylie and Centrelink Customer Service Advisor/ Admin Zoe Hutchinson*

*Right: Andrew Smith*

*Far right: Helen Murphy with Kylie Mitchell*





## THUMBS UP TO THE SCIENCE FAIR AND THE MAARI MA TODDLERS CORNER

### **Maari Ma was one of a small number of sponsors of the inaugural Broken Hill Science Fair.**

There were two, three hour sessions which included science shows, engaging displays and plenty of hands on activities. Nola Whyman did the Welcome to Country at both sessions, Brian Haddy – stage name 'SciFiBri' - entertained the crowd and our Toddlers' Corner was busy all day. Brian said he was very happy with the event and said they will come back and do a Science Fair over two days next year.

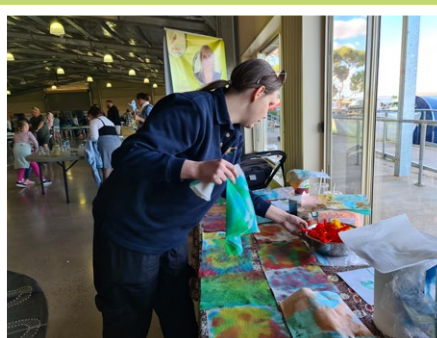
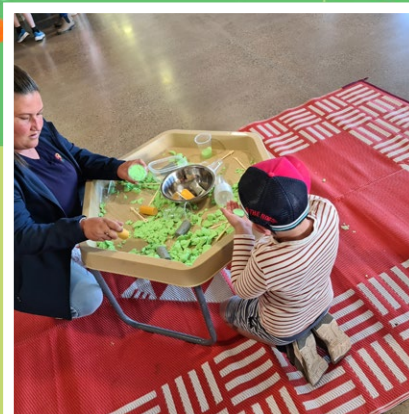
Attendance at the Science Fair exceeded expectations with tickets to the event selling out in advance. The Science Fair – in the Gary Radford Pavilion at the Broken Hill Racecourse – was organised by the Science Collective which is led by Brian Haddy. He brings together a group of science enthusiasts to present shows around South Australia. They aim to inspire young people to find out more about science and technology and increase awareness about STEM (science, technology, engineering and math) education.

Maari Ma's Early Years team said they were kept busy all day with so many youngsters coming to the Toddlers' Corner while their older siblings took part in the fair. They were constantly refilling supplies such as filling up the paint pots and replacing the paper towels, and tidying up at every spare moment they had. As well as painting they had play dough, building blocks, a music mat and kinetic sand. The play corner complemented the science activities very well.





# SCIENCE FAIR





SCIENCE FAIR





## LAKISHA SLOANE AHP SPORTING STAR



**Lakisha Sloane was selected for the women's Indigenous Cricket tournament played on April 1st and 2nd at Kiewa in Victoria for the Sydney Sixers women's squad along with other talented Indigenous players.**

Lakisha said she wasn't sure how she was selected – she received an email to say she was and thinks she must have been talent scouted. Lakisha said she definitely enjoyed the

experience of playing cricket in the Indigenous tournament and was very grateful for the opportunity. She said she got to know the mob from other communities and can't wait to play again next year. Well done Lakisha.

The team made it into the finals the next day and played Sydney Thunders but unfortunately due to unforeseen circumstances Lakisha had to leave early and didn't get to play in the finals. Adding to Lakisha's many skills and talents - in November last year her soccer team, the Alma

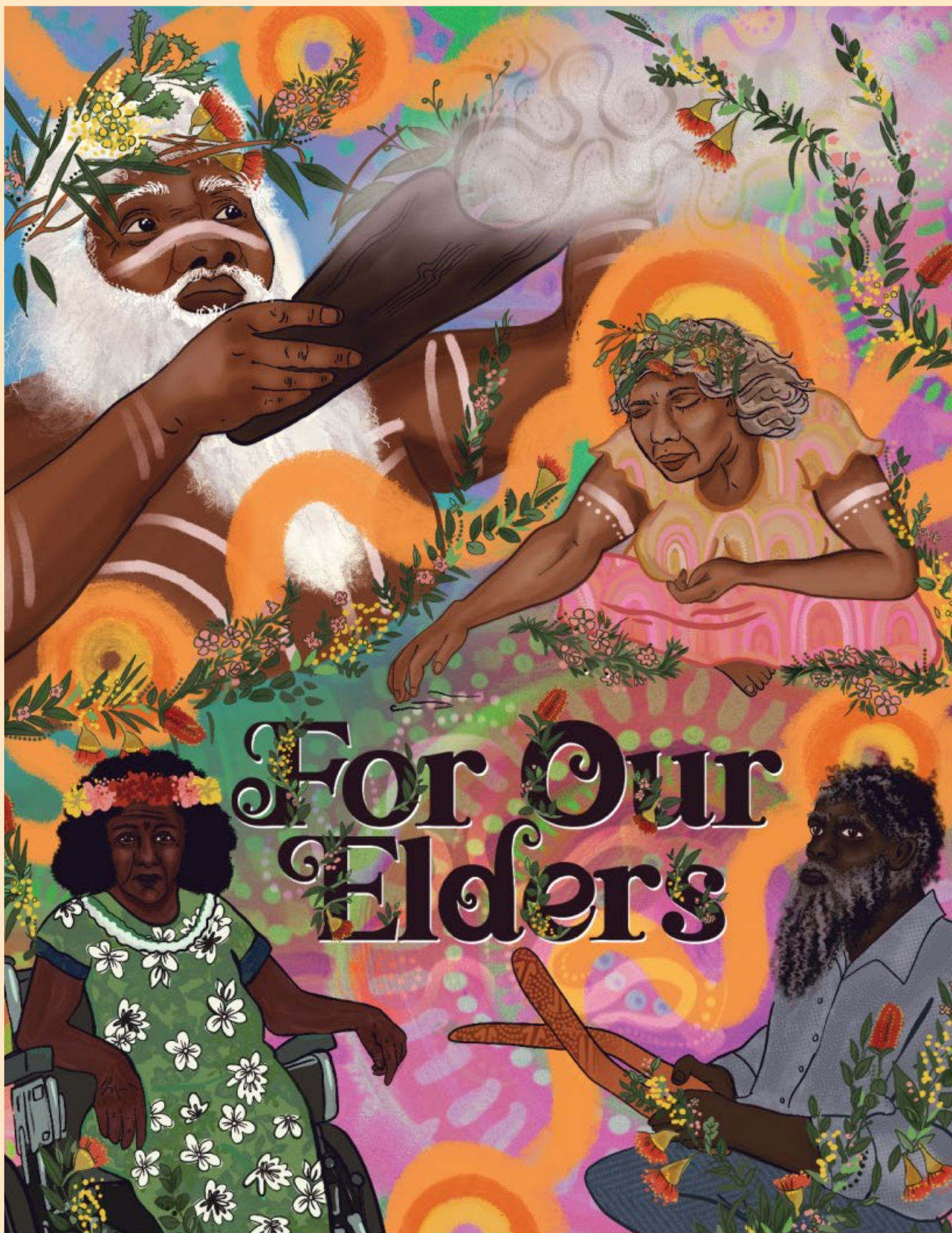
Goats won the grand final 3/0 against West Panthers and she also received "best and fairest" trophy with 65 votes. A few months before that they also won the knockout cup - the first in many years.

In March of this year her cricket team, the South Broken Hill Cricket Club, the Roo's, won the Grand Final against North Cricket Club at Norm Fox Oval. She received best on ground - making 34 not out for her batting and 1/18 for

her bowling. Lakisha is also a talented artist who designed the Indigenous themed cricket uniforms on the left.

"Lakisha is a wonderful, talented, kind hearted and dedicated Aboriginal Health Practitioner who works in the Healthy Start team. She is a valuable asset to Maari Ma and her community, and her colleagues and friends who want to congratulate and acknowledge her outstanding achievements - you are truly an inspiration to all, with all that you do," Lakisha's work mates have said.





# NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

[@naidocweek](https://www.instagram.com/naidocweek) [@naidocweek](https://www.facebook.com/naidocweek) [facebook.com/NAIDOC](https://www.facebook.com/NAIDOC)

## For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



[naidoc.org.au](https://naidoc.org.au)





# BALRANALD



## VAPING WORKSHOPS

**Kiila laana Education Officer Tiffany Lynch attended Balranald Central School and St Joseph's Parish Primary School in early May.**



The students received information on the dangers of vaping and use of nicotine products. Tiffany said the sessions were well received and students showed genuine concern for their well-being and what they're actually vaping. An afternoon session was organised for parents/guardians and staff where the group discussed the impact of vaping in adolescents including nicotine addiction, withdrawal symptoms along with other short and long-term medical consequences. Tiffany also discussed some "First Aid" strategies that both teachers and parents can employ to assist young people who may be exposed to vaping and nicotine addiction.

## NATIONAL BIRTH CERTIFICATE PROGRAM

**The national coordinator for the Pathfinders National Aboriginal Birth Certificate Program, Ron Naden came to Maari Ma Health Balranald recently to help local community members get birth certificates.**

Pathfinders is a not-for-profit organisation funded by the Department of Prime Minister and Cabinet to provide free birth certificates for young Aboriginal and Torres Strait Islander people aged between 0 and 21.

There was a very good response to the visit with Health Service Manager, Emma Moore, saying more than 30 people saw Ron in a walk-in rather than having booked appointments.

Emma said while they were there some people also accessed Maari Ma services and Centrelink so it had a spin-off effect which was good.

Ron Naden is based in Coffs Harbour and it's the first time Pathfinders has come to the Balranald region – they're currently travelling to communities across NSW with the Aboriginal Birth Certificate Program.



## MOLESCAN AUSTRALIA IN BALRANALD

### **Maari Ma Health Balranald had a six-day visit from a specialist skin nurse from Molescan Australia recently.**

Di Watson conducted the clinics and clients were provided with a 30 minute comprehensive skin check. Di's visit was initially to be for 2 1/2 days however the demand was so overwhelming she stayed for the additional time so that she could see all clients. Health Service Manager, Emma Moore said it was very good to be able to provide the community with the skin check service - one that people would normally not have access to at Balranald.

*(L to R) Di Watson (specialist skin nurse from Molescan Australia), Joy Moore (client getting skin check and daughter of Bes Murray) and Emma*



## Maari Ma Health Balranald



## NATIONAL BIRTH CERTIFICATE PROGRAM (CONT)

It's estimated about a third of all Aboriginal and Torres Strait Islander children born in Australia each year do not have their births registered in their first year. Without a birth certificate many people can face challenges enrolling in school, securing jobs, housing, licences or accessing government support.

In some situations barriers like financial cost and low levels of identification prevent people from accessing replacements of this critical form of identification. When it's easier to get birth certificates, it's easier for people to access the support they need and promote greater equality in society.

*LEFT: Emma is pictured highlighting the Pathfinders flyer with Ron Naden outside the health service*



## BIGGEST MORNING TEA



**Maari Ma staff took part in Australia's Biggest Morning Tea raising \$340 for the Cancer Council. In a variation of morning tea – and perhaps a healthier and warmer one – staff made a variety of soups.**

Organiser, Alana Cunico, said about 30 staff took part and got together in the Healthy Start kitchen to fill a cup and grab a bread roll for \$5. Alana said many staff brought in lots of different soups including creamy leek and zucchini; potato, leek and bacon; roasted pumpkin; tomato; pea and ham; chicken and corn; chicken and tomato; and chicken with vegetables. Alana said most people bought more than one cup of soup, some took soup home for an easy dinner while others just donated \$5.

## FAREWELL CATHERINE SIM



**Dietitian, Catherine Sim joined Maari Ma more than 2 years ago at the height of the pandemic which was not an easy time to come into a workforce.**

She had a strong interest in Indigenous health when she arrived in Broken Hill after a placement she did in Darwin, and it seems her commitment is continuing as she has accepted a position in Karatha, Western Australia. Catherine will be missed for not only her work with our clients and young people but also for the partnership she forged with the Kiila Laana team and the Facebook segments she did working in the kitchen with David Doyle on bush tucker. She was also a willing hand and a happy face at our community events. We wish Catherine all the best in her next chapter.



## 2023 OUTBACK RUGBY LEAGUE SEASON

Saturday June 10 <sup>th</sup> - General Bye For All Clubs			
Round Five Saturday 17 <sup>th</sup> June	Silver City Women vs Wildflowers Parntu vs Boomerangs Yabbies vs Silver City	Lamb Oval, Broken Hill	Silver City
Round Six Saturday 24 <sup>th</sup> June	Silver City Women vs Wildflowers Silver City vs Boomerangs Parntu vs Yabbies	Burke and Wills Park, Menindee	Yabbies
Round Seven Saturday 1 <sup>st</sup> July	Silver City Women vs Wildflowers Parntu vs Silver City Yabbies vs Boomerangs	Burke Oval, Wilcannia	Wildflowers
Round Eight Saturday 8 <sup>th</sup> July	Silver City Women vs Wildflowers Boomerangs vs Parntu Silver City vs Yabbies	Lamb Oval, Broken Hill	Boomerangs
July 15/16 <sup>th</sup>			
Representative Round	NSW Outback vs QLD Outback	Miles, QLD	
July 15 <sup>th</sup> July	2023 ORL Gala Day and NAIDOC Event	Burke Oval, Wilcannia	Wilcannia Clubs
Round Nine Saturday 22 <sup>nd</sup> July	Silver City Women vs Wildflowers Boomerangs vs Silver City Yabbies vs Parntu	Burke and Wills Park, Menindee	Yabbies
Preliminary Final Saturday 29 <sup>th</sup> July	2 <sup>nd</sup> vs 3 <sup>rd</sup>	To Be Advised	
Grand Final Saturday 5 <sup>th</sup> August	Minor Premiers vs Winner of 2 <sup>nd</sup> vs 3 <sup>rd</sup>	Memorial Oval, Broken Hill	Minor Premier to host



## 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

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