

# COMMUNITY NEWSLETTER

## Maari Ma Health Aboriginal Corporation



Maari Ma new Chair & CEO

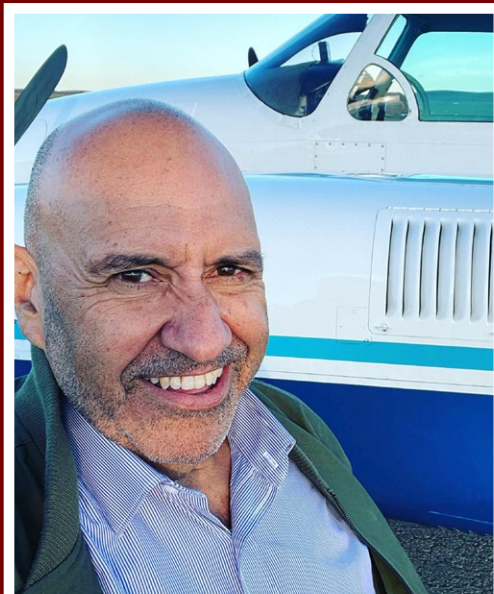


MAARI MA PRIMARY HEALTHCARE SERVICE

FEBRUARY 23 | ISSUE 62

**The Board of Maari Ma Health Aboriginal Corporation is very pleased to announce its new Chair and Chief Executive Officer.**

Des Jones, a former Chair of Maari Ma, is



*Chief Executive Officer Richard Weston*

the new Chair of the Board and Richard Weston, a former CEO of Maari Ma, is returning to that role.

Mr Jones, who led the Board for eight years and served as deputy Chair for 13 years, was elected chair at the Maari Ma Board meeting and Cheryl Blore was elected as Deputy Chair.



*Chair board Des Jones*



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*"Improving Aboriginal health and closing the gap"*



## MAARI MA NEW CHAIR & CEO

The elections follow the recent passing of Maureen O'Donnell in November. Mr Weston takes over the leadership from Bob Davis who retired in July after 12 years at the helm. Mr Jones said he's honoured to have been elected Chair of Maari Ma and looks forward to leading the Board into the future and has welcomed Mr Weston to the CEO's role.

"Richard has a breadth of knowledge and skills in leadership, and senior management positions spanning more than 20 years.

He is an effective leader who possesses a comprehensive understanding of what it takes to build a successful team and a successful organisation. He knows our organisation and the communities we serve very well having worked at Maari Ma for nine years.

Richard was CEO when Maari Ma established the Chronic Disease Strategy and the Child Health Strategy – a

cornerstone of Maari Ma's work today. He left Maari Ma in 2009 to take up the position of CEO of the Queensland Aboriginal and Torres Strait Islander Community Health Service before moving to CEO of the Healing Foundation where he worked for nine years.

He was then CEO of SNAICC (Secretariat for National Aboriginal and Islander Child Care) before taking on the newly created position of NSW Deputy Children's Guardian – a role created in NSW in response to the Family is Culture Review which examined the child protection system in NSW and its impact on Aboriginal children and their families.

Richard has maintained an interest in Maari Ma since he left and has often held Maari Ma's work up as exemplary to broad national audiences as well as advocating for us and our region.

"All up Richard has a very

strong track record in general management and leading organisational development for more than two decades, and the Board is confident that with his breadth and depth of knowledge in delivering tangible outcomes to Aboriginal and Torres Strait Islander people that he will take Maari Ma from strength to strength."

Mr Weston has enjoyed his time at the Office of the Children's Guardian where he has worked for the past two years and found it to be both rewarding and challenging, and said he is pleased to be returning to Broken Hill and leading Maari Ma once again.

"I am a proud descendant from the Meriam people of the Torres Strait Islands - traditional owners of Mer

(Murray Island). I have family ties to Broken Hill, and Maari Ma and the communities of the far west hold a special place in my heart. Maari Ma is a strong, vibrant, well-functioning organisation with a solid platform on which to build in the next five to ten years and

beyond, and I look forward to working collaboratively and effectively with the Des and Board as well as with all tiers of government

and agencies to achieve positive outcomes for Maari Ma communities. Importantly I look forward to leading and inspiring staff to work at their highest levels. I feel I will be coming back to a place I have long called home and I am excited at the opportunities that will unfold," Mr Weston said.



**Kiila laana's team Tiffany Lynch and Sharon Hooker organized a muuku program open day inviting community members to come along for a relaxed yarn and light lunch with past and current program participants.**

Muuku ambassador Tina O'Neil was on hand to answer any question and talk about her smoke-free journey.

Attendees enjoyed the opportunity to make body scrubs and hand cream while yarnning with the team.

For 2023 the kiila laana team are asking smokers to join the program and take the challenge to reduce smoking and vaping amongst mob.





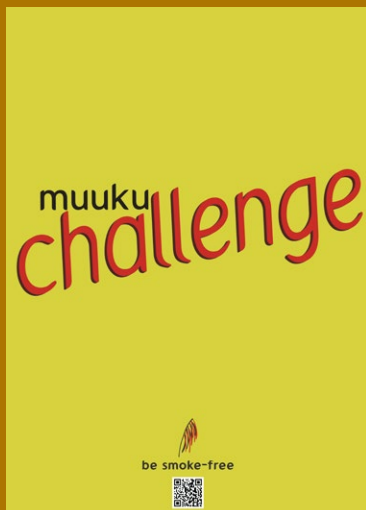






**Marlene Fleming received a muuku be smoke-free door mat as part of the yapara home screening program.**

The program conducts carbon monoxide (CO) screening in your home to test the air for high levels of the poisonous gas.



**Michele Johnston from Wilcannia was the lucky winner of kiila laana Facebook page Christmas competition.**

Scan the QR code to join the page and keep up to date with the latest stories and competitions.





## BALRANALD

**White Ribbon day is held on November 18th each year to raise awareness about domestic and family violence.**

Maari Ma's Balranald Health Service supported the cause by hosting a women's pamper lunch with free manicures and massages, a catered lunch and raffles.

Health Service Manager, Emma Moore said about 50 women and children attended which included a smoking ceremony and a welcome to country by Kiea Charles.

Emma said she was proud of the efforts that Centrelink Customer Service Officer, Zoe Hutchinson and Agency Nurse, Leeanne Smith put in to help the day be such a success.

A White Ribbon march was held later that day with 34 people in attendance. The march started at Maari Ma Health and walked to the Balranald MPS Aboriginal Gardens. There were White Ribbon balloons and tattoos for the kids. Kiea performed another smoking ceremony and welcome to country, which was followed by

a dance performance by the Wiran Dance Group.

Dareton Police Domestic Violence Liaison Officer, Bec Sippel was a guest speaker and the event finished up with the handing out of gift bags with White Ribbon merchandise and local contact details for those experiencing domestic violence.



*Baby Ezekiel Gresley at his first smoking ceremony*



*Euston police officer Tegan getting involved with the smoking ceremony*

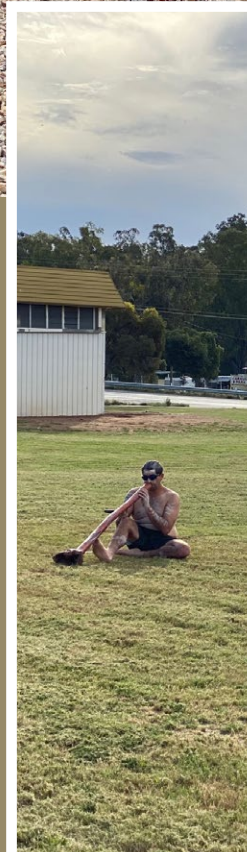




# BALRANALD



*The Wiran Dance Group performed for the White Ribbon event.*





## BALRANALD





## BALRANALD



Helen Murphy getting a hand massage by Annie



winner of the guess the lollies  
Lorraine Murray



Cheryl Charles getting a manicure  
by beauty therapist Amber



## BUILDING POSITIVE CONNECTIONS

**Youth Health Nurse, Rebekah Jarvis attended a day trip to Copi Hollow with the Clontarf and AACES students from Broken Hill High School, and had a great time engaging with the students and the staff.**

Beck said it was a good opportunity to get to know everyone and said the staff are being positive role models with a great bunch of young people.

They all had fun with various activities including soccer, football, swimming, the water bucket challenge and sack throwing, and they all enjoyed a lunch of chicken salad rolls as well as afternoon tea with cakes, muffins, fruit and cordial.





BUILDING POSITIVE  
CONNECTIONS





## BUILDING POSITIVE CONNECTIONS



## TRAINEES COMPLETE CERTIFICATE IV

**Aboriginal Health Worker trainees have now finished their training and have applied for positions with Maari Ma.**

At the beginning of 2022, Maari Ma filled seven traineeship positions. Throughout the year the trainees received guidance in the various health programs with the possibility of employment in a chosen field.

Maari Ma would like to congratulate Tessa Files who will take up the

**AHP (Aboriginal health practitioner) Maternal Health position.**

Lakisha Sloane and Tayla Leayr will join the Child and Family Health team as AHPs.

Pearl Ferguson and Kyla White will join the Clinic and Community team as AHPs.

Laura-Lee Simmons and Jenni McDonald will join the Keeping Well team as AHPs.



*AHP Keeping Well Jenni McDonald with her Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care Practice certificates.*



# UNVEILING OF THE ACKNOWLEDGMENT PLAQUE



## Maari Ma's Youth Health team along with Broken Hill High School staff and community members attended the unveiling of the Acknowledgment plaque on the grounds of Broken Hill High School.

BHHS School Principal Mr Mackay welcomed everyone to the special event and the delivery of the new indigenous-designed BHHS shirts for staff and students.

Mr Mackay spoke about the many challenges and tasks the Aboriginal Education Team and Committee have been working to overcome with the next project due to be completed by early February 2023 which will be the cultural walk and

yarning circle.

AACES student Brooke Cattermole performed the welcome to country in language with a minute silence in remembrance and respect of community elder Aunty Maureen O'Donnell followed by community Elder Aunty Barbara Clark unveiling the plaque.

The Plaque was created in consultation with members of the Aboriginal education committee and Vicki explains the meaning behind the plaque

### THE OUTSIDE OF THE PLAQUE

The Hands represent – students and staff here today, future, and who have been here (past)

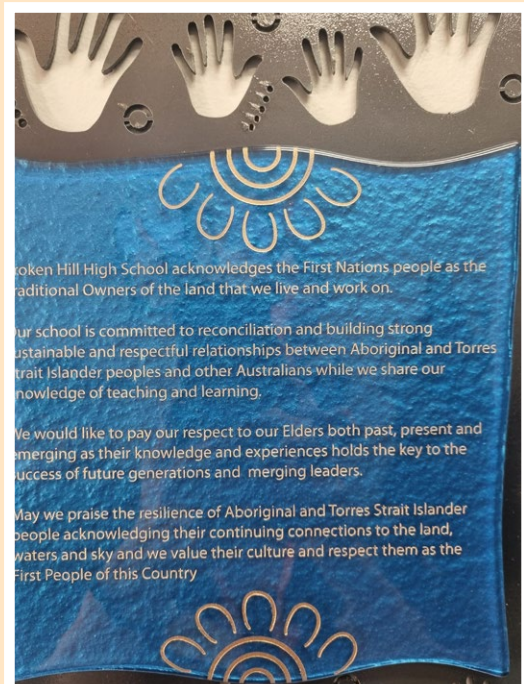


The meeting place - represents the school, staff and students coming together and connections and partnerships within and outside the school

The roundness of the plaque – represents the continuous – never ends

### THE INSIDE OF THE PLAQUE

Blue glass with writing - stating BHHS acknowledges first nations people, school commitment to reconciliation, building a strong relationship





# WELCOME

## Helen Murphy has started working at Maari Ma Health Balranald as an enrolled nurse.

Helen is a Balranald local and started her traineeship with Balranald District Hospital (now MPS) in 2008 and has worked there until just recently. Helen (who's also known as Murph) said she was lucky enough to travel to Darwin in 2011/12 to work with Mediserve Nursing Agency for

6 months, gaining invaluable experience predominately at Royal Darwin Hospital on many different wards.

Helen said she's looking forward to working with the team and community in Balranald, learning as she goes and navigating all things Aboriginal health, primary health and health promotion—she said she's certain the change from ward work to primary health will be rewarding. Great to have you on board Helen.



**MURDI PAAKI  
REGIONAL  
ASSEMBLY**

Murdi Paaki Regional Assembly is partnering with the University of New England to upskill our people through a Bachelor of Arts and the Tracks Program.

**Contact Haylee Rogers at MPSL by email [Haylee.rogers@mpr.com.au](mailto:Haylee.rogers@mpr.com.au)**

### Bachelor of Arts

Two new major areas of study in UNE's Bachelor of Arts programme have been designed with Murdi Paaki Aboriginal Young and Emerging Leaders in mind. The Community Development and Community Planning majors will give you the knowledge and skills you need to make a difference in your community, and will position you to lead the Murdi Paaki Region into the future. They are designed to help you to work within your community to build a future on the basis of people's strengths.

### Tracks

Tracks is designed to build on the strengths of Aboriginal people wishing to enter tertiary study. The Tracks programme consists of four skills-based units chosen from a list of five core units by negotiation with the course co-ordinator, and two additional units which you would choose from among your BA units. The total load of six units can be studied over the course of a year. The core units are:

- University and Study Skills (TRAX001)
- Aboriginal and Torres Strait Islander Studies (TRAX002)
- Aboriginal and Torres Strait Islander Communities (TRAX003)
- Academic Literacy (TRAX005) Information and Communication Technology in Higher Education (TRAX006)

Because Tracks is offered free of charge, this means that you are able to do two of your BA units without having to pay for them. Tracks is delivered by the Oorala Aboriginal Centre. The Oorala Aboriginal Centre offers services, programs and facilities of a nationally recognised standard to Aboriginal and/or Torres Strait Islander students who have chosen to study at UNE.



# HEALTHY LUNCH BOX WEEK

**Encouraging children to enjoy eating healthy from a young age is the aim of Nutrition Australia's Healthy Lunchbox Week celebrated at the start of Term 1 each year.**

The awareness campaign is designed to remind parents that a third of the daily food intake children consume is at school so it is important to fill their lunch boxes with healthy options.

Dietitian Catherine Sim will talk more about healthy eating habits each month on the kiila laana Facebook page.



## BANANA BREAD INGREDIENTS








**MAKES 12 SLICES**

- 2 tablespoons olive oil
- 1/3 cup sugar
- 2 eggs
- 4 soft bananas, mashed
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1/2 cup reduced-fat milk
- 1 tsp bicarbonate soda

## METHOD

1. Preheat oven to 180°C and line a loaf tin with baking paper.
2. Combine oil, sugar, eggs and mashed bananas in a large bowl.
3. Add flours and mix well until combined.
4. In a cup dissolve bicarbonate of soda into milk. Add to mixture, mix until combined.
5. Pour into a loaf tin and bake for 50 minutes or until golden brown.

Food group	Nutrients	Examples
 <b>Grain foods</b>	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> <li>- All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf</li> <li>- Rice, pasta, crispbreads, rice crackers</li> </ul>
 <b>Fruit</b>	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> <li>- Fresh whole fruits or cut up and placed in a container</li> <li>- Dried fruit mix, canned fruit</li> </ul>
 <b>Vegetables</b>	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> <li>- Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears</li> <li>- Carrot, celery and cucumber sticks</li> <li>- Salad vegetables or coleslaw in a sandwich</li> </ul>
 <b>Milk, yoghurt &amp; cheese</b>	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> <li>- Milk poppers</li> <li>- Cheese slices, cubes or sticks</li> <li>- Tub of yogurt</li> </ul>
 <b>Lean meats, fish, poultry, egg, nuts and legumes</b>	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> <li>- Cold lean meats or chicken</li> <li>- Tinned fish such as salmon, tuna or sardines</li> <li>- Boiled eggs, baked beans, hummus</li> </ul>

## OPTIONAL

Add some berries or dried fruit for extra flavour and fibre or make banana muffins by pouring mixture into a lined muffin tray and bake for 25 minutes.





## 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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