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Broken Hill High School NAIDOC

**Youth Worker Tarissa** Staker, Aboriginal Health **Practitioner Trainee Kyla** White, Dietitian Catherine Sim and kiila laana **Education Officer Tiffany** Lynch represented Maari Ma at the Broken Hill High School (BHHS) NAIDOC activities.

Originally scheduled in July, the event was rescheduled to early September due to **COVID** concerns.

Students enjoyed an afternoon with creative activities, giveaways, and food which gave local organisations the chance to speak to and educate youths whilst students interacted with each activity. Maari Ma teams were able to provide important information about our programs that are targeted at young people. Kyla kept the kids engaged with the badge-making machine and Catherine teamed

up with the female students from the Aboriginal Art and Community Education Sistas (AACES) program to help make lemon myrtle butterfly cakes, wattle seed choc-chip biscuits and chocolate cupcakes for people to taste. The whole day came together with CLON-TARF providing a BBQ lunch.

MAARI MA PRIMARY HEALTHCARE SERVICE



Decorated animal cardboard stencils to hang on school bags

### 📣 IN THIS ISSUE Broken Hill High School NAIDOC 4 **Balranald Central School** hosts comedian Position vacant/ Environmental health scholarship / Have your say naming the **Darling River** 6 Health checks and prizes for Menindee 7 Sexual health month 8 Save Marrabinya R U OK? Day 9 10 Balranald R U OK? Day Kiila Laana 11 Dental accreditation to 2025 12 13 Farewell 14 Cycle of Care www.maarima.com.au admin@maarima.com.au www.facebook.com/maarimahealth/

**OCTOBER 2022** | ISSUE 59

"Improving Aboriginal health and closing the gap"

## **BROKEN HILL HIGH SCHOOL NAIDOC**



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LEFT: "Scratch Art" designs utilizing the appropriately themed boomerang, emu, kangaroo and goanna stencils





ABOVE AND RIGHT: Beading bracelets, and necklaces.







### BALRANALD CENTRAL SCHOOL HOSTS COMEDIAN

Zoe Hutchinson, Sean Choolburra and Emma Moore

Balranald Central School (BCS) invited surrounding primary schools Euston, St Joseph's and Clare to attend the cultural performance of story telling and dance by comedian Sean Choolburra, followed by a sausage sizzle at the end.

This was another reschuled event after COVID hit some months ago, gatherings where cancelled and border restrictions affected visitors: Sean had been scheduled to perform a community event with two other performers before but the performance was back on track when Sean became available and the venue was set at the Balranald Central School.

Around 340 students attended and Maari Ma's **Emma Moore** said the comedy act was hilarious with much laughter and happy tears from everyone who attended. It was great to see all the school come together and special thanks to **Zoe Hutchinson** for all her efforts in organising the event. 

### WANTED

### Senior Field Officer Grade ½ (Aboriginal Identified) Job Reference: 522953

Package includes salary (\$69,604-\$73,729), employer's contribution to superannuation and 17% loading for working weekends and public holidays

### Full time temporary role up to 30 June 2023

Successful candidate may be eligible for remote area allowance

Located in Mutawintji Lands (Far West & North Central NSW)

Mutawintji Lands has a no pet policy and accommodation options may be limited

### About the role:

· Working closely with the Park Manager and supervising a team of five, you'll be joining a supportive team undertaking a diverse range of tasks to enhance and preserve the natural and cultural heritage of our parks. This may include maintaining and constructing park facilities; protection of cultural sites; undertaking pest and weed control programs utilizing pesticides, chemicals or firearms; and assisting with fire management activities such as mowing, slashing, grading, and implementing hazard reduction burns and wildfire response.

• You will be relied upon to identify and prioritize maintenance works whilst ensuring they are completed safely and on time. Senior field officers are flexible and organized, and work well in a team environment or alone with minimal supervision. At times you'll be relied upon to also supervise other field staff and contactors. A trade background is beneficial but is not essential.

 Apply online at iworkfor.nsw.gov.au/ job/senior-field-officer-aboriginalidentified-352521

Contact Leroy Johnson, Park Manager, Mutawintji Lands, West Darling Area, ph 0459 857 892, email leroy.johnson@ environment.nsw.gov.au.



### **ABORIGINAL ENVIRONMENTAL HEALTH SCHOLARSHIPS**

Applications are now open for the 2023 Aboriginal Environmental Health Scholarships and will close 11 October 2022.

Worth up to \$30,000, the scholarship supports Aboriginal people to study an environmental health degree at their pace (full or part time) and enter an in-demand profession.

SCHOLARS RECEIVE:

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- fees paid for subjects passed (potential for no **HECS-HELP debt**)
- \$500 a year for student administration fees and other costs

### FURTHER INFORMATION:

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For more information about how the scholarships work, environmental health, or how to apply, visit: 2023 Aboriginal Environmental Health Scholarships

Or, contact the Aboriginal **Environmental Health Unit by** email: NSWH-AEHU@health. nsw.gov.au



### Have your say on dual naming the Darling River

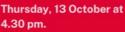
The Geographical Names Board will be holding an open community forum to gather feedback on a proposal by the Barkindji Native Title Group Aboriginal Corporation to dual name the Darling River as Baaka.

The proposed dual name is for the extent of the Darling River, commencing approximately 39km NE of Bourke, winding through Bourke, Wilcannia, Menindee, Pooncarie and Wentworth where it joins the Murray River.

Assigning a place name under the Geographical Names Act 1966 does not impact other legislation or change rights or responsibilities of the feature A dual name will sit alongside the non-Aboriginal name, each part having equal status.

Come and join us for a yarn at: **Broken Hill Civic Centre** 31 Chloride St, Thursday, 13 October at

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For more information contact : Geographical Names Board PO Box 143 Bathurst NSW 2795

T: 1800 025 700 ESS-GBN@customerservice.nsw.gov.au

HEALTH CHECKS AND PRIZES FOR MENINDEE

Menindee's Aboriginal Health Practitioners Dimity Kelly and Britny Coff decided to take the Maari Ma Community Health Van into the community and provide locals with the privacy and convenience of the mobile van to receive their annual 715 Health Check.

The team set up at one of the parks and encouraged locals to have a Health Check and go into a draw to win a prize. Fourteen locals received their first health check for the year and for some this was their first ever health check.

Dimity said they could do all their patients pathology and paperwork on the day so the patients only need to have one trip to a GP (if all is good with the results).

Maari Ma's Trainee Aboriginal Health Workers **Tayla Leyar** and **William Briar** (FWLHD) helped out with the BBQ lunch, and gained experience in the 715 Health checks process.

Transport was available to those who needed it thanks to Transport Officer **Emily Johnson**.

Emily Johnson, Tayla Leayr, Britny Coff and Dimity Kelly

Everyone that had a health check went into a draw to win one of two prizes. Congratulations

**Donna Sullivan** 1st prize meat pack and **Ricky lee Newman** 2nd prize fruit/veg







MAARI MA COMMUNITY NEWSLETTER

## SEXUAL HEALTH MONTH



Maari Ma joined the Far West Local **Health District and** the AIDS Council of NSW (ACON) to conduct free and discrete STI, HIV & Hepatitis C testing during the Broken Hill Heel festival which coincided with Sexual Health Month.

Our Sexual Health and Blood Born Virus Clinical Nurse Specialist, Regan Chesterfield was joined by RN, Kelly McGowan and Maari Ma GP registrars, Drs Maddison Kane and Raphael Han.

Regan said the numbers of people tested this year was down on previous years and encourages everyone who is sexually active to make an appointment to be tested.





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## SAVE MARRABINYA

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More than 100 people, including Maari Ma CEO William 'Smiley' Johnstone and Board deputy Chair Des Jones, marched through the main street of Dubbo on Friday the 19th of August in a show of protest against the planned defunding of Marrabinya.

The protest started from the Rotunda and went to the Western NSW Primary Health Network office followed by Federal Member for Parkes Mark Coulton's office. The march gained a lot of coverage in local and state wide media outlets including the Dubbo's Daily Liberal, The Koori Mail, ABC and online news platforms, and there was a mix of people marching: as well as Marrabinya staff, there were clients, supporters and representatives from Three Rivers Regional Alliance, Murdi Paaki Regional Assembly, and Aboriginal Land Councils.

The Chairs and CEO's of these organisations had a meeting set up with WNSW PHN CEO, Andrew Coe following the march but he didn't show up, 100 % Aboriginal designed and run program that has already established strong and ongoing relationships with Western NSW communities. There's real concern that some people won't get the support services they need under the new model the PHN has put forward, particularly people who don't access services from an AMS or don't have



which was very disappointing. Marrabinya Executive Manager, Donna Jeffries, has been doing an exceptional job in raising awareness about the planned changes to the an AMS in their community. We feel it's just too crucial to sit back and not do anything, and another march happened on Fri 23 September.

The Marrabinya team also took their banners and petitions to the Annual Dubbo Waratahs

Rugby League Knockout that weekend and were available to answer questions and get more signatures on the petitions. Donna's also provided information to Channel 10's The Project about the background to the protests and what the changes will mean for communities.Since its inception in January 2017 to May 2022 Marrabinya has provided 103,000 support services from 13,000 referrals to 4,300 Aboriginal clients. It is brokered by nine staff and financial support is provided by two staff. The efficiencies of Marrabinya are slated to change from January 1st next year when Aboriginal Medical Services across western NSW will be providing the service to their cli-ents; as yet there is no word on who will be providing the service to Aboriginal people who do not attend an AMS.

Health experts such as Associate Professor of Sociology in Indigenous Health, Dr John Gilroy are slamming the move. "Currently we are seeing far too many reforms and changes in Aboriginal health which is impacting on Aboriginal lives and Aboriginal communities" he said.



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**R U OK? Day** held on 8th September each year is a day recognised nationally where we remind ourselves that every day is the day to ask someone "are you ok?".

It's a chance to remind ourselves to get involved and learn when and how to have a conversation that could change a life. Recent research showed 40% of people think an expert should be the person to check in to see how someone is coping. But that's not the case. You don't need a qualification. We all experience life's ups and downs and the last couple of years have been really tough. Genuine care and concern can make all the difference.

Maari Ma staff reached out to our communities last Thursday in Broken Hill during the R U **OK Day?** awareness raising event at the Town Square. Julieann Hall from the Social and **Emotional Wellbeing** team estimated 50 community members and about 10 tourists dropped by the stall for a yarn. Other local organisations were also represented. There was free morning tea with pancakes, fruit, coffee, tea and cake, as well as activities.



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### R U











### BALRANALD U **OK**? DAY R







JOIN WARRA WARRA FOR A MAARI MA BALRANALD

WE CAN ASSIST YOU WITH: • STOLEN GENERATIONS

**Zoe Hutchinson** and Rhonda Carvalho did a great job hosting RUOk day.

It was a miserable rainy day but the Balranald team were happy with the community turn out. Warra Warra Legal Service from Broken Hill also attended, as well as the Dareton Australian Unity Home Care ladies along with board Director Gloria Murray and daughter Karen Murray.

MAARI MA COMMUNITY NEWSLETTER

# KNOW THE FACTS ABOUT VAPING

Vaping Workshops were delivered to students in Years 7-10 at Broken Hill High School as part of their Personal Development, Health & Physical Education (PDHPE) curriculum during the last week of August and first week of September.

A total of 8 sessions were facilitated by kiila laana Education Officer **Tiffany Lynch** who provided information to the students about the history of vaping; current marketing and how children and youth are being targeted; the risk of harm; passive vaping and legislation applicable to vaping.

The students participated in an activity at the commencement of each workshop in groups to note their own ideas/ knowledge about vaping followed by discussion with the facilitator.

Some correspondence from the PDHPE Coordinator who assisted to arrange the workshops included "Good feedback from the kids. Staff learnt things too" and in other correspondence, "I think Year 8 responded well yesterday!". Over the course of the sessions approximately 340 students participated with 80 First Nation enrolments.



As a result of the outcome of these sessions, plans are being developed to provide information sessions to the staff at the Broken Hill High School in the near future.





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Professor Renee Bittoun was available for consult via zoom in early September.

Prof. Renee is accessible to anyone on the muuku be smoke-free program and offers up to date knowledge and expert advice to smokers finding it difficult to quit or reduce their tobacco intake or if someone is finding it difficult to find a suitable Nicotine Replacement Therapy.

Want to have a yarn with an Aboriginal Client Services Officer?

# Aboriginal Enquiry Line

Monday to Friday 8.30 am - 4.30 pm 1800 422 322

We can help you with your housing and rental issues. If an Aboriginal staff member is not there when you call, you can leave a message. An Aboriginal staff member will call you back as soon as they can.



# DENTAL ACCREDITATION TO 2025

Maari Ma has been awarded full accreditation against the National Safety and Quality Health Service (NSQHS) Standards for Dental Practice Accreditation for a further three years.

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Dental Therapist and Dental Team Leader, **Erin Commins** together with the team - Therapist, **Megan Hurst** and Assistant, Jayde Flentjar put in the hard yards to achieve the result that looked at performance against the NSHQS Standards which provide a nationally consistent statement of the level of care consumers can expect from health service organisations.

The Accreditation, which was signed off by our consultant dentist, Dr **Sandra Meihubers** is in conjunction with the introduction of a new steriliser to keep up with the increased sterilisation demands, and the annual calibration and validation completed by Meg.

Erin was commended by QIP (Quality Innovation Performance) for our Dental Team's com-mitment to quality improvement and QIP said it looks forward to working with Maari Ma in the coming years.



## Are you experiencing distress including suicidal thoughts?

Is your usual place of support closed for the night or weekend?

- Safe Haven offers an alternative to the emergency department, allowing for a rapid, compassionate response.
- Where required, peer workers can help you to plan your next steps, and access appropriate services.
- Safe Haven is a non-clinical, welcoming space, offering light refreshments and most importantly, compassionate care.

No appointment or Medicare card required.



OPEN Tues-Fri 4.30 - 10pm | Sat 11am - 4pm

LOCATION Old War Vets Road, Thomas Street Entrance, Broken Hill NSW 2880 On the grounds of Broken Hill Health Service, next to the Far West Recovery Centre

Safe Haven hours, or for all other Mental Health crisis support, please call the Mental Health line on 1800 011 511

### You can access Safe Haven by presenting in person or phoning **0418 442 767**. Transport options available if required.



## FAREWELL

### Farewell Executive Manager Aboriginal Health and Community Wellbeing, Tegan Hinchey-Gerard.

Tegan has worked hard in the areas of engagement around the Early Years in Broken Hill and Wilcannia, and Strong Young Families and Wings in Wilcannia. Tegan was also instrumental in the work we did in Wilcannia and Broken Hill during the COVID Delta out-break last year.

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Maari Ma wishes her well in the new position with Regional NSW as Manager Aboriginal Outcomes.

## Stay Healthy and Strong

## Complete a free bowel cancer screening test every 2 years, once you turn 50



Regular screening can help detect the early signs of bowel cancer. If found early, over 90% of bowel cancers can be sucessfully treated. Keeping up to date with screening is an important way to stay healthy and strong for our families.

For more information, have a yarn with your health professional about making a bowel cancer screening test part of your regular check-up or visit:

www.indigenousbowelscreen.com.au



Screening for bowel cancer is simple, private, and free.







### **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

PHCS Broken Hill 439-443 Argent Street, Broken Hill, NSW 2880 Phone: 08 8082 9777 Fax: 08 8082 9778

### **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

Wilcannia Health Service 14 Ross St, Wilcannia, NSW 2836 Phone: 08 8091 5122 Fax: 08 8091 5911 Web: www.maarima.com.au



Kendy Rogers

Service Manager PHCS



Nola

Whyman

Executive

Manager Operations

Tegan Hinchey-Gerard

> Executive Manager Aboriginal Health and Community Wellbeing