



COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

THE DEADLY BLUES



MAARI MA PRIMARY HEALTHCARE SERVICE

SEPTEMBER 2022 | ISSUE 58

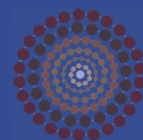
Deadly Blues Ambassadors arrived in Broken Hill in late July to help spread awareness around Healthy Eating and Healthy Choices amongst our youth.

The Deadly Blues



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

THE DEADLY BLUES

The Deadly Blues Ambassadors work in partnership with Maari Ma Health: they enjoy coming to Broken Hill and surrounding towns, meeting the locals and having photos and a yarn with community members.

They are positive role models for our young people while discussing choices and encouraging youths to make decisions that keep them safe and healthy. With a game of rugby and a chance to grab signatures from

ex-rugby legends Reni Matai (Canterbury, Cronulla, Parramatta), the legendary Sonny Bill Williams (Boxer, also played for Bulldogs, Roosters and New Zealand in rugby union and league), Willie Mason (played for Australia and Tonga and Canterbury Bankstown) and Jeff Hardy (250 games, played for St George).

It was a successful few days visiting Menindee, Wilcannia and Burke Ward School in Broken Hill. The kids (and their parents) all enjoyed the interactions and photo opportunities.







NATIONAL DAY OF RECOGNITION FOR ABORIGINAL HEALTH PRACTITIONERS

Maari Ma staff celebrated this National Day of Recognition with a BBQ lunch to honour and celebrate the work of Aboriginal Health Practitioners.

This is only the second year the event has been held nationally – the inaugural National Day of Recognition was held last year after being established by The National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners (NAATSIHWP). NAATSIHWP is the peak body for Aboriginal and/or Torres Strait Islander health workers and practitioners.

Maari Ma thanks all the AHPs for providing the high standard of culturally responsive care to our communities.

Better health outcomes are achieved when Aboriginal people are involved in Aboriginal people's healthcare and that being treated by another Aboriginal person means our culture is being respected during a client's health journey.

It's also not widely known that Aboriginal and/or Torres Strait Islander health workers and health practitioners are the world's only Indigenous health profession underpinned by national training and regulation.

Thank you to all our AHPs for the choices you made to become part of such a critical workforce



WHITE RIBBON NIGHT

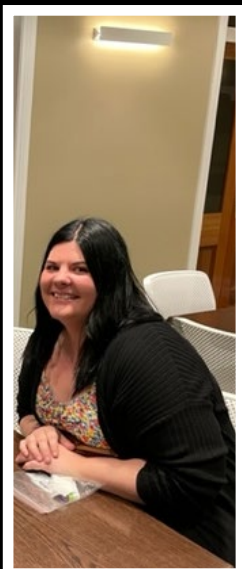
Maari Ma's White Ribbon committee organised a fun trivia night at the Broken Hill Pub upstairs area to raise awareness and funds in support of eliminating gender violence.

The night was held on Friday 5th of August with guests donating a gold coin towards the cause. There were raffles and trivia with lots of great prizes.

Maari Ma's Executive Manager of Operations Nola Whyman did the Welcome to Country, IT Manager Michael Hanley took to the floor as MC and Alex Page took up his third role, after pharmacist and radio sports announcer, as trivia master.

The trivia was won by the Yeti's and looking at the photos everyone had fun. The event raised \$68 for White Ribbon Australia.

**White Ribbon
Australia**



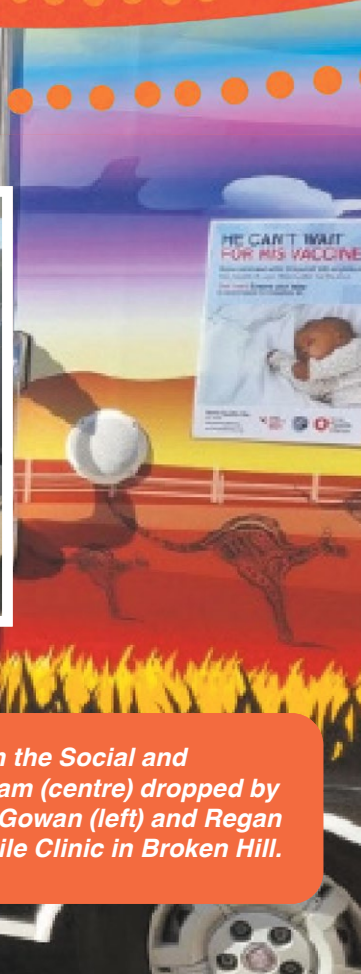
WORLD HEPATITIS DAY

28TH JULY 2022

#WorldHepatitisDay #HepCantWait



Julianne 'Juls' Hall from the Social and Emotional Wellbeing team (centre) dropped by for a chat with Kelly McGowan (left) and Regan Chesterfield at the Mobile Clinic in Broken Hill.



July 28th was World Hepatitis Day.

To raise awareness Maari Ma's Sexual Health / Youth Health Clinical Nurse Specialist, Regan Chesterfield in collaboration with the Far West Local Health District, led the team taking the Mobile Clinic to Broken Hill, Wilcannia and Menindee. Regan said it was amazing to see all the community members and staff visit the Mobile Clinic to have a yarn about hepatitis or get tested, with more than 30 people tested from the three communities who now know their hepatitis status. Five of those tested were lucky enough to be winners of prizes valued at \$500 each.

A special Thank You to Regan and her assistants, including Kelly McGowan from Broken Hill, Buddy Clarke and Hanibrez Sipu from Wilcannia, and Dimity Kelly, Britny Coff and Emily Johnson from Menindee. Clinical Nurse Specialist, Sexual Health, Kendall Jackman from the FWLHD partnered with us and went to Wilcannia and Menindee with Kelly for the activities and education – Kendall was at home with the Maari Ma team having worked for Maari Ma for many years before joining the Sexual Health team - Clinic 9, at the FWLHD. Kelly said she was very grateful to the staff who assisted on each of the days for their engagement with the clients and the community to raise awareness.

World Hepatitis Day is observed on 28th July each year and aims to raise global awareness of hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — and encourage prevention, diagnosis and treatment. In particular the team was

raising awareness about hepatitis C, and how easy treatments are to access.

Issues discussed with clients and community included:

- Why do I need to know if my liver is healthy?

- How do I find out if my liver is healthy?
- What is a liver check?
- I don't feel sick, why should I get a liver check?
- What if my liver isn't healthy?



FREE
11AM - 4PM
6 OCT

SPRING HOLIDAY MURAL WORKSHOP

WITH ARTIST JAMES PRICE



Places limited, please register
to avoid disappointment.



BROKEN HILL
CITY COUNCIL



Create an artwork to show what fun means to you!
It could be about your favourite place, people,
activities or anything you can think of to represent
you at your happiest and healthiest. Artworks can
include drawings, paintings, photographs, digital
illustrations or videos.

The competition is open to all children and young
people up to the age of 18 living in NSW. It's not
about being a good artist, it's about finding
inspiration and sharing your voice through art.

ENTRIES CLOSE: Friday, 7 October 2022

Age group categories: Under 5, 6-11, 12-18

9 winners will receive an award and prize:
1st Prize - \$200 gift card, 2nd Prize - \$100 gift card,
3rd Prize - \$50 gift card

For more information and to enter, use the QR code:



acyp
Office of the Australian
Children's Commissioner



NSW children's Week 2022 Art Competition

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



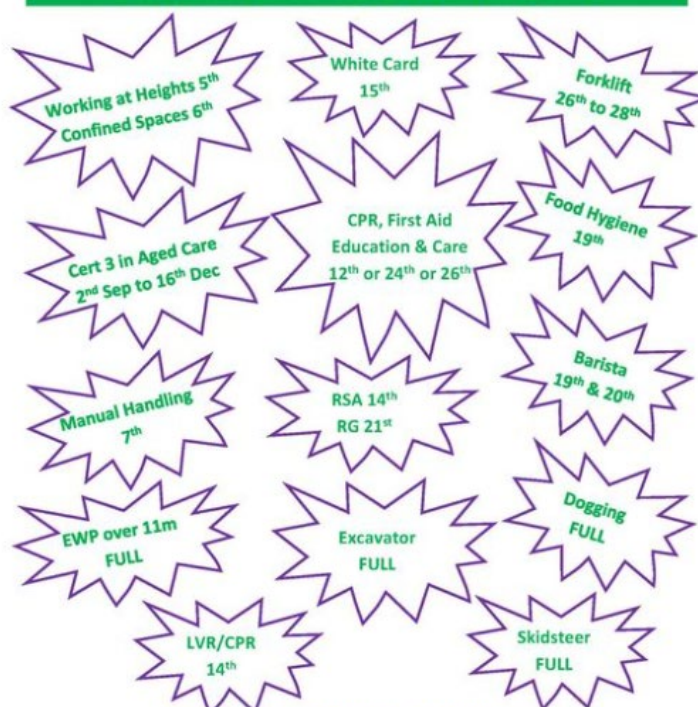
Aboriginal Enquiry Line Housing Contact Centre

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.



GET THE SKILLS TO GET THE JOB SEPTEMBER COURSE CALENDAR



**FEE FREE FUNDING AVAILABLE
REGARDLESS OF EMPLOYMENT STATUS!!!**

The NSW Department of Education, NSW Government have provided funding through Robinson College

Enrolment

Please contact Robinson College on
8087 6022
administration@robinsoncollege.nsw.edu.au

RECIPES USING NATIVE INGREDIENTS

SWEET POTATO AND NATIVE BROCCOLI TOTS

INGREDIENTS

- 1 head Broccoli (or 250g of frozen broccoli)
- 500g Sweet potato, cubed (frozen or fresh)
- ½ cup cauliflower rice
- 1.5 cups grated cheese
- 1/3 bunch spring onion
- 1 egg, lightly whisked
- 20g butter, melted
- 1 cup bread crumbs
- 1tbsp. Mustard weed
- 1tbs. Native spinach

METHOD

1. Preheat oven to 230°C (210°C fan-forced). Line a baking tray with baking paper.
2. Finely chop broccoli
3. In a microwave safe bowl, microwave broccoli and sweet potato in water until tender. Drain and allow to cool
4. Mix all ingredients together until very well combined
5. Roll table spoonful's of mixture into balls. Press balls into cylinder shapes. Place onto the prepared baking tray.
6. Bake until the undersides are golden. Flip over and cook until bottoms are golden.
7. Cool slightly then serve with tzatziki and sweet quandong and chilli sauce



KANGAROO AND VEGETABLE SKEWERS

INGREDIENTS

- Ingredients
- Kangaroo mince
- 1 Zucchini
- 1 Red onion
- 1 Capsicum (any colour)
- 1 tin of pineapple pieces in juice
- Skewers
- Sweet Chilli and Quandong sauce to taste
- Mountain Pepper
- Salt bush

METHOD

1. Soak the skewers in water 5 minutes
2. Chop vegetables into sizable chunks
3. Combine kangaroo with sauce and pepper in a bowl and make into meatballs
4. Thread vegetable and meat on skewers
5. Cook in an oven at medium heat until kangaroo is well cooked
6. Sprinkle with salt bush and serve with extra sweet chilli quandong sauce and Tzatzili



RECIPES USING NATIVE INGREDIENTS

LEMON CUPS

INGREDIENTS

- 2 lemons (zest and juice)
- 2 cups Cream
- ½ cup milk
- Tsp Lemon myrtle
- Tsp desert lime
- Tsp finger lime
- 1/4 cup Quandongs (finely chopped)

METHOD

1. Whisk together lemon juice, ½ the zest, cream, milk, lemon myrtle and limes until soft peaks are formed
2. Mix through quandongs
3. Garnish with lemon zest and quandongs



TZATZIKI

INGREDIENTS

- 2-3 lemons
- 2 sups of plain yogurt
- 1/2 cup milk
- 1 cucumber
- Native river mint

METHOD

1. Use a lemon zester or grater to grate the skin of clean lemons.
2. Juice the lemons and finely chop the cucumber.
3. Whisk





HOW TO ASK YOUR MOB IN YOUR WAY, RU OK?

**STRONGER
TOGETHER**

ruok.org.au/strongertogether

RU OK?™

A conversation could change a life.

You can help someone who's doing it tough



SEXUAL HEALTH
AWARENESS MONTH
SEPTEMBER

SEPTEMBER IS SEXUAL HEALTH SCREENING MONTH AND MAARI MA IS OFFERING TO SCREEN ANYONE THAT IS SEXUALLY ACTIVE.

Sexually active means contact with another person (such as penetrative intercourse, oral sex, anal sex and genital to genital contact) that can lead to a sexually transmissible infection (STI). Having a sexual health screen can mean early treatment of an undiagnosed STI and protection amongst our community if everyone is screened regularly. To have a screening, schedule an appointment to see your GP.

WELCOME



WELCOME BACK KAYLENE

Kaylene Kemp has started back working for Maari Ma after taking a break just over two years ago and is now back working in a senior community engagement role. Welcome back Kaylene.

WELCOME TO CHLOE BRANDIS

who has taken up the position of Broken Hill / Wilcannia Clinic Coordinator working with Jeanette Rogers in the dual role.

Chloe has provided this background: “ I’m a proud Noongar/Yued/Nykina woman from Perth, Western Australia. I have chosen to work for Maari Ma because I have always had a passion for our mob, culture, health (physical, mental, spiritual) and being a part of the local community. I am looking forward to seeing where this opportunity will lead me in the future. “



WELCOME ANNE CRUICKSHANK

With a strong interest in Aboriginal Primary health, Anne joins the team as Practice Nurse.

Anne has travelled and lived in Northern Territory, working at Katherine Hospital and at the community of Mutitjulu working in Primary Health. Anne has lived in Broken Hill for nearly two years, working for FWLHD and is very excited to have joined the team at Maari Ma in July.



David Doyle with Dietician Catherine and Early Years team Briony and Michelle.



Dave Doyle, who has a history of working with native ingredients, joined the team for a cook-up in preparation for Father's Day with 3 great ideas incorporating native ingredients that anyone can cook.

Video clips are available on the kiila laana Facebook page.

To keep with the native ingredient theme, the Kiila laana Facebook page organized a give-away to include Dave's own sweet chilli and quandong sauce and native mint. Dave ordered desert finger limes, frozen quandongs and lemon myrtle, but unfortunately didn't make it in time for the video clips. Also added was a hand-crafted and painted wood carving from Amany Mitha located in Gypsum Street.

The winner was announced on Thursday 1st of September just in time for Father's Day.

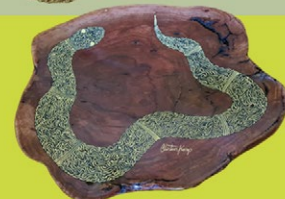


WIN

**Entries close
WEDNESDAY 31ST AUGUST**

**Winner announced
on Facebook**

THURSDAY 1ST SEPTEMBER



- Follow this page
- Like this post
- Tag a friend
- Share post



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

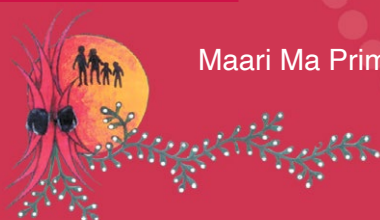
Our health workers will visit you to talk about your health and see how you are going with your medications.

MAARI MA CYCLE OF CARE

GPMP & MEDICATION

You will be looked after by our Keeping Well team and other specialists like our dietitians, 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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Fax: 08 8091 5911 Web:
www.maarima.com.au