



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation



MAARI MA PRIMARY HEALTHCARE SERVICE APRIL 2023 | ISSUE 64

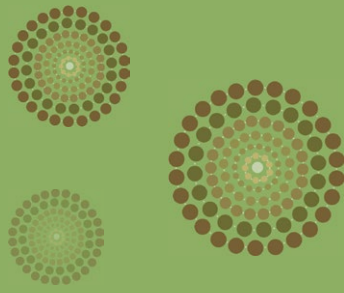
Recently the Kiila Laana team attended the two day national Tackling Indigenous Smoking (TIS) workers workshop held on Larrakia Country in Darwin.

The two day event offered speeches from professors, academics, project leaders and researchers. TIS programs from across the country had the opportunity to speak and hear from each other and discuss the challenges in promoting a smoke-free future.

Professor Tom Calma AO spoke about the governments increased awareness on the need to tackle the vaping issue that all TIS workers agreed has become an issue in their area especially with teenagers.

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Professor Tom Calma AO and Dr Raglan Maddox take questions during the National TIS Workers Workshop.

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 www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"



TIS workers from across the country.



Welcome to Country performed by Larrakia traditional owner Lynette Fejo and her dance group.



Kiila laana education officer Tiffany Lynch received a Certificate from Prof. Tom Calma AO acknowledging 11 years with the program.

THE DENTAL TEAM



Dental Assistant Trainee, Akeasha Dalton and Dental Assistant, Jayde Flentjar (above) and Megan Hurst (insert) are pictured during their oral health education at St Therese's Community School.

The Dental team headed out to Wilcannia recently for health education in two classes at St Therese's Community School followed by screening.

The school has been working with the kids encouraging them to brush their teeth while at school. Dental Therapist, Megan Hurst said the activity was reinforced and the school received supplies of toothpaste and brushes.

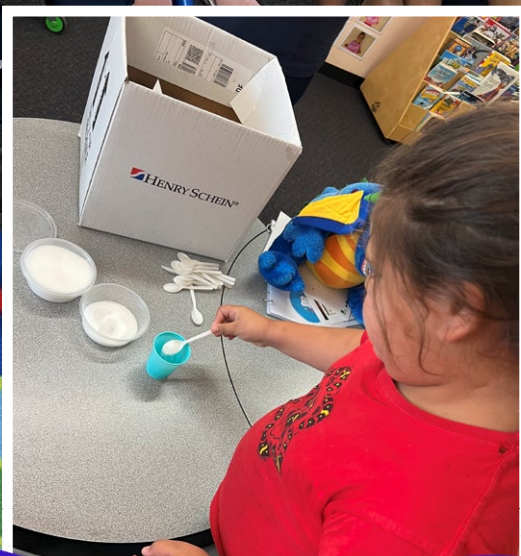
The team also emphasised the importance of twice daily teeth brushing. Megan said for the older class they discussed and measured the amount of sugar in drinks and they gave the children strategies to counteract the amount of sugar that sits on their teeth.

These include:

- Encouraging twice daily brushing, emphasising night brushing
- Limiting sugary drinks and drinking through a straw
- Chewing sugar free gum and eating cheese to neutralise mouth acids
- Drinking more water
- Rinsing mouth with water after vomiting, brushing 30 minutes later
- Rinsing mouth with water after eating lemons.

We can all do with a reminder of these important strategies – not just children.

THE DENTAL TEAM



BROKEN HILL SCIENCE FAIR

Maari Ma and Foundation Broken Hill have agreed to sponsor a science fair on Sunday 30 April.

Director of The Science Collective, Brian Haddy visited Broken Hill recently to promote the event. Brian talked to 2DRY FM and other media discussing the event which will be at the Gary Radford Pavilion near the racecourse.

Adults are \$8 and Kids can go for FREE. Tickets at www.thesciencecollective.com



BROKEN HILL SCIENCE FAIR



Sunday April 30

**Choose your session: 10am - 1pm
or 1.30pm - 4.30pm**

Gary Radford Pavilion, Broken Hill Racecourse



See **Professor Flint's Dinosaurs Down Under Show**,
Nitro Nat's Crazy Colourful Chemistry Show,
explore the world of mini-beasts with **Bugs n Slugs**
and of course....

MAKE some slime, **BE AMAZED** by electric circuits,
LAUNCH some rockets, **EXPLORE** Maari Ma's Toddler corner,
plus, there's **LOADS** of hands on activities
and challenges for the **WHOLE FAMILY!**

**KIDS
FREE!**

Adults only \$8 (16+)

Tickets at www.thesciencecollective.com

FOUNDATION
BROKEN HILL



CBH Resources Limited



**Maari Ma Health
Aboriginal Corporation**



Broken Hill
Cobalt Project

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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