



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

WORLD NO TOBACCO DAY



MAARI MA PRIMARY HEALTHCARE SERVICE

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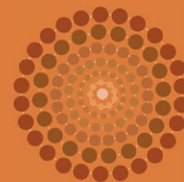
Maari Ma Health Aboriginal Corporation is calling on the communities of the far west to join in the new fight against Big Tobacco.

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.



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www.maarima.com.au



admin@maarima.com.au



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"Improving Aboriginal health and closing the gap"

WORLD NO TOBACCO DAY CONT.

“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.

“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.



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.

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.



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



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.



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.

2023 OUTBACK RUGBY LEAGUE SEASON

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

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

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