



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

Playgroup Easter



MAARI MA PRIMARY HEALTHCARE SERVICE

APRIL 23 | ISSUE 64

Playgroup celebrated Easter by supplying Easter themed activities on the last Playgroup for term 1.

Children made Easter Hats and joined in an Easter Parade around the Playgroup block. Maari Ma staff came out and joined onlookers to cheer on the children as they paraded past proudly showing their own creative style

through their Easter hats. Forty parents, carers and children attended the Friday play group and enjoyed a taco lunch and chocolate Easter eggs to take home. Playgroup has now ended for term 1 but will recommence at the beginning of term 2.



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"Improving Aboriginal health and closing the gap"

PLAYGROUP EASTER





PLAYGROUP EASTER



AGM



AGM left to right are Des Jones –the Chairperson and Directors Gloria Murray from Balranald, Cheryl Blore from Menindee and Faye Johnstone from Ivanhoe.

Maari Ma's Annual General meeting was held at the Civic Centre with more than 30 members in attendance.

The Board had two vacancies to fill – the Broken Hill position following the passing of Maureen O'Donnell last year and a vacancy in Wilcannia. Unfortunately there were no nominations for the Wilcannia vacancy but in Broken Hill there were two nominees.

The voting was extremely close with Denise Hampton being voted the new director. Denise is working at the University Department of Rural Health and will be an asset to the Board, and we welcome her to Maari Ma.

WELCOME

NEW MAARI MA BOARD DIRECTOR

Welcome to Denise Hampton who is the new Board director for Broken Hill.

Denise was working at the University of Sydney, Broken Hill University Department of Rural Health as an Aboriginal community engagement and health education officer and retired last year.

Denise holds a Certificate IV in Aboriginal Health and a Graduate Diploma in Health Promotion and had been working at the UDRH for nearly ten years.

The Board will look forward to working with Denise and will welcome the knowledge and skills that she will bring.



INTERNATIONAL WOMEN'S DAY

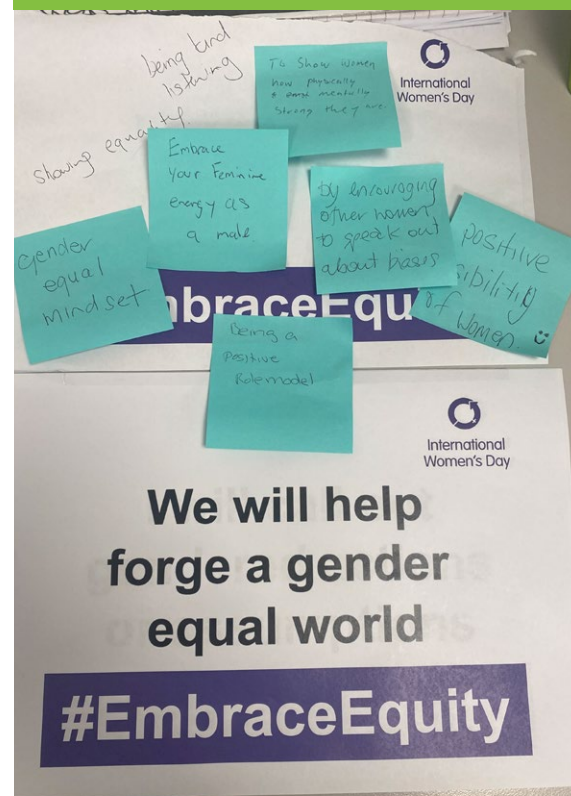
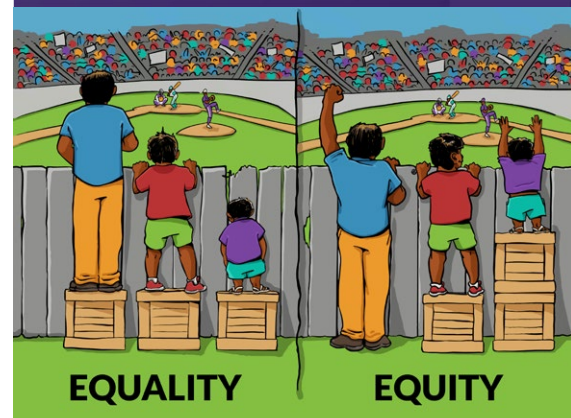
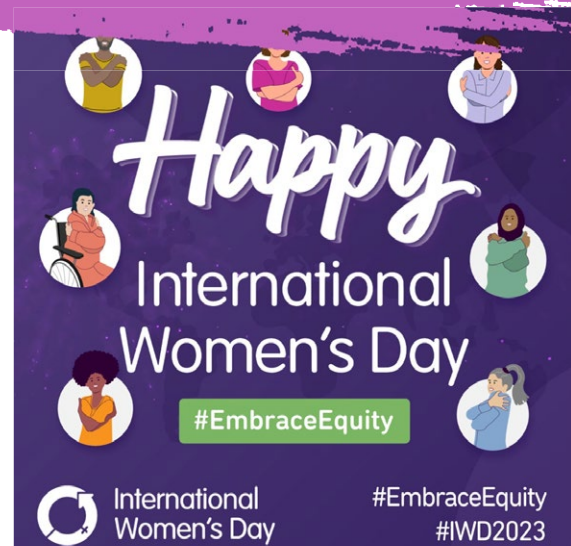
International Women's Day (IWD) was celebrated around the world on March 8th.

The event provides a public arena to discuss the need for social, economic, cultural, and political advancement of women. This year the theme Embrace Equity helps recognise that each person requires different resources and opportunities to reach an equal outcome as apposed to equality that offers the same resource to individuals or groups.

Newly elected Board Director, Denise Hampton was one of a number of women featured in the Barrier Truth for IWD and Julianne 'Juls' Hall, from the Social and Emotional Wellbeing team spoke on 2 DRY FM and praised Maari Ma on the strong deadly women leaders, coordinators and managers.



Denise said opportunities for women have come a long way but equality is not always fair and applauds the 2023 theme.



ARE YOU:

- A person who is **separated or separating** from your partner and want arrangements in place to see your child or children
- A **parent** who doesn't live with your child or children
- A **grandparent** who wants to spend time with your grandchild
- An **extended family member** who wants to see a child or children
- **Having difficulty** seeing your child or children
- Someone with a **close relationship** to a child you no longer see

DO YOU:

- Want a safe place for your child or children to see their other parent, kin, extended family
- Want to protect your child or children from conflict

WE OFFER:

- Supervision and monitoring of the time the child or children spends with the other person
- To supervise the handover of the child or children to another person
- To supervise the child or children's return to the parent the child lives with

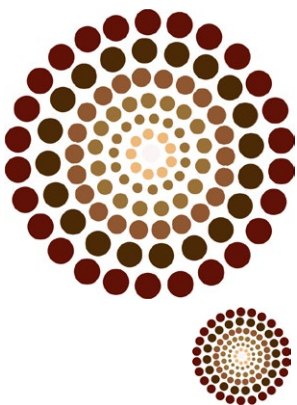
WE DON'T:

- Supervise contact for families who are working with the NSW Department of Communities and Justice
- Provide contact services for families who have children in foster care
- Provide childcare services
- Pick up children, take children to another house or return them home

SUPERVISED CONTACT VISITS & CHANGEOVER SERVICE

OPENING HOURS:
Tuesday, Wednesday, Friday – 2pm to 7pm
Saturday – 9am to 5pm
Sunday – 12 noon to 5pm

CONTACT: CatholicCare Wilcannia-Forbes Broken Hill branch
Monday to Friday, 9am to 5pm: 08 8087 3477
Tues, Wed, Fri, 5pm to 7pm, Sat 9am to 5pm, Sun 12 noon to 5pm: 0439 180 494



If you want to use our service, we will want you to agree to our terms and conditions.
The CatholicCare Wilcannia-Forbes Broken Hill Children's Contact Service is a mandatory reporter.

HIPPY GRADUATION



Just before Christmas HIPPY held their annual graduations for children heading into BIG school for 2023.

The night was a relaxed and entertaining evening with speeches from the HIPPY educators. After dinner the children put their formal graduation gowns on and enjoy a farewell with educators and family. Each graduating child received a personalised gift including clap sticks and school accessories.



HIPPY - AGE 3



What is HIPPY?

The Home Interaction Program for Parents and Youngsters or (HIPPY) is a free two years, home – based early learning program with a play based curriculum, learning resources and fun activity packs that empower parents and carers to be their child's first teacher.

HIPPY is very successful in supporting children to make a successful transition to school by aiding development, community connections and confidence. Each family is provided with a HIPPY resource box full of tools for learning at the beginning of the program with activity

packs being delivered on a fortnightly basis.

The way that HIPPY is rolled out has changed for 2023 and beyond.

HIPPY has changed from being a home based early learning program for four and five year olds to a program for three and four year olds. The other notable change to the program is that it will incorporate child –inclusive HIPPY Gatherings instead of HIPPY Group meetings that traditionally had more of a parent focus.

Why have these changes come about?

The new HIPPY Australia Curriculum has drawn on the

experiences of Age 3 pilot programs held between 2015 – 17 and 2021- 22 at sites across Australia. This brought about an emphasis on play based experiences along with the importance of parent – child relationships as a vital tool for learning. Incorporating child-inclusive HIPPY Gatherings further highlighted this to families.

Children benefit greatly from engaging with quality early childhood programs and settings for a minimum of two years before starting formal schooling. Starting HIPPY earlier positively supports children's learning during a critical period of brain development, it also provides opportunities to

support family engagement with such Early Childhood Development systems.

HIPPY is designed to complement preschool and other early years settings. With limited 3-year-old positions across the community, having access to the HIPPY program with a curriculum that aligns with the Early Years Learning Framework will well and truly set children on a path to successful learning outcomes now and into the future.

Families can contact Briony by ringing Maari Ma if they are interested. You can also catch up with her at our playgroup sessions that run out of the Maari Ma Early Years building on Wednesdays or Fridays.

FIRST AID/CPR TRAINING



Maari Ma staff recently completed the Catch Training course.

The one day course provides knowledge and skills in a variety of situations and covers content on:

- Cardiopulmonary Resuscitation (CPR)
- Fractures, breaks and dislocations
- Minor and major burns and scalds
- Spinal and head injuries
- How to deal with a

unconscious casualty, including fainting

- How to apply bandages
- Choking in adults, children and infants
- Severed limbs
- Poisons
- How to treat bites, stings, heatstroke and other Australian summer hazards!

This course was a first for some and refresher training for others so they stayed up to date with First Aid/CPR requirements. Greg, a first aid trainer for Catch Training,

travelled from Sydney to deliver the program which included discussions on the first response to any situation, the DRSABCD guide along with a group demonstration on the first aid dummy including CPR and the correct and safe use of a defibrillator.

Greg talked about the importance of the newly developed app called Emergency Plus. The Emergency Plus app is free and was developed by Australia's emergency services and Government and industry partners. The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location

details required to mobilise emergency services.

Maari Ma provides First Aid/CPR training on an annual basis which is mandatory for all health staff to attend keeping our health service up-to-date with the most recent information to help in any situation.

The day was not only informative but an opportunity for staff to spending time with colleagues outside of the ordinary day-to-day activities and have a bit of fun while doing it. Unfortunately no dummy could be revived.

FIRST AID/CPR TRAINING



FIRST AID/CPR TRAINING

EMERGENCY NUMBERS

000—Australia's primary emergency call

112—International standard emergency number

106—Connects to the text-based relay service for people who have a hearing or speech impairment



D

DANGER

Check for danger - ensure scene is safe

R

RESPONSE

Check for response - ask name, squeeze shoulders

S

SEND

Send for help - call Triple Zero (000) for an ambulance, or ask a bystander to make the call

A

AIRWAY

Open mouth - look for foreign material and maintain the airway

B

BREATHING

Check for breathing - look, listen, feel

C

CPR

Start CPR - 30 compressions : 2 breaths
If unwilling or unable to perform breaths, perform chest compressions only (100/min)

D

DEFIBRILLATION

Apply Defibrillator (AED) as soon as available
Follow the voice prompts

Emergency Plus

If you are in an emergency, call Triple Zero (000) by tapping the button below.

Stay focused, stay relevant, stay on line



My Location

Tell the operator your location

597 Fisher St
Broken Hill NSW 2880

Latitude

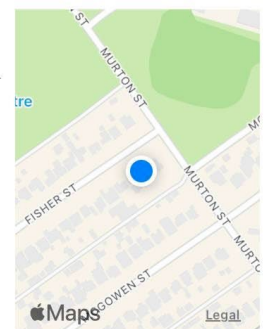
-31.93848°

Longitude

141.47117°

what3words

///differing.undertakes.intelligence





TIS workers from across the country.



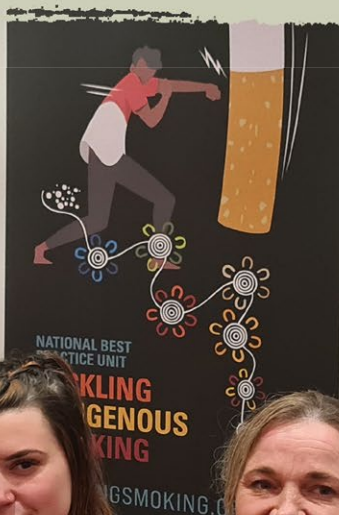
Recently the kiila laana team attended the two day national Tackling Indigenous Smoking (TIS) workers workshop held on Larrakia country in Darwin.

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 government's 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.



#TIS2023



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.

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



In 2022, a review of global evidence on the health effects of vaping was commissioned by the Australian Department of Health and conducted by the National Centre for Epidemiology and Population Health. The emerging evidence suggests that vaping:

- changes lung functioning suggesting a potential link to respiratory health problems
- may be associated with an increased risk of heart attack
- may affect fertility
- lowers immunity, meaning people who vape have a higher risk of catching colds, flu or other infections
- is highly addictive and exposure during adolescence can change the structure and function of the brain
- can cause injury, including poisoning, seizures and burns.

YOUTH HEALTH TEAM OUT AND ABOUT

The students received certificates for their efforts and are pictured at the mural with artist, James Price (wearing the cap) and BHCC Cultural Facilities Assistant, Joshua DeGruchy (back left) and Community Development Officer, Dionne Devlin (front left).



The Youth Health team along with other services attended the launch of the Broken Hill City Council's Youth Mural recently which has added colour to the Broken Hill Art Gallery carpark.

The mural was created by local students last October in partnership with Council at a workshop with artist, James Price as part of the Enough Space for All Shapes initiative funded by the NSW Government.

Youth Health AHP, Tarissa Staker, said the mural is an expression of local youth culture and the launch event

saw various service providers contributing including Maari Ma. Tarissa said the Lions Club cooked a BBQ, Mission Australia had a popcorn machine, the Broken Hill Library provided books and games, Services NSW and Headspace had an information stall, and our Youth Health team had promotional giveaways and the badge machine which was operated

by AHP, Lakisha Sloane (pictured below). Tarissa also said some of the students interviewed the artist on live radio with 2 Dry FM.

Thank you Tarissa and Lakisha (pictured below) and Youth Health RN, Rebekah Jarvis for your involvement and promotion of the Youth Health team and Maari Ma at the mural launch.

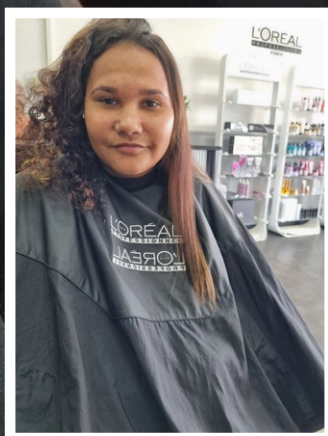
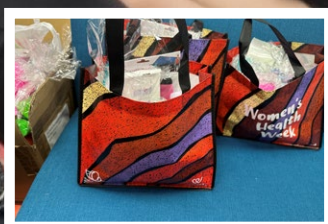


YOUTH HEALTH TEAM OUT AND ABOUT

Maari Ma's Youth Health Team organised an exciting and fun pamper day for teenage girls.

The day included Mini manicure and pedicure, hair cuts, and lunch with the youth health team at Alfresco's. Twelve girls attended the day and they all received a gift bag that included health and hygiene products.

Youth Health Coordinator Tarissa Staker said the special days are important as it builds self esteem and confidence and offers an opportunity for youth workers to approach and discuss topics in a relaxed environment.



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**

BALRANALD STARTS HAPPY HEALTHY FAMILIES PROGRAM

The program is aimed at families with children aged 0–5. The program will offer education and engagement with services including Maari Ma and FWLHD.

A survey from local mum's completed in 2022 allowed for the sessions to be tailored to what mothers wanted; they started with dental education as this was the most requested topic from the survey.

Nurse Helen Murphy talked about how much sugar was in certain foods complete with an interactive display, followed by dental therapist Lisa from Buronga with her team completing the talks. Great to see 47 people attending.



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

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