



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

HEALTHY START
10 years celebration



MAARI MA PRIMARY HEALTHCARE SERVICE

MAY 23 | ISSUE 65

Healthy Start manager, Helen Freeman marked a milestone at Maari Ma – ten years of service.

To celebrate the achievement the Healthy Start team organised a surprise lunch. During lunch Helen was presented with chocolates and art work by Allied Health Assistant, **Telicia Briar**.

The team said 'Helen was quite surprised upon walking in and was very thankful. She got a little overwhelmed reading her lovely card of appreciation from staff/team.'



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

HEALTHY START, 10 YEARS CELEBRATION

Helen is an inspiration to the team with a positive attitude, always supporting, guiding and encouraging their best of their abilities.

Team members also said 'Helen has a beautiful bubbly heart felt personality that is infectious, she is a wonderful manager who embraces her team and her team embraces her.'

Congratulations, Helen, on 10 years service and contribution to Maari Ma and the healthy start families.



BALRANALD NEWS



Staff at Maari Ma Health Balranald have held their second Happy Healthy Families session – and it was about nutrition.

They kicked off the program in March and had a very good turn-out for the first session which focused on dental education. Health Service Manager, Emma

Moore, said for the session this month they invited FWLHD Child and Family Health Nurses Ash Gillbee and Kyla O'Halloran who spoke about introducing solids to children and picky eaters. Robinvale District Health Service (RDHS) Dietitian, Harsh Anandaraj - who visits Balranald fortnightly and attends the Maari Ma clinic, spoke about healthy meals on a budget. Emma said this was followed by

a cooking demonstration by the dietetics team at RDHS. Lunch followed and while numbers were down slightly from the inaugural session because of pending school holidays, school athletics and other activities, Emma said they were pleased with the numbers.

The next Happy Healthy Families session will be on May 18th .

ARE YOU READY FOR THE FLU SEASON?

The influenza (FLU) virus is highly contagious. While some people have mild symptoms others can be hospitalized.

In extreme cases the virus can cause bronchitis, croup, pneumonia, ear infections, heart and other organ damage, brain inflammation and brain damage.

The virus can survive on hands for up to 5 minutes or an hour in the air and more than eight hours on hard surfaces.

Flu symptoms include runny nose or sneezing, coughing, sore throat, fever and chills, headache, body aches, vomiting and diarrhea. Most symptoms last up to a week but coughing can continue for up to two weeks or more.

So what can you do?

Vaccination is the best way to protect against the virus. Maari Ma provides free flu vaccination and highly recommends everyone over the age of 6 months is vaccinated early on in the season as it can take 2–3 weeks after the vaccination to build immunity.

Other preventions include washing hands regular and maintaining a safe distance with symptomatic individuals or households. If you feel unwell, stay at home to avoid spreading the virus and protect the community.



AWARD FOR LEAD PROGRAM

Congratulations to all involved in efforts to reduce lead levels in Broken Hill children.

The work of everyone from the NSW Environment Protection Authority, NSW Health and Maari Ma has been recognised at the second annual Public Works Awards ceremony recently held at Dubbo.

The Lead Abatement Project won the category for Leave a Legacy – and leaving a legacy is certainly what the work is doing – the legacy of making the city a safer place for children to live. The work to reduce lead levels in Broken Hill children dates back to the early 1990's which is when

the ongoing monitoring of children's blood lead levels started. The campaign to reduce lead levels including public health education, home remediation and removing polluted soil has been ongoing since then, and continues to grow and be improved.

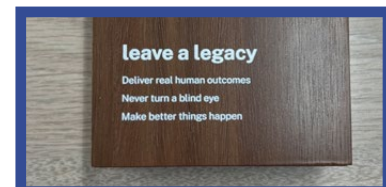
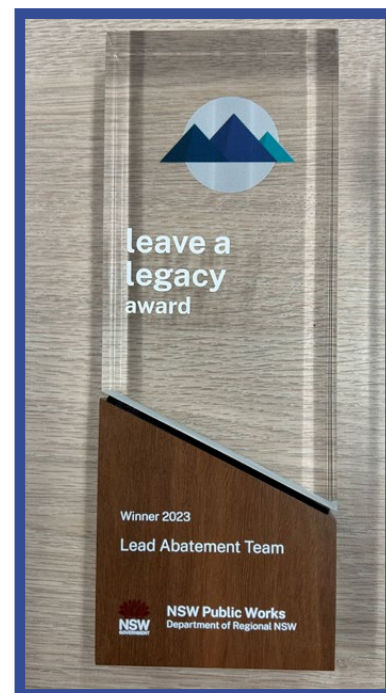
Getting recognition with the award win for this valuable work helps to raise awareness and gives thanks to all involved. When a child is identified with a high lead level, a home assessment either by our workers or the FWLHD Community Health team. Then Public Works develops the scope of the works to be done.

The assessment may include identifying the need for new soil in the yard, new pavers, new walls or paint. A

contractor is then called in to do the jobs and afterwards, Public Works checks that all has been done in accordance with the scope.

It's a great team effort and the importance of this work can't be underestimated so thank you to all our staff who have been involved currently and in the past. You are making a difference. High levels of lead in the environment can have significant adverse effects, particularly on the developing brains of children.

There are no safe levels of lead for humans. Aboriginal children are over-represented in all blood lead levels. The words on the back read "deliver real human outcomes, never turn a blind eye, make better things happen".



YOUTH WEEK



YOUTH WEEK



Dental Team guessing jar had lots of entries and free toothpaste/ toothbrush was a huge hit with the crowd.

Congratulations to the winners

1 - Charley Forner

2 - Sandra Hanrahan

Over 14 Broken Hill service providers come together for the Youth Week celebrations under the banner Connect, Participate, Celebrate.

The event included information from each provider, a BBQ, art and sports activities, giveaways and live music just to name a few of the events. Maari Ma's youth health, kiila laana, Dietitian and Dental Teams had a lot of fun with lots on offer at the stand.



The smoothie bike proved popular with the line up to pedal to blend the ingredients never ending. Colourful hair ribbons and badge making along with Ollie the friendly dragon made a fun and entertaining day

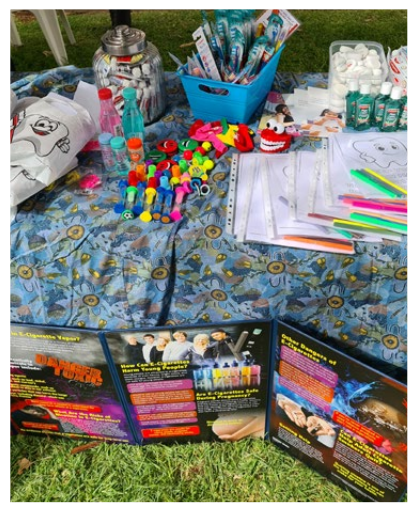
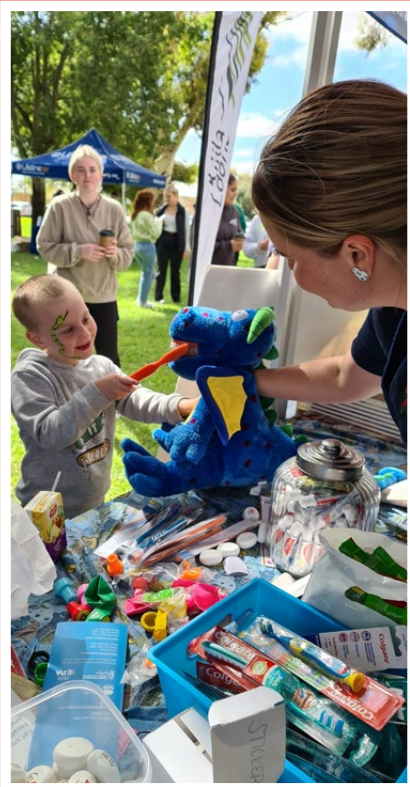
YOUTH WEEK



YOUTH WEEK



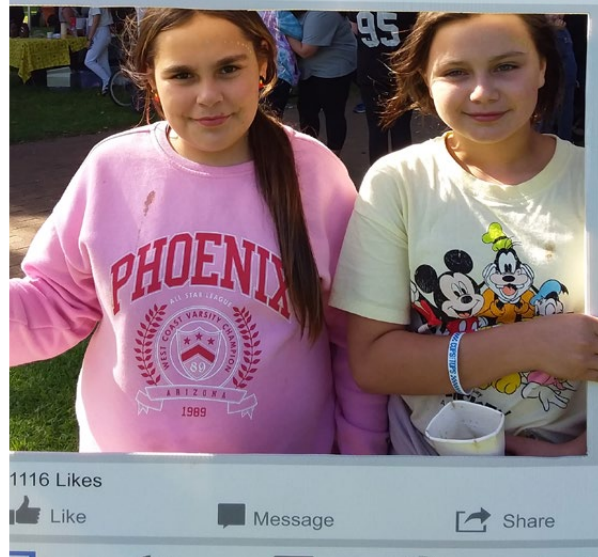
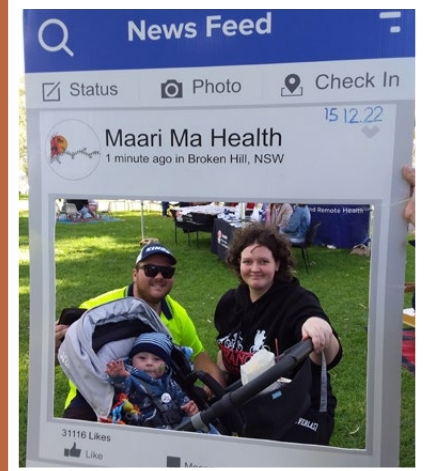
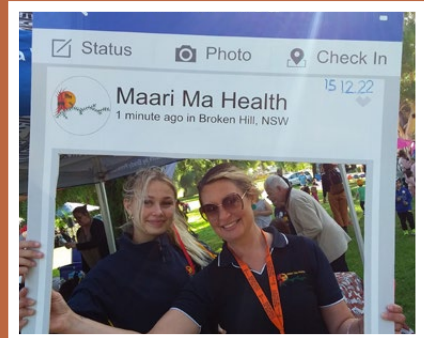
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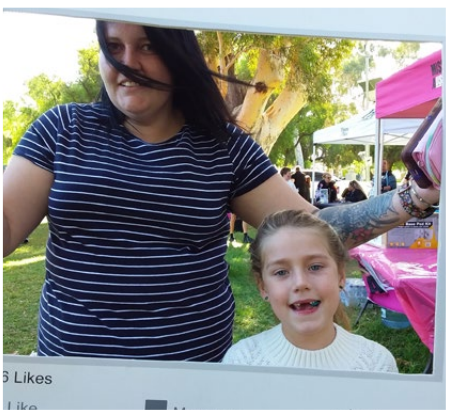
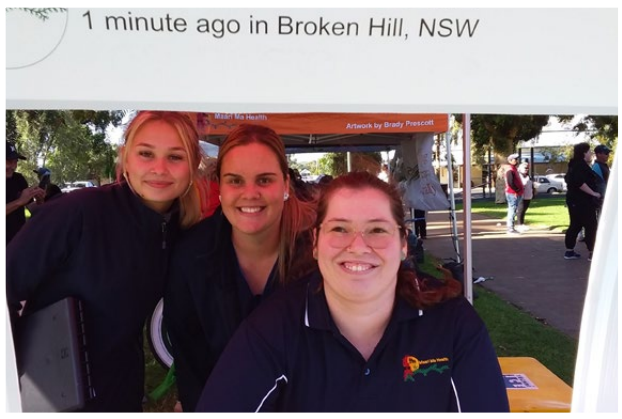
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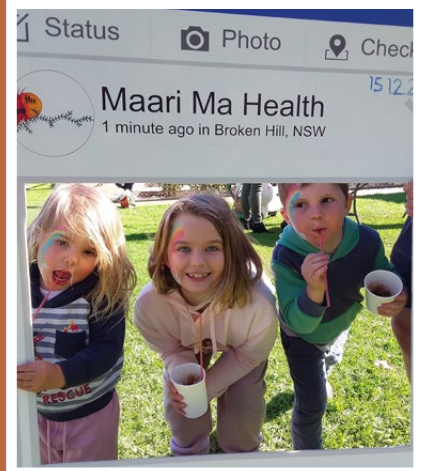
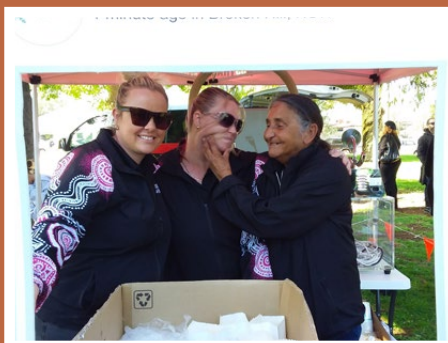
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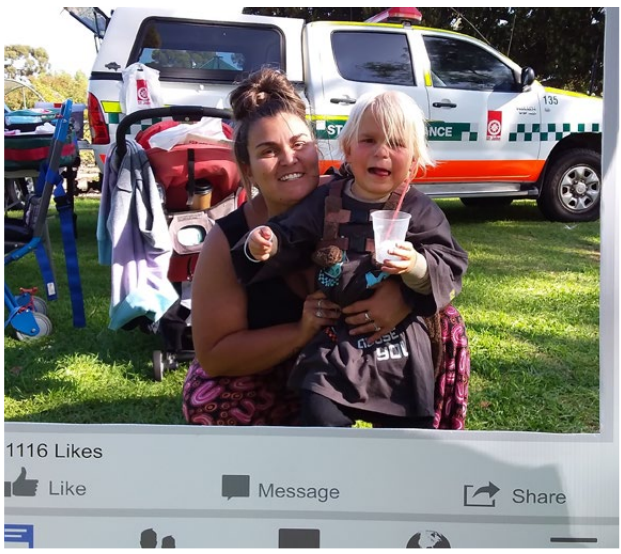
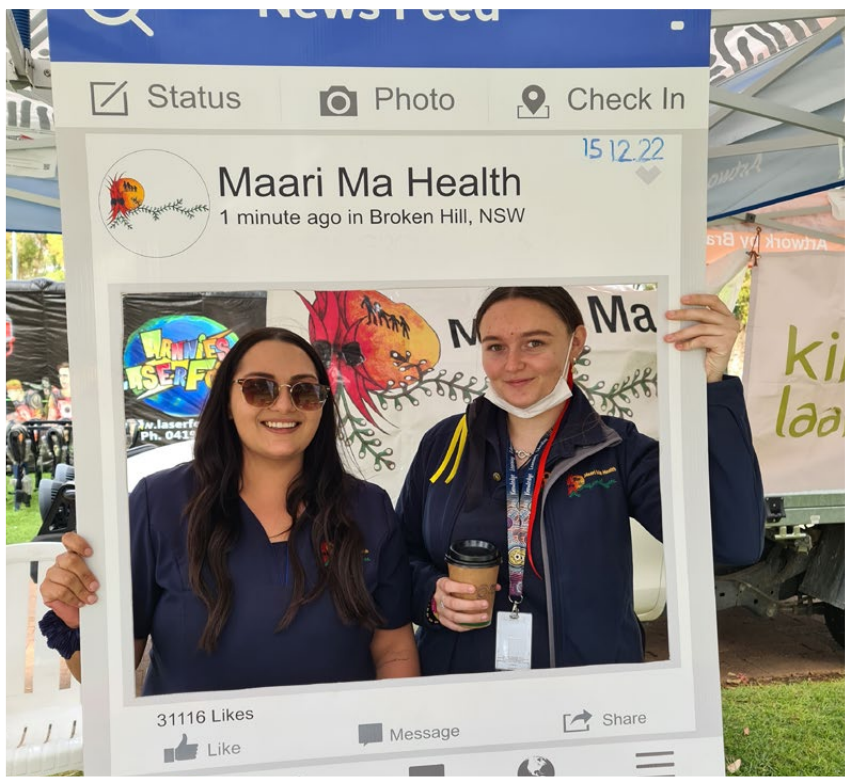
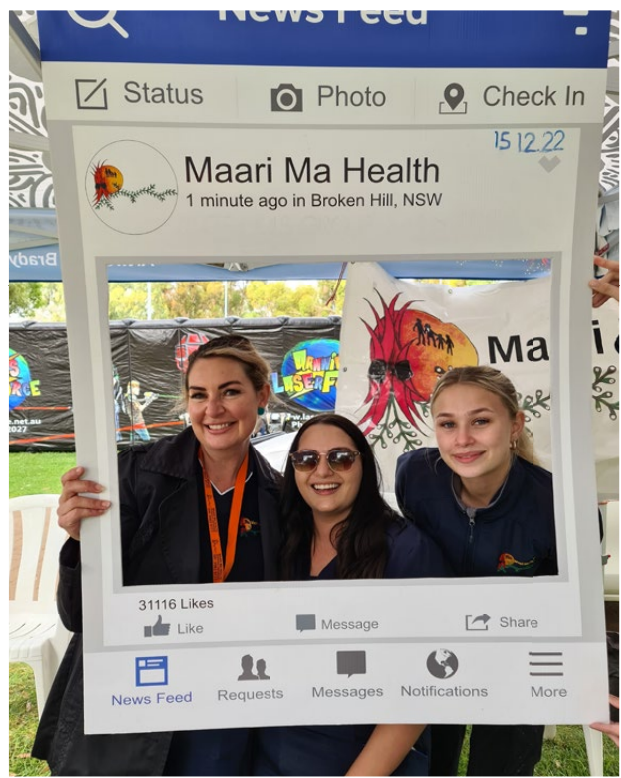
YOUTH WEEK



YOUTH WEEK



YOUTH WEEK



MARRABINYA



WHAT IS THE ITC PROGRAM?

The Integrated Team Care or ITC program, funded by the Australian Government, aims to improve outcomes for Aboriginal people who are living with a chronic illness, through localised access to coordinated and multidisciplinary care.

As of 1 January 2023, the ITC Program in far west NSW will be available to Aboriginal people with a chronic disease via their local Aboriginal Medical Services (AMS) if that's where they normally access their health care; and for Aboriginal people who access their health care through a GP practice, ITC will be provided by Maari Ma Health Aboriginal Corporation under the Marrabinya banner.

WHAT IS MARRABINYA?

Since 2016, the ITC program has operated under the banner of Marrabinya across all of western NSW. However from 1 January 2023, Marrabinya will only operate in Broken Hill, Central Darling, Wentworth and Balranald local government areas, and the Unincorporated Far West for Aboriginal people with a chronic disease who access their health care via a general practice.

WHO IS ELIGIBLE FOR ITC?

Aboriginal and Torres Strait Islander people who: • Are living with a chronic illness. • Have a current GP Management Plan and/or Team Care Arrangement.

WHO IS ELIGIBLE FOR MARRABINYA?

Aboriginal and Torres Strait Islander people who: • Are living with a chronic illness. • Have a current GP Management Plan and/or Team Care Arrangement. • Live in the Local Government Areas of Broken Hill, Central Darling, Wentworth and Balranald, or the Unincorporated Far West. Patients eligible for this service can access Care Coordination as well as Supplementary Services.

HOW DO I ACCESS ITC?

Talk to your AMS or GP.

HOW DO I ACCESS MARRABINYA?

Talk to your GP. AS A GP,

HOW DO I REFER MY CLIENT TO MARRABINYA?

Please use the attached referral form (also available on Maari Ma's website: www.maarima.com.au/services)

Once completed, fax referral to:

08 8082 9889 or email: marrabinya@maarima.com.au

Maari Ma Health Aboriginal Corporation/ Marrabinya

439 Argent Street, Broken Hill, NSW 2880 ☎ 1800 940 757

Further information about Integrated Team Care Services in your region can be obtained by contacting Western NSW Primary Health Network on telephone 1300 699 167 or email admin@wnswphn.org.au

BE A VOICE FOR GENERATIONS

ACT TODAY FOR A **RECONCILED** TOMORROW

MONDAY 29 MAY 2023

12pm - 2pm

RECONCILIATION MARCH & COMMUNITY BBQ

March departs Town Square at midday followed by
Sea of Hands and community sausage sizzle in Sturt Park

ALL WELCOME

#NRW2023

NRW.RECONCILIATION.ORG.AU

BROKEN HILL
CITY COUNCIL



AACES EXCURSION

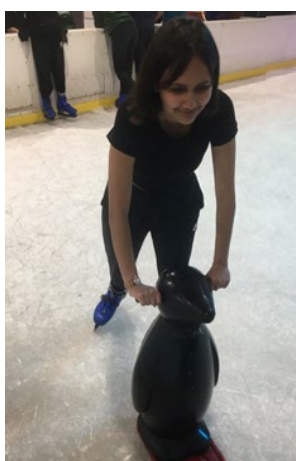
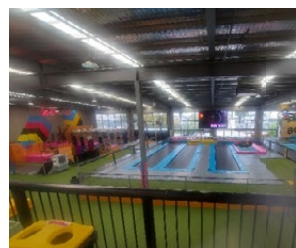


The Youth Health team is still celebrating the news that they were successful in helping to obtain a grant for cultural excursions with students in the AACES group – AACES stands for Aboriginal Arts, Community, Education Sista's and is a partnership project between Broken Hill High School, Maari Ma and the Broken Hill Regional Art Gallery that encompasses the use of art and community connection to engage and improve Aboriginal girls' attendance, literacy and links to culture.

Youth Health AHP, Tarissa Staker said the grant has enabled planning to occur for the year and Tarissa has praised the efforts of AACES Coordinator,

Antoinette Deacon for the submission with help from Maari Ma which Tarissa said provided a "dazzling support letter" accompanying the grant application. Antoinette first established AACES and gained support to run it through consultation with Maari Ma several years ago.

Tarissa said the planning identified they could conduct three trips this year as a result of the grant – one to Adelaide has already occurred where 14 students recently went on an excursion to explore culture and country. A trip to Sydney is planned for June and later in the year an excursion to Dubbo. Tarissa said to assist with the trips the AACES group will need to do some fund raising activities. Some of the ideas include cake stalls, creating art work to sell at markets including tie - dye T-shirts and table cloths. A fund-raising sausage sizzle has already been held at Broken Hill High with assistance from Clontarf students.



14 girls attended the AACES trip to Adelaide with some experiencing Ice Skating and BOUNCE for the first time.



kiila laana
growing healthy naturally

muuku free
for baby & me



kiila laana@maari ma



maarima.com.au





Kiila laana team recently developed a poster focusing the message on pregnancy and smoking.

The kiila laana team said it is important for pregnant women who smoke or vape to access the kiila laana program and try and manage their smoking for the baby's and mother's long-term health.

Tips to keep mother and baby smoke-free;

Avoid smoking/vaping in enclosed areas such as homes and cars

Keep smoke/vape mist from entering the home by providing a smoking area away from doors and windows

Wash hands and face with soapy water after smoking/vaping before holding a baby

Place a kiila laana smoke-free home sticker and a No Muuku In Here door mat at entry points. You can collect these from the kiila laana team at Maari Ma.



**smoke free
home**

kiila laana
growing healthy naturally



ENTER
TO
WIN

LIKE - SHARE - TAG

entries close
7am Wednesday 10th of May

Kiila laana Facebook page held a competition in the lead up to Mother's Day.

The competition required followers to like the post, share it and tag a friend.

The winner received a hand carved Red Mallee Gum wood design from Amanya Mitha and a cook book using native ingredients, a heap of native spices and herbs, and lastly, body products thanks to Dave Doyle from Dave's Aboriginal Apothecary which included body butter, soap and lemongrass lip balm.

muuku free
for baby & me.

f kiila laana@maari ma

take a step towards
a smoke-free
vape-free
future



maarima.com.au



AVOCADO TOAST - SUPERCHARGED

The Early Years team Krista Tatt and Tina O'Neil pictured with Dietitian Catherine Sim are looking forward to their muurpas making Avocado Toast Supercharged for breakfast on Mother's Day .



Something simple and easy for the kids to make.

A modern favourite breakfast icon gets a healthy twist from Dietitian, Catherine Sim. Catherine said adding a little more fruit and veg to a favourite dish is a good way to get your daily fruit and veg intake without sacrificing favourite meals.

Avocado toast made 4 ways with added native desert lime and lemon aspen.

INGREDIENTS

2 ripe Avocados
Fetta Cheese
3 eggs
tsp — Desert Lime
tsp—Lemon Aspen
1 corn on the cob
1 tomato
coriander to taste
1/4 red onion
Tin of salmon
Tin of peas

DIRECTIONS

1. PREPARE INGREDIENTS

Prepare ingredients starting with the corn on the cob. Roast in the oven on medium—high for 10—15 minutes or until soft. Remove corn kernels from the cob and set aside (see note below).

Make the salsa by chopping the tomato and red onion into small pieces, add corn and coriander and set aside.

Mash the lemon aspen and desert lime with a fork and add to the salsa. Mix well.

AVOCADO TOAST - SUPERCHARGED



DIRECTIONS (CONTINUED)

In a bowl, mash the avocado and set aside. Open and drain excess liquid from the tin of salmon and peas. Mash the peas in a bowl and set aside. Crumble the feta cheese in a bowl and set aside.

2. PREPARE EGGS

Prepared eggs 3 ways. One poached, one fried and one scrambled.

Toast the bread no need to butter as the avocado will provide the base.

3. ASSEMBLE TOAST

Spread the smashed avocado on each slice of toast and top with your ingredients as desired.

Try avocado, salsa topped with a poached egg or avocado, salmon topped with a fried egg sprinkled with feta.

Plain avocado toast hits differently with the lemon aspen and desert lime mixed in. Try the scrambled eggs and mashed peas on top of avocado for a new healthy breakfast favorite.

Serve warm with emu bush tea.

4. EMU BUSH TEA

Add a tablespoon of emu bush tea leaves to a litre of hot water. Let steep for 4– 5 minutes. Strain emu bush tea leaves and enjoy.



2023 OUTBACK RUGBY LEAGUE SEASON

DATE	MATCHES	VENUE	CANTEEN
Pre-Season Saturday 29 th April	ORL Gala Day	Menindee	Menindee PS
Round One Saturday 13 th May	Silver City Women vs Wildflowers Parntu vs Silver City Silver City vs Yabbies	Burke Oval, Wilcannia	Boomerangs
Round Two Saturday 20 th May	Silver City Women vs Wildflowers Boomerangs vs Parntu Silver City vs Yabbies	Lamb Oval, Broken Hill	Silver City
Round Three Saturday 27 th May	Silver City Women vs Wildflowers Boomerangs vs Silver City Yabbies vs Parntu	Burke and Wills Park, Menindee	Yabbies
Round Four Saturday 3 rd June	Silver City Women vs Wildflowers Boomerangs vs Yabbies Silver City vs Parntu	Burke Oval, Wilcannia	Parntu
Round Five Saturday 10 th June	Silver City Women vs Wildflowers Parntu vs Boomerangs Yabbies vs Silver City	Lamb Oval, Broken Hill	Silver City
Round Six Saturday 17 th June	Silver City Women vs Wildflowers Silver City vs Boomerangs Parntu vs Yabbies	Burke and Wills Park, Menindee	Yabbies
Round Seven Saturday 24 th June	Silver City Women vs Wildflowers Parntu vs Silver City Yabbies vs Boomerangs	Burke Oval, Wilcannia	Wildflowers
Round Eight Saturday 1 st July	Silver City Women vs Wildflowers Boomerangs vs Parntu Silver City vs Yabbies	Lamb Oval, Broken Hill	Boomerangs
Round Nine Saturday 8 th July	Silver City Women vs Wildflowers Boomerangs vs Silver City Yabbies vs Parntu	Burke and Wills Park, Menindee	Yabbies
July 15/16			
Representative Round	NSW Outback vs QLD Outback	Miles, QLD	
15th July	Rivers vs City	Broken Hill	Silver City Women's
Preliminary Final Saturday 22 nd July	2 nd vs 3 rd	2 nd place to host	
Grand Final Saturday 29 th July	Minor Premiers vs Winner of 2nd vs 3rd	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 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 a 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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2836 Phone: 08 8091 5122
Fax: 08 8091 5911 Web:
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