



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

DEADLY BLUES EXPERIENCE



MAARI MA PRIMARY HEALTHCARE SERVICE

August 23 | ISSUE 68



Congratulations to the winners of the Deadly Blues challenge Jarred Menz and Anthony Kelly . To enter the competition you had to complete a 715 Health Check from one of the participating Aboriginal health services in NSW.

The winners won tickets to the State of Origin game 3 that was held on the 12th

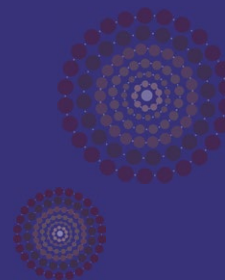
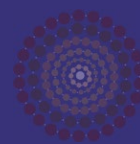
of July plus airfares accommodation, a tour of NSW Rugby League headquarters and exclusive access to the NSW Blues captain's run at Accor Stadium, Sydney Olympic Park.

It was a great game to attend with the Blues avoiding a 3-0 whitewash winning 24 – 10 against the Maroons. The winners were allowed to bring another person and Anthony brought his wife: they are Menindee Aboriginal Health Practitioner, Dimity Kelly's parents.



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www.maarima.com.au



admin@maarima.com.au



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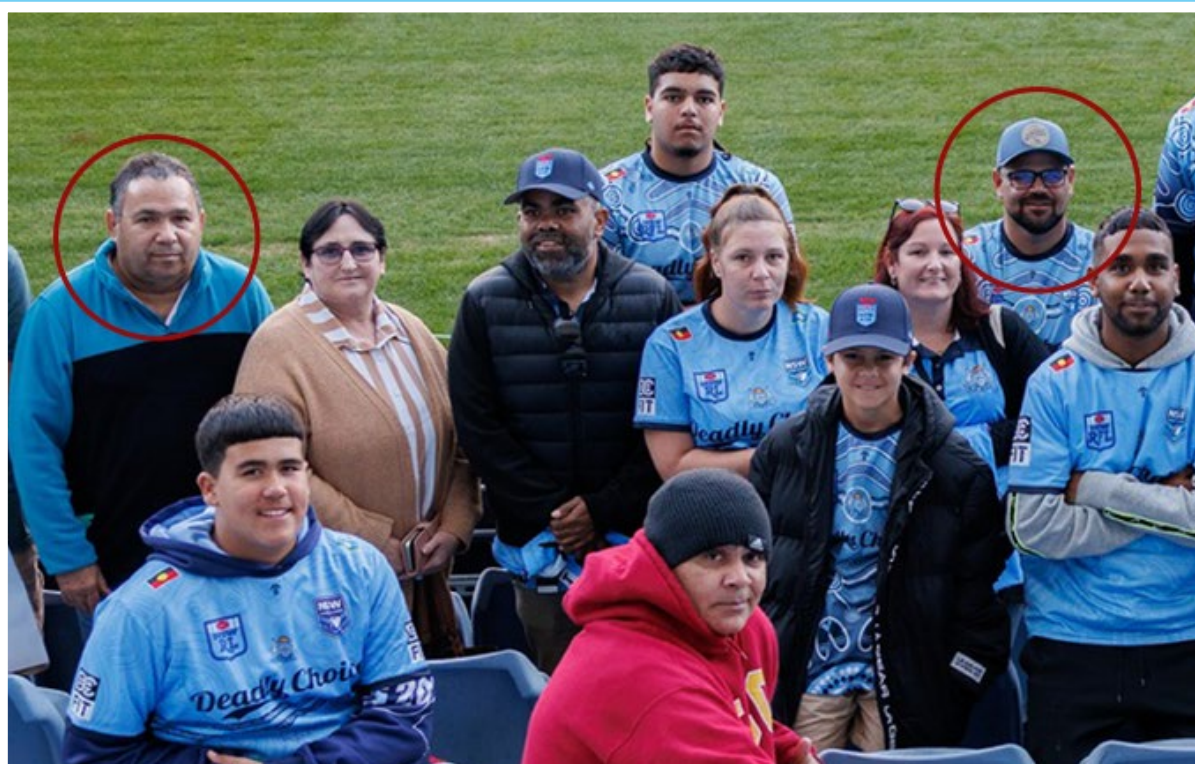
"Improving Aboriginal health and closing the gap"

DEADLY BLUES EXPERIENCE



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Mingling with the winners before the game were try scorer Josh Addo – Carr who played a brilliant game but unfortunately pulled a hamstring in the final minutes. Blues players also pictured are Cameron Murray and Man of the Match, Cody Walker. Well done to all the winners who got to enjoy a State of Origin event they'll never forget.



DEADLY BLUES EXPERIENCE



Diabetes is a condition that affects how your body turns food into energy. Your body turns most of the food you eat into sugar, and releases it into the blood. When your blood sugar goes up it needs insulin to help move the sugar into your muscles. Diabetes occurs when the body can't make insulin, or is not effectively using the insulin it does make, the sugar builds up in your blood, and makes you feel very sick.

WHY IS DIABETES EDUCATION SO IMPORTANT?

Over time, high blood sugar damages many body systems, especially nerves and blood vessels. Diabetes can lead to heart disease, stroke, kidney failure, blindness and lower limb amputation.

YOU'RE MORE AT RISK OF DEVELOPING DIABETES IF YOU:

- Have a family history of diabetes;
- Have an inactive lifestyle;
- Are overweight;
- Had diabetes during a pregnancy; or
- Have an Aboriginal or Torres Strait Island background.

SIGNS AND SYMPTOMS OF DIABETES:

- Urinating (peeing) a lot, often at night;
- Feeling very thirsty;
- Feeling very hungry;
- Have blurry vision
- Have numb or tingling hands or feet;
- Feel very tired;
- Have very dry, itchy skin;
- Some people have no symptoms.

WHAT CAN I DO TO BETTER MANAGE MY DIABETES:

- Exercise, most days
- Eat a healthy, balanced diet
- Take your medications as prescribed, even if you feel good
- Test your blood sugar often
- Have an annual eye and foot check
- Quit smoking
- Cut back on alcohol
- Learn ways to manage stress
- Have regular check-ups with your diabetes nurse or Dr.

WHEN SHOULD SOMEONE SEE A DR?

If you are feeling unwell – You should see your Dr if you have high blood sugar levels, or if you are having symptoms of high blood sugar, like drinking or urinating (peeing) a lot more than normal, or your vision is blurry.

If you have diabetes and are feeling well – You should see your Dr for regular check-ups and blood tests every 3 months.

WE CAN PREVENT DIABETES BY:

Loosing extra weight can reduce your risk of diabetes.
Being more physically active.
There are many benefits to regular physical activity
Making healthy food choices.

ARE YOU AT RISK OF DEVELOPING TYPE 2 DIABETES?

To find out if you're at risk of developing type 2 diabetes within the next five years, complete our short **risk calculator** at diabetesaustralia.com.au/risk-calculator.

Type 2 diabetes is the **fastest growing chronic condition** in Australia. An estimated **500,000 Australians** are living with silent, undiagnosed type 2 diabetes.



For more information:
Scan the QR code or visit
diabetesaustralia.com.au



LEARN THE EARLY WARNING SIGNS OF TYPE 1 DIABETES.

Do you know the 4Ts?



TIRE



THIRSTY



THINNER

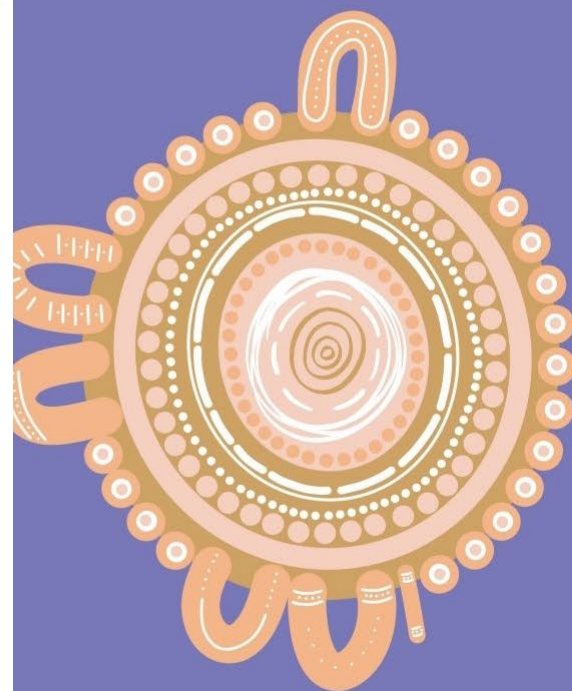


TOILET

Each year, hundreds of people are hospitalised because the **early warning signs of type 1 diabetes** are missed.



For more information:
Scan the QR code or visit
diabetesaustralia.com.au



NAIDOC FORMAL COMMUNITY DINNER



Maari Ma's Balranald team supported the Balranald community to celebrate NAIDOC Week at the Theatre Royal with a 3 course meal: entrée and dessert were kindly donated, prepared and served by Balranald Central School, and the main course was provided by Sharleen Williams.



The NAIDOC Formal Community Dinner had 89 attendees who were entertained by a DJ and Band.

A dance group, who had only formed a few weeks prior to the event, enjoyed dancing for their Elders, and then went on to act as servers for the evening. BLALC CEO Louise made all the costumes and painted the kids for their dance along with help from Jayda.

It took a lot of people to organise the event with thanks to Lillian Matarazzo the photographer who volunteered her time, school principals who helped in the kitchen, Danelle and Kate from Balranald Central School for making sure the food was perfect, Jimmy Davis and

NAIDOC FORMAL COMMUNITY DINNER

Nicole Davis (community members) for the native floral arrangements, and Helen Murphy and Emma Moore who collected and set up the balloon garlands and native flower arbors for photo opportunities.

During the evening there were raffles and each Elder received a certificate of appreciation.

A huge thank you to the local businesses that donated items for the raffles.



Emma Moore and Helen Murphy



Dancers were presented with Deadly Dancers certificates after their performance





BROKEN HILL CHILDREN'S CONTACT SERVICE FACT SHEET

OPENING HOURS
TUESDAY 2PM TO 7PM
WEDNESDAY 2PM TO 7PM
FRIDAY 2PM TO 7PM
SATURDAY 9AM TO 5PM
SUNDAY 12PM TO 5PM

THE BROKEN HILL CHILDREN'S CONTACT SERVICE OFFERS A SAFE, CHILD-FOCUSED AND NEUTRAL ENVIRONMENT FOR CHILDREN AND PARENTS. THROUGH SUPERVISED ON-SITE VISITS AND THE SUPERVISED CHANGEOVERS OF CHILDREN BETWEEN PARENTS, THE SERVICE AIMS TO GIVE CHILDREN THE OPPORTUNITY TO BUILD POSITIVE RELATIONSHIPS WITH THEIR PARENTS.

OUR SERVICE

The Broken Hill Children's Contact Service (CCS) provides facilitated changeover and supervised contact visits for children (up to 18 years of age) and their separated parents.

The CCS will at all times have a primary focus on the best interests of children and aim to work in accordance with the principles of the Family Law Act to protect the rights of children to have a safe and positive relationship with their parents.

WHERE IS THE SERVICE LOCATED?

We are centrally located in Broken Hill with indoor play spaces. We have separate entrances, staggered arrival times for parents, and are located close to public transport, with on-street parking.

WHAT DOES THE SERVICE COST?

Broken Hill Children's Contact Service charges \$30.00 (GST incl) per parent per supervised visit. If you can show us that you cannot pay the fee, we may waive it.

HOW DOES THE SERVICE WORK?

Both parents call the service to make an inquiry, then complete and return an application form to go on the waiting list for services. Waiting times may vary due to high demand from court and self-referred clients.

The Senior Contact Worker will organise a separate intake assessment with each parent. All parents are required to sign a Service Agreement and Cancellation Policy prior to starting the service. These agreements clearly outline the rules and guidelines of the CCS that parents must comply with. Families assessed as suitable for our services will be offered a place when a vacancy becomes available.

Supervised changeover helps children to progress towards moving between their parents for off-site, unsupervised contact. Contact workers facilitate and supervise the transition between parents to avoid conflict for the children.

Supervised visits occur on site for a maximum of two hours per visit. The centre has a range of age-appropriate resources to help children enjoy time with their visitor. Contact workers are present during visits and can provide support to children and parents.

The CCS is a short-term service, and may assist parents for about 6-12 months. The CCS encourages parents to explore alternatives to the contact centre and supports parents in making transitions outside the service.

MORE INFORMATION ABOUT THE BROKEN HILL CHILDREN'S CONTACT SERVICE CAN BE FOUND BY CALLING 1800 067 067, OR EMAILING CCS@CCWF.ORG.AU

CONTACT US



1800 067 067 ccwf.org.au



BEING LEAD SAFE AND LEAD SMART

Lead has the greatest impact on our youngest citizens (kids under 5) because their brains are still growing.

- If you're pregnant or thinking of having a baby, it's time to start planning for lead. Pregnant women pass lead to their unborn babies through their blood.
- Kids with healthy diets absorb less lead. A healthy diet has lots of iron, vitamin C and calcium.
- Cleaning smart can reduce the amount of lead our kids are exposed to helping them to grow up strong and healthy.
- Bare soil, dirt and dust are the biggest sources of lead exposure for kids in the backyard.
- People who work in the mining industry reduce their risk of exposure to lead by following guidelines on the safe handling of lead provided by their employers.
- Watch out for lead when renovating.



leadsmart.nsw.gov.au website has lots of other tips and ideas to keep you and your family safe in Broken Hill.

98% Ingestion



- ▶ Dirty hands
- ▶ Rainwater from tanks
- ▶ Unwashed food
- ▶ Unwashed toys
- ▶ Household dust
- ▶ Dust, dirt and soil
- ▶ Old flaking and chipping lead paint
- ▶ Old lead paint dust

1% Inhalation

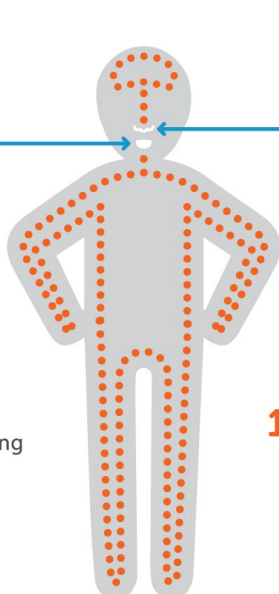


- ▶ Household dust
- ▶ Dust, dirt and soil
- ▶ Old lead paint fumes
- ▶ Old lead paint dust

1% Absorption



- ▶ Through dirty hands, skin and hair



Delivering the NDIS in your community

Support for people with disability

We are here to help you understand the NDIS

- Who is the NDIS for?
- How do you apply?
- How to make the most of your NDIS supports?

A Local Area Coordinator will be visiting:

When: every fortnight on a Tuesday

From: 9.30am – 12pm

Where: Maari Ma PHCS waiting room

- 11th & 25th July
- 8th & 22nd August
- 5th & 19th September
- 3rd, 17th & 31st October
- 14th & 28th November
- 12th December

1800 522 679
 lac@socialfutures.org.au
socialfutures.org.au

We acknowledge the Traditional Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Inclusion is about the actions we take every day. We welcome, support, and celebrate diversity.



New posters were installed at the kiila laana building recently promoting a Tobacco-Free future.

Kiila laana has two new images to promote over the coming months:

The Vape-free message targeting youths and the growing rate of Vape use. Sisters Savannah & Destiny Wheatley and Isla & Evie Blore, along with Freya Holden, had their photos taken for the poster. Keep an eye out for more posters from these deadly girls.

A message for pregnant women or

those thinking of starting a family. Muuku free for baby and me helps families support a smoke-free future.

The kiila laana program offers free Nicotine Replacement Therapy such as nicotine patches, gums and inhalators.

Speak to your GP about starting a smoke free journey.

choose to be

VAPE FREE



**muuku free
baby & me**

laana@maari ma

maarima.com.au



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