



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

MAARI MA'S STAFF MEETING



MAARI MA PRIMARY HEALTHCARE SERVICE

August 24 | ISSUE 80

On June 28th, Maari Ma Health closed its doors for the day to gather all staff at the Broken Hill Civic Centre for the annual staff meeting.

This year, we were honored to begin the day with a Welcome to Country

by Tuanoa Bugmy, a proud Wilyakali woman. Her powerful words set a respectful tone as we convened on the lands traditionally occupied by the Wilyakali people.

The meeting featured a compelling address from Kylie Captain, our esteemed guest speaker. Kylie shared her powerful personal stories of resilience and dedication



IN THIS ISSUE

- 1 Maari Ma's Staff Meeting
- 6 Maari Ma Indigenous Art Awards Workshop
- 7 Dream Big Kylie Captain - Guest Speaker / Early Years in Darwin
- 8 Recognising 5 Years of Service
- 13 Creating Home Ownership Opportunities
- 14 Keep the Fire Burning
- 15 Child and Family Service
- 16 SEWB
- 17 Immunisation Course
- 18 kiila laana
- 19 Cycle of Care



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"Improving Aboriginal health and closing the gap"

MAARI MA'S STAFF MEETING

to supporting both children and educators. As a passionate advocate for First Nations people, Kylie emphasised the crucial role each of us—both Aboriginal and non-Aboriginal—plays in reshaping narratives, advocating for social justice, and improving health outcomes. Her mission is to ensure that schools are culturally safe spaces and that all students are informed about Aboriginal and Torres Strait Islander histories and cultures. Kylie's commitment to amplifying Indigenous voices and fostering diversity promises to inspire and equip future generations to face challenges with confidence and pride.

The meeting also provided an opportunity to celebrate long-term staff anniversaries and reflect on the successes of various programs. CEO Richard Weston outlined key priorities for the coming year, including the continued implementation of recommendations from the Clinical Governance Review. These recommendations, designed to enhance various governance processes and improve internal mechanisms, are being closely monitored.

Richard also highlighted the introduction of the NSW Child Safe Standards, aiming to make Maari Ma a Child Safe Organisation. This involves adopting comprehensive child safety policies and procedures and offering relevant training to staff. Additionally, plans are underway to launch the Maari Ma Child and Family Service, which will integrate our Early Years and Healthy Start programs, supported by a new Executive Manager and Transition Officer.

Looking ahead, next year will mark Maari Ma's 30th anniversary. Planning is already in progress for various celebrations, including a Ball in Broken Hill, with more details to follow. As this year concludes our current Strategic Plan, we will soon begin preparations for our next planning phase. Stay tuned for more updates and opportunities to contribute to our future directions.



Our Social and Emotional Wellbeing team



Our Healthy Start, Allied Health and Youth team



Our Early Years team

MAARI MA'S STAFF MEETING



The Regional Office and Finance team

Our Dental team



Our Clinic and Community team

MAARI MA'S STAFF MEETING

Our Executive team and with Executive Assistant Dionne Devlin



Our Corporate Services - Data and IT



Our GP's



MAARI MA'S STAFF MEETING



Our Keeping Well team



Our WINGS and Strong Young Families team



Our Wilcannia Primary Health team

MAARI MA INDIGENOUS ART AWARDS



MMIAA24 WORKSHOPS

The Broken Hill City Art Gallery, in collaboration with Maari Ma Health Aboriginal Health Corporation and West Darling Arts, is excited to host workshops for the 2024 Maari Ma Indigenous Art Awards.

These workshops provide an excellent opportunity for Aboriginal and Torres Strait Islander artists residing in the Maari Ma / West Darling Arts region to develop their creativity and prepare their entries for the 2024 Maari Ma Indigenous Art Prize.

The workshop space and materials are provided free of charge and will be available on the first Saturday of each month from 9 AM to 12 PM, starting on 3rd August. Visit www.bhartgallery.com.au to register.



DREAM BIG KYLIE CAPTAIN - GUEST SPEAKER



"Thank you to Richard and everyone in the Maari Ma family for the very kind invitation to speak at your All of Staff Meeting."

"From the moment I arrived, I felt the love and kindness from you all as we yarned and made connections. Thank you for the love and generosity of spirit following my yarn. It's not easy, and as much

as I was there to share with all of you, sharing my journey is always healing for me. We all have a story, and we have each day to continue writing our stories. Always remind yourself of the difference you are making. The health of our people is so important, and Maari Ma is leading the way. I am beyond grateful for the opportunity to connect and look forward to staying connected with you all. Stay deadly, you mob!"

Thank you to proud Wilyakali woman, Tuanoa Bugmy for the Welcome to Country



EARLY YEARS IN DARWIN

Thanks to our Early Years team for telling us about their presentation at the SNAICC National Conference that they attended last year in Darwin. Michelle Parker, Briony Callaghan, Tina O' Neil and Krista Tatt had their abstract chosen to present at the conference. It was titled Supporting parents to be a child's first teacher – Maari Ma's Early Years Project is Strengthening Trajectories for Aboriginal and Torres Strait Islander Children and Their Parents in the First Five Years. They presented to about 200 people at the conference and received really positive feedback.



RECOGNISING 5 YEARS OF SERVICE



Congratulations to our staff who were recognised for five years of service at the All of Staff meeting.

Pictured left to right with their certificates are Cooper Fleming, Kalinda Morrison, Barb Williams and Natasha Bottrell. Also receiving 5 years of service awards were Dimity Kelly who was present online and Sharon Hooker who was on leave and busy becoming a grandparent again.

MAARI MA'S ALL STAFF MEETING



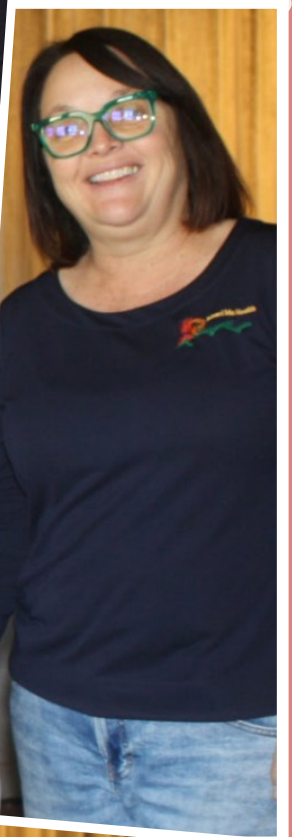
MAARI MA'S ALL STAFF MEETING



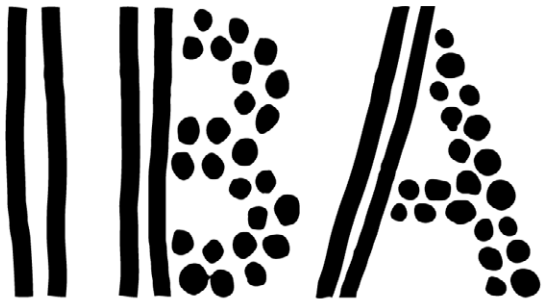
MAARI MA'S ALL STAFF MEETING



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CREATING HOME OWNERSHIP OPPORTUNITIES



INDIGENOUS BUSINESS AUSTRALIA

Owning your home can give you and your family stability and security. It's an exciting and challenging process, and our role is to help you navigate through it. IBA offers a simple and personal approach to our home loan customers. Our products and services are typically for Indigenous Australians who want to purchase their first home but would be unable to get finance from a mainstream bank.

SERVICES

You need to consider if the time is right, both personally and financially, and we can talk you through the options available with an IBA home loan. In our free home ownership workshops, our home lending officers will explain the types of products we provide and the information we need from you.

ELIGIBLE CUSTOMERS MAY BE ABLE TO BUY:

- an established residential property
- an established residential property and upgrade
- land and construct a new home.



WE OFFER FIVE WORKSHOPS TO HELP GET YOU STARTED ON YOUR WAY TO HOME OWNERSHIP:

- home ownership with IBA
- budgeting
- understanding credit and credit reporting
- preparing for home ownership
- 'now I am a homeowner' workshops.

We can also arrange in person workshops or one-on-one discussions with our lending officers to discuss your specific circumstances.

KEY INFORMATION

Whether you're looking at buying an existing home or getting a block of land and building, IBA may be able to provide a loan to help you reach your goal. Our loans are predominately for first home buyers, though we provide loans to previous homeowners too. IBA loans are not available for purchase of investment properties.

The amount that we can lend you will depend on a number of factors such as your income, savings, consumer debt commitments, your capacity to meet the home loan repayments, the loan term, and your living expenses.

KEEP THE FIRE BURNING



Maari Ma proudly hosted the smoking ceremony and flag raising ceremony again this year for NAIDOC Week – and it was good to see the turn out at the Kiila Laana building which was followed by morning tea.

Local organisations hosted other activities, with the week starting with a screening of the film “The Last Daughter” by Warra Warra Legal Service. There was a lunch hosted by Mission Australia, the RFDS hosted a BBQ lunchtime event, there was cake cutting at the Broken Hill Health Service, cultural activities hosted by the Broken Hill Local Aboriginal Land Council, and an AFL NAIDOC Round on the Saturday. It was community and services coming together – celebrating, sharing stories, sharing food and learning about culture. Let’s keep being reminded of this year’s theme “Keep the Fire Burning ! Blak, Loud and Proud” and to uphold the flames of Indigenous culture, resilience and knowledge.

Pictured above at our NAIDOC event: Back row: CEO Richard Weston, Krystle Evans, Corey Paulson, Murray Butcher (NAIDOC Committee members). Front row: Nola Whyman (Executive Manager Primary Health and NAIDOC Committee member), Denise Hampton (Maari Ma Board member), Barbara Clark (Wilyakali Elder) Sandra Clark (Wilyakali Community Leader), Carol Kickett (Wilyakali Elder), Cheryl Blore (Maari Ma Board member), Councillor Darriea Turley (Broken Hill City Council).



EXECUTIVE MANAGER CHILD AND FAMILY SERVICE

Congratulations to Lavinia Henderson on her appointment to the position of Executive Manager, Child and Family Service.

This is a new regional service and brings together the Early Years and Healthy Start teams. Lavinia had completed a Bachelor of Education and was a primary school teacher before she joined Maari Ma in 2016 and started with us in the Lead team – engaging with our families who had children under the age of five.

She was appointed the Senior Community Lead Worker before leaving the Lead team to work in the Chronic Disease team as a community worker. In 2019 she started the Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care Practice and continued to work in the Chronic Disease team. After completing her Certificate IV Lavinia graduated from Flinders University with a Graduate Certificate in Primary Health Care (Diabetes Management and Education) and became our AHP Diabetes Educator. Last year Lavinia was appointed Manager Child & Family and Keeping Well Services.

Lavinia's dedication to Maari Ma, her quiet and steady achievements, professionalism, and management and



leadership skills are an asset. She will be a valued member of the Executive team and will provide a strong cultural lens to the work Maari Ma does with Aboriginal children and their families.

CHILD AND FAMILY SERVICE

The aim of joining Early Years and Healthy Start within the one service is to build better connections between our child and family health services and child wellbeing and development programs.

This will mean a more comprehensive, cohesive, accessible and responsive service because it will make :-

- Services easier to access for children and families
- Enable staff and other professionals to collaborate across

disciplines

- Reduce fragmentation in service delivery
- Increase capacity to respond to diverse and changing needs
- Enable families and children to receive seamless holistic education, care, health and support services.

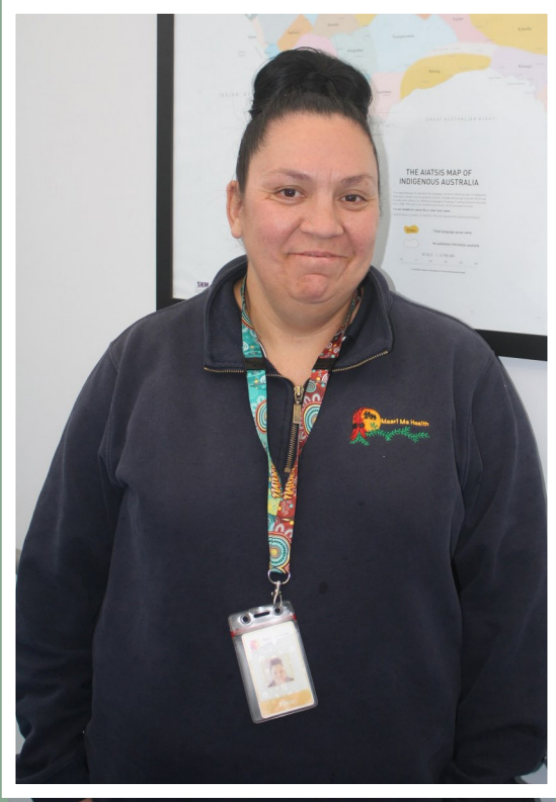
Direct outcomes by merging Early Years and Healthy Start will be :-

- Families better informed about services and finding them more accessible
- Better informed service providers

and for the services themselves to do more joint planning and service delivery

- Children's developmental problems identified earlier, and referrals to specialist services more prompt
- Problems with parenting and family functioning recognised earlier, and appropriate help provided more promptly
- Families receiving help that addresses all aspects of their needs in a cohesive fashion
- Fewer families who are socially isolated or who are not making use of appropriate child and family support services

CONGRATULATIONS ALINTA SEWB CO-ORDINATOR



Congratulations to Alinta Edge who has been permanently appointed Coordinator of our Social and Emotional Wellbeing service.

Alinta has also been accepted into the Graduate Certificate in Human and Community Services (Interpersonal Trauma) at the University of Sydney and will commence that in February. She's been on a pathway through the NSW Health Education Centre Against Violence which is a state-wide unit providing learning and development opportunities, resources and consultation.

Alinta said if all goes well she'll graduate in 2026. Alinta is an inspiration to us all and what she's achieved – she already has a Certificate IV Aboriginal Family Wellbeing and Violence Prevention and an Advanced Diploma of Specialist Trauma Counselling. When she first came to Maari Ma in 2016, she started in the Healing Program as a project officer. She was there for six years and was running it before going into the SEWB team – all the while raising five children who now range in ages from 23 to 12 years with the help from a very special aunty who continues to help.

SEWB SERVICE DEVELOPMENT

Lisa Hillan has been working with Alinta on SEWB service development.

Lisa is a consultant who has extensive experience in collaborating with organisations to adopt a trauma informed approach that integrates an understanding of healing processes into existing services. She has worked extensively with Aboriginal and Torres Strait Islander communities and organisations across Australia and will bring this expertise to the work she will do with Maari Ma to further develop the SEWB service. Alinta will provide the cultural leadership for this important work from Maari Ma's perspective.



IMMUNISATION COURSE



Congratulations to the second round of attendees who undertook the five-day nationally accredited course - Immunisation Practice in Primary Health Care.

The first group did their training in May and the second group completed it in July. The course is relatively new for Aboriginal Health Practitioners – previously it was only available to doctors and nurses, but the immunisation learning pathways have been expanded to support anyone working in primary healthcare.

The two groups received their registration by doing the Immunisation Clinical Pathway designed to provide

the specific knowledge and skills that will enable them to perform a range of comprehensive immunisation services. It will also enable them to remain up-to date with current programs, changes, and requirements relevant to their work.

Learning outcomes from the course were: the ability to source immunisation information in primary healthcare; identify and examine administrative processes to deliver immunisation services, including cold chain management; prepare, plan and perform an immunisation encounter including vaccination catch-up scheduling; determine immunisation needs to priority populations; and source immunisation legislation in primary healthcare.

One trainer came out in May and we had two the last time. The course is available online but we chose to

deliver it face to face to make it more accessible. Those who did the course need to show they're registered and wear a name badge saying they are an authorised immuniser.





VAPING LEGISLATION PASSES THE AUSTRALIAN PARLIAMENT

The Australian Government is implementing significant reforms to tackle vaping across the nation.

Effective from July 1, 2024, the Therapeutic Goods and Other Legislation Amendment (Vaping Reforms) Act 2024 introduces strict new regulations. Non-pharmacy retailers, including tobacconists and convenience stores, are now prohibited from selling vapes. Therapeutic vapes that meet TGA standards will remain available through pharmacies. All parties involved in the handling and transport of vapes must adhere to rigorous requirements, and advertising of vapes is largely banned except under specific conditions.



Importers and sponsors must still obtain necessary licenses and adhere to product standards. Additionally, until September 30, 2024, patients must consult a medical professional to get a prescription for nicotine vapes; after this date nicotine vapes will be available to purchase in pharmacies to people 18 and over.

choose to be
VAPE FREE



**NO SMOKING
NO VAPING**
Smoke Free Environment Act 2000



kiila laana growing healthy naturally | muuku be smoke-free





Cooking with Krista & Tina

Get ready to spice up your Father's Day celebrations with Krista and Tina! They'll be back in the spotlight on our Kiila Laana Facebook page, whipping up a mouthwatering meal that's perfect for any home cook. Tune in to catch their step-by-step recipe and make this September 1st a day to remember with a special dish that'll impress your dad and the whole family. Don't miss out on their culinary magic, and be sure to enter our competition for a chance to WIN an amazing prize!



Follow the kiila laana Facebook page for more information on how you could WIN this fantastic Father's Day prize.

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

Executive Manager
Remote PHCSs



**Nola
Whyman**

Executive Manager
PHCS

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