



# COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

NEW PRIMARY HEALTH CARE  
TRAINEES RECRUITED



MAARI MA PRIMARY HEALTHCARE SERVICE

March 24 | ISSUE 75

**Four of the five trainees recruited so far are (left to right) Tiarna Bates, Jayde Flentjar, Darren Kemp and Justice O'Donnell.**

Roach says that group of eleven was the first in New South Wales to have a 100 percent completion rate of the course and back then it was a two year course. Fast forward to 2024

and Maari Ma have the sixth cohort soon to start their training - which is a combination of study and on the job training over 18 months.

There are three trainees in Broken Hill (Darren Kemp,

Justice O'Donnell and Tiarna Bates), one in Menindee (Jayde Flentjar) and one in Balranald (Courtney Gorman), and we are working actively towards recruiting in Wilcannia and



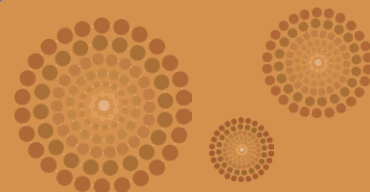
Maari Ma's proud record of training health workers goes back nearly 15 years and it was in 2011 that our first cohort graduated with a Certificate IV Aboriginal and/or Torres Strait Islander Primary Health Care Practice.

In fact, Executive Manager Workforce, Renae



## IN THIS ISSUE

- 1 New Primary Health Care trainees recruited
- 2 Home NSW / Carer Gateway
- 4 NRL Season 715 Health Check
- 5 CPR Training
- 8 kiila laana
- 9 Are you worried about gambling?
- 10 Cycle of Care



[www.maarima.com.au](http://www.maarima.com.au)



[admin@maarima.com.au](mailto:admin@maarima.com.au)



[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

"Improving Aboriginal health and closing the gap"



# NEW PRIMARY HEALTH CARE TRAINEES RECRUITED (CONTINUED)

another at Balranald.

Apart from Courtney, all are currently working in other roles at Maari Ma so we need to fill their jobs so they can start their traineeships.

Last Thursday, they had their orientation from Tracy Goodwin, Head Teacher

Aboriginal Health Programs North and West Regions TAFE and her team. Tracy has been delivering the program for as long as we've been doing it and it's comforting to know the new cohort will be in the same capable and experienced hands.

A huge acknowledgement to Renae's hard work in this recruitment process - there's a great deal involved to reach this point.

Maari Ma are excited for the trainees and look forward to seeing them progress in their careers.

"I am super excited and nervous to be changing into a new career and studying to further my skills in health. I cannot wait to give more back to our mob in the community and build more connections around me. It has been the best working in dental for the past 4 years, I have loved every minute of it and it has made me become a better person within myself. Meg (senior Dental Therapist, Megan Hurst) has been by my side since day one and I cannot thank her enough for pushing me and getting me to where I am today. It is now time for me to move forward and I am so very grateful to be given this opportunity".

Jayde Flentjar

"I am so excited to be given this opportunity. I started as a finance officer at Maari Ma in 2019 and before that I was a stay at home mum doing some cleaning jobs. But now my kids have come of age and I can focus on me more, and I don't want to sit behind a computer—I want to be out in the community. I will miss the finance team though and I will especially miss Lee (Manager Regional Office Administration and Finance Team, Lee-Ann Philp). I knew nothing about finance when I started - Lee has taught me everything I know and I am very grateful to her. I can't wait to start the course, and I'm going to welcome the study and the challenges that that will bring."

Tiarna Bates

## MEET BALRANALD TRAINEE



### Maari Ma's 5th trainee has already commenced her TAFE work.

Welcome Courtney Gorman who is the first Primary Health Care trainee to be positioned at the Balranald service.

Balranald Nurse Manager, Emma Moore said Courtney is already proving to be a great asset to the team. Emma said Courtney is well liked in the community from her previous role at the Balranald Pharmacy.

Courtney said she was raised in Balranald and is proud to come from Ngiympaa country near Ivanhoe.

"I have had a love for health care ever since I was offered a job at our local pharmacy here in Balranald. I am very excited for this amazing career opportunity at Maari Ma and I am so grateful to have been given this opportunity to work with my community. I can't wait."

# Homes NSW: Mobile Outreach Team

**We are coming to your town!**

**What will the team be able to help with?**

- Assist with any social or government housing questions you have.
- Assist with lodging your housing application online.
- Check in if you already have an applications
- Provide you with information if you are having a housing issue.
- Let you know what help there is for private rentals

The team will also have self-service kiosks for you to use on your own if you want to check something online or upload paperwork.

*Come and have a yarn!*

**When:**  
17th April 2024 from 10am to 2pm

**Where:**  
At the Salvation Army Hall  
196 Wolfram Street,  
Broken Hill



**Sometimes you need a little care too!**

**Am I a Carer?**

*A carer is someone of any age who looks after a family member or friend with a disability, a medical condition, mental illness or is frail due to age.*



**Are you one of Australia's 2.7 million unpaid carers?**

Carer Gateway is an Australian Government initiative that aims to make your life a bit easier, with free access to practical advice and support for carers. Supports are totally personalised, based on your situation and needs, and include:

- Information and Referral
- Emergency Respite
- Counselling
- Carer coaching
- In-person and online peer support groups
- Specialised supports for young carers aged under 25
- Short term support packages
- Support navigating My Aged Care
- Support navigating Services Australia (financial payments for carers)
- Support planning for emergencies
- Support planning for the future
- Carer information sessions
- Advice and information on long-term sustainable solutions for carers.

To learn more about Carer Gateway, or to register for support, call 1800 422 737 or visit [carergateway.gov.au](http://carergateway.gov.au)



**liveBetter**

**Do you know a Young Carer?**



**Young Carers are under 25, and look after a family member who has a medical condition, a disability or a mental health condition.**

Young Carers can get support through the Young Carers Support Program.

Supports include:

- Help with Educational Resources
- After School Activities
- Social Activities
- Camps
- Counselling

**The Young Carer Program is FREE to access.**

If you are a young carer yourself, or you know a young carer, call **1800 422 737** for further information or to register.



SCAN ME TO LEARN MORE



[carergateway.gov.au](http://carergateway.gov.au)  
1800 422 737 Monday-Friday 8am-5pm



# GETTING READY FOR THE NRL SEASON WITH A 715 HEALTH CHECK



**The 2024 Deadly Choices shirts have been released ready for the start of the NRL season. Get your choice of available shirts when you book a 715 health check.**

variety of sizes and the designs change every year. This year's shirts look good modelled by our willing volunteers – thanks team.

Deadly Choices aims to empower Aboriginal and Torres Strait Islander people to make healthy choices for themselves and their families - to stop smoking, to eat good food and exercise daily.

Limited stock so spread the word to family and friends. Book an annual check-up and get in early for your favourite team's shirt.

The NRL shirts are part of the incentives program to encourage local communities to access their Aboriginal Community Controlled Health Service and complete an annual health check.

They're free, there are a



Maari Ma started its association with Deadly

Choices in 2019.



# CPR TRAINING

Staff brushed up on their CPR skills recently with a two hour refresher course conducted by the same trainer who came out last year from Catch Training in Sydney for the more comprehensive CPR and First Aid training.

## EMERGENCY NUMBER

**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

## DANGER

Check for danger - ensure scene is safe

## RESPONSE

Check for response - ask name, squeeze shoulders

## SEND

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

## AIRWAY

Open mouth - look for foreign material and maintain the airway

## BREATHING

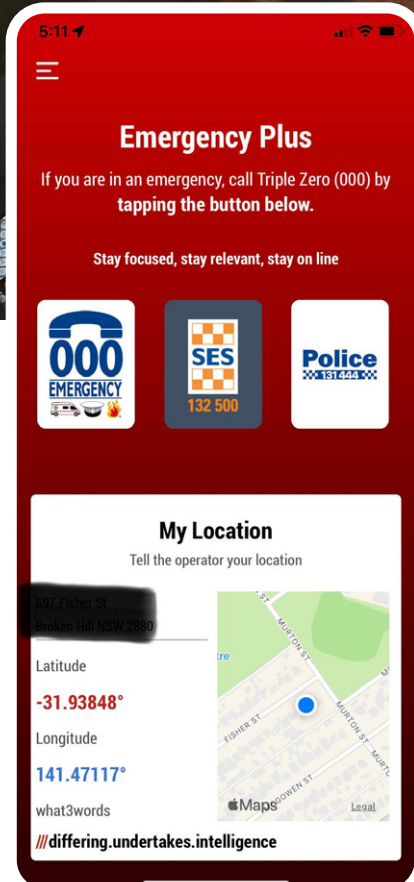
Check for breathing - look, listen, feel

## CPR

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

## DEFIBRILLATION

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



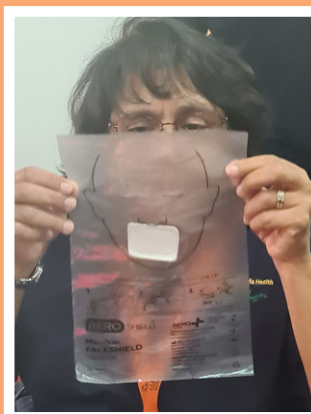
It’s recommended that clinic and front line staff have a refresher course every 12 months.

It’s a skill that we hope we’re not going to need to put into use but if we’re ever in that situation it may help to save a life.





# CPR TRAINING





# CPR TRAINING







**yapara**  
breathe easy  
muuku-free &  
vape-free home



### Expression of Interest

Carbon Monoxide (CO) is a colourless, odorless gas that can cause serious health risks if not detected early.

CO enters your home through burning fuel such as woodfires, gas stoves, and cigarettes.

Kiila laana's yapara program offers **free CO screening** for Aboriginal and Torres Strait Islanders.

Receive a free home screening by contacting Maari Ma Health Service on 8082 9777, scan the QR code and message your contact details or hand this information into Maari Ma Health.

Full Name: \_\_\_\_\_

Phone or Email: \_\_\_\_\_



439 - 443 Argent Street  
Broken Hill, NSW 2880  
Email: [info@maswima.com.au](mailto:info@maswima.com.au)  
Tel: (08) 8082 9777



**Carbon Monoxide (CO) is a colorless, odorless gas that poses a significant risk to indoor air quality and health when it enters the home.**



This dangerous gas can infiltrate living spaces through a variety of sources, such as cigarettes, and wood heaters.

Other common household appliances such as gas stoves, heating systems,

water heaters, and dryers, if not properly ventilated, can release carbon monoxide into the air.

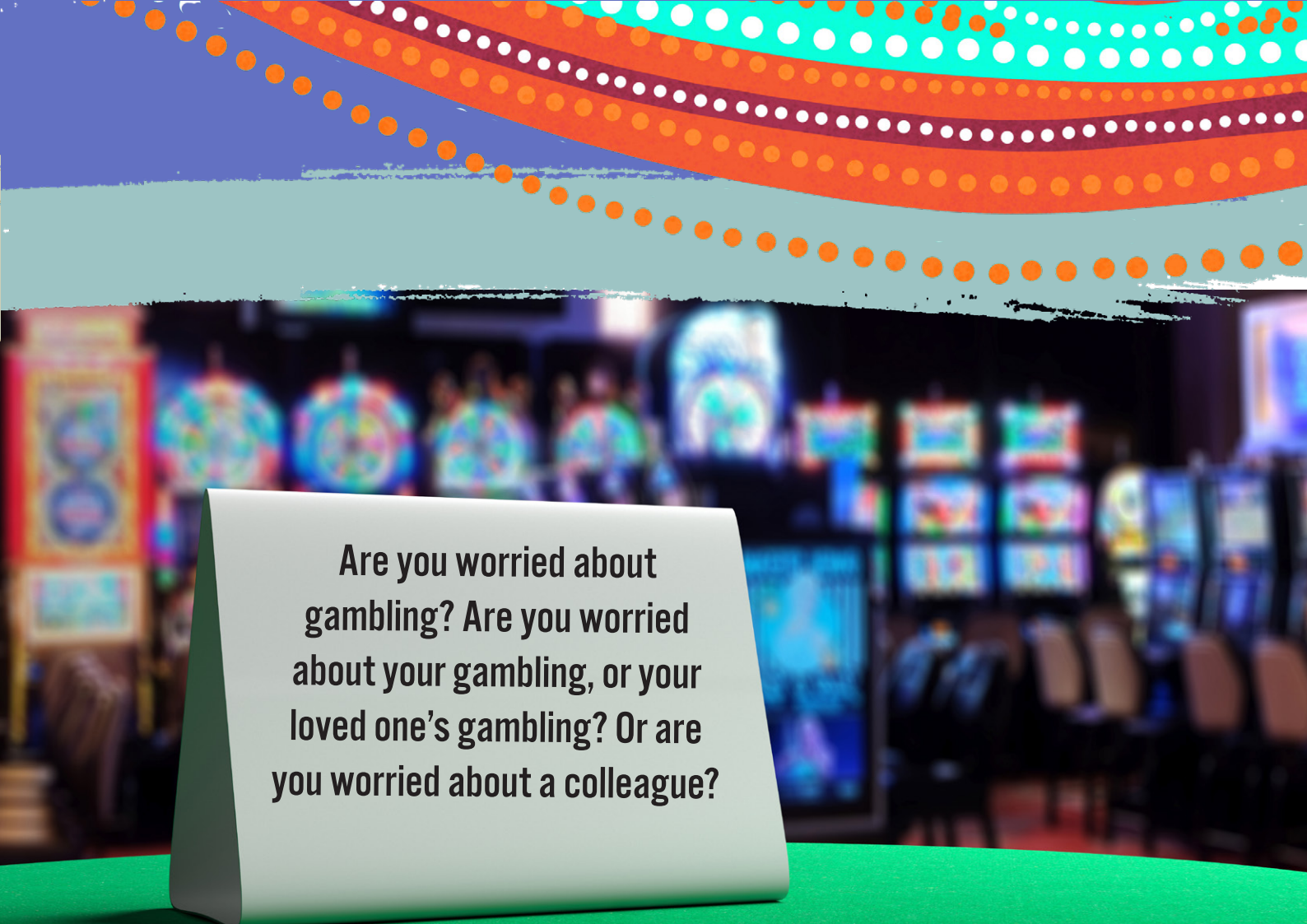
Additionally, running vehicles in attached garages, using gasoline-powered tools indoors, or operating charcoal grills and portable

generators inside or too close to the home can significantly increase the concentration of CO indoors.

For those concerned about the air quality in their homes, the Kiila Laana program offers an invaluable resource. This program provides free

carbon monoxide testing, helping to identify and mitigate the risks associated with this invisible, odorless gas often produced by burning fuels. Protect your family's health today by contacting the Kiila Laana program for your free home assessment.





**Are you worried about gambling? Are you worried about your gambling, or your loved one's gambling? Or are you worried about a colleague?**

### Signs of gambling harm

- They won't talk about where they have been
- They won't talk about their finances
- They collect the mail and stop you from seeing bills
- You've noticed money missing (from shared accounts or elsewhere)
- They ask to borrow money but won't give a good reason why
- They're starting selling their things
- Mood changes
- Neglecting their work/ school/ family or other responsibilities

### Where to get help

Call Gamble Aware. For the national Gamble Aware number, call 1800 858 858. They are available 24/7 for free, confidential advice and support. Look up local services at [gambleaware.nsw.gov.au](http://gambleaware.nsw.gov.au) Talk to your GP/ AHW/ SEWB worker

### Worried about a workmate's gambling?

If you are worried that gambling is affecting a workmate's tasks when they are on the clock, you can: Call Gamble Aware for advice

- Contact EAP
- Talk to your supervisor

### Signs that your workmate might be affected by gambling

- Taking lots of time off
- Disappearing without explaining
- You see them gambling at work (either on their phone/on work computer)
- They are not as productive at work
- They can't concentrate
- They volunteer regularly for extra work to cover bills
- You see them often on betting sites/ apps or playing pokie apps

### Facts about pokies

- On a 5 reel machine, there are about 52 million stopping combinations which means a very unlikely chance of winning
- Your chance of winning the jackpot is less than 1 million to one.
- You can't improve your odds! It makes no difference if you play a machine someone else has just finished, or that hasn't had a jackpot in a while.
- The pokies are designed to win, not YOU!



## 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

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