

COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation



YES REFERENDUM



MAARI MA PRIMARY HEALTHCARE SERVICE

October 23 | ISSUE 70



The Maari Ma Board has resolved to support the Yes case in the Referendum for Constitutional change and staff have rallied to support the campaign.

They see it as a unique moment in the nation's history which will pave the way for a more inclusive, respectful and equitable future. Maari Ma CEO, Richard Weston said there's no need to look further than Maari Ma to see what self – determination can do. "Twenty-eight years ago, Maari



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

YES REFERENDUM



Ma was established as a regional health service as a result of consultations with Aboriginal communities in Broken Hill, Central Darling, Wentworth and Balranald Shires, and the Unincorporated Far West Region.

The communities wanted better access to health services and they wanted more local Aboriginal people working in the system. That is – they wanted input into a health service that was going to affect them and they had that input.

Today Maari Ma delivers a

range of services across the lifespan, and they are driven by two key strategies – our chronic disease strategy and our framework for improving Aboriginal child development and health outcomes. Two-thirds of our staff are Aboriginal working across the services and the programs we deliver.

It was the self-determination of Aboriginal people that helped establish our organisation. And it has been that self-determination that has seen our organisation grow to what it is today,” Mr Weston said.



WALK FOR YES

There was a solid group of more than 50 people on September 16th for the Walk for Yes campaign in Broken Hill.

The group met outside the courthouse and walked down Argent Street to the Town Square where a rally and information session was held. The Coordinator for Broken Hill for Yes is Dionne Devlin and the rally – which included guest speakers and Yes volunteers for community engagement, gave people a chance to get information so they can make an informed decision on October 14.

With so much misinformation out there, going to the poll with an informed decision is really crucial. The Barrier Truth was there at the rally and Tim Gimbert took the above photo. Broken Hill for Yes will be holding other events including being present at the NAIDOC Family Fun Day at Sturt Park on Thursday October 5th. Broken Hill Walk for Yes volunteers have also been out and about doing letter box drops this month. Walk for Yes rallies were held across Australia on the same weekend as Broken Hill's.

REFERENDUM RALLY



Pictured at the Adelaide event are ABC broadcaster and Broken Hill Festival frequenter, Peter Goers with Maari Ma visiting specialist, Ros Powrie and our own Cathy Dyer.

THE VOICE TO PARLIAMENT EXPLAINED...

WHY DO WE NEED IT?

WE'RE NOT ACTUALLY CLOSING THE GAP!

EDUCATION HEALTH INCARCERATION

THESE STATISTICS ARE APPALLING FOR INDIGENOUS AUSTRALIANS!

WHOSE IDEA WAS THE VOICE?



THE ULURU STATEMENT FROM THE HEART WAS CREATED WITH INPUT FROM OVER 1,200 INDIGENOUS AUSTRALIANS FROM ACROSS THE COUNTRY.

~83% INDIGENOUS SUPPORT

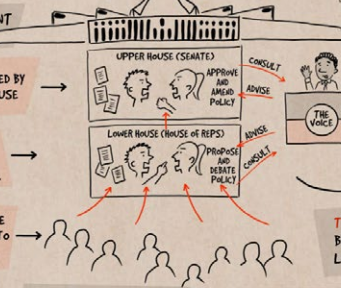
WHAT WOULD IT LOOK LIKE?

How PARLIAMENT WORKS:

3 ... AND APPROVED BY THE UPPER HOUSE

2 POLICIES ARE DEBATED IN THE LOWER HOUSE

1 THE ELECTORATE BRINGS ISSUES TO THEIR MEMBER



LAW, POLICY

THE VOICE WILL HAVE A PURELY ADVISORY ROLE FOR ISSUES AFFECTING INDIGENOUS PEOPLE.

PARLIAMENT NOT OBLIGED TO ACT ON ADVICE

THE BODY DOESN'T SIT IN PARLIAMENT

THE BODY HAS NO VETO POWER

THAT'S WHAT WE'RE BEING ASKED TO VOTE ON LATER THIS YEAR.

RESEARCH SHOWS THAT BETTER SOLUTIONS COME WHEN THOSE IMPACTED ARE INVOLVED.

SHOULD WE RECOGNISE ABORIGINAL AUSTRALIANS BY PUTTING THIS IDEA IN OUR CONSTITUTION?

sketch GROUP
sketchgroup.com.au
Authorised by M Magain
239a Murray Rd,
Preston VIC 3072

"The laws that govern the continent now known as Australia were developed without its First Peoples. It is a system designed by non-Indigenous people for non-Indigenous people. It is a Constitution that does not recognise the presence of Aboriginal and Torres Strait Islander peoples before colonisation. This is a chasm in our shared history and an opportunity for reconciliation too long ignored.... A referendum on establishing an Indigenous voice to Parliament is a fork in the road. It is an opportunity to recognise Indigenous peoples in the history of this continent and a way to solidify an Indigenous voice on matters that impact us.... We support the Uluru Statement from the Heart. And we support an Indigenous Voice to Parliament."
Aurora Education Foundation.

MAARI MA STAFF PRESENT WORK AT SNAICC CONFERENCE

Congratulations to the Early Years Coordinator and HIPPY team on a very successful presentation at the 10th SNAICC National Conference held in Darwin recently.

Michelle Parker, Briony Callaghan, Tina O'Neil and Krista Tatt submitted an

abstract at the start of the year and they were offered an opportunity to present – and it was a year where SNAICC had received the highest number of abstract submissions that they had ever received for a conference from all over the country. Their presentation 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.

CEO Richard Weston said

he was very proud to be in the audience listening to their presentation. Also in the audience were HIPPY Australia and one of our funding bodies – the CAGES Foundation. The Foundation focuses on strengthening the early years sector and they've been assisting the Early Years program for over a decade.

Early Years Coordinator Michelle Parker is pictured left presenting at the conference. Michelle, Briony, Tina and Krista all took turns to present with their session fully booked

– in fact over booked. There were more than 200 people in attendance with some sitting on the floor and there were about 20 people lined up outside the door who were unable to squeeze in.

The reaction to the presentation was excellent and the team received so much positive feedback Michelle said they were left feeling like stars. That evening the CAGES Foundation hosted a function for the organisations and the people that they support.



The team is pictured below outside the venue which was the Darwin Convention Centre on Larrakia Country. SNAICC (The Secretariat of National Aboriginal and Islander Child Care) is the national peak body in Australia representing the interests of Aboriginal and Torres Strait Islander children and families.

The SNAICC conference is the largest of its type in the southern hemisphere and gives delegates a safe space to learn, share and network about early childhood education and care, and child protection issues that impact Aboriginal and Torres Strait Islander people.

SOCIAL AND EMOTIONAL WELLBEING

Social and Emotional Wellbeing worker, Juliann 'Juls' Hall is part of a group supporting the Aboriginal Mental Health and Social & Emotional Wellbeing (AMHSEWB) workers across the state.

A Community of Practice (CoP) has been established by the NSW Health Mental Health Branch in collaboration with key stakeholders to support the statewide AMHSEWB workforce and also includes alcohol and other drugs workers across NSW Health and Aboriginal Community Controlled Health Organisation (ACCHO) sectors.

Juls said the CoP provides a culturally safe platform for its members to support each other, strengthen and align the AMHSEWB workforce and provides NSW Health with an opportunity to understand and work better with the AMHSEWB sector.

Benefits of the CoP include:

- Cultural support
- Access to tools and resources
- Help reduce isolation • opportunities for members to hear from leading experts
- A culturally safe platform to share cultural knowledge and practices

Juls is part of the Aboriginal led Advisory Group and each month they meet to discuss and plan the CoP group members' meetings. So far the meetings have covered:

#6 Community of Practice - Social and Emotional Wellbeing and Interdisciplinary Care Meeting

#5 Thirrili - Delivering the Indigenous Suicide Postvention Service Meeting

#4 Dr Clinton Shultz, Director First Nations Strategy and Partnerships Meeting

#3 LivingWorks – Indigenous Suicide Prevention

Programs: I-ASIST & safeYARN Meeting

#2 The WellMob website: our 1-stop library of online SEWB tools Meeting

#1 Meet and Greet, work on inviting guest speakers Juls also represents the LGBTIQ+ community on the Advisory Group committee.

Thanks Juls for being part of this important group. The CoP is there for all Aboriginal and Torres Strait Islander people.

**Aboriginal Mental Health
Social Emotional Wellbeing
Community of Practice**

**Are you Aboriginal and/
or Torres Strait Islander?**

**Work for NSW Health or and
Aboriginal Community Controlled
Health Organisation?**

Do you work in:

- Mental Health
- Social Emotional Wellbeing
- Alcohol and Other Drugs

**Then this Community of Practice
is for you!**

**For more information and to sign up for the
CoP, click on this [link](#) or scan the QR Code.**

You will also have an opportunity to provide an expression of interest to be a part of the Advisory Committee.

December 2022 © NSW Health, SHPN (MH) 221038

R U OK



Balranald staff held an event for R U OK? Day and Health Service Manager, Emma Moore said they were very pleased with the community support and involvement in the event with approximately 170 people attending.

R U OK ? Day was held at the Theatre Royal, outside on the grassed area. The staff aimed to promote a happy, calm, friendly space for all to enjoy and to promote awareness of the R U OK? Day campaign. They also wanted to raise awareness of local mental health services and bring a smile to everyone's faces, or at

least a moment of happiness.

Staff, Emma Moore, Zoe Hutchinson, Helen Murphy and Paddy are pictured with their new banner. Emma said the event had live entertainment by local talented singer and Young Citizen of the Year 2019, Chloe Calleja. Helen Murphy's dog Paddy was there for "Paddy's Pats", there were beanbags under the marquees for people to relax on, R U OK ? themed cakes, small posies of flowers for those needing a pick me up and an ice cream van. Balranald's SEWB worker, Julie Smith was also in attendance on the day. Emma said as a result of Julie building rapport with the community at the event there have already been new referrals to her service at Maari Ma Health Balranald.

Well done Balranald staff - a great event.





VOLUNTEERING AT THE FOOTY



Well done to some of our Clinic team for volunteering to do the medical tent at the Menindee Yabbies Knockout the other weekend at Menindee.

Executive Manager PHCS, Nola Whyman, GP Dr Rob Howsam, RN Eliza Miller and RAN, Elizabeth (Libby) Murray attended on the day from 8.00am to the final game which finished at 4.30pm.

They had one head/neck injury to manage with the patient requiring an ambulance for transport to hospital for further investigation. Libby said it was great to be present as volunteers to help with any injuries. She said there was a good crowd, they soaked up the atmosphere and they all had a really enjoyable day. The Far West Warriors won the Kutanya Cup against the Past and Present.



KIILA LAANA

Opening Hours

Monday - Friday
9.00am - 5.00pm

Phone: 08 8082 9777

Fax: 08 8082 9778

Web: www.maarima.com.au

For any urgent medical treatment please present to the
hospital emergency department or call 000



kiila
laana

Early Years team member Tina O'Neil presenting Jade Cicak with a hand carved and painted art work by Clinton Kemp thanks to Amany Mitha Aboriginal Art in Crystal Street.

In the lead up to Father's Day the Kiila laana Facebook page held a competition where followers were asked to share their photos of their family male role models this included father's, brothers, uncles and sons.



**muuku free
for baby & me.**



kiila_laana@maari_ma

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



maarima.com.au



KIILA LAANA

Wilcannia playgroup had an opportunity recently to talk about smoking and vaping as the new posters for the Muuku free for baby me campaign begins to roll out across the region.

It became evident that most of our communities are not aware of the dangers of vaping nor the new laws concerning illegal sale of nicotine vapes and the soon to be introduced illegal sale of disposable vapes.

Vapes are not harmless and should be treated as dangerous like cigarettes, including avoiding vaping indoors, around children and in cars.

To help spread the message Kiila laana are in the process of developing small window stickers for community members to put in their homes stating the home is a smoke-free zone.

Below are the two stickers designs and kiila laana are asking for community input.



VAPING AND ELECTRONIC CIGARETTE REGULATIONS

As of the October 2021 electronic cigarettes and E-liquid containing nicotine are only legal for Adults 18 and over as prescribed medicine.

Currently only nicotine-free vaping products are legal for use by persons over the Age of 18 years.

PASSIVE VAPING AND RESPECTIVE SMOKE-FREE LAWS

The Smoke-free Environment Act 2000 prohibits people from using e-cigarettes in smoke-free areas. They can use e-cigarettes where smoking is not banned.

Smoke-free areas where people cannot smoke or use e-cigarettes are:

all indoor public places

outdoor public places:

- within 10 metres of children's play equipment in outdoor public places
- public swimming pools
- spectator areas at sports grounds or other recreational areas used for organised sporting events
- public transport stops and platforms, including ferry wharves and taxi ranks
- within 4 metres of a pedestrian access point to a public building

- commercial outdoor dining areas
- in a car with a child under 16 years of age in the vehicle

Using e-cigarettes on public transport vehicles such as trains, buses, light rail, ferries is also banned under the Passenger Transport (General) Regulation 2017.

Individual establishments and workplaces such as businesses, councils and other organisations may develop their own smoke-free policies to ban the use of e-cigarettes within the premises.

***NB: Maari Ma has a Smoke free workplace policy which can be located in the organisation's Policies and Procedures and refers to compliance with the Smoke-free Environment Act and also prohibits smoking in all work vehicles and whilst in uniform. New signage incorporating both vaping and smoking are being displayed across our facilities.**

For further information please see website below or contact the kiila laana team.

<https://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes>

<https://www.health.nsw.gov.au/tobacco/Pages/e-cigarettes.aspx>

kiila laana team, Maari Ma Health, Broken Hill 8082 9888 or via the kiila laana Facebook page



FAREWELL

After 12 months at Maari Ma Chloe Brandris has been successful in obtaining the position of Aboriginal Liaison Officer at the Broken Hill Health Service.

Chloe has been a valued member of the PHCS Administration team and she'll be very much missed. A farewell morning tea was held for Chloe where Manager General Practice, Daniel Jackman gave a speech and wished her every success. The get together also doubled up for Chloe's birthday.



THE HEALING AND EMPOWERING GIFT OF STOREYTELLING



Rebekah is pictured presenting her narrative at the 2023 Oceanic Palliative Care Conference held in Sydney. The conference is recognised globally as the premier palliative care conference in the southern hemisphere. Below is the award she received which was sponsored by the Kogarah Lions Club.

"We are all custodians to stories simply with our presence and listening. It is a gift being able to share through story telling - giving a voice to written words. It can be both healing and empowering." Rebekah Jarvis.

Youth Health nurse and former Community Palliative Care nurse, Rebekah Jarvis who entered a writing competition with a moving story of one of her patients and was awarded the "Alberto Albani Healing Narrative Award" sponsored by the Sydney Kogarah Lions Club.

She received highly commended for the best essay written by a health professional which was about the therapeutic benefit of sharing through listening to a patient's story. The narrative needed to be creative and viewed through a reflective lens from the perspective of a clinical provider with end of life care. Her winning essay, which was awarded last year, was called "Super Heroes are Real" and a few weeks ago Rebekah was invited to share her story at the Oceanic Palliative Care Conference in Sydney.

She said she was both humbled and honoured to be able to give a voice

to a patient's story at the conference. Rebekah said while she was at the conference she was able to do some effective networking

and brought back resources which she said may help with conversations and education with our clients about cancer, and sorry business.



kiila laana presents

Amazing Race



open to all community



- CURRY COOK OFF
- ART COMPETITION
- SMOKE AND VAPE FREE PLEDGE

Grab a team of up to 10
and race against each other

Prizes

Challenge prizes are donated to the
winning sporting group or choice of
community group.

Prizes are

1st: \$1000 2nd: \$750 3rd: \$500

This event is a Quit B Fit initiative

WED 18th OCT

1 PM - 3 PM

kiila laana building



kiila laana
Tobacco Management



Dolly Parton's Imagination Library

Give your child the best start to life through an
enriched home & community learning environment.

Children that are eligible and registered for the program
will receive a free, high-quality, age-appropriate book
in the mail each month from birth to age five.

To enrol, scan the QR code or visit the link:
[imaginationlibrary.com/au/affiliate/BBBROKENHILLANDCENTRAL
DARLING/](https://imaginationlibrary.com/au/affiliate/BBBROKENHILLANDCENTRALDARLING/)

You can also drop into your local library and
enquire if the program is available to you.



Partnership Program



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

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439-443 Argent Street,
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