



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

NAIDOC Family Fun Day



MAARI MA PRIMARY HEALTHCARE SERVICE

NOVEMBER 2022 | ISSUE 60

It was a perfect day for the NAIDOC Fun Day in Sturt Park which brought in a big crowd to enjoy the day and the sunshine.

Maari Ma Youth Health AHP, Tarissa Staker rallied the teams for the day to conduct activities or be available to chat to community at Maari Ma's stalls. Maari Ma provided lots of fun activities, information and healthy fruit cups.



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

NAIDOC FAMILY FUN DAY



Thelma Johnstone



Desley McKellar



During the NAIDOC Celebrations Maari Ma team held a Face-book photo related competition to win 2 x \$100 Vouchers.

Congratulation to Desley and Thelma.



The Dental Team ran a guessing game at the event where you had to guess how many toothpaste tubes are in this jar.

The lucky winner guessed the correct amount of 78 tubes exactly. The winner took home a \$50 Torpy's voucher.



CHILDREN'S WEEK

Maari Ma joined local organisations to celebrate the annual Children's Week at Sturt Park. Children and families enjoyed activities such as painting, sand art, water play and a visit from LeadTed.

Maari Ma provided a BBQ lunch.

The Children's Week National Theme for 2022 is based on UNCRC Article 27: All Children have the right to a standard of living that supports their wellbeing and healthy development.

It's a time to celebrate the rights of children to enjoy their childhood with play and creativity and calls on society to recognise the many millions of children around the world who are denied the basic necessities of a happy childhood and education to develop their capacities and to consider the conditions in society that affect the lives and future of children.

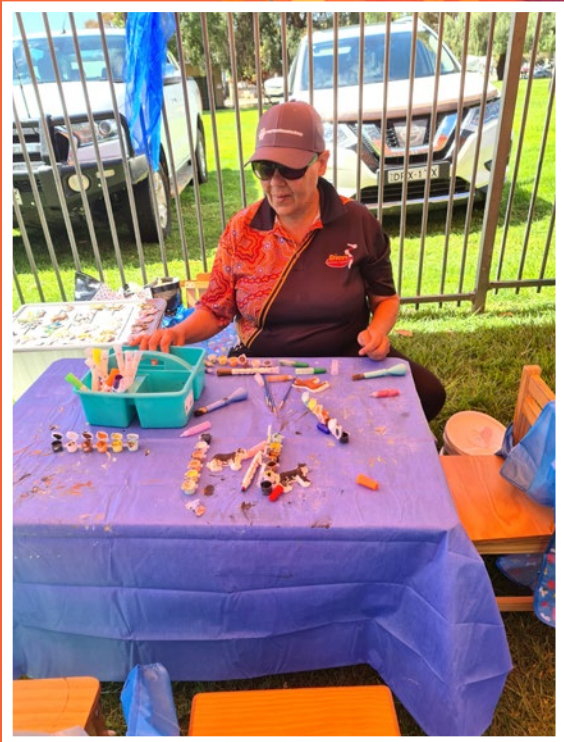




Maari Ma Health













Joblink Plus at the Hub

123 CREEDON STREET BROKEN HILL
EVERY THURSDAY
12PM-4PM



Joblink Plus provides employment services and vocational training across rural and regional communities.

In an average year Joblink Plus places approximately 11,000 people into employment and enrolls 5,000 students into vocational training.



The 123 Community Hub is managed by Home in Place

For more information on this activity please call Tammy on 1300 333 733



Art at the Hub

123 CREEDON STREET BROKEN HILL

EVERY TUESDAY FOR 4 WEEKS

12:00PM - 1:30PM

COMMENCING 22 NOVEMBER 2022

DATES

22 NOVEMBER, 29 NOVEMBER, 6 DECEMBER
AND 13 DECEMBER 2022



THIS PROGRAM IS PRESENTED BY HEADSPACE AND DESIGNED FOR:

INDIGENOUS YOUTH AGE 16-25
YOUNG PEOPLE NOT AT SCHOOL
YOUNG MUMS
OLDER PEOPLE



The 123 Community Hub is managed by Home in Place

For more information on this activity please call Tammy on 1300 333 733



Are you a **student** with a **disability**?
Or are you a **parent** or **carer**?

Come along to this free training session

- Learn how to work well with your pre-school, school, uni or TAFE
- Find out more about adjustments

Where: Online via Zoom

When: Thursday 17th November, 12:30pm - 2:30pm

Register:

<https://LearningTogetherOnlineDaytime.eventbrite.com.au>

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Or are you a **parent** or **carer**?

Come along to this free training session

- Learn how to work well with your pre-school, school, uni or TAFE
- Find out more about adjustments

Where: Online via Zoom

When: Tuesday 15th November, 7pm - 9pm

Register:

<https://LearningTogetherOnline.eventbrite.com.au>

Australian Centre for
Disability Law



www.disabilitylaw.org.au/education

BROKEN HILL HIGH SCHOOL VISIT



*Clinical Nurse Specialist Regan
Chesterfield And Cooper*

The Youth Health and Sexual Health teams, and wonderful GPs attended the Broken Hill High School conducting health checks, immunisations, STI screening and education.

This was an extremely

successful week with a great number of young people being seen by these teams.

A special thank you to 'Cooper' the support dog . Cooper is fabulous with the young people and provides comfort in the environment, and assists with anxiety that is often involved with immunisations or venepuncture.



Imogen Gray with Cooper



MAARI MA'S NEW SEXUAL HEALTH CLINIC

Aboriginal people are disproportionately impacted by sexually transmitted infections (STIs) compared with the non-Aboriginal population, and Maari Ma's new sexual health clinic is addressing the barriers often experienced by Aboriginal people in accessing prevention, testing, treatment and support services.

The sexual health clinic at Maari Ma consists of a specialised female GP and Clinical Nurse Specialist. We provide person-centred care that is culturally informed and is about treating a person with dignity and respect and involving them in all decisions about their health and wellbeing. The clinic provides expert information, advice, testing, treatment and support. We acknowledge and support gender and sexuality diversity.

What is sexual health?

Sexual health is not just for people who have had sex or have an infection. It means looking after your body, your health, your partner's health and your decisions about having sex. Regular sexual health check-ups can stop women and men becoming infertile (can't have babies).

Sexual health check-up

A sexual health check-up is a check-up by a health professional to test for STIs and also to discuss any other sexual health problems you might have, or are



worried about.

Who should have a sexual health check-up?

Sometimes STIs and blood borne viruses have no symptoms or sickness so it is good have a check-up at least once a year.

It is good to have a sexual health check-up if:

- You are sexually active
- Haven't had one for a long time
- Never had a sexual health check
- You think you may have an STI

- You have had unprotected sex (sex without a condom and lube) including vaginal, oral and anal sex
- You had a condom break or it fell off during sex
- You or your partner have other partners
- You have shared injecting, piercing or tattooing equipment
- You are starting a new sexual relationship
- You are pregnant
- You have been incarcerated

What happens during a sexual health check-up?

Generally all that is required is for you to pee in a jar and have a blood test.

If any test is positive you will need to be treated and have a discussion with your sexual health professional.

This information is confidential (your business) and the questions help you and the health professional to give you a proper check-up. It is a chance for you to ask any questions about sexual health too.

What we do

We provide the following services:

- Education, testing, treatment and counselling for all sexually transmitted infections and blood borne viruses (hepatitis and HIV)
- Partner notification
- Contraception
- Specialist referral
- Vaccination for HPV, hepatitis A and B
- Point of care (finger prick blood test) for hepatitis C

Accessing the clinic

There are two ways you can access the clinic:

Make an appointment – you can call or text the clinic on 0407 420 245, or call reception on 8082 9777

Walk in and wait – the clinic operates Monday – Friday 9.00am – 5.00pm

COMSAFE TRAINING SERVICE

Do you know what to do if a fire breaks out?

Maari Ma offers Fire Safety Training to staff twice a year and provides selected personnel in each of the Maari Ma buildings with extra training as the fire warden who is in charge in the event a fire breaks out.

ComSafe Training Officer Fire and Rescue NSW Scott Parker provided Maari Ma staff with education on the safe procedure to contain and extinguish a fire should one occur.

Scott discussed the different types of fires that could occur, such as electrical or oil, and how to read the fire extinguishers so that the fire can be contained with the current fire extinguisher. Staff were able to test their skills on a small controlled fire held in the car park at the back of the PHCS in Argent St.

If a fire breaks out, Maari Ma asks all clients to follow directions of staff towards the nearest exit.





kiila
laana



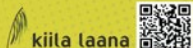
Join our
deadly
role models



**muuku
pledge**



join a
smoke-free
future



WELCOME

Welcome Rebekah Jarvis.

Bek has been working for the Broken Hill Hospital for the past 20 years before accepting the Youth Health Nurse position with Maari Ma in early October.

Bek said there are a lot of familiar faces & people who she has previously worked with and everyone has made her feel welcomed and she is looking forward to working with the amazing team at Maari Ma Health.



Do you travel long distances for specialised healthcare?



If you travel more than 100km one way or 200km within a week you may be able to claim financial assistance towards travel and accommodation costs.



To find out if you are eligible



Ask

your social worker
or healthcare team



Call

1800 478 227

or



Visit

iptaas.health.nsw.gov.au



Isolated Patients Travel and Accommodation Assistance Scheme - IPTAAS

Scan the QR code to learn more.



CatholicCare
Wilcannia-Forbes

FREE COMMUNITY EVENT!!

SUPPORTED BY LOCAL COMMUNITY
MENTAL HEALTH SERVICES

Mental Health Expo

BROKEN HILL
November 8th 2022
Venue: Broken Hill
Entertainment Centre
11am - 2pm

Light
lunch
and
refreshments
supplied

Special Guest



"We can save the lives of individuals, if we change the way society understands, perceives and interprets mental illness." - Sam Webb



SCAN HERE TO REGISTER

or
phone
80873477

School of Public Health
**Graduate Diploma in
Indigenous Health Promotion**
Social and Emotional Wellbeing



Make a difference to the social and emotional wellbeing of Aboriginal and Torres Strait Islander communities

- ▶ **Learn the theory and practical skills of health promotion so you can help improve the health of your community**
- ▶ **Enjoy the flexibility of online learning**
- ▶ **Study at no cost to you, all fees covered**
- ▶ **Apply now**

Are you an Aboriginal and Torres Strait Islander health worker with an interest in social and emotional wellbeing or mental health? Do you want to take your career to the next level? This course may be for you.

You will learn from a team led by Aboriginal and Torres

Strait Islander academics on how to promote social and emotional wellbeing (SEWB) in your community.

SEWB describes the holistic understanding of health that many Aboriginal and Torres Strait Islander peoples have. It includes the cultural, spiritual, social and emotional wellbeing of the individual, family and wider community. It also considers a variety of factors that contribute to health such as policy and the environment.

Promoting SEWB over mental health is a more effective and all-encompassing way to address the myriad factors that contribute to health and wellbeing.

Apply now and be on the path to joining our cohort of graduates, many of whom have fulfilling careers in a variety of sectors including community, health, government and education.

Learn to work with your community

Throughout the course, you will learn to:

- Identify the SEWB health priorities, needs and strengths of your community
- Work in partnership with your community to develop SEWB health promotion and prevention programs
- Implement and evaluate these programs in community, ensuring continued improvement

Where the course can take you

On completion of your studies, you will be able to:

- Address any SEWB issue using best practice health promotion and prevention tools and processes
- Act to improve the SEWB of your community and the wider population
- Progress your career and act as a role model to your family and community
- Enrol in higher university degrees

What study will look like

The course can be undertaken fully online over 2 semesters (12 months). It consists of 6 units of study delivered as Blocks throughout the year, they are:

Block 1: Community profiling and setting priorities
Block 2: Health promotion program planning
Block 3: Goals, objectives and strategies
Block 4: Communication
Block 5: Research and evaluation
Block 6: Art, science and politics of prevention

For more information

sph.gdihp@sydney.edu.au
+61 2 9351 1973
sydney.edu.au/courses/graduate-diploma-in-indigenous-health-promotion

**Optional face-to-face workshops may become available subject to health advice around COVID-19.*

Your costs covered

Thanks to a generous private donation, there are no fees payable to study this course. All students will be awarded a scholarship that covers:

- All course and course-related fees
- Access to one-on-one tutorial support
- A financial contribution towards study costs
- Travel, accommodation and meals for any face-to-face classes (pending COVID-19 advice, see 'What study will look like')

Entry requirements

You must have:

- At least three years relevant work experience in SEWB, mental health or a health-related role
- Proof of prior learning (including technical and vocational training [TAFE] or other university study)
- A letter from your employer expressing their support for your study plans OR a personal statement explaining how the course will enhance your professional development
- A statement of Aboriginal and Torres Strait Islander identification

Warrinnu
2008

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