



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

MARATHON EFFORT



MAARI MA PRIMARY HEALTHCARE SERVICE

September 23 | ISSUE 69



The Mad Max Marathon was held on Sunday the 30th of July, an event Maari Ma is proud to sponsor.

The event encourages all ages to come together as a community and enjoy the fresh air and exercise. Congratulations to the three Maari Ma runners who took

part in the inaugural Mad Max Marathon Festival . There were medals for all the finishers in the longer events and framed artwork trophies for the first three male and female finishers also in the longer events. Well done to Maari Ma's Rebekah Jarvis, Barb Williams and Lakesha Sloane for taking part.



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

NT SENATOR'S VISIT



CEO Richard Weston and Senator Malarndirri McCarthy

The region welcomed Northern Territory Senator, the Hon. Malarndirri McCarthy.

Senator McCarthy is the Assistant Minister for Indigenous Australians and Assistant Minister for Indigenous Health in the Albanese Government and has been a Senator for the Northern Territory since 2016. She came to the region to talk about health and local community issues and her visit was well received. CEO Richard Weston caught up with the Senator in Broken Hill and Nola Whyman spent time with her in Wilcannia where she had the chance to go over plans for the Wilcannia Health and Wellbeing Centre, and do an onsite visit to the project which is part-funded by the Commonwealth government. Senator McCarthy visited Menindee as well where she also spent time listening to the challenges and opportunities facing the community. Senator McCarthy posted her trip on her personal Facebook page and spoke highly of the communities she visited:

“A huge thank you to all those in Wilcannia who came and had a yarn in the park, shops and local golf club. Long term employment opportunities are much needed in places like Wilcannia along with increased housing. I’m pleased to see the progress of the Maari Ma health infrastructure and great to meet staff at the hospital. Thank you for all that you do. Thank you to the aunties who talked with me about cost of living challenges and the need for social and emotional wellbeing support here. Looking forward to coming back again. Menindee is in good hands with many strong leaders advocating for their community, families and the region.” “It’s important to get out and just listen to the challenges and opportunities facing communities across Australia.



DENTAL HEALTH WEEK

Dental Health Week ran from the 7th to the 13th of August and the dental team showed support to the 2023 theme of 'Mind Body Mouth it's all connected' with a colouring-in competition and creative video clips for social media that highlighted the connection between bad dental hygiene and how this can affect other parts of the body.

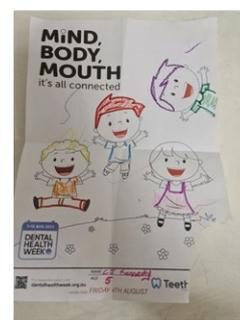
Dental Health Week is an annual awareness campaign that takes place during the first full week of August. This year the Australian Dental Association is focusing on the link between bacteria in the mouth that can travel to different sites of the body and inflammation in the mouth can increase the body's overall inflammation.

The dental team said regular dental check ups are important to keep your mouth, teeth and smile at its' best and prevent any long term issues such as tooth decay and gum disease.

Congratulation to the colouring-in competition winners Brax Chadwick, Josslyn Hinton and Christopher James (CJ) Kennedy. The winners all received a \$20 K-Mart gift card.



Dental Team in front of the Colouring-in competition entries. Dental Therapist Megan Hurst, Dental Assistant Jayde Flentjar and Dental Assistant Trainee Akeasha Dalton.



BROKEN HILL HIGH SCHOOL NAIDOC WEEK CELEBRATIONS

Broken Hill High school NAIDOC Event held on Fri 11th of August in the school hall was a Fun day for all involved.

The celebrations started with Morning tea for parents and community members and some students from central school. There was a variety of food and sweets to enjoy such as lovely kangaroo curry and kangaroo stroganoff with damper, cupcakes, lemon myrtle cheesecake, scones, stewed quandong with custard etc.



Many services set up stalls with a variety of activities, including a photo booth set up for people to get their picture.

There was a huge cake provided by Mission Australia with a cake topper: "For Our Elders" which was cut by our Elders present, Miss Marg Mitchell, Leonie Slater & Marlene Fleming and shared by all.

Maari Ma Youth Health team had various activities such as hair ribbon, headband decorating, badge making, keyring making & fridge magnet making, scratch art, colouring activities, and NAIDOC promo/giveaways: temporary tattoos, wrist bands & jelly beans.

The youth team were supported & assisted by our lovely allied health workers Telicia & Erin, Tayla in Healthy Start and our visiting medical students, JB and Emily who were a delight to have.

Students came in large clusters – three classes at a time and rotated around the hall to the different stall/activities. A great time was had by all students.

Medical student JB was in his element assisting the kids with decorating the headbands, Emily showed her creative talent with the scratch art, Rebekah showed her motherly skills with babysitting one of the students dolls to give them a break, she also has great talent in colouring in. Telicia and Tayla worked their muscles & patience with using the badge, keyring & magnet making machine, Erin showed her talent in tying beautiful

bows in the girl's hair with the various ribbon, and placing the tattoos on the student's hand/arms.

A big thank you to the organisers & our lovely AACCES workers Colleen and Vicki & AACES students, the Clontarf workers Ayden & Sheldon and Clontarf students who always put so much effort into these events each and every year.





VOICE REFERENDUM

Maari Ma supports the Yes campaign in the upcoming Voice referendum and encourages everyone to do the same.

The Voice isn't new, it's been decades in the making. The idea came directly from Indigenous communities, not politicians.

More than 80% of Indigenous Australians support it. For more information:

www.ulurustatement.org



Maari Ma Health Aboriginal Corporation

(08) 8082 9777
439 Argent Street

**Referendum
date**

OCTOBER 14TH

CONNECTED BEGINNINGS

Exciting news for local Aboriginal and Torres Strait Islander families – Broken Hill has been chosen as a site for Connected Beginnings.

Connected Beginnings is a

federally funded program that aims to increase Aboriginal and Torres Strait Islander children's and families' engagement with health and early childhood education and care.

It improves access to existing early childhood, maternal and child health, and family

support services so children are safe, healthy and ready to thrive at school by the age of five.

This will mean Maari Ma can look at enhancing our existing Early Years activities in Broken Hill, hopefully reaching more families, and also expand what they can

doing elsewhere. Maari Ma has chosen to include Central Darling and Balranald Shire Councils as well. Early days but exciting opportunities to engage our communities about child development and how we can help our kids to thrive.

ALL STAFF WEETING 2023



WELCOME TO COUNTRY

Taunao Bugmy performed our Welcome to Country – carrying on the legacy following the sad loss of Board Chair, Maureen O’Donnell - Tuanoa’s grandmother.

When Taunao does the Welcome to Country it’s special and reminds us we belong to the oldest living culture in the world. She’s representing her ancestors which comes with it a fair amount of responsibility. Thank you Taunao. Always was always will be.

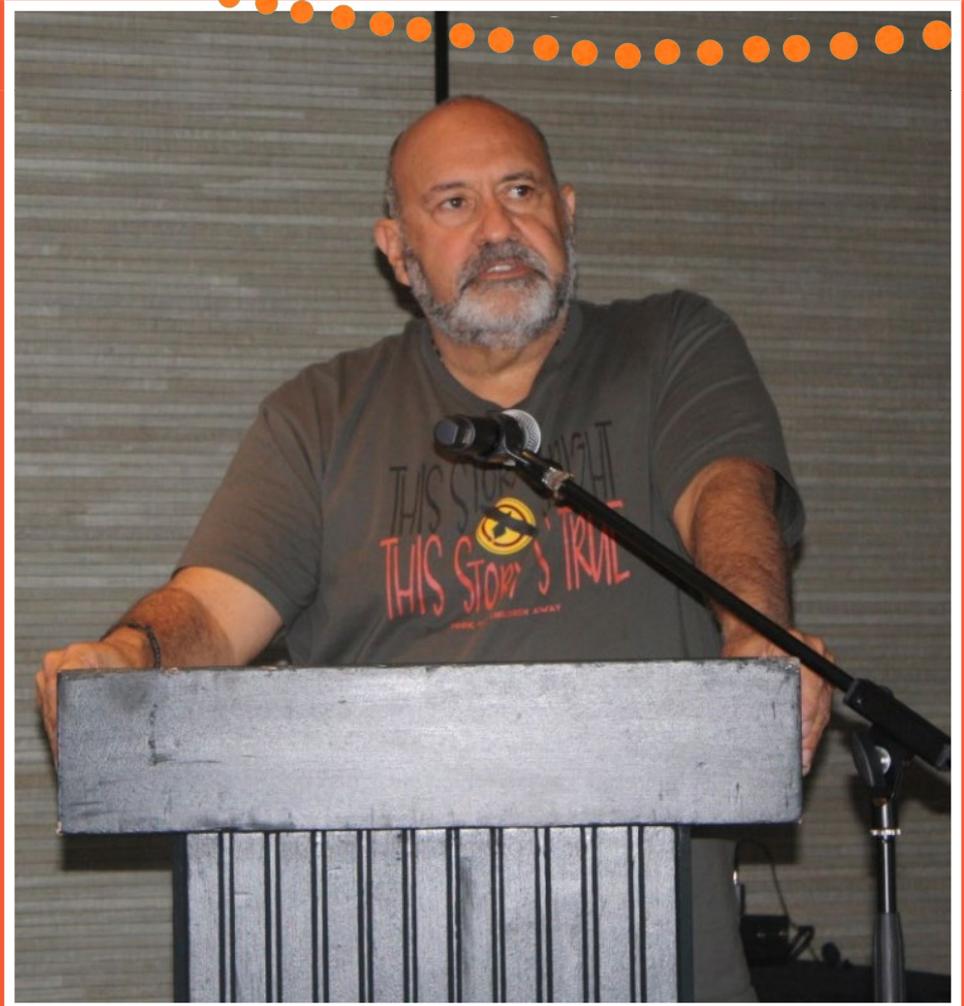
Maari Ma wanted to remember Aunty Maureen at the staff meeting as, along with many, we are continuing to feel the loss. Maureen was an advocate for Aboriginal rights, legal rights, land rights and justice, she was a champion in our community and leaves us with a great legacy. The work that Maureen did has created opportunities for us all as individuals.

CEO ADDRESS STAFF

'I've come back to a very different organisation. It's sophisticated, and it's doing amazing work. The fact that 60% of our staff are Aboriginal is significant. We have great connection to the community which is very important for an Aboriginal community controlled organisation – it helps with access and builds trust .

Maari Ma will be continuing to work to our values of community, empowerment, compassion, culture, quality and respect. These values are strong in our organisation which became evident during the pandemic,' said CEO Richard Weston during Maari Ma's All of Staff Meeting recently held at the Civic Centre.

Richard is returning to Maari Ma after being away for 13 years and this was his first time speaking at the All of Staff Meeting as CEO. The All of Staff Meeting is an annual event where Maari Ma employees from all over the country including Balranald, Broken Hill , Menindee and Wilcannia come together to celebrate and reward achievements attained throughout the past 12 months. This is also an opportunity for the CEO to speak to the whole of Maari Ma and discuss changes, improvements and success stories.



MAARI MA ABORIGINAL LEADERSHIP GROUP

Providing guidance and developing skills as leaders are Renae Roach, Nola Whyman and Kaylene Kemp. Not pictured but part of the group is Kandy Rogers.



RECOGNISING LONG SERVICE

5 YEARS OF SERVICE

Receiving their certificates for five years of service are (left to right):

Erin Vale, Valerie 'Puddin' Bugmy, Alinta Edge, Renee Powell, Lavinia Henderson, Daniel Jackman, Megan Hurst and Alana Hinton; not pictured, Donna Jeffries who attended remotely. Recognised for five years of service but not present were Bianca Files, Tessa Files, Ross Morris, Robbie Smith, Hannah Morris and Shanisha Harris.



10 YEARS OF SERVICE

Receiving their awards in recognition of ten years of service are (left to right)

Michael Hanley, Kendy Rogers and Helen Freeman. Recognised for ten years of service but not present were Kelly McGowan, Kevin Bates, Tiffany Cattermole, Alannah Degoumois, Ann Bennett and Casey Harris.

MISSION AUSTRALIA EARLY CHILDHOOD NDIS PARTNER IN THE COMMUNITY

PARENT/CARER QUESTION & ANSWER SESSIONS

**ARE YOU A PARENT OR CARER WITH A CHILD,
UNDER 9 YEARS OF AGE, AND YOU HAVE NDIS
QUESTIONS?**

We are taking expressions of interest for Early Childhood NDIS question and answer sessions.

These sessions will be held via teams.

Please email your interest to
frostl@missionaustralia.com.au



Delivering the NDIS in
your community

AGPAL ASSESSMENT

Three representatives from AGPAL (Australian General Practice Accreditation Limited) conducted a review of our Primary Health Care Service's staff, policies and procedures at the end of July. Maari Ma received a number of commendations namely in the areas of infection control, cold chain management and IT (disaster recovery). Accreditation lets clients know that a general practice has met standards set by the medical profession.

These standards are designed to ensure high quality care is provided in a safe and well organised way. Importantly, accreditation recognises the achievements of the health care staff to meet the requirements of established standards.



WHEN:
Tuesday 26th September,
2.00 - 4.00pm (AEST)



Students & Centrelink Payments

Tuesday 26th September 2 - 4pm

More information and to register
head to Welfare Rights Centre
Facebook page



This free online session will outline key issues determining young people's access to Centrelink payments while studying, with a focus on JobSeeker, Youth Allowance, Abstudy, Austudy and Youth Disability Supplement.

Speakers will cover the concepts of dependence/independence for people aged 21 or younger; study requirements including approved courses, approved education providers, and study load; and the way work rules and income from work can affect payments.

The session will include information about Centrelink payments for young people in crisis, and will explain how young people needing further support may access a Centrelink Social Worker. Speakers will also cover what young people can do if a claim is rejected, payment is stopped, or a debt is raised.

FAREWELL



Dr. Raphael Han is moving back to Sydney to work in a practice in Paramatta for his final registrar term.

A farewell get together was held where he received the special gift of an emu caller. Executive Manager Primary Health Care Services, Nola Whyman provided a demonstration of how to use one. Emu callers are a musical instrument and hunting tool made from a hollowed-out piece of wood, and are often short.

The emu callers were traditionally used by Aboriginal people when hunting. When striking the emu-caller at one end with the open palm it makes an unusual sound. This decoy attracts the bird away from its nest so that its eggs could be collected for food.



INDIGITUBE IS OUR DIGITAL MEETING PLACE



The national media platform by and for First Nations people was officially launched in Sydney in 2018.

indigiTUBE connects and supports the preservation of language and culture for our future generations. A living modern midden where technology and culture are woven together, MC Dallas Woods declared the official opening of the next big player entering the digital media arena, "indigiTUBE is very important, it's something that we've needed for a long time. Beautiful culture must be preserved."

indigiTUBE gathers First Nations stories from the desert to the sea, connecting and sharing culture from our extremely remote to urban regions; from our fresh new talent to archived histories.

indigiTUBE is a digital meeting place for First Nations song, dance, language and lore; creating a unified space to share our evolving and living culture. It also live streams 27 different radio stations to hear what's going on around the country.

The visually stunning media platform reflects the rich culture of our First Nations people, and the vibrant colours represent ochre, land and sea.

HOW IT WORKS

Listen and view: Users can listen and view First Nations content from across the country.

Contribute: Media organisations, workers and independents have a free account to contribute content, selecting their preferred options regarding streaming, downloads and airplay promotion.

Promote: Additionally, First Nations and community media outlets and broadcasters are able to contribute content, as well as download content for their airplay from the one account.

indigiTUBE is available as an iOS and Android app, as well as an online website media platform with built in social media sharing for users to promote on Facebook and Instagram.

Content will be available in the future as an app on services such as Apple TV, Telstra TV, Google TV and Smart TVs.

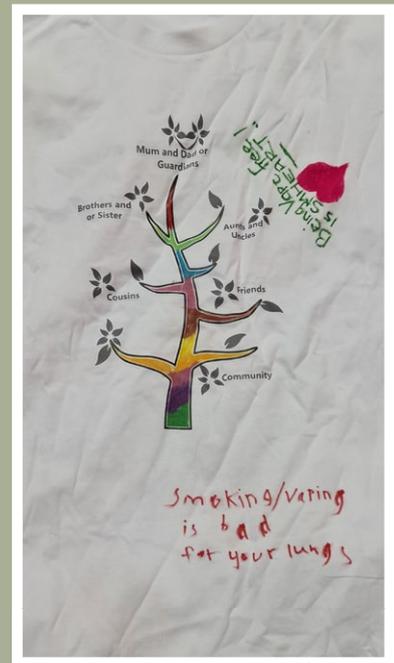
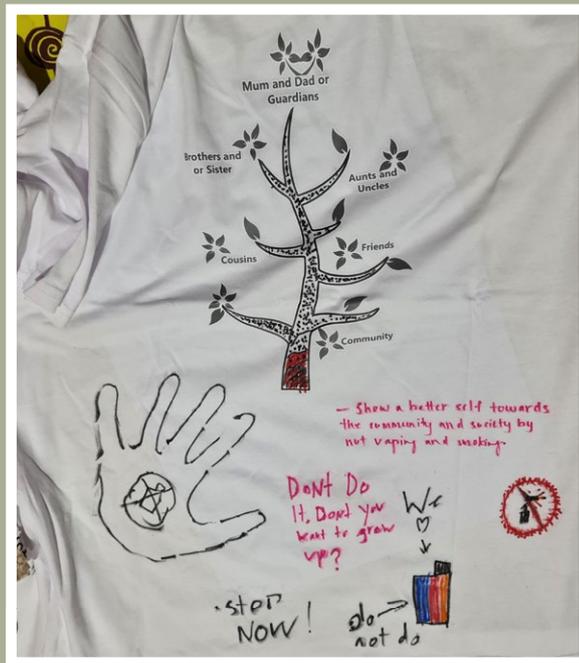
The redevelopment of indigiTUBE has taken into account how people are connecting to and accessing media; the increase of smartphone and tablet use and limited access for remote communities.

KIILA LAANA



Kiila laana attended the Broken Hill High School NAIDOC day along with the Youth Health team and other local youth organisations.

The day enabled students to meet with the local services and engage in information, education and activities. Kiila laana spoke about the dangers of vaping and tobacco products then asked students to write messages on T-Shirts detailing their thoughts with great results and opened up a conversation around the current trend and new laws concerning vapes.



The national Tackling Indigenous Smoking program has released an art competition for all Aboriginal and Torres Strait Islander children aged 12 years and under.

The winner's design will feature in the Tackling Indigenous Smoking 2024 calendar, which is distributed nationally. The winner will receive:

- 1 x \$150 voucher for art supplies from Art to Art Australia
- 1 x \$150 voucher for Rebel Sport
- 20 Tackling Indigenous Smoking calendars (featuring the winning artwork) to share with family and friends
- Tackling Indigenous Smoking merchandise including sticker sheets, stress cubes, air fresheners and fidget spinners.

HOW TO ENTER

Entrants will draw, paint or create a piece of art on the topic 'Why life is better without smoking or vaping'.

Entrants must send through a high resolution art scan (less than 10mb) along with their details via the Tackling Indigenous Smoking website.

Entrants must provide their name, age, parent/guardian's contact number, parent/guardian's email address, school and state.

Art needs to be able to be reproduced in the NBPU TIS 2024 calendar.

Entrants will:

- Submit their design as a JPG (up to 10 mb) in rectangular shape in landscape orientation
- Keep words on the artwork

Kids' Art Competition

Love to create art? Enter this competition to be in the running to win a great prize!

The Tackling Indigenous Smoking art competition is open to Aboriginal and Torres Strait Islander children aged 12 and under.

Create a design on the topic: 'WHY LIFE IS BETTER WITHOUT SMOKING OR VAPING' for your chance to win art and sport supplies vouchers.

The winning design will be included in the 2024 Tackling Indigenous Smoking calendar!

NATIONAL BEST PRACTICE UNIT
TACKLING INDIGENOUS SMOKING

TACKLINGSMOKING.ORG.AU

Scan the QR code to enter now!

SCAN ME

to a minimum

- Submit art which is colourful, engaging and interesting
- Ensure entry artwork is two

dimensional to assist in printing and reproduction.

One entry per child.
Competition closes 5pm
Monday the 23rd of October

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

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