



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

KIILA LAANA



MAARI MA PRIMARY HEALTHCARE SERVICE

September 24 | ISSUE 81

KIILA LAANA PROGRAM'S EXCITING FACEBOOK ACTIVITY AND FATHER'S DAY GIVEAWAY

Recent Facebook activity for the kiila laana program has been a hit, and we couldn't be more thrilled with the response! Krista and Tina have once again dazzled followers with their delightful cooking video clips, showcasing some scrumptious dishes that are sure to inspire your next meal. Their videos have been a fantastic addition to the page, and we're excited to



commence planning for the next one — stay tuned for more giveaways and cooking segments!

In addition to their cooking adventures, Krista and Tina also promoted a special Father's Day giveaway. To enter, kiila laana Facebook followers were asked to



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"Improving Aboriginal health and closing the gap"

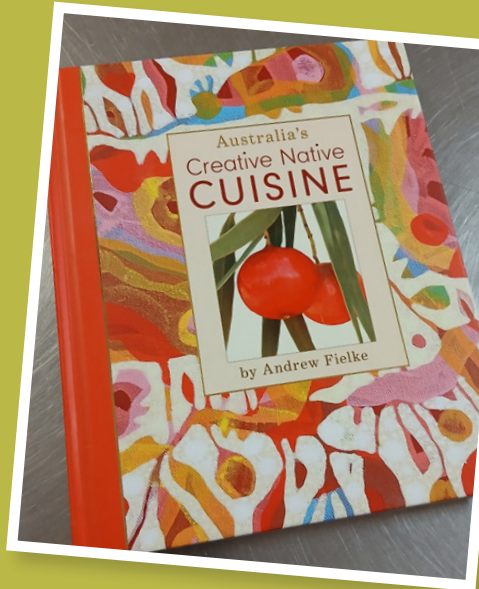


comment on their favorite camping food, like the post, and share it with their friends. The engagement was fantastic, and we loved seeing all the delicious camping food suggestions!

A huge congratulations goes out to Jodie Pearce, the lucky winner of our Father's Day giveaway! Jodie took home a fabulous prize pack, and we hope she enjoys all the delicious cooking creations it has to offer.

Thank you to everyone who participated and supported our Facebook activities. We look forward to sharing more exciting content and giveaways with you soon!

Recipes for the Father's Day giveaway available on page 5.



ARE YOU ADDICTED TO NICOTINE

If you have a cigarette within the first half hour of waking, you likely have a significant nicotine addiction that can make quitting challenging.

Nicotine withdrawal symptoms, which can start within hours after your last cigarette, include strong cravings, irritability, and difficulty concentrating or sleeping.

Nicotine addiction works by increasing the number of receptors in your brain that respond to nicotine. When nicotine binds to these receptors, it releases dopamine, creating a temporary feeling of pleasure. This leads to cravings as the nicotine effect wears off.

Two effective methods for quitting are Nicotine Replacement Therapy (NRT) and support.

Nicotine Replacement Therapy (NRT): NRT provides lower levels of nicotine to partially satisfy cravings and reduce withdrawal symptoms. Options include patches for a steady release of nicotine, and faster-acting forms like gum, and sprays for quick relief. Combining these methods often works best. NRT is provided for free under the kiila laana program.

Support The kiila laana 'growing healthy naturally' program at Maari Ma Health

is dedicated to tobacco management, providing essential support and early intervention for those looking to quit smoking or vaping. The program features muuku 'be smoke and vape-free,' which offers free Nicotine Replacement Therapy and ongoing assistance to help you stay smoke-free in the long term.

Additionally, the program includes yapara 'breathe easy,' a targeted initiative to promote smoke-free homes and cars. This service includes free carbon

monoxide monitoring in your home and vehicle, which can help improve health and potentially save lives.

For more information and to access these services, please speak to your GP.

For additional support, Quitline offers free advice and encouragement. They can help you develop a personalised quitting plan and provide support.

Contact Quitline at 13 7848 for assistance.



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NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY



National Aboriginal and Torres Strait Islander Children's Day, celebrated annually on August 4, honors the birthdays of Aboriginal and Torres Strait Islander people taken from their families as children, known as the Stolen Generations.

Established in 1988, this day celebrates the rich cultures, stories, and languages of First Nations Australians through various events in schools, communities, and online. SNAICC (Secretariat of National Aboriginal and Islander Child Care) is the key organisation advocating for the rights and wellbeing of Aboriginal and Torres Strait Islander children.



NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY



Around 50 children and families, including elders, attended our National Aboriginal and Torres Strait Islander Children's Day event on Friday August 2nd.

It was held at playgroup and it was a time of celebration under the theme this year of Stronger in Culture, Stronger Together. It was a fun time but also a time to focus on the strength of our children – our bright leaders of the future, and the importance of culture, family and connection. Thanks to the Early Years team for all your work to ensure everyone had a great time – and judging by our photos – our staff had as much fun as the kids.

INTERVIEW PARTICIPANTS NEEDED

We are looking to interview people from western NSW on what happened when they needed legal help.

Who can participate?

- people who live in the Western Division of NSW and have wanted legal help, or
- lawyers and others who provide legal services for people in the Western Division of NSW
- Interviews will be on Zoom and take approximately 40-60 minutes

Please note no legal advice will be given during the interview or project. This is a project researching people's experiences with legal services in western NSW

To participate contact Patricia Vagg: pvagg@myune.edu.au

This project has been approved by the Human Research Ethics Committee of the University of New England (Approval No: HE24-091, Valid to 8/08/2025)



une
University of
New England

FAREWELL BRIONY

HIPPY Coordinator Briony Callaghan has returned to her previous employment at Rainbow Preschool where she worked for 11 years before joining Maari Ma almost 5 years ago.

We wish her well.



BALRANALD COMMUNITY EVENT

The team at Maari Ma Health Balranald deserve a round of applause for the community event they organised for the town on Sunday 4th August.

Nurse Manager, Emma Moore, said the day, which included help from the community and local businesses, has been the talk of the town with someone even dropping in a cake at the health service as a token of appreciation to staff.

The event was funded by a flood recovery grant from the NSW Government. Emma thought there were close to 200 kids and families there on the day enjoying everything from dodgem cars, haunted house laser tag to the Bad Boys 2 ride and a Jurassic Park jumping castle. There was a strong focus on mental health from the stall providers which included the local SES group, Far West Local Health District, Robinvale District Health Services, Australian Unity, Headspace Swan Hill, Balranald Central School and Maari Ma.

Kiea Charles gave the Welcome to Country at the beginning of the guest speakers and there were two - Glenn Manton (former Carlton and Essendon AFL player) who provided a motivational talk based on his lived experience and Matt Runnalls from Mindfull Aus who Emma said gave a very moving



Choolburra star of event

THE Balranald community gathered at the town's football grounds for a special event on Sunday.

The Balranald Community Event featured rides, face painting, a variety of food and drink stalls, and guest speakers, comedian Sean Choolburra, former AFL player Glenn Manton and mental health advocate Matt Runnalls.

It was organised by local Aboriginal health service Maari Ma Health Balranald, with the help of many community members and local businesses.

The event was funded by a flood recovery grant from the NSW Government.

Maari Ma Health Balranald nurse manager Emma Moore said the health service and the community would love to organise another community event next year if they could get another grant.

"We're just happy that so many people were able to come and enjoy the event, and that there were a wide variety of stalls and things to do," Ms Moore said.

There was a strong focus on mental health with stalls from health services such as Robinvale District Health Services and headspace Swan Hill.

Other stalls were Australian Unity, Balranald Central School, Far West Local Health District, as well as the SES which also provided a first-aid tent.



ABOVE: Comedian Sean Choolburra with Emma Moore, Courtney Gorman, Kylie Mitchell and Zoe Griffiths.

RIGHT: Ava Coates ready for laser tag.



"It was just great having all this support from the many different organisations that were there," Ms Moore said.

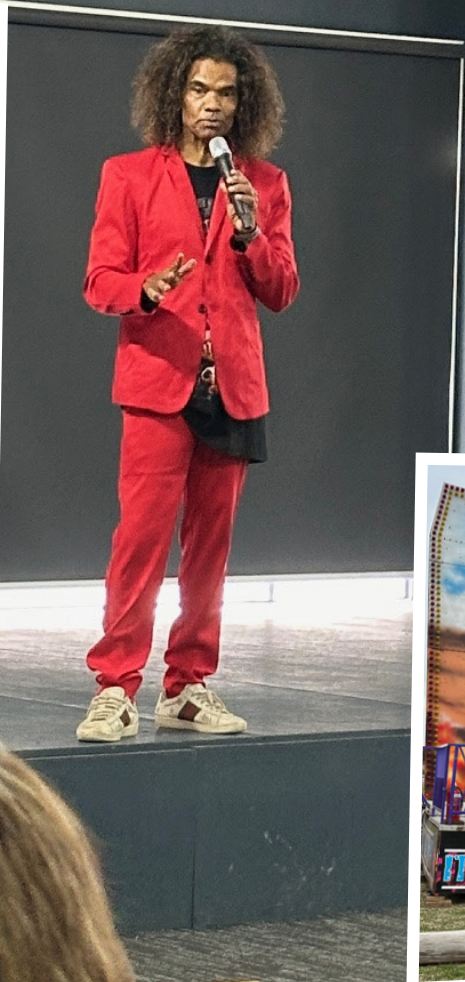
"The speakers were great. We had a lot of rides and we had more than 100 kids."



talk about mental health, homelessness and suicide. Comedian, Sean Choolburra entertained everyone with two comedy sessions.

Once again – a shout out to the amazing small team at Balranald who can achieve big things together. They and the community would like to be able to have a community event like this every year. Emma has sent through some great photos to share with everyone including an article that was written in the local paper.

BALRANALD COMMUNITY EVENT



BALRANALD COMMUNITY EVENT



BALRANALD COMMUNITY EVENT



Emma, AHW trainee Courtney Gorman, Sean Choolburra, AHW trainee Kylie Mitchell and Centrelink Customer Service Advisor (that name does not do her justice for the amount she helped me get this event going) Zoe Hutchinson.



**NATIONAL
RECOGNITION OF
ABORIGINAL AND TORRES
STRAIT ISLANDER HEALTH WORKERS AND
HEALTH PRACTITIONERS DAY**



**Congratulations to
all Aboriginal health
practitioners and
Aboriginal health
workers on your
achievements!**

National Day of Recognition gives the chance to get together and observe the day – providing an important opportunity to acknowledge and appreciate the invaluable contribution they make to our communities and the health care system.



NATIONAL RECOGNITION OF ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH WORKERS AND HEALTH PRACTITIONERS DAY

The theme for this year's National Day of Recognition was recognising the achievements and evolution of the Aboriginal and Torres Strait Islander health practitioner and health worker workforce. They play a critical role in organisations like Maari Ma and their worth needs to be recognised by all health services to ensure culturally safe and better health outcomes for Aboriginal and Torres Strait Islander people. The awareness raising day, which is now in its third year, is aimed at doing just that.

“Aboriginal and/or Torres Strait Islander Health Workers and Health Practitioners are the world's only Indigenous health professions underpinned by national training and regulation. For many years, NAATSIHWP's members have been critical to the safe and effective delivery of health services to Aboriginal and Torres Strait Islander people and communities. Their combination of clinical, cultural, social and linguistic skills delivers an engagement capability and community reach that sets them apart from other health professionals. They provide a high standard of culturally responsive care, and act as cultural brokers and health system navigators.

The establishment of these professions has been perhaps one of the most successful exercises in self-determination of Aboriginal and Torres Strait Islander people over our own health outcomes, as these professions have been established by Aboriginal and Torres Strait Islander people for Aboriginal and Torres Strait Islander people. NAATSIHWP, as the peak body for Aboriginal and/or Torres Strait Islander Health Workers and Practitioners, believes that our members often do not receive the recognition they deserve for their crucial work. As our workforce is a world first, the unique nature of NAATSIHWP's members and their work should be a source of National pride. Accordingly, NAATSIHWP's members collectively agreed that the 7th of August, the day of NAATSIHWP's establishment in 2009, would be appropriate to celebrate the achievements of the workforce over many years”.



IMPROVING THE HOSPITAL EXPERIENCE

GP, Dr Nichelle Geary, Executive Manager Primary Health, Nola Whyman and Executive Manager Child and Family Service, Lavinia Henderson attended Adelaide Women's and Children's hospital recently for an information session on improving the experience of a hospital visit for patients.



Going to hospital can be a scary and daunting experience for anyone and if there are ways to improve the event it will hopefully result in better health outcomes. Lavinia said discussions ranged from the experience of being away from home to making the hospital visit as stress free as possible.

RACGP SHOWCASE

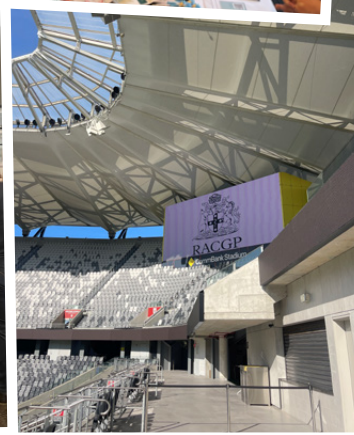
The Royal Australian College of GPs (RACGP) showcased the benefits of life in rural and regional New South Wales last week to GP registrars to encourage them to train in rural and regional communities.



Maari Ma's Medical Workforce Consultant, Claire Allan was there along with representatives from general practices in Inverell, Moree, Griffith and Deniliquin. Also present were Primary Health Networks, Local Health Districts, the Royal Flying Doctor Service, Rural Doctors Network and others. The showcase event attracted around 300 people

and was held in Parramatta. Trying to get doctors from the city to the bush can be challenging as we know and this showcase gave the representatives the opportunity to highlight rural training opportunities to registrars they may not have considered. Training in a rural or regional community is a great way for a registrar to gain experience. They

see a wide variety of health issues, become part of the practice team and can have a great time experiencing life in smaller communities. Thanks Claire for showcasing Maari Ma and all the experiences an Aboriginal community controlled health service can offer a GP registrar.



RECIPES

CHEESY CAULIFLOWER RICE BAKE



INGREDIENTS

- 1 Large brown onion, roughly chopped
- 2 Garlic cloves chopped
- 900g Cauliflower cut into small florets
- 10 Thyme Sprigs
- 2 tbsp. Extra virgin olive oil
- 300g (2 cups) Cooked medium grain rice
- 300ml Double cream
- 125ml (1/2 cup) Milk
- 160g (2 cups) Grated cheddar cheese
- 2 tbsp. Chopped flat-leaf parsley leaves to serve

DIRECTIONS

1. Preheat oven to 220c/200c fan forced
2. Place the onion, garlic, cauliflower, thyme and oil in large baking dish. Season and toss to coat. Bake for 40 minutes, stirring once or until cauliflower is golden and tender.
3. Add rice, cream, milk and half the cheese. Season and stir to combine. Top with remaining cheese and bake for 15 minutes or until golden.
4. Sprinkle with parsley and serve.

ZUCCHINI ROSES



INGREDIENTS

- 2 Zucchini Thinly sliced lengthways
- 1 cup grated Mozzarella cheese
- 1 Egg lightly whisked
- 3 Puff pastry sheets thawed
- Fruit chutney to serve



DIRECTIONS

1. Preheat oven to 180C/200C fan forced. Spray twelve 80ml (1/3 cup) muffin pans with olive oil to grease.
2. Cut each pastry sheet into 4 even strips to make 12 strips. Brush each strip with a little egg wash. Arrange zucchini slices, overlapping, along the top long edge of each strip, just slightly overhanging. Sprinkle mozzarella along the centers, leaving bottom long edges of the strips uncovered. Fold the uncovered dough over the cheese and zucchini.
3. Starting at 1 short end, roll up each pastry strip to form a rose. Place, zucchini-side up, in the prepared pan. Brush the tops with egg wash.
4. Bake for 20 minutes or until the pastry is golden and cooked through. Serve topped with a little chutney, if desired.

HOME STYLE BEEF RISSOLES



INGREDIENTS

- 500g Beef Mince
- 1 Onion diced
- 1Tbs Mixed Herbs
- 1Tbs Garlic
- 1/2 cup Breadcrumbs
- 1 egg
- 1pk French Onion Soup
- 4Tbs Tomato Sauce
- 1Tbs Worcestershire Sauce

DIRECTIONS

1. In a large bowl, combine all the ingredients thoroughly. Take a spoonful of the mixture and shape it into a rissole. Repeat this process until all the mixture is used.
2. To cook the rissoles, heat a small amount of oil in a frying pan over low heat. Flatten each rissole slightly to ensure even contact with the pan. Cook until browned on both sides, then remove from the pan and set aside.
Tip: Serve with fresh vegetables like broccoli and beans on the side for a complete meal



ROAD TRIP TO IVANHOE

The Dental team had a busy week celebrating Dental Week at the beginning of August.

The team headed to Ivanhoe to catch up with the school children there. Senior Dental Therapist, Meg Hurst, and Dental Assistants, Imogene Ragenovich conducted school dental screening and Ema Turley taught oral health education.

Meg said the children had to place healthy and unhealthy snacks on each tooth which represented what causes a happy tooth or a sad tooth. The amount of sugar in popular drinks and food was discussed, and what they could do to help combat getting tooth decay - such as lots of water, brushing two times a day, eating cheese and limiting treats.

Meg said the young kids were very engaged in the lesson to the point that when it concluded they all had Ema up doing the Macarena. Ema also taught oral health to the middle and senior school pupils reminding them to do twice daily brushing, to eat healthy food, limit sugary food and also showed them flossing techniques. Meg said Ivanhoe has a very welcoming and engaging school and said she wanted to personally thank the team for such a great week – she said it was extremely busy, they had a few hiccups along the way and without Ema it would not have been the successful week that it was. Thanks team—getting out to our remote communities is a commitment in time but very important and being reminded about oral health and what we should / should not be doing benefits us all.



ROAD TRIP TO IVANHOE



Dental Therapist Megan Hurst was invited to conduct an education session on Early Childhood Oral Health for the Healthy Staff team and GPs.

Maari Ma regularly hosts education sessions with various health professionals.

During her presentation, Megan covered:

- Optimal oral health practices for pregnant women and families
- Key signs of oral health issues in babies and young children
- Teething in both primary and permanent teeth

- The four key factors contributing to dental decay
- The impact of early childhood caries on overall health and wellbeing
- Contributing factors and effective strategies
- Clenching, grinding, nail biting and cheek chewing, and their implications
- Dental trauma and its management
- Recommendations for health professionals

Megan will be returning later in the year to present a follow-up session focused on adult oral health.



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INDIGENOUS ART
AWARDS

2024

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or via the QR code



ENTRIES CLOSE FRIDAY, 25TH OCTOBER



BROKEN HILL
CITY ART GALLERY



WEST
DARLING
ARTS



IMAGE: David Doyle,
Values, Winner: Open
Section, Maari Ma
Indigenous Art Award 2023

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
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