

# COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

## MOTHER'S DAY WINNERS



MAARI MA PRIMARY HEALTHCARE SERVICE

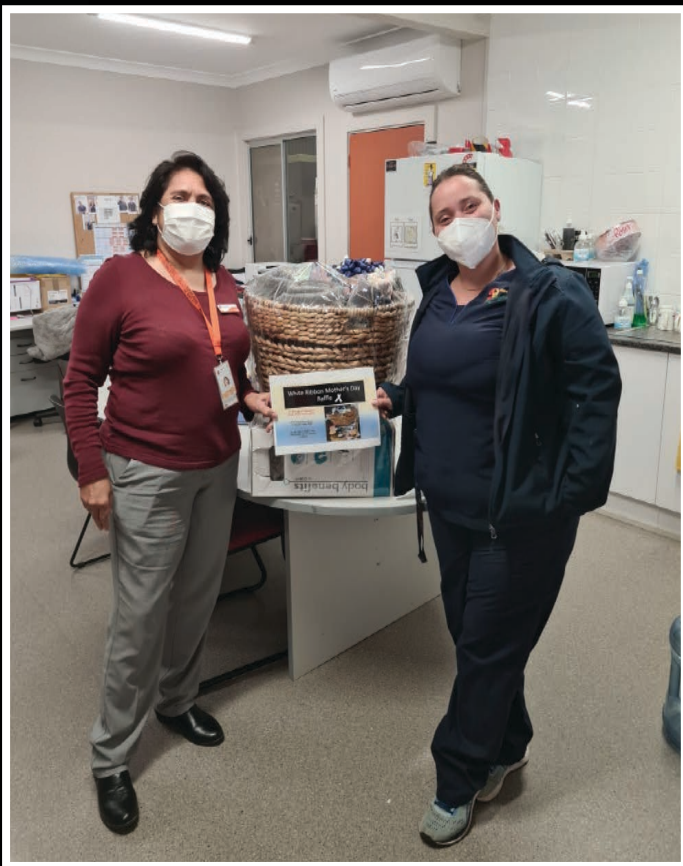
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**Maari Ma raised \$310 for White Ribbon Australia by selling \$1 tickets to enter the Mother's Day draw.**

It consisted of 3 prize pools with the main prize containing a foot spa, large wicker basket, bath sheets, face cloths, hand towels, tea towels, candle, scarf, travel wallet, journal, photo frame, earrings, hand cream, body wash and an organic pamper pack.

The Draw took place LIVE on the kiila laana Facebook page on Friday the 6th of May, just in time for Mother's Day.

Congratulations to the Winners.



*Nola Wyman won the 1st prize and kindly gifted it to Kalinda Morris*

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[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"*





# MOTHER'S DAY WINNERS



2nd prize winner **Alicia Edge**



3rd prize winner **Mandy Hall**



Another Mother's Day prize was organised on the kiila laana Facebook page which filled the page with photos of Mother's, Daughters, Grand Daughters, Nieces and Aunts as a requirement to enter the competition to win a Kenwood All-In-one Food Processor, serving tray, glass tumblers, and cooking utensils.

The kiila laana page provided easy cooking ideas with Dietitian Catherine who made quiche and parfait. Congratulations to winner Rose.



Dietitian **Catherine** with freshly made parfait



Daughter and niece of winner **Rose Elaine Sullivan** helped hold the items for a photo



# INTERNATIONAL NURSES & MIDWIVES DAY

In celebration of Nurses and Midwives Day Maari Ma held a morning tea to say thank you to the Nursing and Midwives team for all the great work they do all day everyday.



**CELEBRATING  
INTERNATIONAL  
NURSES DAY  
12 MAY 2022**

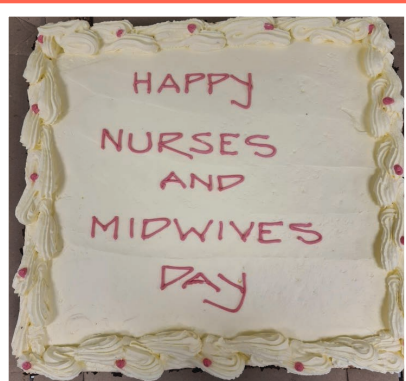
**CELEBRATING  
INTERNATIONAL  
MIDWIVES DAY  
5 MAY  
2022**



*Julie Hall Social Emotional Wellbeing Worker and Admin Officer **Maddison Burn***



*Manager Healthy Start Program **Helen Freeman** and diabetes educator **Marija Bindley***



*Admin Officer **Maddison Burn** And Transport driver **Rossi Morris***



## NEW ARRIVALS

Miss Harlyah Smith was born 08/03/2022, she is the daughter of Jasmine Smith and Ashley Young and little sister of Dennis.

Harlyah and Jasmine have had their postnatal and antenatal care with midwife Tiffany Cattermole



Congratulations to Balranald Nurse Manager, Emma Moore and her family on the recent birth of their baby boy – Max Patrick.

Max was born on the 22nd of April and both mum and bub are doing well.



New mums and dads don't forget about the Indigenous inspired, beautifully designed nappy bags, provided to parents who engage in the antenatal care at Maari Ma and these adorable onesies.

You get to choose one from these designs when your baby has their first ATSI health check and immunization during their six week postnatal check.





# KIILA LAANA

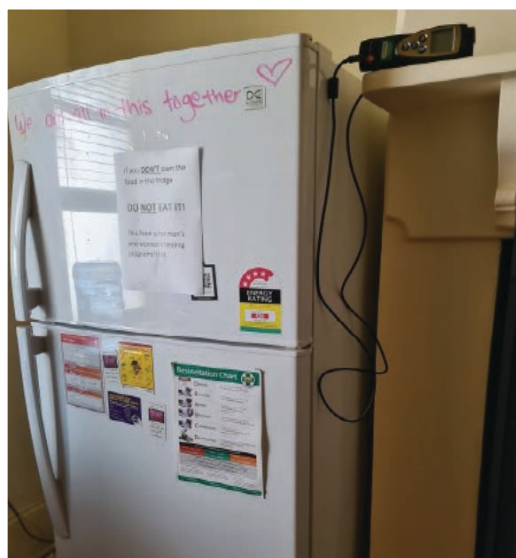
**The kiila laana program provides education, information and support for tobacco management. The program has three target areas.**

1. kiila laana which provides education and information to schools, organisations and staff

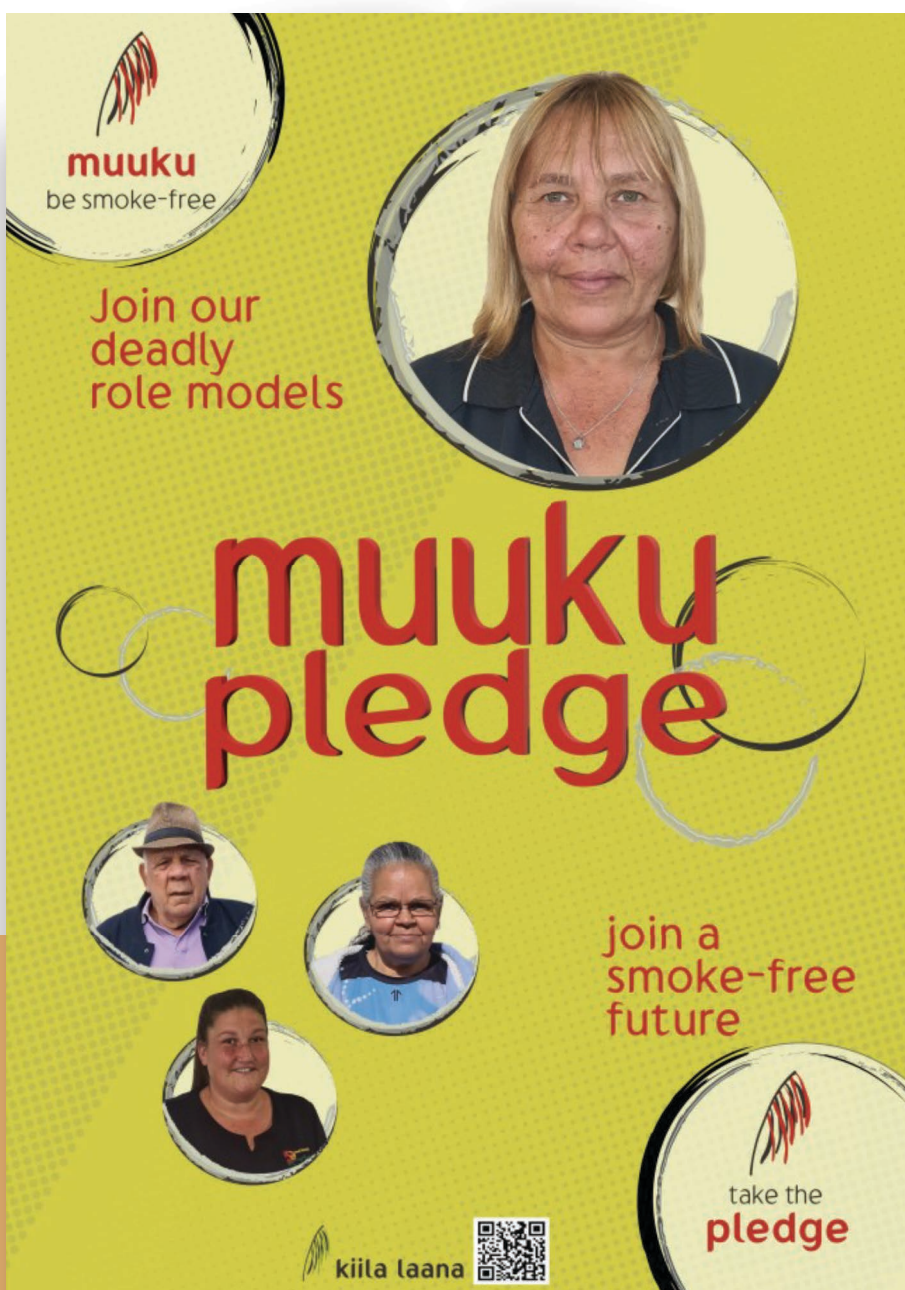
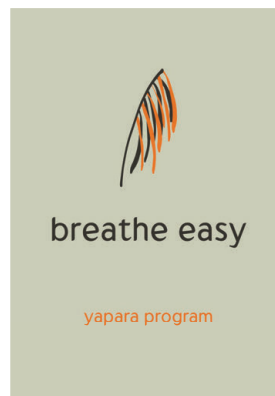
2. Yapara focuses on smoke-free homes and cars

3. muuku offers support to smokers/vapers and helps manage tobacco de-pendency.

Follow kiila laana at Maari Ma Facebook page and stay up to date with the latest information



*Yapara program uses a carbon monoxide monitor that sits in your home for up to a week and then prints out the carbon monoxide levels in your home*







# Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types of foods from the five food groups every day.



Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



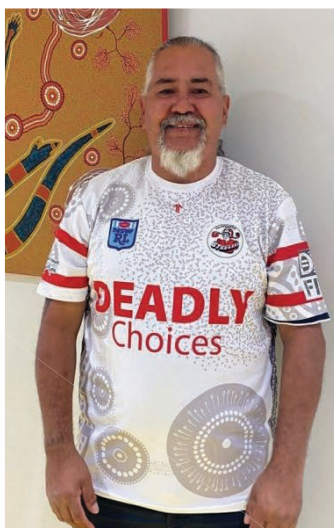


# 715 HEALTH CHECK

**Aboriginal and Torres Strait Islander people of all ages can get an annual 715 health check and they're free of charge.**

What's more when you get a health check you get to walk away with a footie jersey. Rossi Morris, Juls Hall, Robyn Cattermole and Jayde Flentjar are looking deadly in theirs.

Encourage your family and friends to come along to the Primary Health Care Service for their annual health check.



*Rossi Morris, Juls Hall, Robyn Cattermole and Jayde Flentjar*

A 715 health check can take up to an hour depending on age and circumstances. Schedule an appointment to come in and have a yarn about your health

## DENTAL PROMOTION AT MENINDEE

**The Dental team was out and about in mid April for the Menindee Community Event.**

Dental Assistant, Jayde Flentjar and Aboriginal Health Worker trainee, Lakisha Sloane are pictured at the event holding up the dental frame the team uses as a promotional and educational tool.

The Dental team put together a selection of fun give-aways for the children attending the event - but in order to get a prize the kids had to answer a dental question picked out of a bag.

The children also had an instagram picture taken with a frame that had the dental answers and messages on, which they were given – a great way to remember those dental facts. A creative activity from the Dental team to keep children engaged.





## 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.



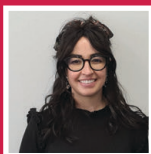
**Kendy Rogers**

Service  
Manager:  
PHCS



**Nola  
Whyman**

Executive  
Manager  
Operations



**Tegan Hinchey-  
Gerard**

Executive Manager  
Aboriginal Health  
and Community  
Wellbeing

### 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

**PHCS Broken Hill**  
439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
Fax: 08 8082 9778

### 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

**Wilcannia Health Service**  
14 Ross St, Wilcannia, NSW  
2836 Phone: 08 8091 5122  
Fax: 08 8091 5911 Web:  
[www.maarima.com.au](http://www.maarima.com.au)