



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

BALRANALD



MAARI MA PRIMARY HEALTHCARE SERVICE

NOVEMBER 2021 | ISSUE 49

Balranald announces winners of the Covid vaccination draw (each winner received \$1000 worth of vouchers). It was an incentive draw and entrants had to have had 2 doses of the COVID Vaccination. Congratulations;



Ellouise Hines



John Jackson



Kristy Eames



Britney Mitchell



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The ADF Medical Team attended with their mobile vaccination vehicle.

The ADF medical teams were engaged to try to capture some more vaccinations across the Lower Western Sector (Wentworth, Dareton, Buronga, Euston and Balranald).



ADF & Pete

Paige & Aishling

ADF mobile van

There were not a lot of folks who hadn't already been vaccinated. Maari Ma RN Emma accompanied the Balranald MPS staff to Euston to assist with their two vaccination pop ups.

AHW Trainees Paige Winch and Kelvin Murray assisted with the ADF team pop up at Maari Ma Health Balranald, alongside Balranald MPS staff .



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"



MARRABINYA TEAM

The Marrabinya team met face to face recently at Balranald for what was only their second face to face meeting this year because of COVID – the last was in Bourke in March.

Executive Manager, Donna Jeffries, said it was good to catch up with the team and to meet the newest team member, Jenny Brooks based in the Balranald office, and for the team to put faces to names of the Finance team from Broken Hill who were also there, Alana Hinton and Tiarna Bates.



The group discussed the challenges they've faced over the lockdown and cluster reports were presented. On the Wednesday, Donna had arranged for a trip to Mungo National Park to see the National Parks and Wildlife Museum, the Great Wall of China where the remains of Mungo Woman and Mungo Man had been found, the unique landscape, and what were once lakes 20,000 years ago.

What a great trip – even though the drive was a long one -150km from Balranald of which 70 kilometres is unsealed.



STAFF BACK TO NORMAL DUTIES



Both the vaccination staff and the respiratory staff are working together now. We still offer COVID swabbing five days a week during business hours and the swabs are now being sent to the laboratory rather than doing the rapid testing.

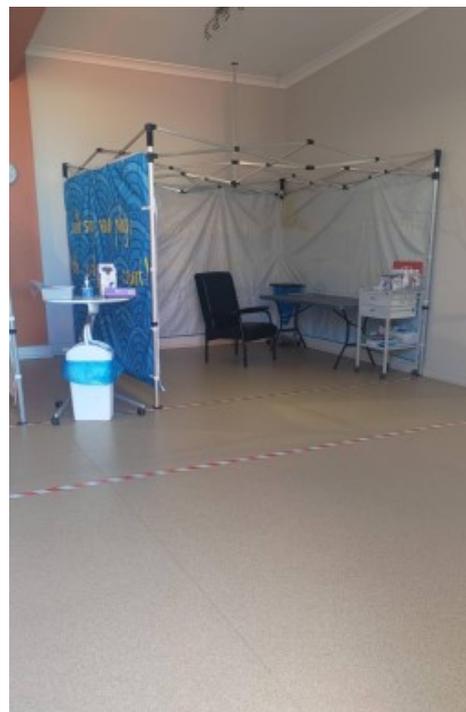
Gradually Maari Ma is returning to our 'new normal' following the outbreak of the Delta strain of COVID 19 and now staff have re- turned to their usual duties.

Recently Ngama'linya yapa'na/Healthy Start moved back to their usual location in the PHC building and the COVID Clinic is settled in the Kiila Laana building.

Dr Michael Thomas, who came to help us earlier in October from Port Macquarie, headed home at the beginning of November. Maari Ma would like to take the opportunity to thank him for his work and coming to help us out, it's been very much appreciated.

Dr Thomas has been handling the notification results and has also been doing home visits for vaccinations. RN, Beth Deiter, who arrived around the same time, will continue on for a bit

longer. As of late October, 72% of Broken Hill Aboriginal clients aged 12 and over were fully vaccinated. In Wilcannia it was 77%, Menindee 89% and Ivanhoe 100%. 78% of Aboriginal people aged over 16 in New South Wales were estimated to be fully vaccinated as of October 25th.





#Pinkbox Period Pack

free period packs for those in need

Free period packs for those in need.

Each pack contains 6 regular tampons & 2 ultra thin regular pads.

If you need support, please reach out, speak out, and ask for help.

- Lifeline: 13 11 14
- 1800 RESPECT: 1800 737 732
- Beyond Blue: 1300 224 636
- Kids Helpline: 1800 55 1800
- Ask Izzy: askizzy.org.au
- headspace: headspace.org.au
- eheadspace: 1800 650 890

Find more information and follow the movement at sharethedignity.org.au

your nearest pink box is located at



Address
headspace Broken Hill
231 Blende Street
Broken Hill, NSW 2880



Phone
(02) 9393 9699



Email
headspace.brokenhill@flourishaustralia.org.au



Opening hours
Mon, Wed & Fri - 9am-5pm
Tue & Thu - 10am-6pm
Sat & Sun - Closed

24/7 access to free lockers

Are you currently experiencing homelessness or housing issues?

Need some space to store your valuables and belongings? Need other support items and non-perishables?

We have lockers that are accessible 24/7 and are available to any young person in need aged between 12-25 years.

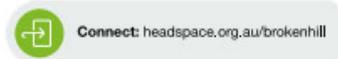
We can further support by providing personal care products such as toothpaste, deodorant, etc. and some items of canned food.



Please note: Access codes are changed weekly, so you'll need to reach out to us during our centre opening hours for the new code.

If you'd Like to use these lockers or would like other support, please reach out by calling 02 9393 9699 or send us an email at headspace.brokenhill@flourishaustralia.org.au

For more information head to our website linked below.





PROGRESS TOWARDS AOD REHAB CENTRE IN BROKEN HILL

Manager Social and Emotional Wellbeing Services, Helene Fox recently attended a meeting with the Hon. Mark Coulton MP, Federal Member for Parkes and the AOD steering committee for Broken Hill.

The steering committee is seeking to establish a local drug and alcohol withdrawal and rehabilitation centre and the good news is it's firmly on the agenda for Broken Hill.

At the moment the nearest drug and alcohol detox and rehabilitation facility is near

Mildura, and some people also travel to Brewarrina, Orange or Moree for treatment.

Helene said there's still a lot of work to be done to get a Broken Hill centre and the committee, which comprises representatives from the Western NSW Primary Health Network, FWLHD, the Barrier Police as well as Maari Ma, will now be seeking funding from both the state as well as the federal governments.

Minister Coulton has said he will work on securing funding from the Commonwealth. Helene said the facility will likely be a purpose built centre.

Members of the Alcohol and Other Drug Detox and Rehabilitation Facility steering committee met with the Hon. Mark Coulter, MP recently.

Attending the meeting were Inspector Tom Aylett from the Barrier Police, Broken Hill City Council's Dionne Devlin, Western Primary Health Network's Andrew Coe, Maari Ma Manager Social and Emotional Wellbeing Services Helene Fox, Andrew House from the Far West Local Health District, steering committee chair Joanie Sanderson and committee member Steve Radford.

KIILA LAANA

The History of Tobacco Advertising

Don't be fooled by today's advertising tactics.

In the 1930's and 40's smoking ads portrayed strong healthy figures who smoke a particular brand. The 1950's, 60's and 70's saw an increase in advertisements in places such as cinemas, magazines and billboards encouraging people to be like those in the ads who were young, fun, good-looking and healthy.

During the late 1970's, 80's and 90's the negative health effects of nicotine became apparent. Resulting law suits between consumers and the big tobacco companies that neglected to warn consumers of the health risks changed the way tobacco companies could legally promote their product. It then became illegal to place images in public that encourage consumers to smoke, and negative labelling started on packages and awareness commercials began to spread the news of the dangers of smoking.

Up until recently the tobacco industry has seen dramatic decline in profit as consumers avoid taking up smoking leaving tobacco companies facing financial ruin.

That was until vaping started becoming a trend through the help of paid or unpaid influencers and specialised targeting tactics to appeal to a new young generation eager to look as young, fun, good-looking and healthy as those promoting vaping bringing the large tobacco companies into a new era of profit.

Don't be fooled, Vaping is not healthy.



The #PinkBox Dignity Vending Machine dispenses

FREE PERIOD PRODUCTS

to women and girls in need.



Each *PeriodPACK* contains 6 regular tampons & 2 ultra-thin pads (reg)




SHARE THE Dignity

YOUR NEAREST PINKBOX IS LOCATED AT:

Headspace
Broken Hill
231 Blende Street



Find out more information and follow the *movement* at

sharethedignity.org.au



**IF YOU NEED HELP, REACH OUT,
SPEAK OUT, ASK FOR HELP.**

- LIFELINE AUSTRALIA 13 11 14
- 1800RESPECT 1800 737 732
- BEYOND BLUE 1300 224 636
- KIDS HELPLINE 1800 551 800
- ASK IZZY askizzy.org.au

Wilcannia Weir Replacement Project Local Business Register

Water Infrastructure NSW is committed to creating sustainable employment opportunities and outcomes for local and Aboriginal communities while we plan and deliver infrastructure projects.

If you own or operate a local business in-and-around Wilcannia we encourage you to submit your interest and contact details to our **Wilcannia Weir Local Business Register** which we will use to update you on details of project tenders and expressions of interest.



Register your business online from 8 November 2021 to 17 December 2021 by visiting our project webpage at dpie.nsw.gov.au/wilcannia-weir



We will also be running a number of drop-in sessions in the area, if you want to visit us to register your business in person:

Tuesday 16 November 2021
(from 12pm-2pm)

Murdi Paaki Services LTD Office
96 Marshall Street, Cobar, opposite the caravan park.

Wednesday 17 November 2021
(from 12pm-2pm)

REDI.E training room
35 Reid Street, Wilcannia.

You can find more information on the Wilcannia Weir project at dpie.nsw.gov.au/wilcannia-weir



Australian Government
Department of Agriculture,
Water and the Environment

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



**Tegan Hinchey-
Gerard**

Executive Manager
Aboriginal Health
and Community
Wellbeing

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439-443 Argent Street,
Broken Hill, NSW 2880
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