

COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation



HIPPY PROGRAM

Congratulations to our muurpa who graduated from the HIPPY program on the 2nd of December.

Families attended the graduation event held at the West Footy Club. HIPPY muurpa dressed in their graduation gowns and received certificates and gifts from the program and later a dinner with Christmas presents and a specially



MAARI MA PRIMARY HEALTHCARE SERVICE

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designed cake by Karen Gross. HIPPY and Playgroup have now finished for the year and will recommence in early February along with normal school terms.

We wish every one of the HIPPY graduates a successful transition into 'BIG SCHOOL' next year and look forward to meeting the 2022 HIPPY muurpa. You can register your muurpa for 2022 HIPPY by contacting Maari Ma.



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Message from CEO Bob Davis

What a year! Since March, Maari Ma's staff have been very focused on getting as many people as possible vaccinated against the corona virus and I am pleased to see so many people have taken up this protection. But when COVID did finally come to our communities, I was equally pleased to see our staff going above and beyond to help our clients: supporting people in isolation with welfare checks, delivering groceries and medications, just calling to chat and check on people's emotional wellbeing. It was a difficult time for everyone but the strength of our people shone through. And now the river is up, the lakes are full and its Christmas. Maari Ma will be closed for the Christmas break but we look forward to seeing you all again in the new year, for your regular chronic disease checks, and the new COVID booster shot. Enjoy time with your family, connect with country, refresh your spirit. Merry Christmas.

MAARI MA HEALTH WILL CLOSE FOR CHRISTMAS AND NEW YEAR. Please make sure you have enough of your regular medications. CLOSED THURSDAY 23RD DECEMBER OPEN TUESDAY 4TH JANUARY



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

ENDURING PARTNERSHIP WINS NATIONAL PHILANTHROPY AWARD

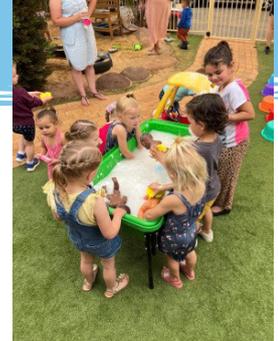
Maari Ma Health Aboriginal Corporation has been recognised alongside the CAGES Foundation in this year's Australian Philanthropy Awards winning the 2021 Indigenous Philanthropy Award.

The awards were presented at a virtual ceremony on Tuesday with attendees linking in throughout Australia.

They recognise and celebrate extraordinary achievements in contemporary philanthropy for work that is visionary, that has high impact and is transformative.

The awards also celebrate partnerships between philanthropy and for-purpose organisations, and recognise those who are working to create lasting, positive change. Maari Ma CEO, Bob Davis said Maari Ma is honoured to have received the award with long term partners, the CAGES Foundation.

"Our partnership with CAGES is one of our most important and enduring ones, and their contributions have been immense to the health and well being of our communities.



"The Foundation has supported our Early Years and Healthy Start programs for the past ten years. "From the outset, CAGES has shown a genuine interest in getting to know Maari Ma, our work, our communities and our approach to supporting the First Nations people of far west NSW. "Foundation principals, Paul and Sandra Salteri and their family, have been visiting our organisation and communities since 2009 to see first hand the work we are doing with their support.

"The importance of their assistance cannot be under-stated - they stepped in to fund services that Maari Ma identified as be-ing essential for the health, development and wellbeing of Aboriginal children and they did this well before any government agency recognised the need" Mr Davis said.

Initial CAGES funding in 2011 enabled Maari Ma's Early Years project starting with a playgroup for Aboriginal families. This has now grown to include a second playgroup, two early literacy programs in four communities, a school readiness pro-gram in three communities and a home visiting program supporting early childhood development and parenting knowledge.

"While much of this now attracts government funding, this progress would not have been possible without the early support from CAGES. "We are indebted to them for their understanding ten years ago that real progress can only be achieved through a sustained commitment that spans far longer than government funding cycles". Mr Davis said.



WHITE RIBBON BALRANALD

Balranald held two events for White Ribbon on Friday 19th of November.



The first event was a Women's Pamper Day + lunch event at Maari Ma Health Balranald.

The weather wasn't great, but the rain subsided to allow for a great day. About 40 people attended the outside event with COVID checks and the team checking that everyone was double vaccinated by show of certificates. Entry included lucky door prizes and guess the lolly jars (all free).

Aunty Tanya Charles held a smoking ceremony for those entering the space and did a Welcome to Country. Nurse manager Emma Moore said a few words about White Ribbon and where to get help if experiencing Domestic Violence.

Louise Murray had a stall displaying her Aboriginal Artwork and Kiea Charles supplied a jewellery making activity - mostly traditional jewellery making with emu feathers.

Emma and AHW trainee Paige Winch held raffles throughout the day that were donated to the event by the community and local businesses.

Jackie Charles won the main prize of a nights accommodation at Mungo National Park for 2 people. Karen Murray won a prize for accommodation at Lake Paika complete with cheese platter and wine. Lorraine Bruton who won a sweets box from Baked and Buttercream.



Free hair cuts were provided by local hairdresser, Chloe from Image 101



Kiea Charles with her jewellery making table



Kathy Tannock



Jackie Charles



Lorraine Bruton



Annabelle Sharman addressed the gathering in what Emma said was an emotional speech. Annabelle has worked in the DV space, and now has her own hope and healing business. She also co-authored a recent book and is writing a book which Hay House will be publishing.



Emma More and sister Grace

WHITE RIBBON BALRANALD



Sabana Quayle (NSW Police ACLO), Paulie Sloan (NSW Police ACLO), Euston Police Officers Thomas and Tegan at the end of the White Ribbon March



Bianca Charles and Kristy and Leanne from Le-Gee's donated an Ecoya candle for prizes, and also donated clips for our



Bianca Charles (practice admin assistant) and Rita from Balranald Pharmacy donated a pamper pack.



Paige Winch (AHW trainee) and Chelsea from Balranald IGA with vouchers donated for prizes.

Finally in the evening, Maari Ma Health Balranald held a White Ribbon March.

This initiative was started by AHW Trainee Paige Winch last year, as a Domestic Violence survivor, it is something Paige is passionate about. About 40 people attended the march, which left Maari Ma Health Balranald at 6pm.

Everyone was checked in for COVID before the march commenced and the kids in attendance were given a White Ribbon helium balloon, complete with clip to keep it attached to them.

Winch who lead a minute's silence for all previous victims of Domestic Violence. Also speaking was Salli from Mallee Domestic Violence Services who spoke about where to access help for domestic violence. NSW police officers were invited as guest speakers with 2 officers from Euston- Tegan and Thomas—attending to say a few words, along with the NSW Police Aboriginal Community Liaison Officers, Sabana and Paulie.

All attending adults received a goodie bag that included brochures from Mallee Domestic Violence, Maari Ma information, a coffee voucher, plus a white Ribbon cookie donated from Jamie J's cakes. Children received goodie bags from Mungo National Park.

A bus was provided to anyone who attended to get back to their cars.

Emma Moore said, 'Overall, it was a fantastic day and I am forever grateful to Paige, Zoe and Bianca for all their hard work helping to pull the day together, and the many helpers we had

The march ended at Balranald MPS, were everyone stood at the Aboriginal Garden as each speaker was introduced. First up was practice admin assistant for Maari Ma Health Balranald Bianca Charles, who did a welcome to country followed by Aunty Patsy



Not drinking any alcohol during pregnancy is best for the health of the mum and developing baby.



every moment matters

From the moment you start trying, to the first moment you see the ultrasound and feel the early flutters of movement, right through to your baby's arrival— every moment matters in your pregnancy.

Alcohol should not be a part of any of these moments.

Any alcohol you drink when pregnant passes directly to your developing baby and can damage their brain, body, and organs. It can also lead to FASD.

Therefore, the moment you start trying is the moment to stop drinking alcohol.



Learn more about the campaign at www.everymomentmatters.org.au

This project is endorsed and funded by the Australian Government Department of Health.



AS THE WARMER MONTHS AND THE FESTIVE SEASON ARE AMONG US IT'S TIME TO ENJOY SOME FRESH, FUN AND DELICIOUS FOODS.

Fruit is very healthy and has lots of nutrients needed for health, it is also refreshing on hot summer days. Fruit can be decorated in many fun ways, try these fun options below.

WATERMELON CAKE

- > With an adult's help cut watermelon into a cake shape (try experimenting with different shapes)
- > For the icing use yoghurt and add it to the top
- > Add your favourite fruits on top

Tips

You can experiment with many different fruits Try to add multiple layers to the cake (you made to carefully use toothpicks for this), you can also carefully use toothpicks to add fruit to the side of the cake Left over watermelon can be frozen and put in ice cube trays, try adding these watermelon ice cubes to water for a cool, refreshing and healthy summer drink

STRAWBERRY SANTA HATS

- > With an adult's help slice banana and cut the stems off the strawberries
- > Place the strawberry flat side down on top of a banana slice
- > Add a drop of yoghurt to the top of





WHITE RIBBON BROKEN HILL



White Ribbon Day this year was Friday 19th November. Maari Ma held a fun event for staff at each of the buildings in Broken Hill – with a novel treasure hunt the day before and a breakfast on Friday morning with a gold coin donation with the proceeds going to White Ribbon.

The treasure hunt saw staff looking for a white ribbon hidden in their building and the person that found the ribbon went into a draw to win a voucher.

Staff also read out messages at the back of the ribbons relating to domestic violence at each of their meetings.

Thanks to the White Ribbon Committee and all the staff who got behind this important awareness raising event.



Congratulations to treasure hunt winners— Catherine Sim, Lisa Kelly and Tiahna Styles pictured above.

Pictured left Morgan Powell drawing a winner of the Regional Office treasure hunt and winners Karena

PLAYGROUP FINALLY BACK

Broken Hill Playgroup started back up again on Friday 19th November after the COVID outbreak much to the appreciation of children and families.

Staff too were very excited to be able to provide them with the joy of getting together, seeing smiles on faces and watching the kids interacting in play. As you can see from the set-up spaces, it's no wonder the kids enjoy themselves so much.



STAFF NEWS

FAREWELL

Maari Ma staff are farewelling GP Registrar, Dr Syema Khan.

Dr Khan has spent approximately 18 months with Maari Ma and we will be sorry to see her leave. Dr Khan's initial move was from Queensland – making Broken

Hill a long way from home and particularly so with border closures.

Maari Ma has appreciated her time here and we wish Dr Khan all the very best.

We will miss you

MATERNITY LEAVE

Tamara Brache and Racheal Pailate have recently gone on maternity leave.

Back from maternity leave after the birth of her baby girl, Brylee, was Erin Vale.

Welcome back Erin.



Tamara Brache and Racheal Pailate



SOME TIPS TO HELP MANAGE SMOKING / VAPING OVER THE HOLIDAY SEASON...



Emu bush in the colours of Christmas

▶ PLAN AHEAD:

- ◆ Make sure you have plenty of Nicotine Replacement therapy like patches, gum, inhalators. Use it liberally. You may need to use more over the holiday season than you normally would to manage cravings
- ◆ Practice being a Non-Smoker; it is okay to say NO thanks. You may even find that your family and friends are more supportive than you think.
- ◆ Start a new Christmas Tradition: make your home a smoke-free zone or choose a new holiday destination that doesn't remind you of smoking.

▶ KNOW YOUR TRIGGERS:

- ◆ Reduce your caffeine intake; only drink half the coffee, tea, iced coffee, pepsi, coke or any other caffeinated soft drinks you normally drink.
- ◆ Reduce your alcohol intake. Drink a citrus drink like orange juice in between alcoholic beverages. You could even have some fun making some festive mocktails instead.
- ◆ Avoid other people's smoke, don't breathe it in. After so much time apart it will be a blessing to spend time with family, but step-ping away for a few minutes does not mean isolating yourself. Take the opportunity to go have a yarn with family who don't smoke.
- ◆ Get ahead of your cravings and use the NRT like gum, patches or the inhalator before you experience a need to smoke. For exam-ple, if you always feel like a cigarette when you wake up or after a meal this is the time to use NRT products.
- ◆ Try doing a short burst of exercise for a minute like some sit ups, star jumps or squats when you have a craving.

▶ GET SUPPORT:

- ◆ Smokers planning to quit do better reaching their goals with support. Talk to you GP or Health worker about joining the Muuku Pro-gram. You can contact the Kiila laana team at Maari Ma or link in via their Facebook Page
- ◆ Christmas can be a stressful time for many of us and talking about your feelings and challenges can help in reducing your cravings. Maari Ma has a Social and Emotional Wellbeing team with counsellors available. Lifeline has a 24 hour/7 days a week counselling service available on 131114.
- ◆ Download a Quit App to help keep you motivated and stay on track like "My Quitbuddy"



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
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