



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

MUUKU PLEDGE CHRISTMAS REWARD



MAARI MA PRIMARY HEALTHCARE SERVICE

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The kiilalaana team understand the efforts made from every pledger to continue to pave a path towards a smoke-free future, so in December the team gladly met with participants and presented a \$250 grocery voucher to each pledger for continuing to engage with the program and making small but important steps in reducing their tobacco intake.

The vouchers were a gift from the kiilalaana program, a reward to help inspire

participants to stay focused on the end goal of being tobacco free. Kiilalaana's media Project Officer **Sharon Hooker**, said the gathering was relaxed and offered an opportunity for community members thinking of quitting to come along, meet the team and talk to others who have joined the program.

Sharon said it was important to provide an activity for participants as well such as homemade body products using easily accessible ingredients such as Honey, Coconut Oil, and Sugars. This provided a relaxed atmosphere which resulted in a lot of laughs and interesting body product results and also allowed pledgers to openly discuss any struggles or questions about their smoke-free journey.



Beth and Viv



Viv Degoumois and Marlene Fleming



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"Improving Aboriginal health and closing the gap"

MUUKU PLEDGE CHRISTMAS REWARD



Paige Winch, Brittany Mitchell,
Rebecca Tier, Louise Murray, Kelvin
Murray



Ray Murray with grandson Kelvin



EARLY YEARS PRESENTS VIRTUALLY AT CONFERENCE



OUR CHILDREN MATTER:

*Innovative approaches
to new world challenges*

The Early Years team presented via virtual appearance at the biennial SNAICC - National Voice for our Children – conference.

The conference was to be held on the Gold Coast in early December and while the team were disappointed not to have been there in person, they rose admirably to the job of doing their

presentation via technology. The event is the largest of its type in the southern hemisphere and more than 800 delegates attended virtually over the three days. There were more than 70 concurrent sessions—including panel discussions and workshops, displays, poster presentations and exhibitors, and cultural highlights and performances. Congratulations to **Michelle Parker, Leeann Adams, Briony Callaghan** and **Valerie Bugmy** who submitted the abstract.



The presentation by the Early Years team was called **Maari Ma Early Years Project: Investing in the early years pays dividends for this generation and the next and the abstract is below** which was submitted by Michelle, Leeann, Briony and Valerie.

The Maari Ma Early Years Project (EYP) aims to support Indigenous families to provide a strong foundation for their children's early learning and development. Initially a 10-week play-based educational program for Aboriginal parents and their children in Broken Hill, the EYP has since expanded to deliver programs across the region including an intensive supported playgroup, the Little Kids and Books early literacy program, early literacy book distribution, a Parents as Teachers program, a locally developed dialogic reading program (Book Talk) and the Home Interaction Program for Parents and Youngsters (HIPPY). The opportunistic evolution of the EYP was evaluated in 2019 with positive findings: Maari Ma's EYP is a major contributor in strengthening trajectories of development for Indigenous children in the region and continues to make a significant impact on their life-long success. This presentation looks at the findings of the EYP evaluation and the strategies used to create a unified approach to service delivery.

SOME OF THE PRESENTATION FEEDBACK

Kim Rooding: I love the idea of families taking home a book to build their library!

Jo Goulding: Beyond a playgroup, this deadly project offers mob a soft entry point to the health service that is culturally safe for them. Projects like this are fundamental to holistic 'all of family' access and uptake for services

Jo Goulding: I love that the elders come along!!!

Mica Fleming: I love Uncle Murray's words of the week!!! this is great! :)

Rhonda McInnes: Great presentation Maari Ma EYP

Mica Fleming: Such a great presentation ladies!

BALRANALD

COVID RECOVERY EVENT

Balranald staff played a major role in a COVID Recovery event in late December.



The Local Emergency Management Committee thought it would be a good idea to get agencies along the Wentworth / Balranald border

who worked hard during the COVID outbreak and those communities back together for a Christmas barbecue lunch. It came complete with a visit from Santa and presents for the kids. The main agencies involved were the Balranald, Euston & Dareton Police, Balranald Shire Council and Maari Ma staff. Thanks to our team who did all the catering and clean-up. Balranald Nurse Manager, **Emma Moore** said more than 40 were in attendance and after she'd dressed Santa, ensured he arrived safely - not via his usual mode of transport though, but in a police car.



CONGRATULATIONS EMMA

Congratulations Balranald Nurse Manager, Emma Moore for being awarded a NSW Government Community Service Award.

The Awards recognise individuals in NSW who have substantially helped to improve the quality of life of members of their community. This is beyond what would reasonably be expected in their usual occupation. **Emma** was acknowledged for her volunteer work and contribution to healthcare in Balranald, and received her award from the local member last Thursday. **Emma's** dedication to health in Balranald began in 2008 when she started working at the Balranald Hospital as an Assistant in Nursing. She continued her studies and became an RN, and then became a Clinical Nurse Specialist in Education at the hospital. **Emma** is very deserving of the award, and the Balranald community and Maari Ma are the beneficiaries of her dedication and hard work. Well done **Emma**.

Entries for the poster competition close 14 March 2022 at 11:59PM (AEDT)



ENTRIES FOR THE NATIONAL NAIDOC WEEK POSTER COMPETITION NOW OPEN!

THE BROKEN HILL CITY LIBRARY EARLY LITERACY PROGRAMS



Babies only Baby Bounce
Monday - 10:30am



Baby Bounce
Tuesday - 10:30am



Rhyme Time
Friday - 10:30am



Bookings are essential as places are limited

bhlibrary@brokenhill.nsw.gov.au
bit.ly/bhcclibrary



IF YOU ARE AGED 13 YEARS AND OVER THE NATIONAL NAIDOC COMMITTEE INVITES YOU TO SUBMIT YOUR ART-WORK FOR THE 2022 NATIONAL NAIDOC POSTER COMPETITION!

The winning artist will receive a \$10,000 cash prize (tax free) and their artwork will be used as the official 2022 National NAIDOC Week Poster.

Additionally, they will receive a ticket for themselves and one guest to the National NAIDOC Awards ceremony.

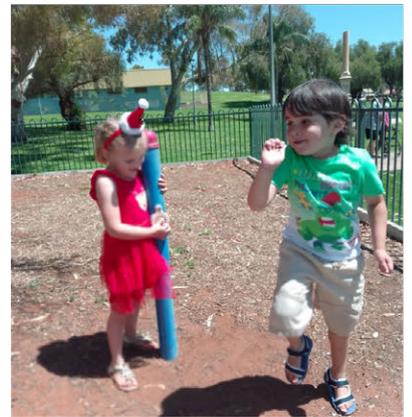
In previous years, the winning artwork has been used to wrap public transport, used as the back-drop for a current affairs program, and was even on display at Expo 2020 in Dubai! You can submit your poster by visiting the NAIDOC website and filling out the online form.

PLAYGROUP

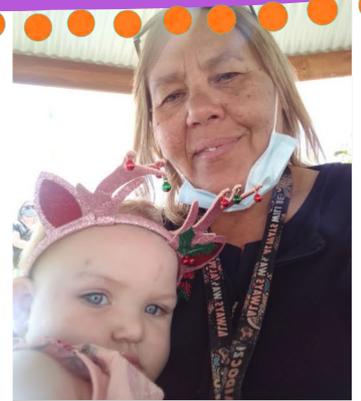
Broken Hill Playgroup's Christmas party was held in Sturt Park and more than 80 children and their families attended.

The kids enjoyed Santa's visit and every child aged 0 – 5 years received a gift.

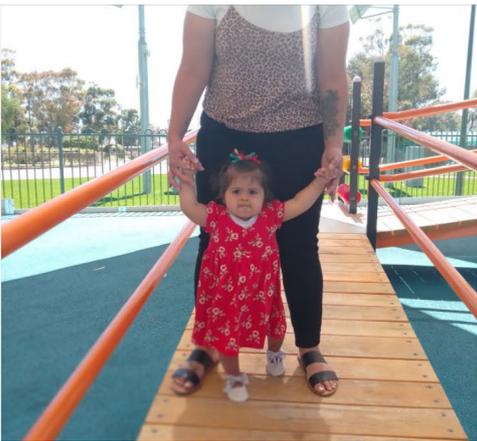
Lunch was roast meat and salads from Denley's catering and Early Years Coordinator, **Michelle Parker**, said it was great to see big smiles on faces and families enjoying the day with lots of space and fresh air.



PLAYGROUP



PLAYGROUP



DENTAL

The child dental team had a rough few months with their dental health check-up inspired competition.

Initially set to commence for 3 months in Broken Hill, Menindee, and Wilcannia from August 2021 to October 2021 but COVID intervened which left the dental team scrambling to reschedule or cancel their appointments altogether.

The child dental team; therapist **Megan Hurst** and **Erin Commins** along with dental assistants **Jayde Flentjar** and **Robyn Cattermole** spent a lot of time organising the promotional giveaways consisting of vouchers and health/hygiene packs for both patient and parent/career, along with promotional material for the radio and Facebook.

Once the child dental team was able to recommence treatment the competition continued. The team congratulates the winners and would like to thank everyone for being understanding and hoped they enjoyed this fun incentive to get our children excited about dental health checks.



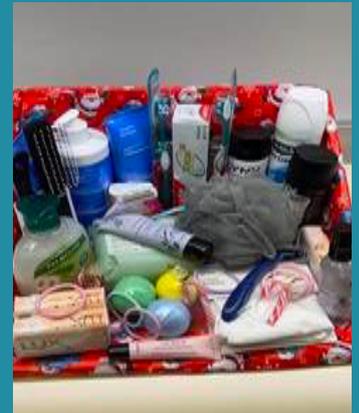
Megan and senior clinician Dimity Kelly in the process of drawing the December's winner for the pamper/hygiene pack in Menindee



Jayde and AHW Tayla Leayr in Menindee selecting a winner from all the entries placed in the dental box over December.



Buddy drawing one of the winners in Wilcannia



Prizes such as the pamper/hygiene pack and vouchers were drawn by staff.



FAREWELL



Maari Ma has farewelled GP Registrar, Dr Syema Khan.

Dr Khan spent approximately 18 months with Maari Ma. Words of appreciation for her service and dedication to our clients were made by her current supervisor, Dr Josh Crase

and Manager General Practice, Daniel Jackman.

We wish Dr Khan all the very best for the completion of her fellowship with RACGP and she will be missed by staff.



INDIGENOUS ART COMPETITION

The theme is 'Journey to Dreaming at Home'

Entries should focus on how care at home can help a person have a good end-of-life journey. Themes could include embracing spirituality, being with family, friends and community and/or connected to Country.

The artwork

Can be drawn, painted or printed on paper, canvas, or other similar medium or created in digital form. *Photography, film/video, ceramics or sculpture are NOT eligible for this competition.*

The artist

Aboriginal and/or Torres Strait Islander artists, over 18 years of age are eligible to enter.

The prizes

A range of cash prizes will be awarded, including a first prize of \$3,000.

ENTER ONLINE NOW

More information:
caringathomeproject.com.au

Important Dates:

- Entries open 20 October, 2021.
- Entries close 25 February, 2022.
- Winners announced 17 March, 2022.



caring@home for Aboriginal and Torres Strait Islander Families is a national palliative care project and is holding an Indigenous Art Competition to raise awareness about palliative care in the community.

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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