



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

CELEBRATING YOUTH WEEK



MAARI MA PRIMARY HEALTHCARE SERVICE

MAY 2022 | ISSUE 54

It was a perfect day and there was lots of interest and activities at Youth Week in the Park on Wednesday April 13th which was organised by Mission Australia.

24 local organisations attended and Maari Ma was well represented with a lot of easter craft, badge making, information and even the new dental mascot Ollie joined the fun and helped dental assistant Jayde Flentjar teach children how to brush their teeth correctly.

There was a free BBQ, live music, laser tag, colour run and crafts as well as a COVID vaccination tent and Lead Ted. Attendees not only enjoyed the fun activities it was also an opportunity to find out about what local services are available to children and young people in Broken Hill.



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www.maarima.com.au



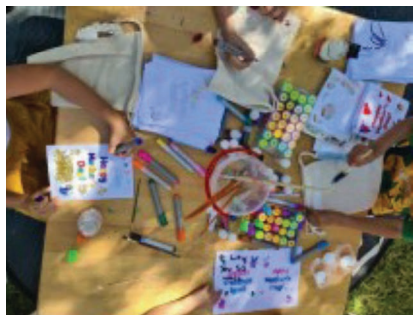
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"Improving Aboriginal health and closing the gap"

CELEBRATING
YOUTH WEEK



MAARI MA SUPPORTS OUTBACK RUGBY LEAGUE

The local rugby teams will have plenty of shade for the season with their new 3x4.5m marquees which were designed for each team, including their logo, and a reminder to have a health check with Maari Ma.

NSW Rugby League coordinator Michael Karam presented on behalf of Maari Ma before the kick off on the pre-season Gala Day held on Sunday the 10th of April.



Kendra Bugmy, Scorpions WRLFC Gala Day event Assistant Coach, Scorpions WRLFC captain Bree Beavan, Michael Karam NSW SRLS coordinator, Scorpions RLFC senior mens Coach Rossi Morris, Scorpions RLFC men's Captain Shane Johnson Jnr, Vice Captain Aaron Williams



ELDERS LUNCHEON

Maari Ma held an Elders Luncheon in Broken Hill on Tuesday the 19th of April.

17 people attended and enjoyed a delicious meal a good yarn.

Maari Ma gifted attendees with little potted plants to take home.



Christie-lee Weribone using the smileyscope while getting her lead test done

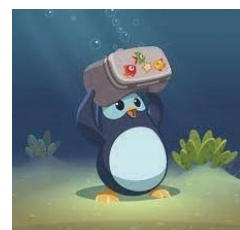
MUURPA LEAD TEST AND IMMUNISATIONS EASIER WITH SMILEYSCOPE

Smileyscope is a goggle-based underwater VR adventure that is designed to help keep muurpa distracted and calm while having procedures that require needles such as having blood taken or having immunisations.

The headset is placed over the eyes of the patient before the procedure. The patient will see the underwater adventure with

Poggles the penguin. There are over 20 adventures to choose from. The procedure will take place while the child is interacting with the characters.

Maari Ma Healthy Start team said a patient can have the Smileyscope on from anywhere between 5—15 minutes. This helps calm our muurpa while receiving lead tests and immunisations.





**WARRA
WARRA
LEGAL
SERVICE**

Warra Warra Legal Service invites you to join them in these activities.

*We know that being a mother can be tiring and stressful, so we
are here at*



Warra Warra would like to invite you to our

Mother's Appreciation Day

*Please Join us at 10 am – 2 pm
On Tuesday 03rd May
Lunch will be provided*

*A day where you can sit and relax with a cup of tea and a bikkie
or two. You can learn how to make face masks, bath bombs, foot
scrubs and other blissfully self-pampering recipes.*

*Self-care is a very important part of motherhood, and we want to
show you how.*

Get in and book your spot early.

If you require transport, please contact our staff on 0880 876 765

FREE
**SAUSAGE
SIZZLE!**

HEY MOB!

COME TO CREEDON ST THE 123 HUB



LEARN ABOUT STOLEN GENERATIONS PAYMENTS

**FROM 12:30PM
13TH
MAY 2022**


For more info, call Warra Warra Freecall: 1800 812 800

AWARENESS + Action = Social change

This Domestic Violence Awareness Month,
we're inviting everyone to

Speak up.

To spark change, we have to talk openly and
acknowledge how domestic abuse affects our
communities, our families and our lives.
We have to be brave. We have to See DV.



**Only by working together can we stop the
violence**

Violence is not part of our culture

We at
Warra Warra Legal Service
are hosting a
**Domestic Violence Awareness
Breakfast**

**From 10.00am – 12:00 pm
On Tuesday, May 10th**

We invite you to come down and grab
Some delicious pancakes
Or a bacon and egg roll



Broken Hill
Staying Home Leaving Violence



BALRANALD

Balranald has held its first Health Services Expo which Maari Ma sponsored.

Thank you to **Zoe Hutchinson** – Centrelink Customer Service Officer and RN, **Valerie Webb** who attended and promoted Maari Ma Health Balranald and other services.

Marrabinya was also in attendance. **Zoe** put her creative skills to good use and created the main flyer. Catering for the day was a joint effort with Maari Ma, the Primary Health Network and Healthdirect all pitching in.

Thanks also to Manager, **Emma Moore**, who unfortunately was unable to attend the Expo but was involved in much of the planning.



HIPPY

HIPPY is well into the 2022 program for the two age groups and this year with 58 children enrolled.

There are 28 new families this year for the age 4 children, and 30 families for

age 5 children who rolled over to the second year.

HIPPY goes live on Facebook every Tuesday with HIPPY Coordinator, **Briony Callaghan** (pictured right) and regular information is posted onto the Early Years Facebook page. It's working really well and families are starting to engage with the Facebook posts.

In exciting news, **Briony** and Early Years Team Leader, **Michelle Parker**, are heading to the Gold Coast next month to take part in the HIPPY National Gathering. This will be a great chance to participate in quality professional learning opportunities and liaise with other HIPPY sites from across Australia. There will also be a four-day visit in July from consultants

from HIPPY Australia for an APQ (Assessment of Program Quality). They will be going through an extensive checklist to ensure our HIPPY program is meeting the set criteria and targets required by HIPPY Australia. This is completed every two years and is a great opportunity to reflect on current practices and embrace new ideas.



(Left to right) Maxine Fazaldeen (age 5 HIPPY) and Christie-Lee Werribone (age 4 HIPPY) are pictured enjoying their time at Bro-ken Hill Playgroup.

HIPPY is LIVE on the Early Years Facebook Every Tuesday



The National Best Practice Unit brought together Tackling Indigenous Smoking teams from across three states for a workforce development day on Kaurna Country.

The National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) provides tailored support to organisations funded under the national Tackling Indigenous Smoking (TIS) program. NBPU TIS is a consortium led by Ninti One Ltd and includes the Health Research Institute at the University of Canberra, and the Australian Indigenous HealthInfoNet based at Edith Cowan University.

Maari Ma's Tackling Indigenous Smoking Program is called the Kiila laana program. The kiila laana program offers the community education, incentives and support to anyone wanting to manage their smoking/vaping through the muuku program and a free car-bon monoxide home screening through the yapara program.

The Kiila laana team presented a success story at the workshop in Adelaide for TIS teams from New South Wales, South Australia and the ACT. They presented on their muuku pledge program which has grown from an initial two participants pledging to almost 20 participants pledging this year. The workshop provided all of the teams with an opportunity to hear what others are doing – the different techniques being used to engage with communities and share ideas.

On the last day of the workshop, Australian National University released a summary of the global evidence on the health effects of electronic cigarettes or 'vapes' which had been discussed throughout the workshop, and the story received a lot of media coverage.



(Above) Kiila laana media project officer **Sharon Hooker** and kiila laana education officer **Tiffany Lynch** with Maari Ma's Executive Manager Corporate Services, **Cathy Dyer** at the Adelaide



(Above) A wonderful welcome to **Kaurna Country** by Robert Taylor



(Left) Professor **Tom Calma AO** - the National Coordinator for Tackling Indigenous Smoking talks about the latest data on the decline and rise of smoking and vaping

(Below) Australia's premier Aboriginal comedy star, **Kevin Kropinyeri** popped in and did stand up that had everyone laughing



REVIEWS WELCOMED



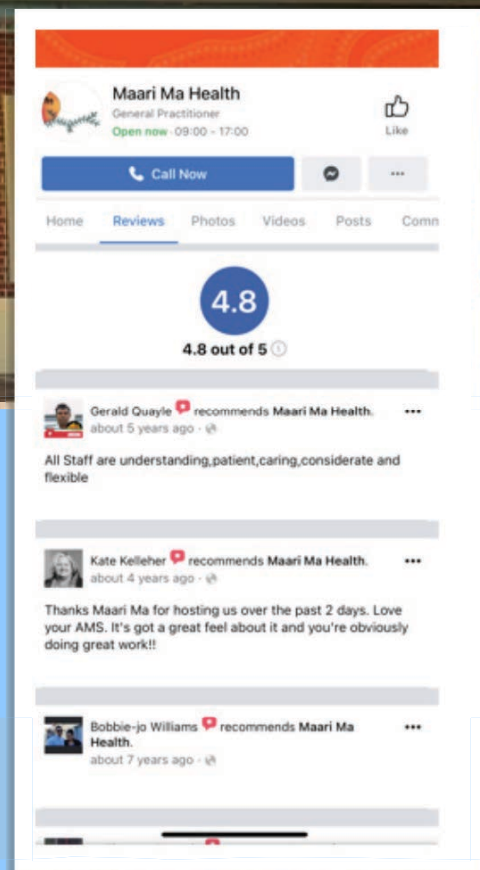
Would you like to tell us about your experiences with Maari Ma and it's programs.

Maari Ma are welcoming patients to leave reviews either on the Maari Ma Facebook page, or when attending the Health Service .

You can also talk to any Maari Ma employee at events and leave your review on the experiences you have encountered.

By doing this you are supporting a health service dedicated to helping Aboriginal and Torres Strait Islanders and employing locals.

With positive reviews future employees can see the wonderful work that is achieved and hear about the positive outcomes on programs that offer support to the people in this region.



STAFF NEWS



Recently Maari Ma farewelled locum Nurse Practitioner, **Dianna Fornasier** who had been working as a Diabetes CNC. We thank Dianna for stepping into this important role.

Maari Ma welcomes **Marija Bingley** to the position. Pictured on the left at Dianna's farewell— left to right are **Marija, Dianna and Hannah Morris**.

BROKEN HILL

MENINDEE

WILCANNIA

**SUPPORTING MEN AND WOMEN WITH
TRAUMA, GRIEF, VIOLENCE & LOSS**

KALYPI PAAKA MIRIKA

Healing Program

HELPING OUR MOB

- **RECONNECT WITH COUNTRY**
- **CREATE POSITIVE CHANGE**
- **CONNECTING WITH COMMUNITY**

Group sessions
Individual follow-ups
No referral needed

**Call Maari Ma on:
08 8082 9777**



RECIPES

MINI QUICHE



INGREDIENTS:

- 3 tbs lite milk
- 6 eggs
- 3 –4 tsp Spices of your choice
- 1/4 cup Grated carrot
- 1/4 cup Grated zucchini
- 1/4 Grated cheese
- 1/4 cup Diced capsicum
- 1/4 cup Diced spring onions
- 1/4 cup Diced tomato

Mix all ingredients in a bowl. Spoon into lined muffin pan at about half way.

Cook in a preheated oven at 180 for 10minutes or until brown.

Serve with left over salad.

HINT: Great recipe to use left over vegetable.



INGREDIENTS:

- 1 cup frozen fruit of your choice
- 1 cup low fat or greek yogurt of your choice
- 1 cup granola or weet-bix

Start by placing a tablespoon of yogurt at the bottom of your cup. Alternate layers of ingredients to desired amount.



YOGHURT PARFAIT



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 a 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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