

COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation



PLAYGROUP EXPANDS

It's great to see the muurpa back at Playgroup in both Broken Hill and Wilcannia.

Playgroup teams are doing a great job at making the space colourful, safe and a nurturing environment where kids can learn and socialise. For the first time, the team are holding a Playgroup for muurpa aged six weeks to 18 months in

Broken Hill. This group is being held on Wednesdays and incorporates age appropriate and fun activities. The 18 month to five year age group is still being held on Fridays. We know muurpa who attend playgroup in early childhood have significantly better outcomes when they start school. The days of lock downs may seem over, but the Playgroup team

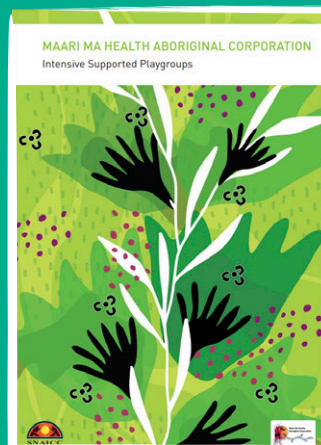


and Maari Ma in general continue to operate under a COVID safe plan. More photos on page 6.

Maari Ma's Intensive Supported Playgroups have been chosen as a case study by SNAICC

Maari Ma's Intensive Supported Playgroups in Broken Hill and Wilcannia have been selected as one of 11 pro-grams by SNAICC (National Voice for our Children) as case studies. SNAICC identified good practices of early intervention and family support programs that are being delivered by

Aboriginal community-controlled organisations across the nation and Maari Ma's Playgroups were selected. Profiles of the 11 programs are available online to demonstrate how community-controlled organisations are achieving positive results for Aboriginal and Torres Strait Islander children and their families, including supporting children to be kept safe from harm, uphold their right to grow up within their own family and community, and access critical health and early education services. Congratulations to all that are involved in the Playgroups.



MAARI MA PRIMARY HEALTHCARE SERVICE

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IN THIS ISSUE

- 1 Playgroup Expands
- 2 COVID / Internation Women's Day
- 3 Innovation award / Welcome
- 4 Farewell / NDIS
- 6 Kiila Laana
- 7 Kalypi Paaka Mirka
- 8 Easter Holiday Fun
- 9 Easter Activity
- 12 Cycle of Care



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www.facebook.com/maarimahealth/

"Improving Aboriginal health and closing the gap"

COVID: WHEN CAN I LEAVE SELF- ISOLATION?

IF YOU HAVE NO SYMPTOMS AT DAY 7

You must self-isolate for 7 days from the day you were tested. You can only leave self-isolation after 7 days if you do not have a sore throat, runny nose, cough or shortness of breath.

If you had a PCR test or you have registered your positive rapid antigen test, you will receive an SMS from NSW Health, but you do not have to wait for this SMS to leave self-isolation if it has been 7 days since you were tested. For example, if you were tested at 10am on Tuesday, you can leave isolation at 10am on the following Tuesday if you do not have any of these symptoms. You do not need to test again before leaving self-isolation in NSW.

Wear a mask when near to or talking to other people and avoid visiting high risk settings (health care, aged care, disability care or correctional facilities) for a further 3 days. If you work in one of these

settings, speak to your employer before returning. If you have a severely weakened immune system (such as you are a transplant recipient or are receiving chemotherapy) you should take these additional precautions for a further 4 days (a total of 7 days following release from isolation).

IF YOU HAVE SYMPTOMS AT DAY 7

If you have a sore throat, runny nose, cough or shortness of breath in the last 24 hours of your isolation, please remain in isolation until 24 hours after your symptoms have resolved. If you are not getting better or you are concerned, call your GP.

Wear a mask when near to or talking to other people and avoid visiting high risk settings (health care, aged care, disability care or correctional facilities) for a further 3 days after you leave isolation. If you work in one of these settings speak to

your employer before returning. If you have a severely weakened immune system (such as you are a transplant recipient or are receiving chemotherapy) you should take these additional precautions for a further 4 days (a total of 7 days following release from isolation). If you have other symptoms after 7 days (eg fever, headaches) which are not getting better you can leave isolation but you should contact your GP.

If you are under the care of a clinical team, your team will tell you when you will be released from isolation.

DO I STILL NEED TO HAVE TESTING AFTER I HAVE BEEN RELEASED FROM SELF- ISOLATION?

Routine COVID-19 testing (such as workplace and school surveillance testing) is not recommended for 28 days after you are released from self-isolation. Check with your manager.

INTERNATIONAL WOMEN'S DAY

International Women's Day, held on the Tuesday 8th March saw Maari Ma's Executive Operations Officer Nola Whyman take part in a feature in the Barrier Truth on prominent Broken Hill women, by journalist, Andrew Lodiong. Andrew interviewed a number of local women for the feature which appeared in the Barrier Truth on Saturday the 5th March. International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. This year the International Women's Day theme was Break the Bias— a theme recognising the contribution of women and girls around the world who are working to change the climate of gender equality and build a sustainable future.



INNOVATION AWARD

A diabetes prevention program for men in Balranald has won a FWLHD Health Innovation award and Maari Ma has been recognised for contributing to the success of the program.

'Up and Running; Men's Diabetes Prevention Program' was conducted last year in Balranald by FWLHD Nurse Diabetes Educator, **Ferna Vagg** with assistance from Nurse Manager **Emma Moore**. **Ferna** praised **Emma** and the team and said Balranald was "instrumental to the program from the program consultation, design and

planning to sponsorship of the lucky door prize, recruiting participants, presenting to the group, health screening and helping to get the program off the ground. I thank you and your team for supporting this program, and also for the strong collaborative partnership we have been able to maintain to support the Balranald community". The program was held over a number of weeks - **Emma** was one of the guest speakers and spoke about smoking cessation. Each week participants would have a health check to see how they were progressing and **Emma** would conduct those. Maari Ma also provided "goodie bags" and after the program finished, clients attended the Maari Ma clinic in Balranald for another full assessment by both **Ferna** and **Emma**. Clients also received a healthy meal at the end of each session and while the evening programs

made for a long working day **Emma** said she enjoyed it as much as the clients. **Emma** and **Ferna** are pictured last year after **Emma's** smoking cessation presentation.



Welcome RN Valerie Webb

Valerie said she is originally from Victoria but has been working in Queensland for the last 8 years. Starting out on Hayman Island and then to the Torres Strait for 2 years at a single nurse post.

Valerie said she made a lot of friends there and picked up some language along the way and still speaks with many of them today, though not so much in language, unfortunately. Working her way through Cairns, Airlie Beach and a small community called Galiwinku in East Arnhem land where **Valerie** was welcomed into a Yolgnu family and learned some language and cultural ways of the people.

Returning home to Victoria to spend time with family, **Valerie** said she found her way to Balranald mentioning it seems like a lovely community and hopes to reunite with her beloved dog soon.



FAREWELL

In early March Maari Ma farewelled midwife, Toni Bahler, who is returning to Brisbane.

Toni was presented with a cheeseboard painted by artist **Amanda Johnson** with an added personalised message under the sturt peas that said 'With Love, Your Maari Ma Friends'.

She will be missed especially by fellow midwife, **Tiffany Cattermole**. **Toni** thanked the staff in a card for making her time in Broken Hill so enjoyable.



HOW THE NDIS COULD HELP YOU

The National Disability Insurance Scheme, also called the NDIS, helps people with disability, their family, carers and the community.

mind that can make it hard for a person to do everyday things.

The NDIS helps people under the age of 65 with permanent and significant disability get care and supports. The NDIS will pay for reasonable and necessary supports that a person needs to live and enjoy their life. A disability is something in the body or



The Social Futures team are available at Maari Ma every 2nd Tuesday to answer all your NDIS questions. Come on down and have a yarn



More information

You can talk to an NDIS representative, or the NDIS, at any time about your plan. You can also bring someone to your meetings.

For more information, please contact:

1800 800 110

[ndis.gov.au](https://www.ndis.gov.au)

enquiries@ndis.gov.au

Find us on Facebook/NDISAus

Follow us on Twitter @NDIS

For people with hearing or speech loss:

TTY: 1800 555 677

Speak and Listen: 1800 555 727

Indigenous Interpreting Services

The Local Area Coordinator can arrange an Indigenous interpreter if English is not your first language.

Other supports

Aboriginal and Torres Strait Islander people aged 50 years and over may be eligible for support through the My Aged Care program. For more information visit myagedcare.gov.au.



kiila
laana

During the first week of March, the kiilalaana team held a survey to determine how and when the information about the programs is being heard.

Questions asked pertained to where the audience is most likely to receive information such as T.V and radio stations, along with knowledge of the Facebook page, yapara & muuku programs. The information will help the kiilalaana team better promote and deliver the program.



Kiila Laana at Maari Ma

Published by Sharon Hooker · 2 hrs · 🌐

🗣️ We're always trying to improve and listen to what you want. To do this we need to hear from you, our 🍌 Facey's followers 🍌. So please take a short minute to complete the survey.

The survey can be anonymous, you have the option to skip the contact detail page.

<https://www.surveymonkey.com/r/NNQGDXL>



SURVEYMONKEY.COM

Can you spare a few moments to take my survey?

Please take the survey titled "kiilalaana branding survey 2022". Your feedback is important!

The kiilalaana Facebook page gave away a \$200 Foodland voucher in early March.

To enter the draw, the page asked followers to comment on who they think is a good role model.



All the answers reflected family-inspired role models, such as nieces, nephews, parents, and elders.

Facebook follower Neisha Anton 'xo Lavers took home the prize.

PLAYGROUP

**6 WEEKS TO 18
MONTHS PLAYGROUP
(WEDNESDAY)**



**The colourful and interactive environment that is set-up
for children makes you want to be a kid again.**

It really is outstanding. It's not just the children who benefit of course from attending playgroup – it's a place where parents and caregivers can support each other, where they can build long term friendships and where they can have an affordable and enjoyable outing each week.



KALYPI PAAKA MIRIKA

Kalypi Paaka Mirika, Barkindji language for “Clear River Ahead” looks into how identity loss, violence, stress, trauma, loss and grief are affecting our communities in far west New South Wales, specifically Broken Hill, Menindee and Wilcannia.



Kalypi Paaka Mirika is a 5-day program which looks into the impacts that historical events have had on

individuals and communities, the effects of these transgenerational traumas,

and how we can help deal with some of these issues.

Two students from Western Sydney University School of Medicine have also commenced the men's healing program in Menindee.

Billy and Paddy will be with the Healing Program team from Tuesday 22/03/2022 til Friday the 1/04/2022.

Men's program is being run 2 days this week and 3 days next week out of the CWA building.

Alinta: Women's program in Broken Hill the week of 21/04/2022.

If you or anyone would like to attend a men's or women's healing program please contact Maari Ma on 0880829777 and ask to speak to one of the healing program staff.



BROKEN HILL
MENINDEE
WILCANNIA

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

KALYPI PAAKA MIRIKA

Healing Program

HELPING OUR MOB

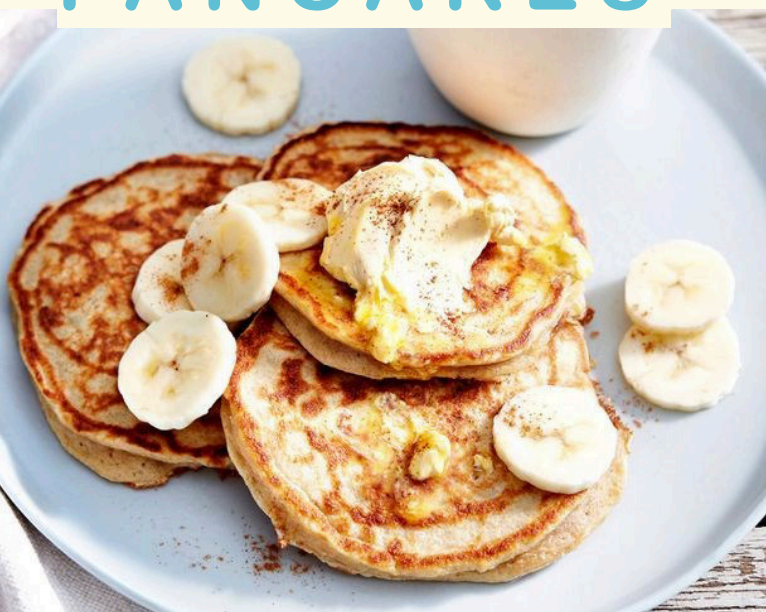
- RECONNECT WITH COUNTRY
- CREATE POSITIVE CHANGE
- CONNECTING WITH COMMUNITY

Group sessions
Individual follow-ups
No referral needed
**Call Maari Ma on:
08 8082 9777**

MAARI MA HEALTH
ABORIGINAL CORPORATION

EASTER HOLIDAY FUN

PANCAKES



Not your ordinary pancake. This Easter, use this opportunity to get creative in the kitchen. Use these pictures as inspiration. Cut fruit up and cook batter to the required shape. Let the kids decorate with the freshly cut fruit.

This recipe is a healthier version but you wouldn't know it. Give it a try;

Ingredients:

- 1 small ripe banana
- 1 medium egg
- 2 tbsp wholemeal self-raising flour
- Oil spray

Step 1.

Mash banana in a bowl until smooth. Whisk in egg and flour until smooth. Set aside for 5 minutes

Step 2.

Lightly coat your pan with oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter and cook for 1-2 minutes each side.

Step 3.

Wipe skillet clean and repeat with more oil and remaining batter.

Step 4.

Decorate with fresh fruit.



EASTER HOLIDAY FUN

EASTER ACTIVITY

Would you like to make
an Easter Hat? Here's
what you need:

*Printed stencils / colour in pencils /
scissors / sticky tape.*

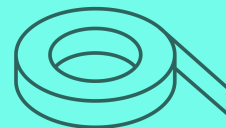
1. Over the next two
pages is a stencil of
the Easter Hat. Print
this out and colour in.



2. Cut out the images



3. Sticky tape the ears to
the back of the head
of the bunny.

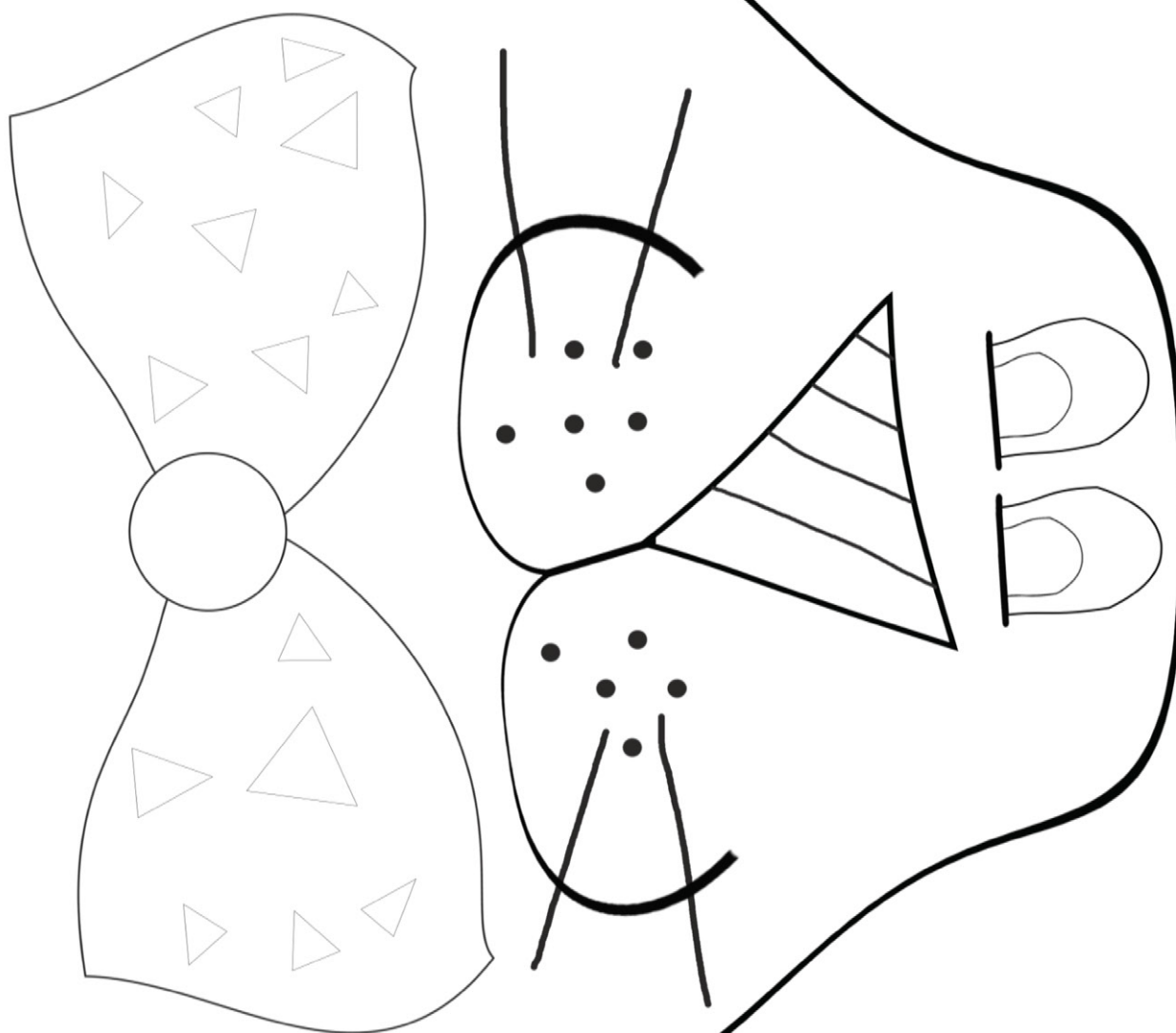


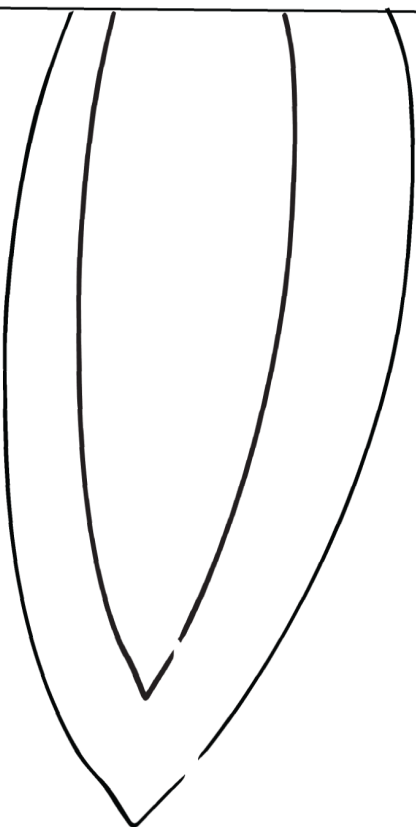
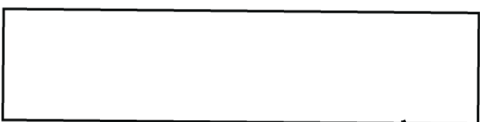
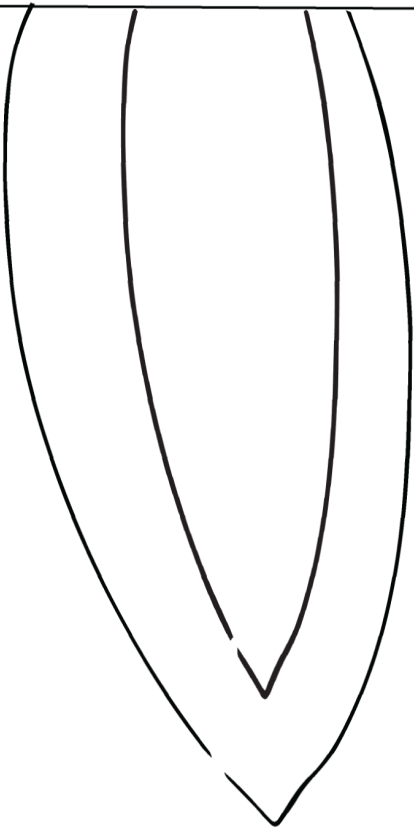
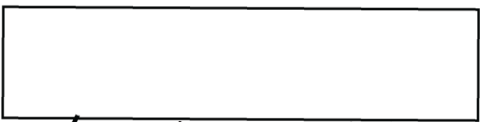
4. Sticky tape the paper
strips to the sides of the
Bunny head; one on either
side of the bunny head
Take note that the
wording is correct and not
upside down or in reverse.



5. Bring the two strips
together around your
child's head and secure
strips with sticky tape.







HAPPY

EASTER



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.

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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