

COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

MESSAGE FROM CEO



MAARI MA PRIMARY HEALTHCARE SERVICE

DEC 23 & JAN 24 | ISSUE 72

Richard Weston, Maari Ma CEO

Returning to Maari Ma as CEO after a considerable absence has been a rewarding experience. Much has developed not only in the town itself but also within the health service. The team's ongoing dedication to providing top-notch care is evident in their commitment to continuous training and staying updated with the latest information and certifications and the incredible efforts of the team to initiate recovery from the COVID-related disruptions of the previous years including increased administered booster shots to a significant portion of the population though recent reports show a rise in cases across Australia since



**Maari Ma will be closed from Friday 22nd
December reopening Wednesday 3rd
of January.**

**If you're feeling overwhelmed, remember help
is only a phone call away.**

13 YARN (13 92 76)

MENTAL HEALTH LINE 1800 011 511

LIFELINE 13 11 14

BEYOND BLUE 1300 22 4636

Or go to the Broken Hill Emergency Dept.



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"Improving Aboriginal health and closing the gap"

MESSAGE FROM CEO



(Cont.)

November so I urge everyone to stay vigilant over this festive season and continue to seek booster shots and regular health check-ups. It's unfortunate we won't be celebrating this Christmas at the new Wilcannia Health and Wellbeing Centre as we wait for the final piece of the puzzle that's delaying the building opening leaving us

in anticipation: we hope to hear news of this early in the new year. Looking ahead, 2024 holds promise for more exciting advancements. I eagerly anticipate sharing updates through our newsletters, Facebook pages, and radio segments.

Once more, this holiday period promises soaring temperatures, prompting us

to prioritise our community's well-being. Let's make sure our neighbours, friends, family, and even our pets are taking the necessary measures to keep cool and properly hydrated.

Wishing you all a healthy and joyful Christmas and New Year.

HIPPY GRADUATION



HIPPY class of 2023 enjoyed a fun night at the West football club that included a sit down roast dinner and celebratory cupcakes.

15 out of 26 children graduating attended the event with their families. HIPPY'S coordinator Briony Callaghan said the room looked fabulous: "It was filled with earthy coloured toned balloons rising from the middle of the tables with a balloon arbour providing

a stunning backdrop for our family photos which were taken by professional photographer, Kieren from Kieren Nash Photography." Each child was presented with a certificate of completion and a set of personalised Clap Sticks made locally by artist Clinton Kemp from Amanya Mitha Arts as a keep sake from the HIPPY team in order to acknowledge and thank the children and their families for their commitment to the program and sharing their learning journey with us over the last two years.



HIPPY GRADUATION



SUPPORTING YOUR CHILD'S TRANSITION TO SCHOOL

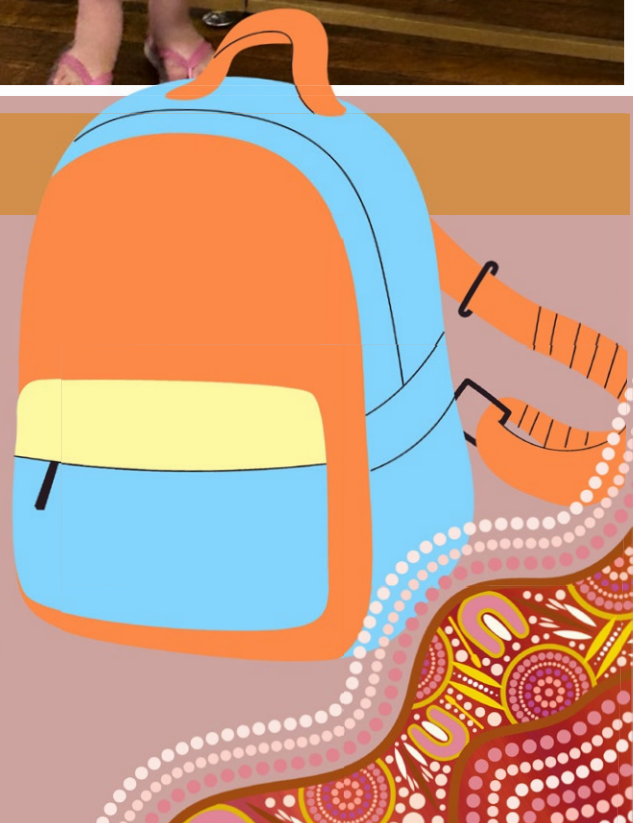
Tips:

- Visit the school with your child when enrolling
- If your child is at preschool, ensure they attend regularly
- Participate in all school transition programs and orientation activities.
- If siblings are already at school, take your child along to assemblies, school activities, drop off and pick up times. Let them explore the grounds.
- Get your child into a consistent sleep routine before starting school.

It's a good time to start thinking about uniforms, lunch boxes, bags and stationary. These are also a great gift idea for Christmas.

Other things your child might need for school are:

Pencils—library bag—art smock—water bottles with easy to open lid.





Recently, Kiila Laana's Media Officer had a meeting with seven First Nation basketball players at the Basketball stadium.

These basketball players are set to become ambassadors for Kiila Laana in the campaign against youth vaping, joining forces with the netball girls in the ongoing effort to educate and prevent youths from taking up vaping.

The day's agenda included an educational session and discussions on the issues surrounding vaping, strategies to support individuals looking to quit vaping, a photoshoot with the Tim Gimbert Images photography team, and concluding the day with voiceover recordings for radio and TV.



choose to be
VAPE FREE





The outcomes from this productive day will serve as content for upcoming TV and radio commercials, as well as poster and pamphlet campaigns.



Checkout the kiila laana Facebook page to see who won this amazing prize.



HAPPY HEALTHY FAMILIES



The week before the Balranald Expo, staff held another of their Happy Healthy Families events with a Women's Health Session which was combined with their annual Women's Pamper Day.

Health Service Manager, Emma Moore said the day started with a Welcome to Country from Kiea, then FWLHD Women's Health/ Continence nurse, Karen Gleeson spoke to the crowd about the self collection cervical screening test and other services that she could provide to the Balranald women.

FWLHD Child and Family Health nurse, Kyla demonstrated how to do a breast check and its importance on a regular basis. There was a grazing table by Sharleen, two massage therapists, a nail technician and a beauty therapist attending to facials. The day also included prizes for the women. Thank you to the staff for putting on such a great event for the community.



BALRANALD EXPO

Balranald were asked by the Balranald Shire Council if they could host this year's Wellbeing and Support Services Expo, and the staff of three came up trumps with the Expo being hailed a great success.

The annual event is held in conjunction with Maari Ma, the Shire and the Strengthening Community Access, Inclusion and Wellbeing Advisory Committee.

Centrelink Customer Service Advisor, Zoe Hutchinson worked on the advertising requirements and completed all the necessary graphic designs. The event was held during GambleAware Week with both Maari Ma and the Advisory Committee committed to promoting awareness

about gambling and where to get help.

There were 25 stalls from organisations on the day offering their advice, information and awareness of their services, and an estimated 100 people attended the event. Attendees each received an individual lunch pack made by local resident, Sharleen Cameron.

Nurse, Helen Murphy was the emcee for the Expo and along with Committee Chairperson Rachael Williams, welcomed the community and stall holders. They also spoke about the GambleAware program, and the Balranald Service Directory- which

is a work in progress. Kiea Charles was invited on stage for Welcome to Country. Zoe designed the Maari Ma banner . The local paper write up on the event thanked Maari Ma

Health Balranald staff "for being such a valuable asset to the Balranald community and making many things happen". A great community event - thanks Balranald team.



BALRANALD EXPO



Maari Ma Health Wellbeing, Support expo success

Maari Ma Health Balranald, in conjunction with Balranald Shire Council and Strengthening Community Access, Inclusion and Wellbeing Committee Advisory Committee, held the annual Balranald Health, Wellbeing and Support Services Expo.

A fantastic success, there were 22 different services there, offering advice, information and awareness of their services and the intricacies of what they provide.

Many locals were out and about, interacting with the services and receiving information. Intereach, MacArthur Legal Centre, St Vincent De Paul, My Aged Care, Sureway Employment and Training, Service NSW, and many more services attended the event.

Delicious catering boxes were also provided.

It is an extraordinary and highly beneficial event for the town of Balranald, closing the gap that many rural communities have in accessing vital services. Maari Ma, shire, and committees such as SCIAW are incredible assets to the town of Balranald and its community.

Maari Ma also held a Happy Healthy Families Health and Wellbeing Day.

This was in conjunction with and with the assistance of Department of Regional NSW and Balranald Shire Council.

There young mums, families, grandparents, carers and support persons were spoiled and pampered, receiving massages, manicures, a delicious meal, facials, and talks with visiting professionals.

There will be two more sessions for 2023, covering different topics each time.

For more information, call into the Bes Murray Centre, and have a chat to the friendly Maari team.

Congratulations Maari Ma Health, for being such an invaluable asset for the Balranald community, and making many things happen.



Above: Centrolink support worker at Maari Ma, Zoe Griffiths, Maari Ma Enrolled Nurse Helen Murphy and Jake Smith, Mental Health Nurse are pictured at the front and centre of the successful Expo.

Image: The Riverine Granger/Kimberly Graham.

Zoe designed the tear drop banner outside the Expo and she also did the new Bes Murray Community Centre

sign – the health service is named after local elder and active community member, the late Bes Murray. The sign

incorporates the red tailed black cockatoo, the totem of the Wemba Wemba people of whom Bes belonged. The sign

is now placed above the health service. It looks great.



RECIPES

CHICKEN SLIDERS



INGREDIENTS

- 2 x Chicken Breast
- 1/3 cup Light Natural Greek Style Yogurt
- 4 x Bread Rolls
- 1 can Diced Tomatoes
- Garlic & Herb Lamb Shank Recipe Base
- Pk Coleslaw Mix
- 2 TB Sandal Wood Nuts
- 2 TB Mountain Pepper

METHOD

- Sear the chicken before adding to the slow cooker. Once browned but not fully cooked, add to the slow cooker along with the diced tomatoes, native ingredients and recipe base. Mix well and leave on low for 4 hours. Time may vary with different slow cookers. If chicken is not ready in 4 hrs place on low for a further hour.
- Once ready shred the chicken mix and set aside.
- In a large bowl mix together the coleslaw and yogurt.
- Place a spoonful of the chicken mix on a bread roll and top with coleslaw mix
- Hint: Toast the bread roll before filling.



RECIPES

CHOCOLATE COOKIES



INGREDIENTS

METHOD

BASE

- 1/2 cup Rolled oats
- 2 x Bananas Mashed
- 1/3 cup Cocoa Powder
- 2 Tsp Quandong peach
- 2 TBS Maple Syrup

FILLING

- Greek Yogurt
- 1/3 cup Cocoa Powder
- 2 TBS Maple Syrup
- 2 Tsp Strawberry Gum

TOPPING

- Fresh Fruit and Berries

- Mix mashed banana with oats, cocoa powder and maple syrup. Mix well before adding the Quandong Peach.
- Once mixed thoroughly, place a spoonful into each compartment of a muffin pan and use the back of the spoon to create a hollow middle where the filling will go. Place in the oven at 160 degree for 20 minutes. Let cool before adding filling
- Filling: Mix together yogurt, cocoa powder, maple syrup and Strawberry Gum thoroughly before placing a spoonful into each cooled cookie cup . Place in the fridge until ready serve topped with fresh fruit and berries.





PILOT PROGRAM FOR TRAUMA-INFORMED TRAINING AND SUPERVISION UNDERWAY

Maari Ma CEO Richard Weston has welcomed Yamurrah founding Director, Rowena Lawrie to Maari Ma recently.

Rowena was in Broken Hill for the first session of the development

of a pilot program to deliver a culturally safe, trauma-informed training package for staff as well as a model of supervision practice. There are 12 staff participating in the pilot and they'll be taking part in a number of group sessions which will be a mix of face

to face and online delivered over 12 months.

Yamurrah is a collective of First Nations clinicians and educators who are specialists in trauma, healing and clinical supervision. The program will be guided by Yamurrah

with their experience and expertise to develop a Maari Ma specific trauma-informed training and supervision model.

Thanks to the 12 participants for their time and their ongoing commitment to this initiative



NATIONAL AUSTRALIAN HEPATITIS C POINT-OF-CARE TESTING PROGRAM

Maari Ma welcomes Michelle Broun and Mary-Anne Jebb who arrived in Broken Hill recently to commence documenting staff experiences during the COVID 19 pandemic for the Maari Ma Film Archive project.

The film will be a valuable archive about the impacts of the pandemic and how it affected not only our working world where staff adapted to whatever needed to be done,

but every aspect of our lives. Michelle has produced more than 30 short documentaries as Manager of the Community Indigenous Stories program at the Film and Television Institute of Western Australia. She works with community telling their stories as "everyone has a story to tell whether young or old". Mary - Anne is an historian and editor, and works as an independent consultant in history and cultural mapping for various cultural and community organisations.



Free Mental Health Service

Virtual Psychologist is partnering with Western NSW Primary Health Network (WNSW PHN) to unveil a ground breaking initiative- A free and comprehensive remote mental health support service offering text, video and audio counselling services. This innovative service was specifically designed to cater to the mental wellbeing needs of Western NSW communities that had been affected by the recent flooding events. Virtual Psychologist is accessible anywhere, anytime. Our team comprises of qualified mental health practitioners who are passionate about guiding individuals towards improved wellbeing.

Text Sessions

Through Text based sessions, patients can openly share their thoughts and emotions, fostering deeper understanding of their mental health needs.

01

Video Sessions

A personalised touch can make all the difference. Video sessions provide a warm and comforting space for your people to connect with our qualified mental health professionals.

02

Audio Sessions

In the comfort of their own space, people can speak freely about their concerns during our audio sessions, creating a safe and confidential environment for healing.

03

Booking made easy

Life can be hectic however Virtual Psychologist ensures your people receive the support they need at a time that best suits their schedule. No referrals needed. Simply scan the QR code below.

04



SMS



An Australian Government Initiative



WhatsApp

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

Executive Manager
Remote PHCSs



**Nola
Whyman**

Executive Manager
PHCS

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