



COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

YOUTH HEALTH TEAM



MAARI MA PRIMARY HEALTHCARE SERVICE

February 24 | ISSUE 74

It looks like it was a great end of year excursion on December 13th for the Clontarf and AACES students which was held at Copi Hollow.

AHP Youth Health, Tarissa Staker attended and there were 19 students in total as well as Clontarf workers, Ayden Pettit and Sheldon Hall, and AACES workers Antionette Deacon and Vicki Adams. Tarissa said there were lots of snacks and drinks throughout the day, and lunch was provided by Red Sands takeaway.

The swimming activities included water balloon fights, bobbing for apples, footy and lots more. It was a great day and a great way to end the year.



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"Improving Aboriginal health and closing the gap"

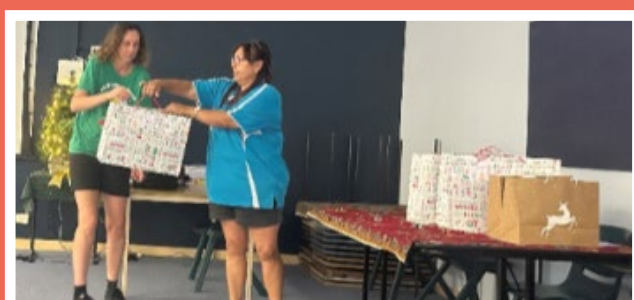
YOUTH HEALTH TEAM ENJOY END OF YEAR CELEBRATIONS WITH LOCAL YOUNG PEOPLE



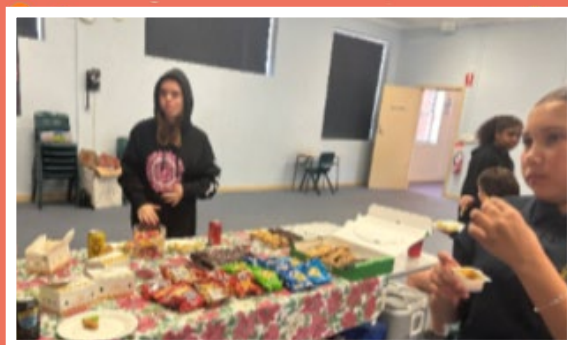
AWARDS

**Youth Health Team
Rebekah Jarvis
and Tarissa Staker
attended both the
AACES and CLONTARF
awards ceremony
held at the Broken Hill
High School.**

AACES students received Christmas bags with thoughtful gifts including a unique framed photo capturing each girl's involvement in the girls' group activities. Furthermore, each girl received a specially embroidered jumper, bearing the emblem "AACES" down the arm, a token of their shared experiences. AACES



workers Vicki Adams, Antoinette Deacon, and Ada Etrich organised the ceremony that celebrated the girls' achievements with awards recognizing their attendance, support, resilience, and exemplary behavior throughout the year..



Clontarf boys also has a great night celebrating achievements with parents, teachers and Clontarf workers. The group enjoyed a power point presentation of the students activities throughout the year and parents had the opportunity to view the Clontarf room during a sausage sizzle in the court yard.






Book your free breast screen at our clinic in Broken Hill.




Where
BreastScreen NSW
Broken Hill Hospital
176 Thomas Street
Broken Hill NSW

When
19 February – 1 March 2024

Car parking
Thomas Street, opposite hospital



Book your free breast screen online at book.breastscreen.nsw.gov.au or call 13 20 50.



DON'T LET MOZZIES MAKE A MEAL OF YOU!

LOTS OF WATER AROUND + WARMER WEATHER = mosquitos.



Maari Ma Health

MOSQUITOES AREN'T JUST ANNOYING:

they can leave a lot more than just bites too, like viruses that can make you very ill. Muurpa in particular can be a tasty target for mozzies but no one is safe so follow these tips to keep you and your family safe:

- ✓ Cover up: wear long sleeves and long loose pants when you are outside (mozzies can bite through tight-fitting clothes). If you can, try not to be outside at dawn and dusk when mozzies are at their worst.
- ✓ Nets are good to use as well: hat nets and bedding nets for safe sleeping.
- ✓ Keep windows and doors closed or use fitted screens (make sure you mend any holes).
- ✓ Use insect repellent which contains DEET, picaridin or oil of lemon eucalyptus on exposed skin when you are outdoors, and rub it in. Spray or roll-on works best. Apply on muurpa for them to be safe.

IF YOU DO GET BITTEN BY MOZZIES, TRY AND AVOID SCRATCHING.

- Wash the bite with soap and water and apply a little ice to the spot.
- Apply an ice pack to reduce pain and swelling
- You can apply over the counter insect bite creams or aloe-vera ointment.

If bites get infected, go and see the team at Maari Ma. Mozzies like to breed in stagnant water. You can reduce mozzies around your home by:

- cleaning up your backyard to remove all water-holding containers, including buckets, tyres and toys
- filling pot plant bases with sand to avoid standing water
- storing anything that can hold water undercover or in a dry place, and keeping bins covered
- flushing out the leaves of water-holding plants once a week
- keeping drains and roof guttering clear of leaves
- keeping your lawns mowed
- covering or securely screening the openings of septic tanks and rainwater tanks.

STAY A STEP AHEAD OF THE MOZZIES THIS YEAR.

EARLY YEARS TEAM TAKE PART IN PAGEANT



The Early Years team was thrilled by the warm reception of the Early Years float from the crowds lining the streets during the Broken Hill Christmas Pageant.

Along with a record breaking number of entries, the lively procession made its way down Oxide and Argent Street, ending at Sturt Park with a night market. Early Years participation in the yearly affair was orchestrated by Tina O'Neil with the enthusiastic involvement of her father and his truck, ferrying the excited parents, and children who attend the weekly play groups and Early Years team.

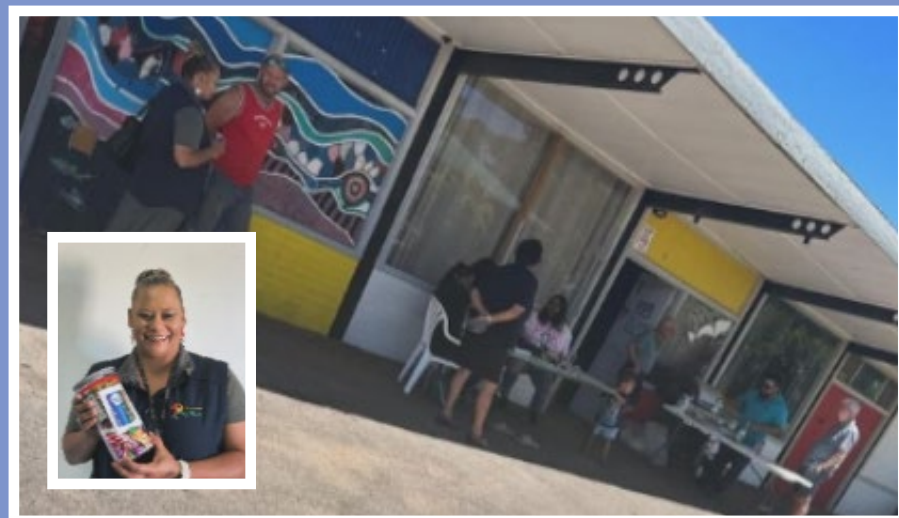
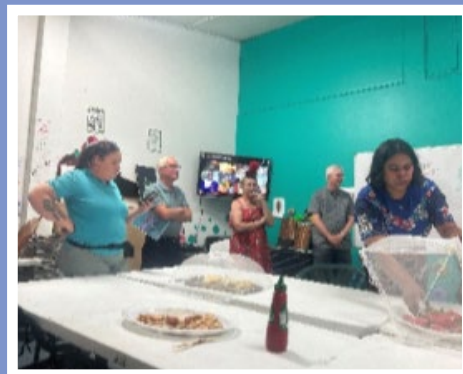


KALINDA MORRISON, LAKISHA STONE, NOLA WHYMAN AND TARISSA STAKER

On the 14th of December the team attended the launch of a newly released song made by Making Tracks kids in collaboration with Desert Pea Media.

Local organisations, board members, community and students came together in support of the launch and enjoyed a feast that included a BBQ cooked by Making Tracks worker Jamie Gilby. There was also roast pork and chicken, cold meats, prawn salad, potato bake, fruit platter and nibbles.

The gathering was highlighted by a speech from Making Tracks CEO Julie Lee Gill, who shared insights about the collaborative effort behind the creation of the song and video.



Below article copied from Desert Pea Media Facebook page

Desert Pea Media are very proud to present the release of the debut single from 'The Hill'. A collective of Indigenous young people, community members and Elders in Broken Hill, NSW.

Back in June 2023, the DPM Creative Team spent a week working with the Broken Hill Community,

in partnership with Making Tracks - Far West NSW, an organisation focused on inspiring and empowering disengaged youth in Broken Hill & Far West NSW.

'Butterfly' is an emotive, melodic trap banger that articulates a very brave and inspiring conversation about the hard realities of growing up and living in Far West NSW. The song explores the impact of trauma and grief on the nervous system, and points towards positive pathways

of connection to country and cultural identity.

Desert Pea Media is a community-driven media organisation that has been working to amplify the voices of remote and regional communities in Australia for over two decades. Through innovative arts and digital media initiatives, Desert Pea Media empowers individuals to tell their stories and celebrate their unique perspectives. www.desertpeamedia.com

Collaboratively written and produced by Desert Pea Media (featuring music by Sydney-based artist PEVCE.

Funded by the Department of Regional NSW.

Special thanks to the incredible team at Making Tracks, and the Wilyakali People of the Broken Hill region.

INDIGENOUS ALLIED HEALTH AUSTRALIA CONFERENCE

Allied Health Assistants, Erin Vale and Telicia Briar attended the Indigenous Allied Health Australia conference in Queensland recently. Read below their experience.

“We had the privilege of attending the IAHA conference this year on the traditional lands of the Kabi Kabi Nation (Sunshine Coast) in November. This conference took place over 3 massive days with so much exposure to learning and growth, both professionally and importantly personally!

This year’s theme was **OUR VOICES, OUR KNOWLEDGES AND OUR PRACTICES**. We ensured we were involved in all experiences and were involved in the pre-conference workshop

starting with a cultural tour which took place on the water ways of the Mooloolaba canal—learning through story telling experiences with a traditional owner. We felt welcomed with a smoking ceremony and had ochre placed on each hand to welcome us warmly. We listened and got inspired by some truly amazing keynote speakers which I hope one day you all get the opportunity to sit and listen to their amazing stories.

Aunty Dr Jackie Huggins AM, Uncle Dr Mick Adams, Prof. Tom Calma AO (IAHA Patron), June Oscar AO (IAHA Patron), Assoc. Prof Catrina Felton-Busch, we also had the honour to listen to JT (Jonathon Thurston) about life on the other side of the footy field – Jonathon Thurston has an Academy for Aboriginal and Torres Strait Islander youth. Please find the time to read more about the keynote speakers on <https://iaha.com.au/iaha-national->



conference-speakers-and-program/. Truly inspiring! We also experienced many concurrent sessions and workshops with a focus around the theme of the conference. One thing in particular that stood out for us: “Engagement with our Aboriginal and Torres Strait Islander families, We must think about how we can be culturally responsive to our engagement with some key areas that were highlighted—deep listening, remain free of expectations, keep an open heart and mind, respect knowledge that people hold, create a culturally safe space with families and be responsive in the way that works for our families not what appears to work for us as health workers.” We were given the opportunity to network with other Indigenous and non-Indigenous allied health professionals, where we spoke about the pros and cons of working in rural and remote communities and shared our own experiences.

We were lucky enough to have many exhibitors present over the 3 days—

these included: Aspen Medical, AHPRA, Australian Indigenous Health info net, Australian National University, Australian Rotary Health, Cancer Australia, Flinders University, Gayaa Dhuwi (Proud Spirit) Australia, Health Workforce Queensland, HESTA, Indigenous Allied Health Australia, Institute for Urban Indigenous Health, James Cook University Centre for Rural and Remote Health – Emerald, Kimberley Aboriginal Medical Services, Konekt, Medhealth, Medtronic Australasia Pty Ltd, Monash Health, National Indigenous Australians agency, NIISQ Agency, Physiotherapy Innovations, Queensland University of Technology – IPEPA, Supply Nation, University of Sydney (emhprac), We Care NSW, Westpac.

Indigenous Allied Health Australia (IAHA) offers evidenced based training opportunities such as Cultural responsive training and health leadership programs – please view the IAHA website for further information.”



WELCOME

DORIS BUGMY AND CHARLEE FORNER

Welcome two new HIPPY tutors, Doris Bugmy (left) and Charlee Forner.

Doris and Charlee will be working with parents of three-year old children in the HIPPY program.



EMA TURLEY

Ema is from Broken Hill and is a qualified dental assistant with 16 years dental experience



INDIANA JAE

Congratulations to IT Manager, Michael Hanley and Jessica Ierace on the safe arrival of their daughter Indiana Jae.

Indiana was born on 24th November weighing 2.45 kilograms (or 7.58 pounds on the old scale). Michael said both Jessica and Indiana are doing well and settling in, and said his daughter definitely takes after his side of the family





New report confirms lack of awareness among young people regarding detrimental effects of vaping.

A new report released by the NSW Advocate for Children and Young People, Zoë Robinson, calls for greater supports to help young people stop vaping.

ACYP consulted with 261 young people across NSW to ascertain their perceptions and experiences of vaping.

The report noted that vapes are easily accessible to youths and that youths are unlikely to seek help to quit in fear of being punished

due to the secrecy around vaping. App-based support, banning vapes, and social media based messaging were amongst the popular tools the youths said they would access if available to help quit.

Ms Robinson said, "Through

consultations, we have learned that vaping culture is strongly influenced by peer pressure, used as a stress management tool and there is an alarming misunderstanding of how harmful it can be to your health. Young

people believe that it can't be that bad for you because if it was, interventions such as banning would already be in place."

The Young people's perspectives on vaping in 2023 report is available on www.acyp.nsw.gov.au



choose to be

VAPE FREE



NO SMOKING
NO VAPING
Smoke Free Environment Act 2000



 **kiila laana**
growing healthy naturally

 **muuku**
be smoke-free



Maari Ma Health



DENTAL

The Visiting Dental Program commenced in September 2023 and is making a great impact on the waiting list.

Senior Dental Therapist Megan Hurst said 'We've been so fortunate to have Dr Rauof for the past 4 months. Ema Turley (Dental Assistant) has been working with Maari Ma and Dr Rauof since November 2023 and between the two, the urgent dental waiting list stands at 0 and other dental wait lists have reduced considerably.

The dental team has collaborated with the Maari Ma Community team and is starting to see patients on the diabetic and chronic disease recall list. The Visiting Dental Program is proving to be a huge success.



Meg Hurst, Dr Sandra Meihubers, Ema Turley, Jayde Flentjar. Sitting - Dr Ahmed Raouf.

MAARI MA HEALTHY START PLAYGROUP

**10:30am to
1:pm during
School Terms**

**428 Argent Street,
Maari Ma Early
Years Building**

Wednesday — for bubs 6
weeks to 18 months

Friday — for little kids 18
months to 6 years

If you have children in
both age groups you
can choose 1 of these
days to attend.

*Transport can
be arranged*

**Early learning
experiences are
essential for
our muurpa.**

**Joining Maari Ma's
Early Years program
will support social, emotional,
cultural & cognitive development. Activities are engaging, fun and interactive to prepare
your muurpa for school.**

**Our muurpa are the next generation of elders for our mob. Early learning experiences
are a foundation for life long learning. Joining the Maari Ma Early Years program will help
your muurpa's social, emotional, cultural and cognitive development in a safe, welcoming
and culturally sensitive space. Your muurpa will love the fun interactive opportunities that
will enhance the relationship between play and children's readiness for school.**



Little kids learn by playing with their family at playgroup

WHAT DO FAMILIES AND LITTLE KIDS DO AT PLAYGROUP?

Talk, sing, read and play.
Make friends draw and
paint. Eat healthy food,
listen to stories and get
a new book to take home
each fortnight.

WHAT IS PLAYGROUP?

A place where
little kids learn
through play.
A safe place to play
with your kids and
other families

WHO CAN COME TO PLAYGROUP?

Playgroup is just
for 0—6years.
Mums, Dads, Aunties,
Uncles and Elders
are all welcome
at playgroup to
Stay and Play.

HEALTHY FOOD AT PLAYGROUP

Morning tea and lunch is
provided.
Everyone sits and eats lunch
together to help our little kids
learn routines for preschool
and school.
We only drink water at
Playgroup.
Tea and Coffee are available.

HIPPY



HIPPY

The Home Interaction Program for Parents and Youngsters is a fun and free program for families that supports children's learning in the two years before school.

It provides you with the tools to give your child a strong start in education.

Our program

Join HIPPY with your 3 year old child and each fortnight, HIPPY Tutors will bring you storybooks and activity packs and practice them with you so that you feel confident doing them with your child.

Each activity helps your child learn through play and supports their development in five different learning areas.

HIPPY only takes 10-15 minutes a day of learning and playing with your child to make change that lasts a lifetime.



HIPPY Tutors

Tutors are HIPPY parents trained in each of the HIPPY activities and will practice them with you at each home visit.

As HIPPY parents, Tutors have the personal experience and community knowledge to support you as you learn with your child.



Supports you as your child's most important teacher

HIPPY Gatherings

Gatherings are fun, welcoming and family-friendly.

They're opportunity for you to meet other HIPPY families, learn about your child's development and to hear about local services and events in your community.



Builds community connections and confidence



HIPPY

Families learning together with fun and free activities



MAARI MA SPECIALIST SERVICES

Maari Ma is pleased to now be able to offer our community the services of a visiting gastroenterologist and we are very fortunate to have secured the specialty services of Dr Andrew Merrett from Melbourne.

Dr Merrett is a consultant physician in gastroenterology and internal medicine practicing for more than 40 years. Maari Ma GP, Dr Robert Howsam went through medical school with him and

was the link that connected him to coming to Broken Hill – by a stroke of luck he and his wife came to visit Dr Howsam during one of his rotating visits which led to the gastroenterology service we have just commenced. Dr Merrett will be visiting monthly – adjusting as needed for patient load. During the week that Dr Merrett visits Maari Ma have been able to secure one day at the Broken Hill Health Service specifically for Aboriginal and Torres Strait Islander patients which will enable him to perform scopes. A big thank you to AHP, Hannah Morris and the Keeping Well team for their work in coordinating the patients and pre-operative assessments.

Unfortunately, we are saying farewell to paediatrician, Dr Robyn Shaw who has been working with Maari Ma for five years. Also farewell to Dr Claire Fraunfelder (ENT) who is moving to Queensland, and Dr Amanda Johns (pain physician) who finished up in November. The service Dr Jones provided will be replaced by a telehealth service from Greenwich Hospital in Sydney. Maari Ma thanks Drs Shaw, Fraunfelder and Jones for their work.

Joining Maari Ma in 2024 will be Dr Chris Bourne who is a sexual health physician. He will be visiting quarterly and will work closely with Sexual Health RN, Carolyn Collins and Drs Nichelle Geary and

Marion Christie. His first visit will be in mid March. Dr Lia Stepan will fill the vacant ENT role from March-June with monthly clinics while we continue our ENT recruitment process.

We are also pleased to welcome Dr Mary Burke as our new paediatrician. Dr Burke has more than 20 years of experience in the child health field after starting as a paediatrician in Broken Hill before moving to Canberra.

Apart from those changes we will begin 2024 with the continued strong support from our other valued visiting specialists in the table below.

• Cardiology	• Ear, nose and throat	• Echocardiography
• Endocrinology	• Ophthalmology (Wilcannia clinic)	• Optometry
• Pediatrics	• Pain management team	• Physiotherapy
• Podiatry	• Psychiatry - adult	• Renal medicine
• Respiratory medicine	• Smoking cessation	• Stress tests

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

Executive Manager
Remote PHCSs



**Nola
Whyman**

Executive Manager
PHCS

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