



COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



Sheryl (Campus Manager) and members of the EWHS Donald team celebrate International Nurses Day. Now is a great time to prepare for the cooler weather and illnesses that come with it.

JUNE 2023



Welcome to our June 2023 Community Newsletter!

On Friday 12th May, EWHS celebrated International Nurses Day with a shared morning tea. International Nurses Day recognises the sacrifice, dedication, thought, action and leadership that nurses provide each and every day. EWHS thanks all of our Nursing staff for the care and commitment they provide to the community. Be sure to join us in thanking our wonderful Nurses next time you see them!

As the cooler weather greets us, we remind all community members that now is a great time to get your flu shot. And while you are at it – ask for your COVID booster dose too. It's safe, convenient and effective to get both vaccines at the same time. For more information, visit www.betterhealth.vic.gov.au/stay-well-this-winter.

To keep up to date with what is happening at EWHS in real time, follow our Facebook page or check out our website.



www.facebook.com/east.wimmera.health.service



www.ewhs.org.au/

MOTHERS DAY AT PLANNED ACTIVITY GROUP

Charlton, Donald and Wycheproof Planned Activity Groups (PAG) came together in mid-May to celebrate and share a lovely Mother's Day lunch. It's fantastic to see our PAG groups combining and socialising for special occasions!



RESIDENTS TURNED PIZZA CHEFS

Birchip Campus catering staff initiated a pizza luncheon with residents and staff recently! Residents gathered in the dining area, were given a pizza base, and were able to select their toppings. Time was taken to make an appetizing pizza and once they were in the oven, the aroma wafting through the dining area certainly heightened the excitement! Residents were very proud of their choice of toppings and enjoyed the tastings. This exercise created lots of great conversation and interaction between all involved and all agreed they would like to have this activity on a regular basis.



ST ARNAUD SPRUCE UP

In recent weeks, contractors have undertaken the mammoth task of bringing the exterior of the St Arnaud Campus back to life. Workers with sanding tools, paint scrapers and a lot of rendering material have been working away tirelessly at the huge walls of the building. Staff have even been treated to some karaoke sessions as the workers sang their way through the cold and less than ideal weather conditions! Painting has started and already the building is looking far more brighter and welcoming. The mural by Kyle Torney is now complimented by its surroundings and we can all really appreciate the beauty in the old building.



RFDS COMMUNITY TRANSPORT SERVICE

What is Flying Doctor Community Transport?

Flying Doctor Community Transport is a free service enabling eligible clients to access transport to health appointments and funded Social Support Group programs.

RFDS rely on a dedicated team of volunteer drivers who are trained and supported by RFDS Victoria and drive RFDS vehicles to ensure clients get to their appointments safely.

What does this mean for St Arnaud and surrounds?

RFDS have partnered with East Wimmera Health Service to deliver this program in St Arnaud and surrounding communities. RFDS are currently working to engage with the community and find out more about how this service will best work in the region.

For more information or to register your interest to be a volunteer or client by calling (03) 7046 4664, or emailing communitytransport@rfdsvic.com.au



JOIN THE EWHS TEAM

EWHS Staffing Opportunities

We're always on the lookout for enthusiastic new team members to join us across our 5 Campuses - Birchip, Charlton, Donald, St Arnaud and Wycheproof.

Did you know we share all of our Job Vacancies via our website, Facebook and LinkedIn pages?

New positions are added weekly. You can access this page at any time by visiting: <https://ewhs.org.au/careers>



CALLING FOR VOLUNTEERS



Are you looking for a way to contribute to your community and make a positive impact on people's lives?
Volunteers are ordinary people who make extraordinary contributions.

East Wimmera Health Services are seeking volunteers of all ages and experiences to spend time with residents in our aged care facilities.

As a friendly visitor you might:

- Chat with / write letters / look at photos with residents
- Play games (e.g. scrabble, bingo, cards, etc.)
- Craft activities (e.g. knitting, crochet, scrapbooking, painting, etc.)
- Reading the local paper/ poems/ short stories/ letters to a group of residents or one on one
- Help in the garden

Please note, children under the age of 16 must be accompanied by a parent/guardian at all times.

We also have administration, maintenance, Planned Activity Group, community drivers and newsletter delivery volunteer positions at EWHS.

For more information or to express your interest in volunteering please contact us!

Email: volunteer@ewhs.org.au

Phone: 5477 2100



Please note, appointment to EWHS Staff and Volunteer positions are subject to a National Police Check, and evidence of influenza and COVID-19 vaccinations.

HAVE YOUR SAY ON LOCAL MATTERS THAT AFFECT HEALTH

NORTHERN GRAMPIANS SHIRE | Open Space and Active Transport Strategy

Let Northern Grampians Shire know what is important to you - whether you enjoy a casual meander around the town, prefer wide open spaces, ride or skate to work, enjoy a spot of fishing, or need somewhere suitable to hang about outside - they want to hear about what you like about what we have, what you don't like, and what you think we need more of.

Fill in a survey at:
https://www.surveymonkey.com/r/NG_SC_Parks_and_Pathways or scan the QR code on the posters and flyers that we have distributed around town.

For more information, please contact Nic Baird on 5358 0564 or nicholas.baird@ngshire.vic.gov.au

Northern Grampians Shire Council
Open Space and Active Transport Strategy 2023-33
is a plan for the future

This important strategy will explore and instigate facilities for active recreation - from footy to yoga - and active transport - like walking, cycling and scootering to work or school

TELL US WHAT YOU NEED
 Fill in the survey for your chance to win a \$100 voucher to use at one of our fantastic local Northern Grampians Shire shops. Follow the link in the post or ask our staff for a paper copy.

BULOKE SHIRE | Children, Young People and Families Plan

Have your say

The Children, Young People and Families (CYPF) Plan will ensure that the Buloke Shire Council is well-placed to facilitate positive outcomes for younger residents and their families. It will guide planning, advocacy, and Council's delivery of services, programs, events, and spaces for children, young people, and their families over the next ten years.

Complete the survey that best suits you now at www.shorturl.at/qsPYS

Survey Closes 5pm, 23 June



Buloke Shire Council is conducting surveys to gain valuable insights into what is important to our youth, parents, and carers. They want to understand your needs, concerns, and aspirations for the future.

Let your thoughts be heard and contribute to building a brighter future for all.

The surveys will be open until 5pm on 23 June. For more information and to access the surveys, please visit www.buloke.vic.gov.au/have-your-say-young-people-and-families-cypf-plan



KEEP UP TO DATE



EVENTS AND INFORMATION

Biggest Morning Tea

Friday 23rd June

Kerry Trollope (Lifestyle Coordinator) and the Birchip Campus Residents will be sharing a morning tea later this month in support of people impacted by cancer, through Australia's Biggest Morning Tea.

Kerry and the Residents are asking community members to be thinking of them on 23rd June as they make a scrumptious morning tea, and ask that if you are in a position to do so, to provide a small donation. Donations will go towards helping protect cancer patients, providing them with ongoing support, and ensuring research never stops.

Donations can be made by scanning the QR code to the right or by visiting <https://www.biggestmorningtea.com.au/fundraisers/kerrytrollope>.



KEY DATES

All - Bowel Cancer Awareness Month

3 June - Mabo Day

5 June - World Environment Day

12-18 June - Men's Health Week

14 June - World Blood Donor Day

15 June - Elder Abuse Awareness Day

16 June - Fresh Veggies Day

19-25 June - World Continence Week

21 June - MND Global Day



East Wimmera Health Service acknowledges the Traditional Owners; the Dja Dja Wurrung Peoples, Djaara Peoples, Jaara Jaara Peoples, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk Peoples and Custodians of the land in which we work and live, and pays respect to their Elders past, present and emerging. We acknowledge their significant cultural heritage, their fundamental spiritual connection to the country, and value their contributions to a diverse community. We are proud to embrace the spirit of reconciliation, and learn more from the local Aboriginal and Torres Strait Islander Communities, on how best to improve their health, social and economic outcomes.



East Wimmera Health Service is proud to support and provide care for all lesbian, gay, bisexual, trans and gender diverse, intersex, queer and/or questioning and asexual (LGBTQIA+) staff, consumers and communities. We are committed to ensuring our services are welcoming, safe, inclusive and respectful for everyone.