



COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



New staff members at a recent Orientation session.

Clinical Support Nurses Tania and Kylie at a recent careers expo at La Trobe University.

JULY 2023



Welcome to our July 2023 Community Newsletter!

New faces at EWHS! 14 new staff members were welcomed at an orientation session in late June. Join us in saying hello and welcome to: Claudia, Prescey, Alison, Alex, June, Mansi, Rosnah, Faye, Cherry, Nicholas, Bev, Jo, Emma and Madeline. Our new team members are employed across our 5 Campuses and in a range of roles including nursing, support services, and finance and administration.

Inspiring the minds of the future! Tania and Kylie from our education team have been busy getting out and about attending various University, TAFE and careers information expos recently. The team are aiming to attract and recruit to EWHS to ensure our staffing needs are met now and into the future.

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/

COMMUNITY SPIRIT

Last month, one of our Community Health staff members had an incident with a flat tyre on the hospital car between Charlton and St Arnaud.

Kristin was poised and ready to get to work changing the tyre when three very kind farmers stopped to assist.

In the stress of the moment, Kristin didn't get the names of her assistants, but she would like to thank them very much for stopping to help.



SERVICE UPDATE | MEDICAL IMAGING

Please see below for an update from our Medical Imaging Team. They will be operating at reduced hours and with less services offered during late July and into August.

Enquiries and appointments during this time can continue to be made by phoning 5477 2241.



SERVICE UPDATE

MEDICAL IMAGING

Open times for Monday 24th July to Monday 21st August inclusive.

During this time we will be open:

On **Thursdays** for **X-Rays only** 9am to 5pm

On **Fridays** for both **X-Rays and Ultrasounds** 9am to 5pm

Closed on Tuesdays

(Re-opening Tuesday, 22nd August 2023)

Phone: 5477 2241 for appointments.

Thank you,
Medical Imaging Team

JOIN THE EWHS TEAM

Volunteer

AT EAST WIMMERA HEALTH SERVICE



"Volunteers are ordinary people who do extraordinary things"

ROLES ON OFFER:

- Friendly Visitor
- Community Car Driver (St Arnaud only)
- Administration
- Maintenance
- Planned Activity Group
- Wycheproof Drop-in Centre
- Community Newsletter Deliverer



BENEFITS OF VOLUNTEERING:

- Meaningful and rewarding roles
- Make a difference in peoples lives
- Opportunity to meet new people
- Flexibility to suit your lifestyle
- Try something new and exciting
- Contribute to your community

**FOR MORE INFORMATION
PLEASE CONTACT
MADDIE AND STACEY**

CALL:

5477 2100 (ask to speak to the Volunteer Coordinator)

EMAIL:

volunteer@ewhs.org.au

HEALTH PROMOTION HAPPENINGS

Maddie and Stacey, our Health Promotion team, have been out and about visiting EWS communities recently. Take a look at what they've been up to below.



- **Buloke Shire Playgroups** - Term 2 at Buloke Shire Playgroups was all about Eating Well! Together we read the Very Hungry Caterpillar and talked about the foods that help us play, learn and grow. Then it was time to make our own Hungry Caterpillar. Check them out!

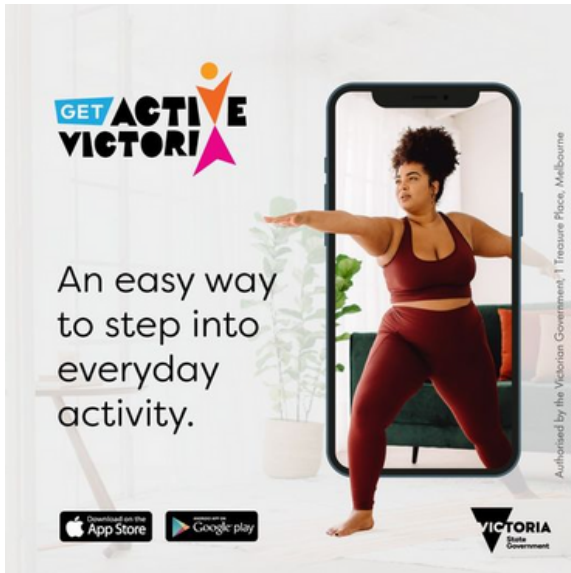


- **St Arnaud Big Childcare Outside School Hours Care** - Have received an award for meeting the "Make healthy foods and drinks the stars of the curriculum" small bite of the Vic Kids Eat Well program. Maddie supported the OSHC to receive their award by providing them with some fun food activities like science experiments using food and creative food recipes - how delicious do the fruit kebabs and fruit icy-poles look!



**VIC KIDS
EAT WELL**

MOVE YOUR WAY, EVERYDAY



It's chilly outside at the moment, but it's still important that we move our bodies every day, in a way that works individually for each of us.

If you're looking for some motivation and inspiration, check out the Get Active Victoria app and website. There is a fantastic range of movement ideas and opportunities.

- Download the app at:
<https://www.getactive.vic.gov.au/mobile/>
- or
- Visit the website at:
<https://www.getactive.vic.gov.au/around-home/>

HEALTHY KIDS ADVISOR - BULOKE

Our friends at the Stephanie Alexander Kitchen Garden Foundation are looking for a new Healthy Kids Advisor for the Buloke community. This is a fabulous opportunity, and will involve working in close collaboration with the EWHS Health Promotion team.

For more information and/or any queries, visit www.kitchengardenfoundation.org.au/healthy-kids-advisor-buloke

Healthy Kids Advisor – Buloke

The Stephanie Alexander Kitchen Garden Foundation (SAKGF) provides the inspiration, information, professional development, and support for educational institutions to deliver pleasurable food education, in conjunction with educators, partners and the wider community.

SAKGF's **Healthy Kids Advisors** provide hands on support for healthy, delicious food and drink in places where children and families gather, including schools, sports clubs, outside school hours care and community/council operated facilities. Children and young people deserve access to healthy, fresh food and drink where they learn and play. You can be a part of this.

We are seeking a motivated and people orientated Healthy Kids Advisor based in Buloke (or neighboring area), to help support the local healthy eating priorities across the Buloke region. Reporting to the Healthy Kids Advisors Project Manager, your role is to:

- Support the successful implementation of Vic Kids Eat Well in alignment with local healthy eating initiatives and the Healthy Kids Advisors fresh new approach.
- Actively engage the community in generating buzz and excitement around the healthy eating movement.
- Support schools, sports clubs and community facilities to achieve their healthy eating goals and enhance their food and drink environments for their children and young people.



KEEP UP TO DATE



EVENTS AND INFORMATION

For our Elders | NAIDOC Week 2023

2nd - 9th July

National NAIDOC Week is held across Australia in the first week of July each year, to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Ways you can support NAIDOC Week:

- Learn about the theme - www.naidoc.org.au/awards/current-theme
- Attend an event - visit www.naidoc.org.au/local-events/local-naidoc-week-events
- Listen to podcasts or music by First Nations artists and creatives.
- Learn more about who the Traditional Owners are where you live - <https://aiatsis.gov.au/explore/map-indigenous-australia>

More information and NAIDOC Week resources can be found at www.naidoc.org.au/



KEY DATES

All - Dry July

2-9 July - NAIDOC Week

9-15 July - National Diabetes Week

16-23 July - National Farm Safety Week

23-30 July - Donate Life Week

24 July - International Self-care 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.