



COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



YOU SAID...
The furniture within Wirrim Lodge is not fit for purpose, didn't meet infection control or OH&S principles and isn't a welcoming space for consumers.



WE DID...
Review of community health team needs and consumer needs and sought consumer feedback to furniture and fabric types. Following consultation we have replaced old with new. Wirrim Lodge is now an inviting space with fit for purpose furniture which meets infection control and OH&S principles.




Deakin Dietetics Students Dylan and David, with EWHS Dietitian Tessa. Wirrim Lodge in Birchip has had a re-fresh!


SEPTEMBER 2023

Welcome to our September 2023 Community Newsletter!

EWHS have recently said farewell to two Deakin University Dietetics students. Dylan and David spent the past 7 weeks at EWHS looking at how a strengthened multidisciplinary model in Community Health might work for our team. They've provided us with a number of recommendations, many that we hope to use in future. All the best, Dylan and David, for the rest of your studies!

Wirrim Lodge in Birchip was previously the home to many Residential Aged Care consumers. With the new building up and running in Birchip, Wirrim Lodge is now home to Community Health Services. It was identified that some of the furniture was a little out of date and not so welcoming for consumers, so it has had a refresh!

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/

SUPER STAFF CELEBRATED

Wycheproof Campus give a shout out to Endorsed Enrolled Nurse (EEN) Jo who went above and beyond recently when the Wycheproof Activities Coordinator was unavailable.

Staff were asked to try to do an activity, a board game or something with residents for the week so they weren't bored. Jo organised to cook banana bread with residents on Thursday with great results. She went one better on Friday running 'happy hour' with non-alcoholic beverages and homemade dips cooked in her Thermomix with assistance from residents.

Thank you Jo for going beyond your normal duties to ensure our residents had value and entertainment in their days!



SPECIAL VISITOR IN CHARLTON

Lulu the Shetland Pony celebrated her birthday on August 1st by visiting our Charlton Campus Residents. Thank you Lulu for bringing joy to our residents, and to Gemma and Thomas for bringing Lulu in!

We herd it was somebodies birthday...



Charlton Campus had a visit from "Lulu" the Shetland Pony, Thomas and Gemma who brought the pony in on the 1st August for all the horses' birthday.

The residents had a lovely time patting and reminiscing about how they used to ride a pony to school or had horses on their farm.



INDIA INDEPENDENCE DAY AT DONALD

Donald Campus had a fabulous day celebrating India Independence Day recently.

Nurse Dhanya Thomas shared a presentation with staff and residents, this was very thought provoking and something we should all live by. Residents and staff were also treated to a wonderful display of traditional Indian clothing and an Indian inspired meal.



HEALTH PROMOTION HAPPENINGS

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



- **Healthy teeth and smiles at St Arnaud ELC** - To celebrate Dental Health Week (7th - 13th August) Pearly and Stacey were invited to St Arnaud Early Learning Centre. Together with the children, they read stories and chatted about what makes a healthy smile. Then we got crafty - drawing our smiles and making big monster smiles!



- **Cooking up a storm at Charlton College** - As part of the Stephanie Alexander Kitchen Garden Program, the Grade 3/4s at Charlton College get to practice their skills in the kitchen each week. Maddie and Stacey went along this week to help out. Using ingredients from the school garden the class made Carrot, Cumin and Herb Fritters with Yoghurt Sauce, Cauliflower and Kale tossed with Linguine and a delicious Pear Crumble. The Fritters and the Pear Crumble were voted the equal favourite dishes! Thanks for having us Charlton Grade 3/4!



Stacey and Maddie with Isabella - cooking the pasta sauce.

- **R U OK? in St Arnaud** - R U OK? Day is held each year in early September. Maddie and Stacey went along and joined in the activities that were put on by St Arnaud Primary School and St Arnaud Secondary College. It was a fantastic few hours of having fun, relaxing and checking-in with one another.



SERVICE UPDATES



EWHS PHYSIOTHERAPY SERVICES

EWHS are pleased to be able to offer extra Physiotherapy appointments during September. See details in the image below on how to make an appointment.





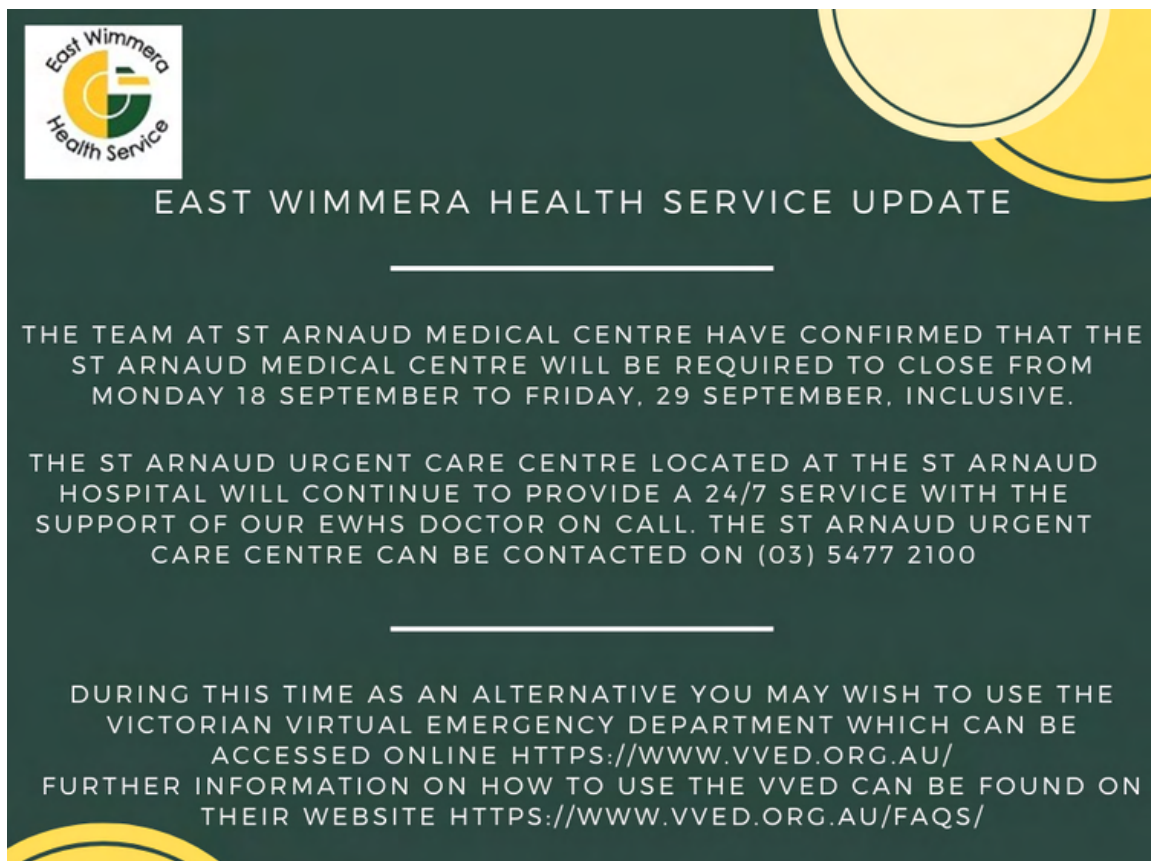
PHYSIOTHERAPY SERVICES


- Keep on your feet.
- Moving well.
- Aging well.

EXTRA APPOINTMENTS AVAILABLE THROUGHOUT SEPTEMBER

- Chat to your GP, Health Worker or other health service to request a referral. or Self-referrals are welcome. Contact your local EWHS Reception to begin.

ST ARNAUD MEDICAL CENTRE





EAST WIMMERA HEALTH SERVICE UPDATE

THE TEAM AT ST ARNAUD MEDICAL CENTRE HAVE CONFIRMED THAT THE ST ARNAUD MEDICAL CENTRE WILL BE REQUIRED TO CLOSE FROM MONDAY 18 SEPTEMBER TO FRIDAY, 29 SEPTEMBER, INCLUSIVE.

THE ST ARNAUD URGENT CARE CENTRE LOCATED AT THE ST ARNAUD HOSPITAL WILL CONTINUE TO PROVIDE A 24/7 SERVICE WITH THE SUPPORT OF OUR EWHS DOCTOR ON CALL. THE ST ARNAUD URGENT CARE CENTRE CAN BE CONTACTED ON (03) 5477 2100

DURING THIS TIME AS AN ALTERNATIVE YOU MAY WISH TO USE THE VICTORIAN VIRTUAL EMERGENCY DEPARTMENT WHICH CAN BE ACCESSED ONLINE [HTTPS://WWW.VVED.ORG.AU/](https://www.vved.org.au/) FURTHER INFORMATION ON HOW TO USE THE VVED CAN BE FOUND ON THEIR WEBSITE [HTTPS://WWW.VVED.ORG.AU/FAQS/](https://www.vved.org.au/faqs/)



KEEP UP TO DATE



EVENTS AND INFORMATION

Charlton Planned Activity Group (PAG)

New members welcome!

WE NEED YOU TO JOIN CHARLTON PLANNED ACTIVITIES GROUP
FOR FUN TIMES AND OUTINGS



COME ALONG AND MAKE SOME NEW FRIENDS AND HAVE A GREAT TIME WITH LIKE MINDED PEOPLE IN THE CHARLTON COMMUNITY.

WE CREATE A PROGRAMME TO YOUR LIKING

ANY QUESTIONS PLEASE PHONE 54776800 AND ASK FOR JULIE OR LEAVE A MESSAGE






***OUTINGS**

***HOME BASED ACTIVITIES**

***BRING A FRIEND * TRANSPORT AVAILABLE**

*** MORNING TEA AND LUNCH PROVIDED**

***ALL WELCOME**

KEY DATES

All - September

4-8 Sep - Women's Health Week

8 Sep - World Physiotherapy Day

12 Sept - World Mindfulness Day

14 Sep - R U OK Day

18-24 Sep - Dementia Action Week

21 Sep - World Gratitude Day

29 Sep - World Heart 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.