



COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



Donald photographer Julia Pearce, with Donald Campus Manager Sheryl Williams. Grass pollen season runs from October to December.

OCTOBER 2023



Welcome to our October 2023 Community Newsletter!

Donald Campus recently updated the Health Service walls with photographs taken by Julia Pearce. The photographs have really spruced up the space and have created fantastic discussion amongst staff and consumers. We hope to add more photos soon!

October marks the start of the grass pollen season in Victoria, bringing a seasonal increase in asthma and hay fever - and the chance of thunderstorm asthma. Those with asthma and spring hay fever are encouraged to check in with their local GP or pharmacist to prepare.

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/

AROUND THE GROUNDS

EWHS FOR ALL YOUR HEALTH CARE AND HOME CARE NEEDS

East Wimmera Health Service (EWHS) is pleased to announce the acceptance of Commonwealth Home Support (CHSP) services as a result of the Buloke Shire exit.

EWHS is a trusted and well-established local health care provider already working with consumers within the Buloke Shire communities to enhance and encourage their ability to maintain independence and live well at home. These additional home support services will complement existing EWHS services and positively contribute to early intervention with health care and aging well.

EWHS CHSP services will expand to include:

- Domestic assistance including general house cleaning and laundry
- Home maintenance and gardening
- Meals and personal care including assistance with bathing, eating, dressing and grooming

EWHS are working with Buloke Shire to start delivering these services by January 1st 2024. If you would like to receive your home care services from EWHS please contact our Community Health Admin Team on 04 5477 2222.

The CHSP program supports older people (aged 65 years or older or 50 years of older for Aboriginal and Torres Strait Islander people) to get help with everyday tasks in their home. This program helps to maintain independence and live safely in their own home.



EAST WIMMERA HEALTH SERVICE

**BIRCHIP | CHARLTON | DONALD |
ST ARNAUD | WYCHEPROOF**

Home Care Service Provider

East Wimmera Health Service is a home care service provider working towards delivering care to you in your community.

SERVICES INCLUDE:

- ✓ Allied Health: Physiotherapy, Podiatry, Occupational Therapy, District Nursing, Diabetic Educator and Continence Nursing services available now and self-referrals welcomed
- ✓ Domestic Assistance including general house cleaning and laundry
- ✓ Home Maintenance including Garden Maintenance and Minor Home Maintenance and Repairs
- ✓ Personal Care including assistance with bathing, eating, dressing, grooming
- ✓ Delivered Meals including meals prepared and delivered to your home

If you would like EWHS to deliver your home services in the future please register your interest by contacting Community Health Admin team on 54 772 222

East Wimmera Health Service for all your health care and home care needs

AROUND THE GROUNDS

DONALD TAKES A 'PAWS' FROM USUAL PROGRAMMING

On Tuesday 12th September the Donald Campus received a visit from Ambulance Peer Support Paramedic Jo and her wonderful Bernese Mountain dogs, Ted and Lexi.

Ted and Lexi travel around and provide support for Ambulance Victoria employees and when they are not working, they live at home on the farm.

Thank you Jo, Ted and Lexi for your visit! We're already looking forward to the next one!



HEALTH PROMOTION HAPPENINGS

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



- **Brush, brush, brush your teeth at Buloke Playgroups** - Term 3 visits at Playgroups has been all about brushing our teeth! We talked about the correct way to brush our teeth and then got to practice with Pearly. Everyone also received a toothbrush and toothpaste to take home.



**CLEAN
WELL**



- **Vic Kids Eat Well in St Arnaud** - Maddie has been working with St Arnaud Primary School on the Vic Kids Eat Well Program. We were excited to see the Primary School achieve several program 'bites' recently. Keep up the great work!

- Swap sugary drinks for healthier drinks (small bite)
- Rethink cakes and muffins (small bite)
- Boost veggies and salads (small bite)
- Refresh the fridge (big bite)
- Switch up the snacks (big bite)





KEEP UP TO DATE



EVENTS AND INFORMATION

Survey Opportunity | Buloke Youth

**VOLUNTEERS
NEEDED**

**FOR A STUDY ON
VAPING AND SMOKING**

DO YOU SMOKE OR VAPE?

ARE YOU AGED BETWEEN 18 AND 30 YEARS OLD?

DID YOU START SMOKING WHILE LIVING IN THE BULOKE, LODDON OR GANNAWARRA SHIRES?

Participation involves a short 10 minute anonymous survey.

To Participate:
Visit www.ndch.org.au/survey
or use the **QR code** above

More information

Email us:
Morgan.Spencer@ndch.org.au



KEEP UP TO DATE



EVENTS AND INFORMATION

Seniors Week Celebrations | Northern Grampians Shire

Tuesday 17th October 2023

Melissa Langton stars in "What the World Needs Now" - a joyous, foot stamping, hand-clapping celebration of the swinging sixties. This show delivers the hits of Tom Jones, Burt Bacharach, Lulu, Petula Clark, Aretha Franklin, Carole King, the Fab Four - and so many more.

SENIORS DAY CONCERT

TUESDAY 17 OCTOBER 2023
ST ARNAUD TOWN HALL
40 NAPIER STREET, ST ARNAUD

MELISSA LANGTON:
WHAT THE WORLD NEEDS NOW

CONCERT TO COMMENCE AT 11AM
FOLLOWED BY A LIGHT LUNCH AND
AFTERNOON MOVIE 'A HAUNTING IN VENICE'

LIMITED NUMBERS - BOOKINGS ARE ESSENTIAL

BOOKINGS CAN BE MADE VIA PHONE ON
03 5358 8700 OR AT ST ARNAUD OR STAWELL CUSTOMER
SERVICE OFFICES

OPEN FOR BOOKINGS 18 SEPTEMBER 2023

EVENT SPONSORED BY:

KEY DATES

All - Mental Health Month

All - Walk 2 School Month

All - Breast Cancer Awareness Month

1 Oct - International Day of the Older Person

9-15 Oct - Podiatry Week

10 Oct - World Mental Health Day

15 Oct - Global Handwashing Day

15 Oct - International Day of Rural Women

15-21 Oct - Try for 5 (Nutrition Week)

18 Oct - Ride to Work Day

21-29 Oct - Children's Week

26 Oct - Intersex Awareness Day

27 Oct - World Occupational Therapy 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.