

Community Newsletter

by East Wimmera Health Service (EWHS)



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Vera W. holds one of the chicks hatched by residents at Birchip Nursing Home.



EWHS Mental Health and Wellbeing team member, Emily Noonan and Pat Boyer (RFDS) at the Wycheproof Bakery recently.

APRIL 2024



Royal Flying Doctor Service
VICTORIA

EWHS & RFDS FLYING DOCTOR WELLBEING PROGRAM PARTNERSHIP

Starting this month, the Royal Flying Doctors (RFDS), in partnership with EWHS, will be delivering the Flying Doctor Wellbeing program from the Wycheproof Campus.

A mild to moderate mental health service, the Flying Doctor Wellbeing program will be delivered by mental health

clinician, Pat Boyer, who will be offering face-to-face appointments at East Wimmera Health Service and telehealth services to consumers across the East Wimmera Health Service catchment.

As an Accredited Mental Health Social Worker who has been providing psychological

services to a variety of rural communities over the past 15 years, Pat has a particular interest in connecting with rural communities and people in an authentic way, supporting their health and wellbeing goals. His work with psychological services has seen him working with with

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Around the grounds

PAINTING BUNNIES IN BLUE

Wycheproof's Grandview Lodge has found a fantastic use for expired PPE.

Residents of Blue Wing, (secure for residents with dementia and other illnesses requiring extra support) have been donning the PPE to

protect their clothes during painting sessions.

In preparation for Easter, residents were busy painting bunnies, which were then turned into colourful Easter decorations to adorn the walls, for all to enjoy.



EWHS & RFDS FLYING DOCTOR WELLBEING PROGRAM PARTNERSHIP

Accredited Mental Health Social Worker, Pat Boyer from the Royal Flying Doctors Service (RFDS).



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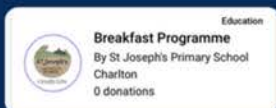
transition grief and loss, drug and alcohol, and youth at risk to name a few. He has worked in a variety of industries from farming to mining, food processing to building and construction and, when off-duty he enjoys camping, spending time with his family and family pets, Arlo the border collie, and Risso the quarter horse.

Flying Doctor Wellbeing is a free and confidential service for people aged 18 or over. A Mental Health Plan or GP referral is welcomed, but not required to access this service. Referrals can be made via the East Wimmera Health Service Central Intake team.

***Flying Doctor Wellbeing* mental health clinicians can help people experiencing mild to moderate mental health concerns including:**

- Trauma
- Low mood, depression
- Feelings of stress, anxiety or panic
- Grief or loss
- Relationship difficulties
- Loneliness and isolation
- Sleep problems.

SUPPORT ST JOSEPH'S PRIMARY SCHOOL BREAKFAST PROGRAMME THE NEXT TIME YOU DEPOSIT!



= 10c





BECOME A MENTAL HEALTH FIRST AIDER

East Wimmera Health Service in partnership with the Loddon Mallee Public Health Unit

are pleased to provide **Mental Health First Aid (MHFA) training.**

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training teaches practical skills to support someone with a mental health problem. Make a real difference at work and in your personal life.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

? LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation
- This is a 12-hour educational course, not a therapy or support group.

HOW DO I SIGN UP?

DATES Thursday 18th and Friday 19th

TIMES April 9:30am - 4:30pm (both days)

COST FREE

VENUE Wycheproof Community Resource Centre
Catering provided.

FACILITATORS

Jann Barkman and Sally Russell
Swan Hill District Health Service

Locals of Southern Buloke are eligible to enrol in this course. **Attendance at both days is required to complete the course.** Places are limited so please confirm you place quickly!

Please call: **0467 746 606** or email: **stacey.keller@ewhs.org.au** to secure your place.

For more information, visit mhfa.com.au/courses



@MHFA_Australia



@mentalhealthfirstaid



Free event provided by EWHS and Loddon Mallee Public Health Unit funding.

Around the grounds

HIGH TEA

INTERNATIONAL WOMENS DAY AT KARA COURT

Kara Court recently held High Tea to honour International Womens Day.

Residents from Respect Hostel were guests at Kara Court where they joined residents for a great feast to celebrate this special day.



GRATITUDE

Last week on March 27, staff observed Gratitude Day, the first of the EWHS GEM (Gratitude, Empathy and Mindfulness) Days, it was an opportunity to slow down, take a breath and give thanks to what we are grateful for.

That same week, we received an email from Beverley Nichols in Support Services, Charlton, who sent in a photograph of the residents, along her thoughts:

"One of our nurses took this lunchtime picture of our residents. Our meal-times at Charlton, are so full of happiness, reminiscing and laughter. The chatter at the table is very informative. Remembering old times, what people did then, the homes they lived in and what they did in Charlton and it's surrounds.



I love the interaction between them all. The friendship, the kindness and just good old banter. The one comment I always hear between them is, "do you remember when . . . ?" And a huge conversation begins. Some of the residents began their life in Melbourne, so the conversation turns to what they did in Melbourne - it is absolutely fascinating.

They all bring something different to the table. I am so very proud of these beautiful Charlton people.

We thank Beverley, for allowing us a glimpse into your working day, and what she is grateful for.

Around the grounds

SMILES 4 MILES

HAPPY & HEALTHY SMILES AT ST ARNAUD EARLY LEARNING CENTRE

St Arnaud Early Learning Centre were recently presented with their Smiles 4 Miles award, recognising their work to improve the oral health of some of our youngest community members.

As part of the award criteria, children and staff engaged with families, completed a number of fun learning experiences, and reviewed the centre's menu and policy for the three key Smiles 4 Miles messages:

- Drink well - Drink tap water or plain milk and avoid sugary drinks like cordials, juices and soft drinks.
- Eat well - Eat a variety of nutritious foods each day and limit sugary foods, particularly between meals.
- Clean well - Brush teeth twice daily, adults should help children until at least the age of 8.

Smiles 4 Miles Coordinator, Stacey from East Wimmera Health Service, congratulated the Early Learning Centre for their work, saying "It is great to be supporting the families



and staff at St Arnaud Early Learning Centre. Abbey, Tash and the wider team have so much enthusiasm and understand how important it is to build healthy habits from a young age – keep up the great work!"

Smiles 4 Miles is an oral health promotion initiative of Dental Health Services Victoria. It works in partnership with the EWHS Health Promotion team to improve the oral health of young children, their families, educators and the broader community.

FUN ON A HOT DAY

St Arnaud Planned Activities Group (PAG), recently cooled down with a game they affectionately dubbed the "Wet T-Shirt Comp".

"Team Sam" and "Team Lyn" faced off in a race that required players to dunk a t-shirt in a bucket of water and pass it down the line to the end, where a team member squeezes the water out of the shirt, and into an empty bucket. The team with the most water collected wins. Our hearty congratulations to Team Sam on their win!



Around the grounds

HATCHING CHICKS AT BIRCHIP NURSING HOME

Recently, Birchip Nursing home was lucky enough to have an incubator, and some fertile chicken eggs brought in for residents to hatch.

Residents excitedly checked the eggs each day for the required 21 days, with the first pipping occurring on days 19-20. Within 12 hours, Birchip Nursing Home had its first chick, with two more hatching over the next two days.

Everyone was pleased to meet the newcomers, and the trio have since been transferred back to the chicken farm, but will visit the residents every few weeks.

More eggs will be incubated in the near future to add to the brood.



Newly hatched and raring to go.



Val H.



A very well-tended incubator.



Judy B. nurses a chick.

BULOKE LODDON

TAC

L2P PROGRAM



Mentors Wanted

Would you like to help young people learn to drive?
Do you have at least two hours per fortnight to spare
on a regular basis? Are you over 21 years old?
Do you hold a full current driver's licence?

The Buloke Loddon L2P program matches volunteer driver mentors to young learner drivers to assist them in gaining on the road driving experience in a vehicle that is provided through the program - all we need is your time (and interest). Training and support will be provided.

 North
Central
LLEN

If you are interested, please email l2p@ncllen.org.au or contact the North Central LLEN on 5491 1144.

Creating opportunities for children and young people to thrive in education, work and life

Around the grounds

COOKING AND LIFE SKILLS CLASSES

BIRCHIP
Cooking & Life Skills Classes

Who?
16-18 year olds

What?
A fun and social way to learn how to cook on a budget and learn other important skills before leaving home.

Why?
Get a head start on your adult independence in a low stakes and enjoyable environment!

Where?
Food Tech Room at Birchip P-12 School

When?
3x Monday evening sessions 6-8p.m on the 6th & 20th of May and the 3rd of June

Scan QR code below to sign up!

EWHS Health Promotion team are excited to be part of the team bringing cooking and life skill classes to Charlton and Birchip.

If you are between 16-18 years old and are looking to start building up your adulting toolkit and have some fun in the process, scan the QR code on the posters below to sign up!

CHARLTON
Cooking & Life Skills Classes

Who?
16-18 year olds

What?
A fun and social way to learn how to cook on a budget and learn other important skills before leaving home.

Why?
Get a head start on your adult independence in a low stakes and enjoyable environment!

Where?
Hospitality Kitchen at Charlton College (NCTTC)

When?
3x Monday evening sessions 6-8p.m on 29th April, 15th May & 27th May

Scan QR code below to sign up!

APRIL IS

AUTISM ACCEPTANCE MONTH

The goal is simple: to improve the lives of all Australians on the autism spectrum and the families who love them.

More information at:
<https://www.autismawareness.com.au/>

OTHER HEALTH EVENTS

- April 1** Be Alarmed – change your smoke alarm battery.
- April 2** World Autism Day
- April 7** World Health Day
- April 11** World Parkinson's Day
- April 15-21** World Creativity and Innovation Week
- April 17** World Haemophilia Day
- April 23-29** Patient Experience Week
- April 24-30** World Immunisation Week
- April 28** World Day for Safety and Health at Work
- April 28** Pay It Forward 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.