

Community Newsletter

by East Wimmera Health Service (EWHS)



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



www.ewhs.org.au/



Minnie the farm dog is a popular visitor at Kara Court in St Arnaud, especially on Mondays.



Fond farewells: EWHS recently bid farewell to long-term staff members Scott Wilson and Leanne Jeffery.



JULY 2024

RECONCILIATION ACTION PLAN ENDORSED



EWHS is pleased to have received formal endorsement of its Reconciliation Action Plan, and official accreditation from Reconciliation Australia this week.

The four RAP types – Reflect, Innovate, Stretch and Elevate – allow organisations to continuously develop their reconciliation commitments.

Implemented over 12 – 18 months, the EWHS Reflect RAP enables the organisation to sustainably and strategically take meaningful action to advance reconciliation. It includes developing relationships with Aboriginal and Torres Strait Islander stakeholders, and scoping where we can best have impact in our sphere of influence.

The submission of the Reconciliation Action Plan has been the result of 24 months of work by the EWHS team and can be found on the EWHS website and at: <https://www.reconciliation.org.au/reconciliation-action-plans/who-has-a-rap/>

Around the grounds



FROM THE CEO

TREVOR ADEM

NAIDOC Week 2024

As NAIDOC week is upon (7-14 July), I reflect on the EWHS commitment to reconciliation. This year's theme "Keep the fire burning! Blak, Loud and Proud" which honours the enduring strength and vitality of First Nations culture - with fire a symbol of connection to Country, to each other, and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander peoples. NAIDOC 2024 celebrates the unyielding spirit of Aboriginal and Torres Strait Islander communities and invites all to stand in solidarity, amplifying the voices that have long been silenced. It was why it was so wonderful to see many St Arnaud staff in attendance to participate in this important event on campus recently, when we participated in a Welcome and Smoking ceremony by Djaara Elder Traditional Owner Aunty Marilyn Nicholls before the meeting of the Board of Directors. It is through our collective efforts in reconciliation as the broader EWHS team that the stories, traditions, and achievements of Aboriginal and Torres Strait Islander communities are cherished and celebrated, enriching the fabric of the nation with the oldest living culture in the world.



It was wonderful to see staff, board members, and visitors gather at the recent smoking ceremony.

Accreditation Wrap Up

We were thrilled (and relieved) that EWHS completed a successful NSQHS accreditation week. It highlighted a commitment to excellence and continuous improvement. This significant milestone reflects the hard work, dedication, and exceptional teamwork displayed by staff.

Federation University Partnership - History

I am delighted to update you on a significant and exciting partnership between EWHS and Federation University. Together we will embark on a comprehensive historical reflection to document and capture the rich history of EWHS. This collaboration represents a unique opportunity to explore, reconcile and celebrate our storied past. With this research, we preserve our history, and honor the legacy of those who have contributed to our journey and provide valuable insights and inspiration for our future. I look forward to keeping you updated about this exciting and important work.



Aunty Marilyn Nicholls lit the fire to perform the ancient ceremony at St Arnaud campus.

The magnificent gum tree guarding the main entrance to the building was honoured with a deposit of sacred ash at its base, returning the remains of the fire to the land.



Around the grounds

MINNIE MONDAY'S KARA COURT'S FAVOURITE VISITOR

NEW DRIVEWAY FOR WYCHE. PAG



Born under the shearing sheds at Riverlea Piggery in Logan, "Minnie," the Koolie sheepdog, currently resides on Leisure & Lifestyle Coordinator, Alison Langley's farm.

The remarkable thing about Minnie is her love for people. Another endearing trait is her absolute adoration for pats.

Of course, the people are more than happy to indulge her.



Minnie has become a regular highlight on Mondays, much to the delight of the residents who thoroughly enjoy her company. The arrangement for petting has been warmly embraced by everyone at Kara Court, with residents equally enthusiastic about giving Minnie pats as she is about receiving them.

Residents and staff at Wycheproof are celebrating the completion of a new driveway paving project, which has significantly improved access to the PAG (Planned Activities Group) rooms.

Months of meticulous planning culminated in the installation of the new driveway, designed to enhance safety and convenience for all visitors. The timing of this upgrade couldn't have been more perfect, arriving just in time to navigate through the challenges posed by the cold, wet, and slushy winter weather.



FLU SEASON

This winter, we know what to do to stay well against the flu and COVID. Get your flu shot and up to date COVID vaccine.

It's the most effective way to stay protected this winter. You can get both vaccines at the same time, and the flu shot is free if you're:

- aged 65 and over
- pregnant
- an Aboriginal or Torres Strait Islander over 6 months old
- and people with medical conditions that put them at increased risk of severe flu.

Remember, the flu shot protects children from serious illness caused by the flu. Children and babies six months or older need to get the flu vaccine every year. It can be given at the same time as other routine childhood vaccines and it's free for kids aged 6 months to under 5.

Book now with your doctor. For more information visit betterhealth.vic.gov.au/stay_well_this_winter

HELP IS HERE

If you're **16-25 years of age**, living in the **Loddon-Mallee** region and are **struggling with your mental health**, keep reading. The Youth Outreach Recovery Support (YORS) program could be for **you**. The YORS program can help you **manage** your mental health as well help you to take the steps towards the life you want and **the person you want to be**.

The YORS program for the Loddon-Mallee region is provided by the Australian Community Support Organisation (ACSO).



At ACSO, our heart and passion is at the core of everything we do. Our vision is for a community where everyone has the **opportunity to thrive**. We promote, support and believe in the values of **hope and recovery** in all of our work.

YOU ARE NOT ALONE

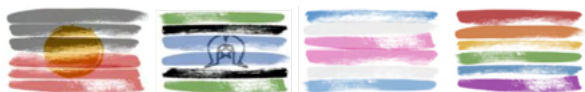
15-16% of young people aged 16-24 reported experiencing **very high levels** of **psychological distress**¹

Over **1 in 5 people** aged 16-24 will be affected by **mental illness** at some stage ²

Free!

Our program is government-funded and has no associated costs for those who access it

WE'RE HERE TO HELP EVERYONE



The ACSO YORS program strives to be inclusive and culturally sensitive in all facets of our outreach and support



No matter where you're at, we'll help you get to where you want to be.

Call 1300 022 760

to talk about getting support.



Youth Outreach Recovery Support (YORS)

Sprains, Strains & Fractures

- It can be difficult to tell whether an injury is a fracture, dislocation, sprain or strain. If in doubt, always treat as a fracture.
- DO NOT try to force a broken or dislocated bone back into place.

Signs and symptoms

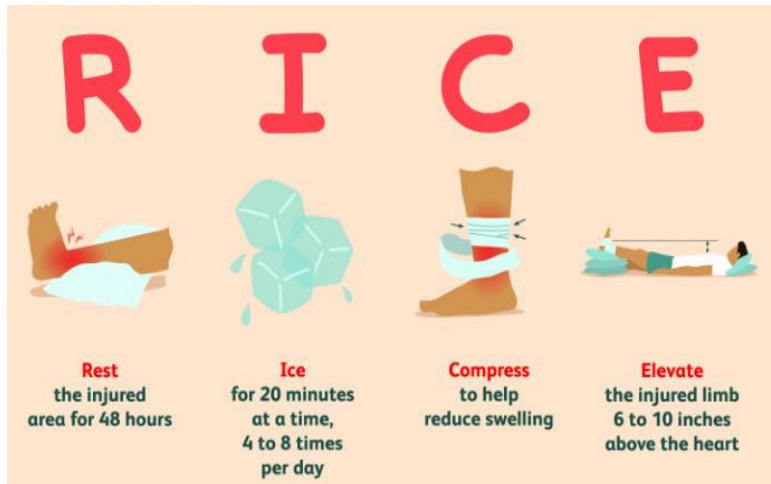
Sprain

- intense pain
- restricted movement of the injured joint
- rapid development of swelling and bruising

Strain

- sharp, sudden pain in the region of the injury
- usually loss of power
- muscle tenderness

What to do



Signs and symptoms

Fracture

- pain or tenderness at or near the site of the injury
- swelling
- deformity
- discolouration, redness, bruising
- loss of function
- the patient felt or heard the break occur
- a coarse grating sound is heard or felt as bones rub together

What to do

Fracture

- 1 Follow DRSABCD.
- 2 Ask the patient to remain as still as possible.
- 3 Control any bleeding, cover any wounds and check for other fractures.
- 4 Immobilise the broken bone by placing a padded splint along the injured limb.
- 5 Secure the splint by passing the bandages above and below the break to prevent movement. Tie the bandages firmly and away from the injured side.
- 6 For a leg fracture, also immobilise the foot and ankle. Support the limb while bandaging.
- 7 Check that the bandages are not too tight and watch for signs of loss of circulation to the limb every 15 minutes.
- 8 Seek medical aid.



Dislocation

- pain at or near the site of the injury
- difficulty or inability to move the joint
- abnormal mobility of the limb
- loss of power
- deformity (such as an abnormal lump or depression)
- tenderness
- swelling
- discolouration and bruising

Dislocation

- 1 Follow DRSABCD.
- 2 Rest and support the limb using soft padding and bandages.
 - For a **shoulder injury**, support the arm as comfortably as possible.
 - For a **wrist injury**, support the wrist in a sling.
- 3 Apply a cold pack directly over the injured joint, if possible.
- 4 Seek medical aid.
- 5 Check circulation of the limb. If circulation is absent, call **Triple Zero (000)** for an ambulance. Massage the limb gently to try to restore circulation.

For more information visit www.ambulance.vic.gov.au. Follow the Loddon Paramedic Community Support Coordinator (PCSC) on Facebook (facebook.com/pcscloddon)

Saving lives is a team effort and the community is a vital part of the team.

Sprains, Strains & Fractures



VICTORIAN VIRTUAL
EMERGENCY DEPARTMENT
Northern Health

Do you need urgent
medical advice?

Register online for a video
consult with the VVED
emergency team

Available 24/7
Anywhere in Victoria



Contact VVED for non-life-threatening conditions only. If you experience a potential life-threatening condition, such as severe difficulty breathing, severe or constant chest pain, lips or face turning blue, fainting or unconsciousness, sudden weakness or numbness down one side of body, immediately call Triple Zero (000).

www.vved.org.au



**Ambulance
Victoria**



ASIST

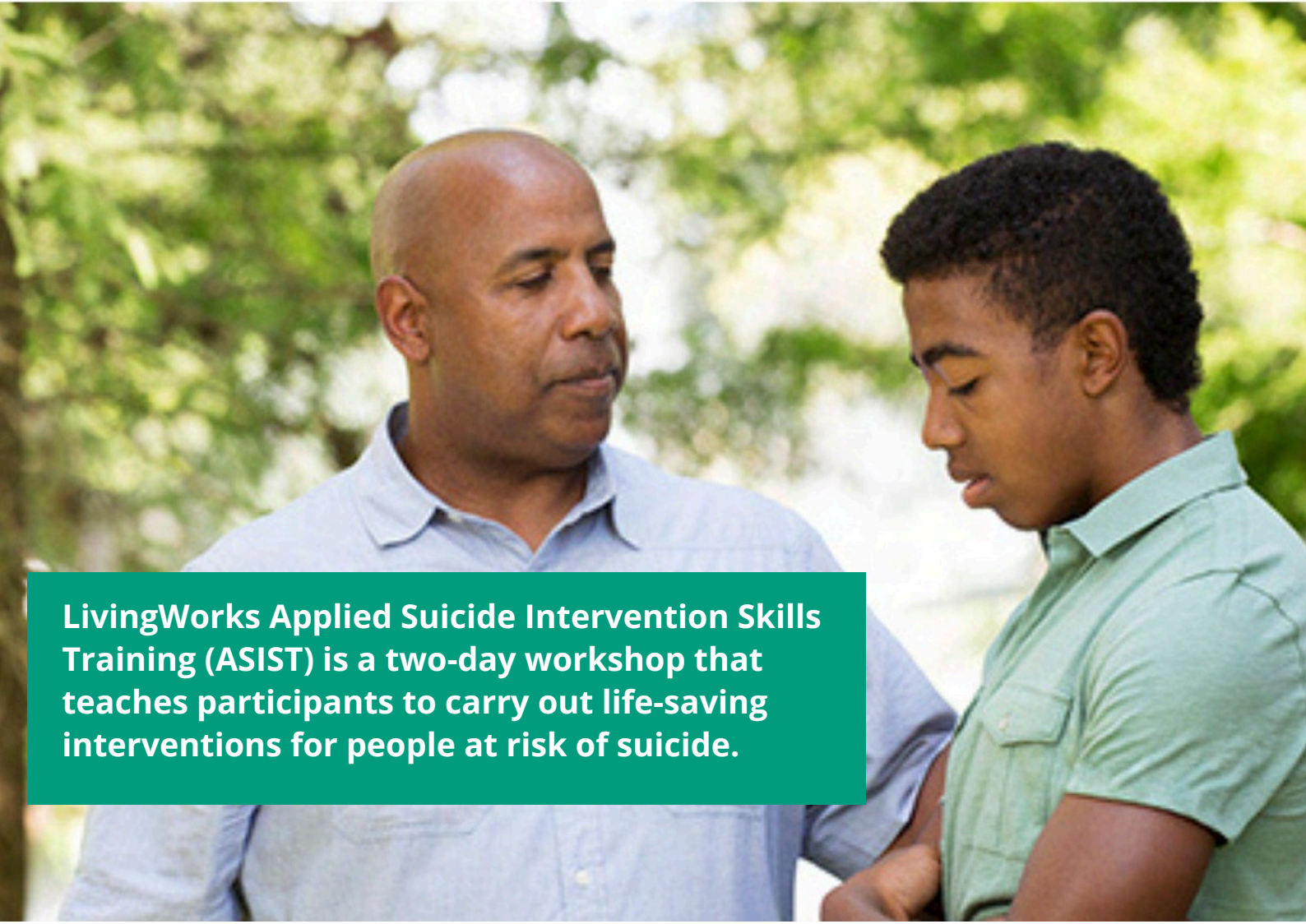
2 DAY Fully Funded Workshop

CHARLTON

Wednesday 31st July 2024 & Thursday 1st August
2024 9:00am-5:00pm Charlton Park Community Bank
Complex Calder Hwy Charlton

[REGISTER HERE](#)

You only need to register once for day 1 to attend both sessions. You need to complete both days to receive accreditation



LivingWorks Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that teaches participants to carry out life-saving interventions for people at risk of suicide.



Around the grounds



HAPPY BIRTHDAY WILMA

Charlton PAG had cause to celebrate last month when their client, Wilma, turned 92 years young.

The group headed off to Olive Joy Cafe in Birchip to mark the occasion.

Congratulations, Wilma!



92 years young!



LUNCH INVITATION

Join us for a complimentary
Community Social Lunch.

WEDNESDAY, 31ST JULY 2024, 12 NOON
CHARLTON SENIOR CITIZENS ROOM

Please RSVP by Friday, 24th July to the Charlton Neighbourhood House or leave a message on the Vinnies phone (0499 302 517) if you wish to attend. Transport can be arranged if needed.





Violet Vines
Marshman Centre
For Rural Health
Research



Are you a Charlton resident aged over 75? We would love to talk with you about extreme weather events and your health.

Loddon Mallee Public Health Unit and La Trobe University are partnering to explore the impact of extreme weather and a changing climate on the health of older people.

We invite you to participate if you are over 75 years old and live in your own home:

We have experienced many extreme weather events (including flood, storms, droughts, and bushfire) in the Loddon Mallee region over recent years. We know that these events can impact our health in a range of ways, and some people are more vulnerable to this than others. This impact may be to physical or mental health and might include exposure to heat outdoors, managing temperature control in your home, sleep disturbance, use and availability of medications, transport and road use, availability of services and infrastructure, emergency responses and preparedness in and around your home. There may be many more that we have not listed.

Participation involves.

If you decide to take part in the research, you would be asked to:

- Take one or 2 photographs of what climate extremes and a changing climate mean to you.
- Participate in a group discussion of approximately 2 hours with other older people in Charlton to share your thoughts about our climate and its potential impact on your health.

Your decision to participate in this research is voluntary.

Reimbursement for participation

You will be offered a \$100 Coles Myer voucher for your participation and may be reimbursed for any reasonable travel, parking or other associated costs.

For More Information

If you would like more information or are interested in being part of the study, please contact:

Name:	Dr. Jo Adams
School/Department	La Trobe Rural Health School, La Trobe University Bendigo
Email:	j.adams2@latrobe.edu.au
Phone:	03 5444 7243 (leave a message and Jo will call you to arrange an interview or answer any questions you might have)
Website (if any):	https://www.latrobe.edu.au/rural-health-school
Ethics Approval Number	HREC/108380/BH-2024-42069

Around the grounds



MEET WITH THE CEO COMMUNITY GROUPS INVITED

East Wimmera Health Services (EWHS) is pleased to announce a series of community engagement sessions with CEO Trevor Adem, providing an opportunity for local community groups to discuss relevant topics and initiatives.

The CEO, will be available at various campus locations over the coming months. Community groups are invited to schedule appointments to meet with Trevor to discuss matters pertinent to their interests and the community at large.

Scheduled Visits:

- Wed., 24 July **Birchip**
- Wed., 14 August **Charlton**
- Wed., 4 September **Donald**
- Wed., 25 September **Wycheproof**
- Wed., 9 October **Birchip**
- Wed, 30 October **Charlton**
- Wed., 20 November **Donald**
- Wed., 11 December **Wycheproof**
- Wed., 18 December **Birchip**
- **St Arnaud** by arrangement anytime.

Appointments can be arranged by contacting Amanda Campbell via email at: amanda.campbell@ewhs.org.au Please specify your preferred campus location and provide a

MEET WITH THE CEO



EWHS CEO, Trevor Adem visits staff at various campuses each Wednesday.

Community groups are invited to book an appointment to meet with Trevor, by contacting amanda.campbell@ewhs.org.au

AVAILABLE WEDNESDAY'S
@ THE FOLLOWING CAMPUSES
OR IN ST ARNAUD BY ARRANGEMENT



brief overview of the topics you wish to discuss with Trevor.

These sessions are designed to foster open dialogue between EWHS leadership and community stakeholders. Whether your group is interested in healthcare services, community development, or other related topics, this is an excellent opportunity to engage directly with CEO Trevor Adem.

JULY IS DRY JULY

Dry July is a fundraiser that challenges you to go alcohol-free in July to raise funds for people affected by cancer. The funds raised through Dry July will provide invaluable services to cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment.

<https://www.dryjuly.com/>

OTHER HEALTH EVENTS

July 7-14 NAIDOC Week

July 8 International Paramedics Day

July 14 - 20 National Diabetes Week

July 21 - 28 Birth Trauma Awareness Week

July 22 - 28 National Pain Week

July 26 Schools Tree Day

July 28 National Tree Day

July 28 - August 4 DonateLife Week

<https://www.donatelife.gov.au/>

30 July International Day of Friendship



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.