

Volume 6, Issue 7 - August 2024

Community Newsletter

by East Wimmera Health Service (EWHS)



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



www.ewhs.org.au/



Above and far right: students from St Arnaud Primary School reading to Kara Court residents.



Lynette Romeo is farewelled after almost 40 years at EWHS.



AUGUST 2024

MENTAL HEALTH SERVICES

Did you know EWHS offer a counselling and wellbeing service for all ages and life stages?

A mental health clinician and social worker are available to support the community. This is a free service.

Staff will have an initial intake conversation and together with you a decision will be made on the best support service for you.

EWHS have direct referral pathways to surrounding mental health services and all headspace centres.

If a referral is required for an organisation outside of EWHS, we will support you whilst you await onboarding.

Consumers can self-refer to the service by calling any campus reception or by emailing intake@ewhs.org.au



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it's  ok
not to
be  ok

Around the grounds



FROM THE CEO

TREVOR ADEM

Budget Update

Like all Victorian health services, EWHS has commenced the new financial year with pressure to find cost savings and a need to use retained earnings from previous years to fund operations this year. Staff and communities may rightfully be concerned about impacts to frontline staff and how this could affect local access to care.

While there have been reports across the state that regional and rural health services are facing job freezes and potential redundancies, EWHS is committed to ensuring there will be no reductions to frontline care for the community.

We are committed to ensuring we always have frontline staff so that the people who rely on us can always access the care they need as close to home as possible. This is a challenging period for many regional and rural services, but EWHS is resolved to advocating for our communities and continuing to evolve in meeting their needs.

'Meet the CEO' Sessions

I have opened my regular visits to our campuses to the Community via the 'Meet the CEO' sessions. Community Groups are invited to book an appointment to meet with me to discuss any matters important to them and related to health, wellbeing and how EWHS can respond. My next session will be held at the Charlton Campus on Wednesday 14th August 2024.

National Diabetes Week & EWHS Awareness

As part of our commitment to promoting health and wellness, we acknowledged National Diabetes Week (14-20 July). Our Diabetic Educator, Prue Reyne recently shared statistics about the Diabetes prevalence rates in the EWHS catchment. Those living with diabetes in Birchip, Wycheproof, Donald Charlton and St Arnaud are almost double the national average! It is a sobering statistic that drives our commitment and drive in transforming our Primary Care offering and designing models of care that raise awareness about diabetes, support those affected by it, and educate our community on prevention and management strategies. You can visit [Diabetes Australia Website](#) for more information about this year's National campaign to unite in the fight for diabetes tech, including the option to share your story and sign online petitions to drive change and take action against diabetes.



Ruth Jabornik finished as a Board Director for EWHS after 8 years.

Board Composition

On 30 June, Ruth Jabornik finished as a Board Director for EWHS after 8 years. We thank Ruth for her wisdom and thoughtful contribution over the period and look forward to working with Ruth in a different capacity going forward. The Board welcomed two new Directors commencing 1 July 2024, Nola Tudball and Steve Price. We look forward to working with Nola and Steve as they adapt to the new environment.

On 22 July, the EWHS Board of Directors held their Election of Office Bearers for 2024-25. Julianne Clift was re-elected as Board Chair with Kylie Thitchener elected Deputy Chair and Philip Sabien Deputy Vice. Other Directors take up roles in the Board subcommittees of Finance Audit & Risk and Quality and Clinical Risk. We look forward to working with our Board through the coming year.

Around the grounds

STORYTELLING MAGIC IN ST ARNAUD

The school children from St Arnaud Primary School in grades 3/4 bring joy to Kara Court every Monday with their storytelling sessions.

These young readers captivate the residents with imaginative tales, ranging from adventures of mischievous ninja cats to other fantastical stories.

The residents eagerly anticipate these weekly visits, cherishing the lively narratives and the vibrant energy brought by the children.



WYCHEPROOF DROP IN CENTRE

Mental Health Support in Wycheproof

The Wycheproof Drop In Centre provides a safe space for anyone to visit, have a cuppa and a chat to experienced volunteers with lived experience.

The Drop In Centre is open from 12pm to 3pm Tuesdays in the senior citizens room next to the Buloke Shire Council building in Wycheproof.

*Everyone one is welcome
at the Drop In
Centre.*

WYCHEPROOF
Drop In Centre

TUESDAYS 12PM - 3PM

WYCHEPROOF SENIOR
CITIZENS ROOMS

Take a break, have a coffee and a chat.

Carers connect | Parenthood support | NDIS assistance | Referrals to support agencies
Mental Health support | Speak with a qualified suicide prevention and support advocate

Around the grounds

UNDERSTANDING PRIMARY CARE: THE FIRST STEP TO BETTER HEALTH

Primary care is where most people first go for health help. It's crucial for keeping us healthy, preventing sickness, and managing long-term health issues.

What is Primary Care?

Primary care is your first stop when you need healthcare. It focuses on keeping you well and catching problems early. You'll find primary care services at local GP clinics, community health centres, and nursing clinics. Our healthcare team offers regular check-ups, treats common illnesses and injuries, and helps manage ongoing conditions like diabetes or asthma. We're here to make sure everyone in our community can easily access the healthcare they need.



What is Primary Care?

- ✓ **Primary care is your first stop when you need healthcare.** It focuses on keeping you well and catching problems early.
- ✓ **Strong primary care in our community helps people manage their health better and live healthier, longer lives at home.**

Primary care is your first stop when you need healthcare.

Our Primary Care Services:

At East Wimmera Health Service, we offer planned activity groups, cardiac rehabilitation, counselling, mental health services, diabetes education, social work, physiotherapy, occupational therapy, podiatry, and dietetics.



Why Primary Care Matters

- ✓ **Seeing a primary care provider leads to better health, lower healthcare costs, and happier patients.**
- ✓ **Primary care is the foundation of a healthy community.** Our goal is to make sure everyone has access to the essential healthcare services they need to live well.

Primary care is the foundation of a healthy community.

Why Primary Care Matters:

Seeing a primary care provider leads to better health, lower healthcare costs, and happier patients. We can catch health problems early and prevent them from getting worse.

Looking Forward:

As healthcare changes, primary care stays crucial. It's the foundation of a healthcare system that values quality, access, and consistent care. Strong primary care in our community helps people manage their health better and live healthier, longer lives at home.

Keen to learn more about Primary Care and Primary Care Services at EWHS?

**For more information, please contact:
Community Health Administration 5477 2222**

Key Parts of Primary Care:

- **Comprehensive Care** - It covers everything from routine check-ups and vaccines to managing chronic conditions like diabetes and high blood pressure.
- **Continuity** - Building long-term relationships with your healthcare provider means better, personalised care tailored to your history and needs.
- **Coordination** - We help coordinate care with specialists and hospitals to ensure you get the best possible outcomes.
- **Prevention** - We focus on keeping you healthy through good habits, vaccines, screenings, and health education to stop problems before they start.
- **Patient-Centred** - Your needs are at the centre of what we do. We work with you to make the best choices for your health.

Stroke

Stroke attacks the brain - the human control centre - changing lives in an instant.

Your brain is fed by blood carrying oxygen and nutrients through blood vessels called arteries. A stroke happens when blood cannot get to your brain, because of a blocked or burst artery. As a result, your brain cells die due to a lack of oxygen and nutrients.

Who is at risk?

Stroke can happen to anyone of any age, men are at greater risk of stroke and as we get older our risk increases.

Stroke is preventable for many. Some of the causes within our control include high blood pressure, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes.

How to identify a stroke?

When it comes to identifying a stroke, remember to **think F.A.S.T!**

FACE: Has their face drooped? Can the person smile normally or is one side drooping?

ARMS: Can they lift both arms? Is there weakness or loss of movement?

SPEECH: Does the person have slurred speech? Are they making sense?

TIME: If you find any of the signs and symptoms above, it's important to call 000 without delay as time is critical!



Take the steps to reduce your risk of stroke today.

Make an appointment with your GP and take charge of your health. Your GP can work with you to identify any risk factors for stroke, provide management to reduce the risk.

Making healthy changes to your lifestyle including quitting smoking, drinking in moderation, eating a healthy diet and regular exercise will also greatly reduce your risk of stroke.

Stroke week is the 5th – 11th of August this year and we will be running free community education and health checks in the Loddon Area! Keep an eye out for your local ambulance teams during that week.

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

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

Around the grounds

FROM DIAGNOSIS TO O.A.M.

A PERSONAL AUTISM JOURNEY PLUS A SIBLINGS PERSPECTIVE

On Wednesday, August 21, 2024, renowned Autistic self-advocate Daniel Giles O.A.M. (Order of Australia Medal) and his father, Daryl Giles, will present "From Diagnosis to O.A.M. – A Personal Autism Journey Plus a Sibling's Perspective" in Horsham.

Attendees can choose from two sessions: 11:00 a.m. or 6:30 p.m. (doors open 30 minutes prior to each session), which will be held at the Horsham Sports and Community Club.

Special Guest Presenter

Leash Purcell - Daniel's sister and a qualified educator with a Master's Degree. Leash will offer valuable insights into the sibling experience, including home life, shared schooling challenges, and the perspective of someone who understands both the educational and familial aspects of the autism journey.

The presentation is highly regarded and will be of special interest to:

- Educators working with Autistic students
- Health care professionals
- Carers of Autistic individuals
- Parents of Autistic children
- Family members

Each session will last approximately 3 hours, including time for questions.

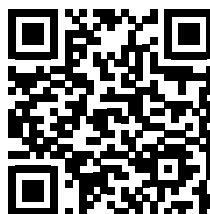
To purchase tickets, scan the QR code or visit: www.trybooking.com/CSXJP




Daniel Giles O.A.M. (Order of Australia Medal) and his father, Daryl Giles, will present "From Diagnosis to O.A.M. – A Personal Autism Journey Plus a Sibling's Perspective"



Leash Purcell.




NATIONAL STROKE WEEK
5-11 AUGUST 2024



KEEP LOOKING AT YOUR MATE.

IT COULD SAVE THEIR LIFE.

Know the F.A.S.T. signs of stroke.
FACE. ARMS. SPEECH. TIME.
You could save a life. Call 000.



From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

Horsham

Wednesday 21 August 2024,

Choice of 11am OR 6:30pm sessions

(3 hr seminar incl question time, doors open 10:30am & 6pm)

Daniel and Daniel's Dad (Daryl) will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living life as an Autistic individual.

Daniel's sister (Leash) will also be sharing the sibling perspective and is a qualified educator (may be prerecorded).

Topics include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.

Early Bird
Tickets
until 7 Aug!



Presented by

Daniel Giles OAM

Order of Australia Medal
Recipient & Autistic
Self-Advocate

Daryl Giles

Daniel's Dad

Leash Purcell

Daniel's Sister
and Educator



**speaking
insights**

ABN: 11 945 440 100

Venue

Horsham Sports and Community Club

177-181 Baillie St, Horsham VIC

Tickets (*includes \$0.50 booking fee for online bookings)

Autistic people, family & carers

\$30.50* early bird | \$35.50* regular

Professionals (Educators/Caseworkers/Therapists - incl. CPD cert.)

\$75.50* early bird | \$85.50* regular

trybooking.com/CSXJP (or scan QR code)

Contact

e: admin@speakinginsights.com.au

w: speakinginsights.com.au



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EDUCATORS – Educators can claim 3 hours of Professional Development. Australian Professional Standard for Teachers at the level of Proficient Teacher **6.4.2**

EWHS AGED CARE FACILITIES SNACK BAR UPGRADES

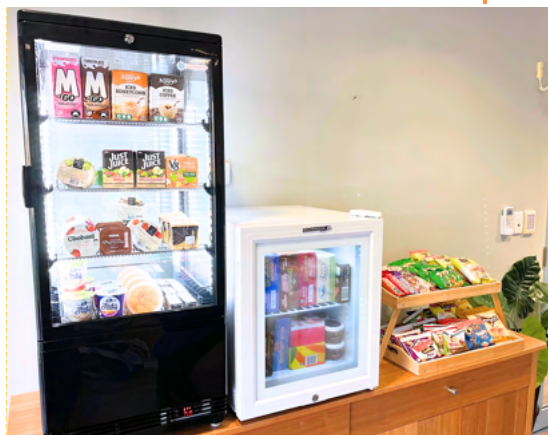
EWHS aged care facilities have recently upgraded their snack bar fridge/freezer units, following the new Australian Community Quality Standards (ACQS). These modern units provide 24/7 access to nutritious snacks, including high-protein and high-fibre options, and a variety of ice creams.

The new fridges feature glass doors and lighting, making it easy for residents to see and select from the available snacks. This enhancement supports

residents' dietary needs and encourages healthier choices.

We will soon survey residents to gather feedback on the snack options and unit placement, helping us refine our offerings.

This upgrade is being implemented by Russell Hallam, EWHS Support Service Manager, in collaboration with Jo Filippe, Workplace Trainer and Careers Advisor. We are dedicated to improving the quality of care and comfort for our residents through these thoughtful enhancements.



New snack options and easy access.



AUGUST IS TRADIES NATIONAL HEALTH MONTH

Tradies National Health Month focuses on educating and engaging tradies on the importance of full body health and safety. TNHM was established by the Australian Physiotherapy Association in 2012, because physio's are uniquely placed to prevent and treat the musculoskeletal concerns that can plague tradies throughout their career.

In 2024, Australia is facing a trade shortage and a housing crisis, making the health and wellbeing of our tradies more critical than ever.

A range of training and resources can be found at: <https://australian.physio/campaigns/tradies-national-health-month>

OTHER HEALTH EVENTS

- August 4** [Jeans for Genes Day](#)
- August 7** Aged Care Employee Day
- August 5-11** National Stroke Week
<https://strokefoundation.org.au/What-we-do/Prevention-programs/National-stroke-week>
- August 7-13** Dental Health Week
- August 11** Red Nose Day
<https://www.rednoseday.org.au/>
- August 13** Left Handers Day
- August 18** National Day of Action against Bullying and Violence
- August 25** Daffodil Day (Cancer Council)
<https://www.daffodilday.com.au/>



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.