

Volume 6, Issue 8 - September 2024

Community Newsletter

by East Wimmera Health Service (EWHS)



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



www.ewhs.org.au/



Birchip Aged Care Olympics

NAIDOC Week at Kara Court

SEPTEMBER 2024

EWHS PRIMARY CARE

East Wimmera Health Service is changing to better meet community needs by moving towards a community-based approach to primary health care. This shift aims to tackle the health challenges in our region, such as our ageing population and common conditions like heart disease, diabetes, and obesity.

Primary care is typically where people start when they need healthcare. It focuses on preventing illness and

promoting wellness, and is the base of a healthcare system that cares about quality, access, and keeping care steady.

EWHS offers a range of subsidised, non-funded fee, and free services within primary care. Accessing our wide range of primary care services is simple and convenient, ensuring that you receive the care you need when you need it.

Visit our website for more information.

EWHS Primary Care Services

- Allied Health
- Cardiac Rehabilitation
- Continence Service
- Diabetes Education
- District Nursing
- Hospital Admission Risk Program
- Healthy@Home
- Home Services
- Medical Imaging
- Mental Health Services
- Occupational Therapy
- Physiotherapy
- Planned Activity Groups
- Podiatry
- Post Acute Care

Around the grounds



FROM THE CEO

TREVOR ADEM

Health Promotion and Mental Health & Wellbeing Teams Deliver Impressive Outcomes

I want to start this month's update with a big shout out to the Health Promotion Team who in partnership with Mental Health and Wellbeing staff at EWHS have successfully been delivering important initiatives across the Buloke region with the assistance of funding from the Loddon Mallee Public Health Unit.

The team have delivered popular events such as the 'Unbreakable Farmer', Mental Health First Aid Training and Healthy Eating cooking and life skills workshops for young people in Charlton and Birchip. With several more initiatives underway in their planning and delivery phases including Supporting Community Gardens, Intergenerational Activities at the Wycheproof Drop in Centre, it is testament that the team are punching above their weight with impact and truly making a difference to our local communities.

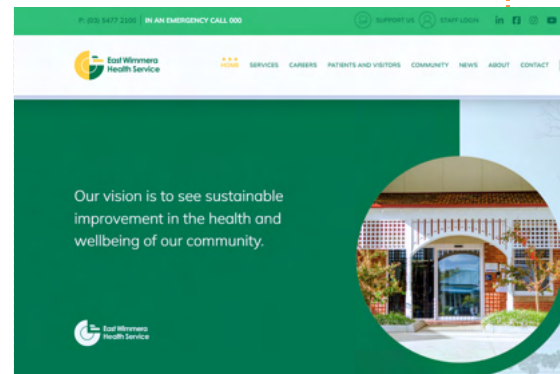
Website Refresh

We have undertaken a significant refresh of the EWHS website recently, designed to enhance the browsing experience. While the site's core design remains the same, we've made key updates to ensure easier navigation and better accessibility based on valuable consumer feedback. I invite you to explore the refreshed site and experience the enhancements firsthand. Your feedback is invaluable, so please let us know how these updates are working for you and if there are any other ways we can improve by mailing the Communications & Marketing Officer:

candece.jay@ewhs.org.au

Aboriginal Health Liaison Officer to Commence at EWHS

EWHS have recently entered into an agreement with Maryborough District Health Service to share access to Aboriginal Health Liaison Officers (AHLO). As part of our Reconciliation Action Plan, this is an important milestone and addition to the services we can offer at EWHS, and our work towards improved cultural safety for our patients and clients. More information on how to access the services of the AHLO will be distributed in due course.



www.ewhs.org.au



Some familiar faces in the new PAG video, featuring Birchip and Wycheproof PAGs. Head to the EWHS YouTube channel to watch: <https://www.youtube.com/@EastWimmeraHealth>

Video Launch

A new video has been produced and features our Planned Activity Groups in Wycheproof and Birchip. The video was launched last month and is currently on the EWHS YouTube channel, I encourage you to check it out and share with your friends and family who may recognise some of the friendly faces and team members who shine throughout. You can [watch here](https://www.youtube.com/watch?v=VsBXfokNULM) (<https://www.youtube.com/watch?v=VsBXfokNULM>).

Around the grounds

WEBSITE REFRESH

EWHS WEBSITE NOW MORE USER FRIENDLY

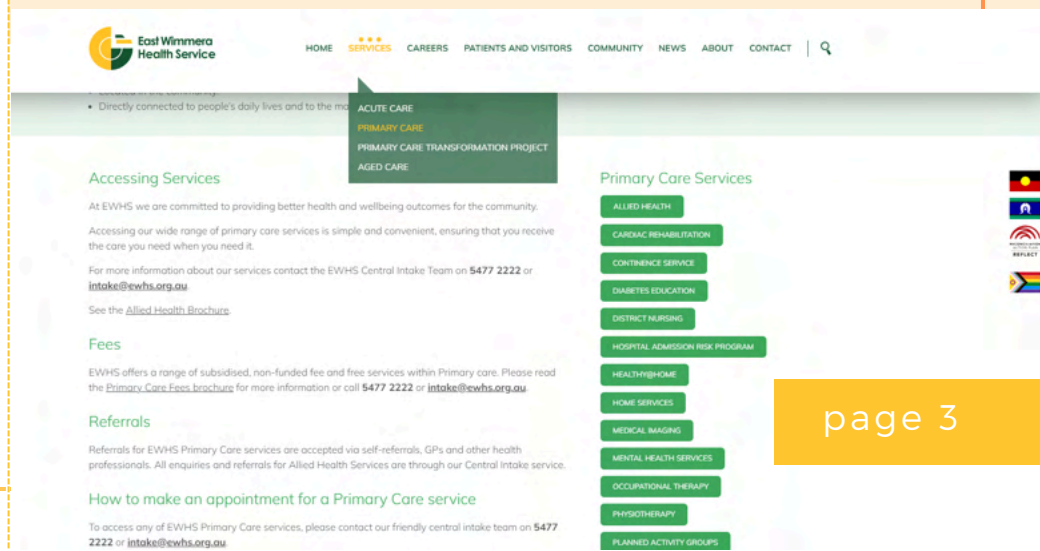
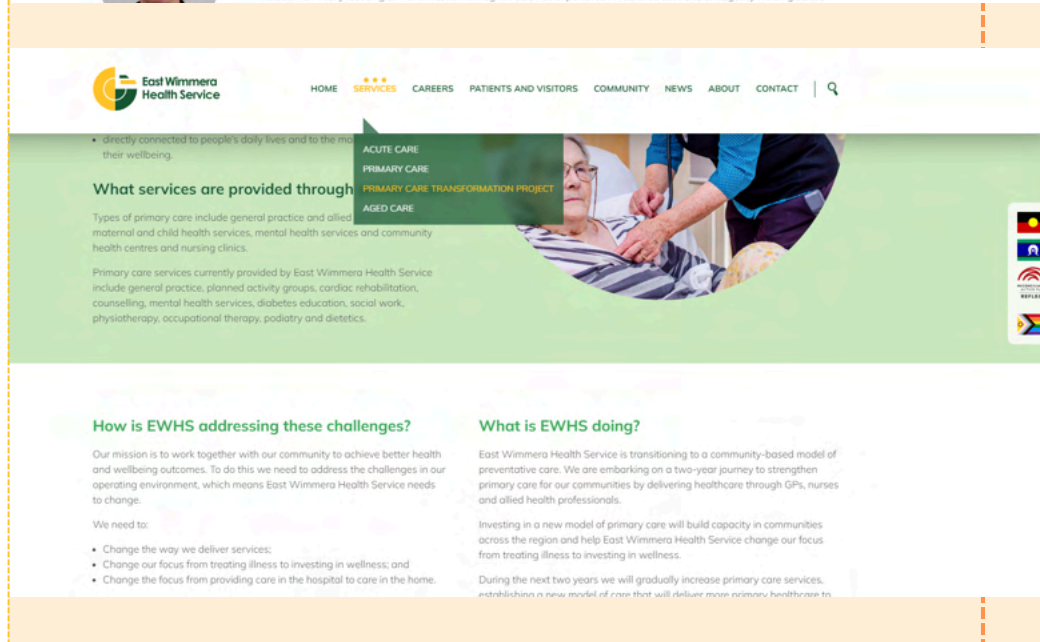
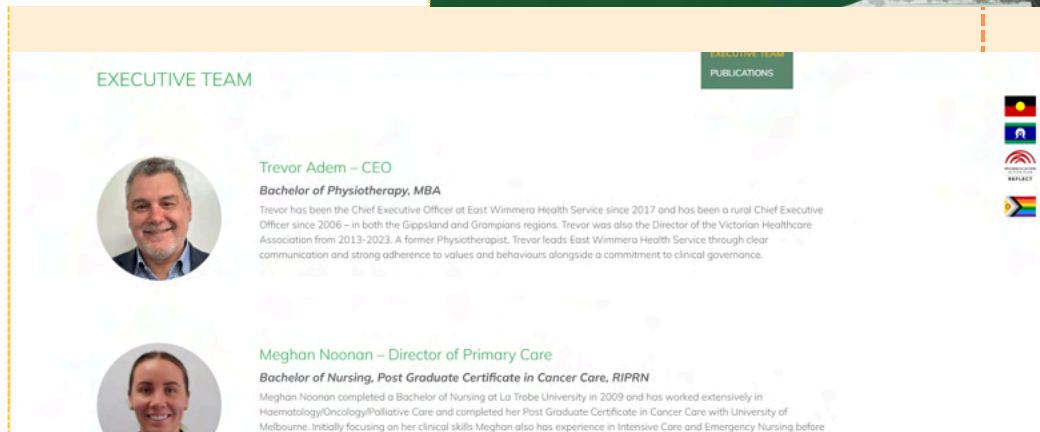
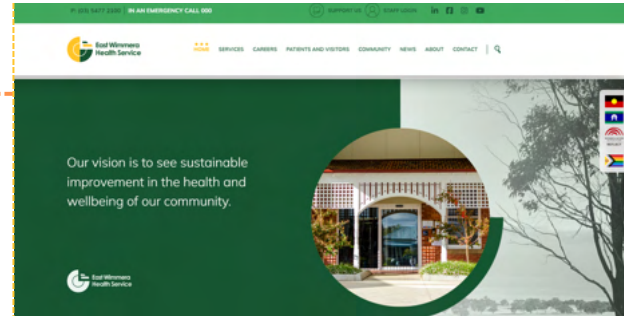
You may have noticed a change or two at www.ewhs.org.au

Recently, our website has undergone a significant refresh, designed to enhance the browsing experience. While the site's core design remains the same, we've made key updates to ensure easier navigation and better accessibility based on valuable consumer feedback.

Our primary goal with this refresh was to streamline the user journey and make essential information more readily available. We've reorganised content to make it more intuitive, ensuring that our consumers can quickly find what they're looking for without unnecessary clicks. Notably, we've made it simpler to access service information and primary care details, which are now prominently featured.

To ensure the changes meet our needs, we conducted consumer testing with a pre-launch version of the site. This feedback was instrumental in shaping the final updates.

We invite you to explore the refreshed site and experience the enhancements firsthand. Your feedback is invaluable, so please let us know how these updates are working for you and if there are any other ways we can improve by mailing the Communications & Marketing office at: candace.jay@ewhs.org.au



Around the grounds

SUNDAY FUNDAY IN BIRCHIP

Birchip Nursing Home had a lively Sunday afternoon recently, as residents participated in their very own Olympic events.

The day was filled with fun and laughter as everyone got involved in the activities.

Medals were awarded to the winners, adding an extra touch of excitement to the event. The afternoon was a great success, thanks to the dedicated efforts of the nursing staff who organised the festivities.

It was a delightful day, showing the vibrant spirit of the Birchip Aged Care residents.



CELEBRATING NAIDOC WEEK

AFTERNOON TEA AT KARA COURT

On Thursday, August 1, Kara Court hosted, a NAIDOC Week afternoon tea, marking the celebration of Indigenous culture and heritage.

The afternoon tea featured a delicious spread of treats that provided a perfect backdrop for the occasion. The event was a wonderful opportunity for everyone to come together, enjoy each other's company, and reflect on the values that NAIDOC Week represents.

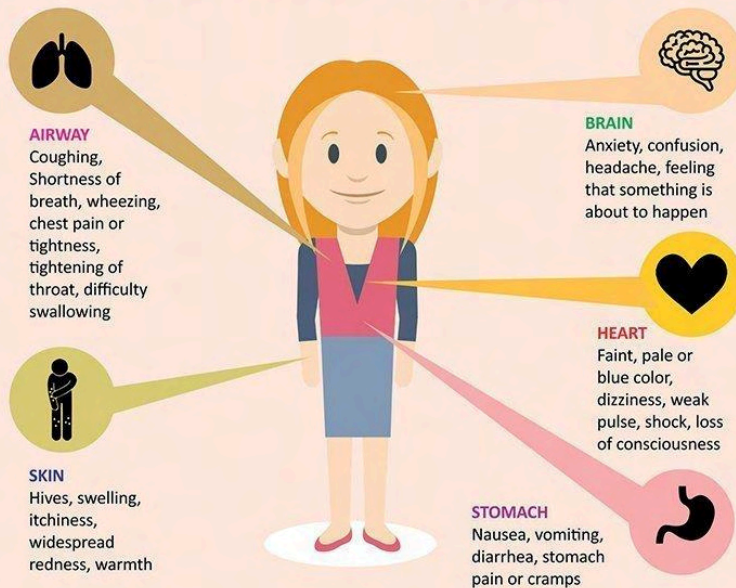


Anaphylaxis

Anaphylaxis is a severe allergic reaction that can quickly become life threatening and needs to be treated as a medical emergency!

~ Anaphylaxis can happen to anyone even if they do not have a known allergy to anything ~

SIGN AND SYMPTOMS OF ANAPHYLAXIS



Causes

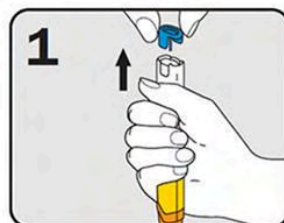


What YOU Can Do

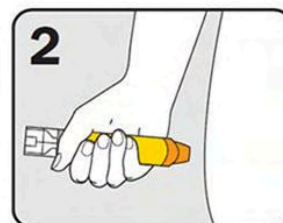
- 1. Remove the cause!**
 - If the person has a known allergy, remove the substance.
- 2. Lay the person down and put their legs up.**
- 3. Call 000**
- 4. Use an EpiPen if available!**



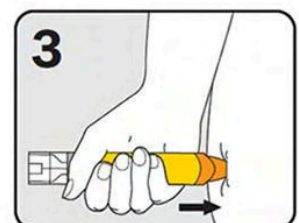
How to use an Epi Pen:



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds
REMOVE EpiPen®

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.



CONCUSSION SURVEY

Researchers at Monash University are running a **short online survey** to better understand the level of knowledge about concussion in the Australian community

We invite all members of the community who are **aged 18+** and **fluent in English** to participate

You **do not** need to have had a concussion to complete the survey



Scan the QR code to access the survey or email rail.research@monash.edu for more information

By completing the survey,
you can go in the draw to
win an Apple iPad!



ST ARNAUD



after the
BELL

GROWING CURIOUS MINDS

Spring Vacation Care

SEPTEMBER 23RD
TILL OCTOBER 4TH

Book
Online!



Can cost as
little as
\$13.66 per day
with eligible CCS

Fun Programs,
Art, Sport & Adventures!

All bookings to
be made through
the Kidsoft
iParent Portal



1300 977 599



www.afterthebell.com.au

Note- The Vacation Care (VAC) operational status is confirmed 12 days prior to the first day of VAC date. Refer to the full Vacation Care terms and conditions emailed.





St Arnaud Primary School



Monday 23rd September

Jump into the Spring school holidays with games, art and cooking. Come and be part of different high energy games indoors and outdoors. Experience new art techniques, cook up an afternoon tea snack and best of all spend the beautiful Spring Day with friends.

Energy Vs Art



Monday 30th September Teddy Bear Picnic (Lunch Provided)

Bring a teddy or your favourite soft toy and tell a story, play group games as we hold a Teddy bear picnic lunch with all your OSHC friends. Best of all you will experience different teddy bear crafts, outdoor games and experience making an edible teacup.



Tuesday 24th September

It's Your Birthday Hip, hip hooray! We are celebrating everyone's birthday for 2024. With games, cake and plenty birthday fun.



It's Your Birthday



Tuesday 1st October

Are you ready for a day off challenge, excitement and fun? Test your skills as we try a range of different simple games and challenges all designed to be completed in a minute or less.

Minute To Win It



Wednesday 25th September

Jump into Spring and have some fun with your friends as we explore connection to nature, make a colourful pot plant for some flowers or herbs, make suncatchers, even watch the Bee movie and then more Springtime fun in the great outdoors.



Spring Fever



Wednesday 2nd October Movie Fun (Walking Excursion)

We are heading off to see Harold and the Purple Crayon (PG) at the cinemas. At the program we will ignite our imagination with building, sports games and crafts. A bag of popcorn, a lolly bag, and a drink will be provided whilst watching the movie.



Arrive at the program by – 12pm Back at the program – 5.00pm

Thursday 26th September

Come dressed up as we explore the world of fantasy and magic today. We will be brewing a bubbling potion, and you can even make your own magical wands in this magic fantasy fun filled day.

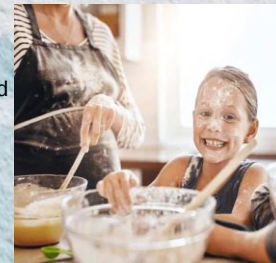
Fantasy Day



Thursday 3rd October

The children will be fascinated when they get to make their own bread today. Children will learn about bread making and make either bread rolls, a loaf of bread, sweet rolls, all by learning how yeast reacts, kneading, proving, knocking down and baking. Best of all you get to eat your creations.

Knead and Rise



Friday 27th September



Public Holiday
Program Closed

Friday 4th October

Create a masterpiece with all the colours of the rainbow. Today is about exploring colours, may it be through art, sport or even making rainbow toast. Show off the great masterpiece you get to create.

Rainbow Fun



What Do I Bring To Vacation Care?

Ensure that your child's bag is packed with a nutritional morning tea, lunch, a refillable bottle and SunSmart hat. We ask parents not to pack their children's bag with soft drinks, lollies and chips. After The Bell Aus follows the Heart Foundation, Healthy Together programs and Nutrition Australia policy and promotes healthy eating at our programs. Children are not permitted to have any food that contain nuts or that requires refrigeration, re-heating, or cooking. Please note some days in Vacation Care lunch maybe provided, please read the Vacation Care program carefully for these indicated lunch provided days.

Government Child Care Subsidy applies to all below fees (if eligible)-

Pay as little as \$13.66 per day/child

Daily cost ranges per day/child-

In-house between- \$80 -- \$87

Incurtion- \$90 -- \$95

Excursion- \$95 -- \$100



All bookings are to be made through your Kidsoft iParent portal.

Less than 48hrs business days bookings requests are to be

emailed to the bookings email address for approval.

Note: VAC days will operate where 10 or more bookings.

Families will be notified via email on the 11th September 2024 on operational status.

Program Information

Address: 2 Charlton Road, St Arnaud VIC

Room Location: OSHC Room (Hall)

Program Number: 0403 273 494

Program Hours: 8.00am till 5.30pm



AGED CARE SNACK BAR ENHANCEMENTS



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.



SEPTEMBER IS STEPTEMBER

This STEPtember, join a community of over 120,000 Australians moving together to drive meaningful change for people with cerebral palsy.

STEPtember is a fun and inclusive virtual challenge that encourages you to move your way to 10,000 steps a day – whenever, wherever, and however you like – from 1-30 September.

Every 20 hours, an Australian child is diagnosed with cerebral palsy. Taking on the challenge and fundraising for life-changing research, treatment, services and assistive technologies, supports people with cerebral palsy to live their best life.

Register today and join an incredible community of Australians who are making positive impact for people with cerebral palsy. <https://www.steptember.org.au/>

OTHER HEALTH EVENTS

- September 1-30** World Alzheimer's Month
- September 1-30** Childhood Cancer Awareness Month
- September 1-30** Prostate Cancer Awareness Month
- September 1-30** STEPtember
- September 1-7** National Child Protection Week
- September 1** Aust. Thyroid Foundation's Gold Bow Day
- September 2-6** Women's Health Week
- September 6** Walk to Work Day
- September 6** World Physiotherapy Day
- September 12** R U OK? Day
- September 19** Dietitians Day
- September 25** World Pharmacists 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.