



WORKING TOGETHER WITH TRUST AND RESPECT

Community Health Matters

BANYULE
Community Health

Ngurrungaeta 'LEADER OF THE CLAN'

Ngurrungaeta is a Wurundjeri-willam word that means "leader of the clan". In respect to the Wurundjeri Peoples the Banyule Indigenous Men's Group has adopted the name Ngurrungaeta as a vision for the men to strive towards being better leaders in their own lives, their families and their communities.

The men meet every week to plan activities and events to strengthen both their traditional knowledge and support each other through "yarning" (talking). The men have established their own art studio and meeting place. The men regularly are commissioned to complete art works and provide traditional food catering to local events.

Their work has been widely recognised and recently the South Australian Government invited the men to represent the state at a State Men's Business Camp. The men recently have been commissioned by the AFL to craft some traditional tools for a cultural exchange to Fiji.

A self funded group, they manage their own activities and events. The men have been meeting for some three and half years and have about thirty members.



Summer 2012

Community Health Matters



From the CEO

Welcome to the 2012 Community Health Matters Newsletter. The New Year proves to be a busy time at BCH, with planning well underway for a new Strategic Plan. A successful Community Forum was held in December 2011 and we will continue to call on community input throughout the process. Your feedback is always welcomed. You can give feedback via our staff, via the website or through feedback forms available at our centres at any time and on any issue.

In November 2011 BCH was awarded with two Premiers Health Awards. The Virtual Dual Diagnosis project was awarded the Minister for Health's Award for delivering innovative and integrated alcohol and drug and mental healthcare. The project has been influential

across multiple agencies through joint projects that benefit clients managing mental illness and drug and alcohol issues. Secondly, BCH was awarded as winner of Community Health Service Award for best Quality of Care Report. This report is the annual reporting process back to the local community and is developed with a Community Consultative Group. These two awards highlight the high standards that our services achieve.

I hope you enjoy the updates, tips and reports in this report and look forward to a happy and healthy 2012 for the Banyule community.

Jim Pasinis

Chief Executive Officer
Banyule Community Health

Somali MyTime Group

MyTime is a group for Somali women caring for children with disability and chronic medical conditions. It is a space for mothers to share their experience and get support.

When: Tuesday 9am - 11.30am

Where: BCH, West Heidelberg.

To register please contact Bisharo Nur or Bianca DeToma on 9450 2000.



Over the last eight months residents from Bell Bardia Estate, West Heidelberg, have been sharing their Saturdays with Marnie and James, two Melbourne University based artist-researchers. Most Saturdays it rained bitterly. At first residents opened their curtains and watched the visitors in their bright colored raincoats as they went about their art making business. Over the weeks the visitors kept coming, children first ventured down to meet them, impervious to the weather.

Open curtains became open windows as parents yelled down to their children "Are you alright? Are you having fun?". Parents leaning out windows then met each other "yes, bad weather but

Stories from Home: Art making at Bell Bardia Estate

they are having fun". Over the weeks people opened their doors, not many, but some. They donned their jackets and umbrellas and joined in.

Families who had never met before painted together; children armed with cameras took photos. Community barbeques, music, projection, instillation and art parades proceeded.

The Stories from HOME exhibition was launched at BCHS on Thursday 14th July. The exhibition was attended by many of the local community and showcased a collection of images and words gathered from the residents involved in the project.



A recent family who visited the service said the dental therapist was "so friendly and gentle that all dentists should be like that."

The dental therapist at the service for 27 years said, "I am so lucky to have the best job in the world, I love teaching children and teenagers how to care for their teeth because it is so beneficial to their overall health."

Are You Looking After Your Teeth?

It is so important to look after your teeth as we have them for life. At Banyule Community Health (BCH) dental health service you can:

- have your teeth cleaned
- gain tips on how and when to brush your teeth
- learn how to correctly dental floss, and
- discuss any other treatment required.

Did you know that all children 12 and under are eligible for treatment? It's FREE for children whose parents have a health card and \$29 for non health card holders.

At BCH Dental Clinic children are a priority, there's no waiting list and emergency appointments are always available. Toddlers and pre school children most welcome.

Have your children visited the dentist recently?

Book in now for an appointment with one of our friendly BCH Dental Clinic Dentists or Dental Therapists on 9450 2000.

Mention this article when booking and children who have their teeth checked at BCH Dental Clinic receive a FREE toothbrush.

Physical health screening project for consumers of mental health services

BCH together with Austin Health and Neami have recently completed a survey asking over 170 people with mental health problems about their physical health. The survey asked questions about a number of health issues and covered areas such as:-

Overall health, pain, problems with teeth and gums, sexual health e.g., for women, have you had a pap smear test, vision, hearing, falls, emotional problems like depression and anxiety, alcohol and drug use, smoking, physical activity and fitness and how long it was since a doctor was last seen for a general health assessment.

The results were similar to many other studies of this kind and showed that people with mental illness were twice as likely to report their

physical health as poor or fair compared to the general population. Only 45% of women surveyed had a pap smear in the past 12 months compared with 71% of the general population. People also had more dental problems, smoked more, had a high rate of nutritional risk and being overweight, lower levels of physical activity and often wanted help to manage emotional issues such as worry and depression.

If these issues are of concern to you, we recommend that you see your doctor or health professional to arrange a health check. BCH provides priority access to services for people with mental illness.

If you would like further detail about the results of the survey, please contact Boyce Felstead - boyce.felstead@bchs.org.au



Health for Life Tip – Healthy Snacks = Healthy Teeth

Did you know that some foods are better for your teeth than others?

Tooth snack friendly foods include: cheese slices, sliced ham or turkey, popcorn, plain rice cakes, nuts, dry biscuits, peanut butter, vegemite and butter, cut-up vegetables with dip (eg. tzatziki or hummus).



We all have plaque bacteria in our mouth which changes sweet food into acid and this causes tooth decay. Eating 5 times a day, with breaks in between meals, helps to reduce the amount of acid in the mouth .

Eating sweet or acid food can increase the amount of tooth decay. It's important to drink water and milk between meals as this helps to reduce the amount of acid on teeth, which means less likelihood of tooth decay.

A couple of simple ways to a healthier new you.



Denis Nelthorpe Member of the Order of Australia

Congratulations Denis Nelthorpe, Special Projects Lawyer at the West Heidelberg Community Legal Service, who became a Member of the Order of Australia in the Queen's Birthday Honours List.

Denis was recognised 'For service to social justice and advocacy for consumers' rights, to the development of national credit legislation, and to the provision of legal services to the disadvantaged through a range of community organisations'.

A leader in his field, Denis has provided 25 years of service assisting the most disadvantaged Australians. His legacy is the improvements he has achieved in the lives of the many thousands of disadvantaged Australians he has helped either individually or through the systemic reforms he has pursued.

Congratulations and well done Denis!

Good Health Matters The art of living

What do apples, broccoli, and a guitar have in common? Seemingly nothing...unless you ask Neami Splash consumers. Neami Splash artists were offered the opportunity to participate in the 'Good Health Matters' art exhibition displayed in the 'Little Catalina St Community Gallery' at BCH.

Nine artists worked with the theme, 'What does good health look like to me?' A nice part of the process was the dialogue that was opened up around health and well being. Artists spoke about what 'good health' meant to them in printmaking workshops over a number of weeks. Their visual representations were then translated into t-shirt designs. Artist designs included an apple-shaped heart (that represented the balance of body, soul and mind), a guitar (symbolising a life full of passion, happiness and creativity) and the broccoli tree (which embraces healthy eating, nature, climbing a tree and fresh air).



Lt Catalina St

Community Gallery

The Neami exhibition was on display at BCH which reinforced the strong working relationship between our two organisations. It also provided consumers and their families with an opportunity to become familiar with BCH and the services offered and also demonstrated what can be achieved through an effective collaboration.



BANYULE
Community Health

Banyule Community Health
21 Alamein Road 25 Grimshaw Street
West Heidelberg Greensborough
Tel: 9450 2000 Tel: 9433 5111
Web: www.bchs.org.au

This newsletter
is printed on
recycled
paper.

If undeliverable return to:
Banyule Community Health
21 Alamein Rd, West Heidelberg 3081

Community Health Matters

Print Post approved
PP 350254/2225

**SURFACE
MAIL**

POSTAGE
PAID
AUSTRALIA