



WORKING TOGETHER WITH TRUST AND RESPECT

Community Health Matters

BANYULE
Community Health

Educating the future generation of GPs

Over the past two years Alex and Hannah have spent one day each week working with Dr. Alavi and Dr. Diwakarla in the West Heidelberg medical clinic. The opportunity is unique and shifts medical education from big city hospitals into the outer metropolitan facilities with an emphasis on community based primary health training in view of the changing trends of health care. Both Alex and Hannah have enjoyed the challenge and regard the opportunity as a pleasure.

"The community here has helped us to learn a lot about general practice and primary health care. We would like to thank all the clients who have been so generous in spending time with us."

Two years ago, BCH agreed to participate in the CRESCENT

(Community Responsiveness and Engagement through Streamed Clinical Education and Training) program. Melbourne University has provided BCH with Commonwealth funds to create a consulting room dedicated for medical students participating in the CRESCENT program. Works were completed in August this year and our medical students Alex and Hannah have been able to enjoy the privacy of their own consulting room. Supervising GP's Dr. Emrana Alavi and Dr. Padmini Diwakarla have said that "it was exciting for us to be involved in this new training program."

BCH would like to thank Alex and Hannah for their contribution and wish them a successful medical career ahead.



Summer 2013

Community Health Matters



From the CEO

Welcome to our summer edition of Community Health Matters. 2013 has been a busy year highlighted by our recent recognition in the Victorian Public Health Care Awards. Banyule Community Health were finalists and awarded 'highly commended' in two categories – Primary Health Service of the Year for the achievements of the entire agency and Outstanding achievement by an Individual or Team in Healthcare for the work of the Aboriginal Health Team.

This is a great achievement and acknowledgment of hard work from all within the agency. I'm particularly proud of the Aboriginal Health Team who has worked closely within the community to respond to needs and issues identified.

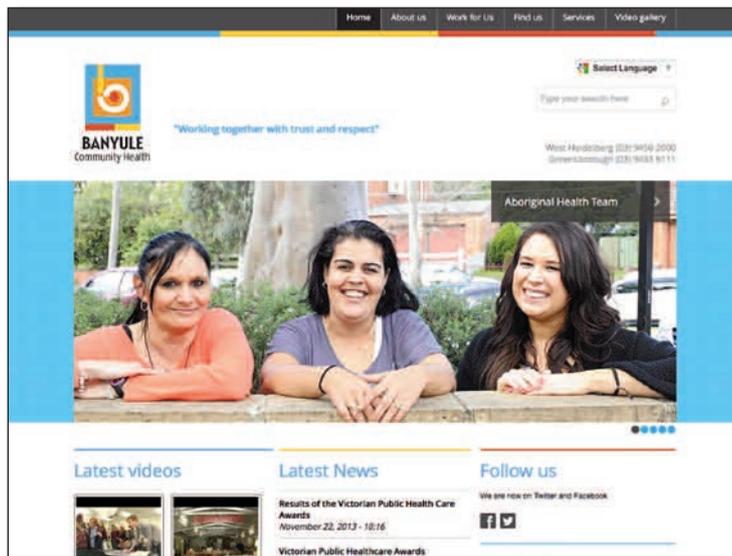
At our AGM in October we acknowledged the work of outgoing Board member Bob Dunn. Bob, a strong community advocate for services, stood down from the Board but will continue in his volunteer role with the Diabetes Support Group. The Board welcomes Chris Deakin who was elected to the Board.

I encourage all to seek out our Quality of Care report and provide feedback. Copies are available at reception or at www.bchs.org.au

Have a safe and restful New Year period,

Chief Executive Officer
Banyule Community Health

Check out our new website



After months of hard work we are proud to present a fresh new look to our website. On there you will find a video library, latest news and information about the centre

Head to www.bchs.org.au to check it out.

Results of the Victorian Public Health Care Awards



Banyule Community Health were incredibly proud to be awarded "highly commended" in the two categories in the Victorian Public Health Care Awards. The prestigious awards for the health sector were held in November and celebrate excellence in health from hospitals and primary health settings from around Victoria. This was the first time that Banyule Community Health had been a finalist in the Primary Health Service of the Year category. This section recognises excellence and achievement across the entire agency, which reflects well on BCH.

The second category that BCH was awarded a "highly commended" was in the Outstanding achievement by an Individual or Team in Healthcare for the work of the Aboriginal Health Team. The Aboriginal Health Team are a newly developed team that include trainees and a number of volunteers who have increased access to services, developed new initiatives and improved pathways. Jim Pasini, CEO at BCH said "this is a significant achievement of which we should all be very proud."

Innovations and Excellence Forum

Every year BCH staff get together to present how innovative we can be and inspire each other to achieve more in order to provide a better service for our clients.

This year we had four presentations.

The first was "Working in partnership to improve physical health of mental health consumers" by our dietitian Marilena DiCocco who worked in partnership with NEIMI to create a 6 week program for clients to learn about how they could improve their health.

The second was "Consumers on Interview Panels at Banyule Community Health" by Health Promotion and Human Resources. Together they set out to have a consumer from the community participate in staff interviews which showcases to new employees how important the clients are to us. We can now proudly say that 70% of interviews conducted at BCH in the past 6 months have had a consumer present.

The third was "Stand Tall, don't fall" which talked about Clinical Tai Chi. The Occupational Therapy team presented how Tai Chi can help to reduce the risk of falls and reduce arthritis pain.

They have seen great results and now have a beginners and an advanced group.

100% of BCH clients who have practiced Tai Chi for over 12 months have not experienced a fall and are now in the low falls risk category.

The fourth presentation was "Youth Foundations 3081" which was presented by Katy Richards.

Katy highlighted the great work the program achieves by empowering youth to apply for grants to fund projects to address issues that concern them. Katy showed the highlights of the program which included a camp trip to the Northern Territory for local students from the Pavilion school.

To view our posters go to our website www.bchs.org.au



Open Day and AGM



great way for staff to meet the community, despite the wet weather people were keen to come down and enjoy the busy atmosphere. Highlights of the day were healthy cooking demonstrations, tai chi

On Wednesday the 25th of October Banyule Community Health held an Open Day at the West Heidelberg site so that community members could come down and explore the centre. All activities were free and it was a

lessons and walk the line test with beer goggles. People that attended said that the friendly staff gave out good information and enjoyed the free giveaways. Congratulations to our lucky winners of the Weber BBQ, food hamper and shopping voucher.

After the Open Day BCH held an Annual General Meeting where we presented our new Quality of Care Report for 2013 which our can view online at www.bchs.org.au

The Keynote Singers performed and the following staff were acknowledged for their years of service.

10 Years

Michael Geary
Rhonda Nelson-Hearity
Lyndall Watson
Nadia Pellegrini
Carol Phillips

15 Years

Jason Balfourt

20 Years

Sharleen Cook

Healthy Tip

Preparing for hot weather

Heat may cause illnesses such as heat cramps, heat exhaustion and heat stroke. More importantly heat may worsen the condition of someone who already has a medical issue such as heart disease or diabetes.

To help prevent heat stroke make sure that you:

- Stock up on food, water and medicines so you don't have to go out in the heat.
- Store medicines safely at the recommended temperature.

- Look after yourself and keep in touch with sick or frail friends, neighbours and relatives.
- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.



Client Feedback

Since our last newsletter we have received the following compliments and appreciate the clients for taking the time for letting us know.

Satisfaction and appreciation of services of physiotherapist when client was in pain related to her pregnancy.

Client wrote: that she continues to use the exercises she learnt from the physiotherapist to manage pain after the birth of her child (August 2013)

Satisfaction and appreciation of Drug and Alcohol Counsellor.

Client wrote: AOD officer needs a gold-star. People like her do not get enough recognition for the work they do, she is very good.

If you would like to leave some feedback you can do so by filling in a form at one of our centres or online at our website www.bchs.org.au

Healthy Recipe

Mango Fruit Cake

A lovely moist cake with no added sugar



Ingredients

1 x 425 g Can mango slices in natural juice
500 g mixed dried fruit
½ cup water
1 ½ teaspoons bicarbonate of soda (sifted)
1 ½ cups self-raising flour (sifted)
2 eggs lightly beaten

Method

1. Grease a 15 cm x 25 cm loaf pan and line base and sides with baking paper
2. Combine the undrained mango slices, mixed dried fruit and water in a large pan.
3. Bring to boil and simmer, uncovered for 1 minute. Allow to cool.
4. Stir in eggs and sifted bicarbonate of soda and flour
5. Mix well and pour mixture into prepared pan.
6. Cook in a moderately slow oven, about 160C for 1 hour or until cooked.
7. Cool cake in pan.

Myth busters:

- One in five problem gamblers started gambling before they were 18 years old
- The North West Metropolitan Region (where we are) has the highest percentage of problem gamblers in Victoria
- In the last 12 months (Nov '12 – Oct '13) over \$55.5 million has been spent on the Pokies in Banyule

- In 2012, there were 20 thousand sports betting ads on free to air TV
- Less than 10 per cent of people with gambling problems seek professional help

If you are experiencing harm from your own or someone else's gambling, please call Gambler's Help Northern on 1300 133 445

Gambler's Help Northern Intake

1300 133 445

EMAIL: ghnintake@bchs.org.au

www.bchs.org.au

INTAKE HOURS

MON-FRI

9AM-5PM



BANYULE
Community Health

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