



WORKING TOGETHER WITH TRUST AND RESPECT

Community Health Matters

BANYULE
Community Health

WALKING & TALKING

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The health benefits of walking have been discussed many times in past issues of Community Health Matters. Walking is a simple and highly effective way to improve your fitness and your overall level of health.

But walking can also lead to significant benefits in our mental and emotional wellbeing if it is done with friends or in a group.

Recognising this, Banyule Community Health has established two new "Pram Walking" groups. One of these groups will be in the Greensborough area and the other will be centred around the Rosanna/Heidelberg area – and both are free to participate in.

Our Pram Walking groups will not only help you to improve your health and fitness, but will also provide an opportunity for new parents to gain social support from others experiencing a similar life transition.

Many parents experience anxiety as they take on the challenges of a new baby – and our Pram Walking groups are a great way to

share your experiences and build new friendships – for both you and your baby.

Group 1: Heidelberg/Rosanna

Fridays 9:15am (to leave at 9.30am)

Heidelberg Park -

1 Beverley Road, Heidelberg (Melways: 32 B4)

Contact: Marita - 03 9450 2025 or

Janelle - 03 9450 2093

Group 2: Greensborough

Mondays 9:15am (to leave at 9.30am)

Whatmough Park -

1 Kalparrin Ave, Greensborough (Melways: 20 J1)

Contact: Angelo or Lyndall - 03 9433 0936

Autumn 2009

Community Health Matters



CEO MESSAGE

Governance Structure

You would have received our Annual & Quality of Care Report recently in the mail, with additional information about our change of Governance Structure. I am pleased to say that at the Annual Meeting the members present unanimously accepted the changes recommended by the Board.

As part of the change to our structure, you will need to re-join as a member of the newly formed structure. Your membership privileges will remain the same and you will continue to be informed and have a say in your health services. Membership forms are available from our reception staff or can be downloaded from our website.

Children & Families

This edition of Community Health Matters focuses on our work with children and families. At Banyule Community Health we have developed a diverse and specialised array of services for children with a range of physical, developmental, psychological and social needs.

For example, our Speech Therapy services have grown and provide a range of interventions that target young children with speech issues. The Hannen Group and Mothergoose Program are two new interventions that tackle speech issues at the earliest possible chance.

Children access a broad range of our services and are treated with the highest

quality and respect, ensuring that interactions with health professionals are positive, nurturing and educational. You can call our Service Coordination Team for more information about the services we offer.

Promoting healthy living through stronger communities is a key strategic direction for Banyule Community Health. We commit to exploring this area further in creating health services and programs that connect with our youngest community members.

Bushfires

On a sadder note, Banyule Community Health would like to pay our deepest condolences to those who have felt the enormous loss of the recent bushfires. Our local community has a strong affiliation with the areas affected and many local community members have suffered the loss of loved ones.

Banyule Community Health was able to respond immediately to the response centres by sending trained counsellors to support the staff of Nillumbik and Plenty Valley Community Health Centres. We will also be providing two case managers to the bushfire relief efforts.

For those requesting support regarding the bushfire please see our website or call our Service Access Team on 03 9450 2000.

Jim Pasinis
Chief Executive Officer

COMMUNITY HUGS

Banyule Community Health provides a wide range of services and supports to children and families in the community, including a number of specialist medical and health care services.

These groups provide support to families in need in a relaxed and friendly environment – allowing families to participate in positive health outcomes for them and their children.

One of these programs is our Community HUGS program, facilitated by Sharleen Cook (one of our Community Midwives) and Rachel Avery (from our Counselling Team). Community HUGS is a specialised program for women recovering from postnatal depression and helps to build a positive relationship between mother and child.

The HUGS in Community HUGS represent Happiness, Understanding, Giving and Sharing – and the program provides opportunities for new mums to learn and grow in their roles as mother, supporting one another and their children, leading to maternal empowerment and confidence building.

To find out more, contact Sharleen Cook on 9433 0933 or Rachel Avery on 9433 5111.

Happiness Understanding Giving & Sharing

CLOSING THE GAP

Banyule Community Health, the Children's Protection Society and Mercy Hospital for Women have joined in partnership to improve maternal and child health services to indigenous women and families in Banyule.

An expansion of the Mercy Hospitals' Aboriginal Women & Family Support Unit will provide culturally appropriate support and information to indigenous families while improving links to services like our own.

Federal Member for Jaga Jaga Jenny Macklin visited staff and patients at Mercy Hospital for Women to announce the funding boost.

"The funding will be used to expand services through measures such as employing an Aboriginal nurse to work with health services, kindergartens and schools to make sure children are receiving the care they need," Ms Macklin said.

"It will also be used to provide culturally appropriate information regards SIDS, smoking and breast feeding for Aboriginal mothers."

The partnership between Banyule Community Health, Children's Protection Society and Mercy Hospital for Women is



quite unique, allowing the three organisations to work together with Aboriginal Controlled Health Organisations and the Aboriginal community to get better services for families. Together, they can ensure that Indigenous mothers, babies and children receive culturally sensitive health care and early learning support

during the antenatal phase, through childbirth and the important early years. And most significantly, the improved service will help to close the life expectancy gap between indigenous and non-indigenous Australians.



Banyule Community Health is committed to the health of the Aboriginal community.



PARENTING CENTRE OPENS

An exciting new initiative of Banyule Community Health has been the establishment of the Early Years Centre (EYC), a partnership between BCH and the Children's Protection Society. The EYC provides a safe and nurturing environment for children and parents as well as a dedicated area to run programs aimed at improving the health and wellbeing of families in our community.

The EYC provides a pathway for children and families to access a wide range of services and supports as their families grow, all offered in a safe and welcoming space.

A number of groups and activities already run out of the EYPC, including two supported playgroups (Wednesdays and Fridays) providing new mums with information, friendship and support in raising their babies; a toy library service

(Fridays); the CHUGS program (Mondays) for women with post-natal depression; and the Mother Goose program (Thursdays) supported by the BCH Speech Therapy team.

2009 will see the introduction of a range of other programs based out of the EYC including dance, art & music; community choir; community garden and other group activities such as exercise classes and massage sessions.

For more information about the Early Years Centre contact Janet Williams-Smith on 0400 923 325 or email jwilliams-smith@cps.org.au

Part of the funding to establish the centre was provided by East Ivanhoe Community Bank as part of their Community Grants program.





HEALTH FOR LIFE TIP

— Healthy Eating for Children



Colourful and nutritious fruit and vegetables should be an enjoyable part of your child's life. Babies can start to have soft mashed fruits and vegetables as some of their first foods from 6 months. By 12 months, babies should be eating the same foods as the rest of the family. Sometime after the first year you may notice your children become fussier about what they eat.

If children start to eat less fruit and vegetables from time to time, this may worry parents. It is best not to force children to eat more fruit and vegetables. The best way is to set a good example for them and to provide them with a variety of healthy foods everyday, including fruits, vegetables, bread, cereals, dairy and meat or meat alternatives.

Keep a supply of fresh fruit and vegetables on hand as snacks for you and your children and avoid processed, packaged snack items such as biscuits and chips. At meal times, let your children choose how much they want to eat from a range of healthy foods. It is better to serve small portions and give seconds if needed, rather than serving larger portions and expect your child to eat too much.

Banyule Community Health works in partnership with Banyule City Council's Maternal & Child Health service to provide the "Eat Well, Play Well" program – a series of nutrition talks for parents and carers of children aged 0-5 years, run by our Paediatric Dietitian. For more information, visit www.bchs.org.au or contact Banyule City Council on 03 9490 4222 for session dates and times.

More information about healthy eating for children can be found online at www.betterhealth.vic.gov.au

PROGRAMS & ACTIVITIES

Parenting Skills

Banyule Community Health will run a series of parenting skills sessions for parents with children aged 2 to 10 years old. The sessions will focus on assisting parents to build positive relationships with their children, identify the causes of child behaviour problems, and to learn appropriate strategies for difficult behaviour.

Programs will be run at both our Greensborough and West Heidelberg locations, commencing in Term 2. Bookings for either group are essential as places are limited. For more details and to book, contact Rachel Avery on 03 9450 2000 or visit www.bchs.org.au.

Song & Rhyme Share Time

The Song & Rhyme Share Time program is offered on Thursday mornings and is targeted toward parents with children aged from eighteen months to three years old.

The program involves an hour of songs, rhymes and stories for toddlers, where they can build their language and communication skills, gain confidence and self esteem and develop their social skills.

At the same time, parents are given the opportunity to mix with other parents, build a collection of age appropriate songs and rhymes, develop their story telling skills and given tips on healthy eating for children.

The program runs at our West Heidelberg location on Thursdays mornings from 9:30am – a healthy snack is provided and attendance is free.

For more information or to register your interest, contact Carolyn Morris on 03 9450 2000 or visit www.bchs.org.au.

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



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

Community Health Matters

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