



WORKING TOGETHER WITH TRUST AND RESPECT

# Community Health Matters

**BANYULE**  
Community Health

## Proud and strong!

Wurundjeri elder Aunty Di Kerr and respected elder Uncle Alf Bamblett were presented to by 18 beautiful young Aboriginal debutantes in November at the Aboriginal Youth Debutante Ball. Held at the Aboriginal Advancement League in Thornbury and hosted by Banyule Community Health and the Youth Foundations 3081 program the event was a spectacular celebration of culture, maturity and pride.

The venue was packed with family, friends and community members eager to celebrate with the Aboriginal young people. The event was led by Paula Russell (BCH Aboriginal Health Worker) and a group of young Aboriginal women who wanted to create the opportunity to celebrate their deb ball. Entertainment was provided by Aboriginal singer Alana Atkinson and a contemporary dance performance by Robert McGuiness. Guests were fed by

the Ngurungaeta Men's Group with a mouth watering kangaroo vindaloo.

The stars of the night were the young people. Paula Russell was impressed by the group and their leadership. "All of the girls looked beautiful and the men looked handsome; they just were amazing. They will remember this event for the rest of their lives." The debutantes performed several dances that they had been practicing for weeks and also performed special dances with parents and elders. Later on the dance floor was full with friends and family enjoying the great night. Planning is already underway for next years event with such positive feedback from everyone present.



Summer 2012



## Great News: 2012 State Schools Garden Awards

BCH are very proud to report that Charles La Trobe College (Olympic Village Campus) attended the 2012 State Schools Garden Awards presentation ceremony held at the Botanical Gardens on Thursday 29th November.

Charles La Trobe College (Olympic Village Campus) were the ecstatic winners of Category 1 for Schools with less than 100 students for their Edible Garden, which BCH proudly supports.

As Regional Winners (awarded \$300) they received not only one award as a Merit Award for their Outstanding Achievements (receiving \$500 garden voucher), but a second award for Turf (valued at \$4500). Total prize received valued at \$5300!

The students of Charles La Trobe College (Olympic Village Campus) were very excited by their achievement.

## From the CEO

Welcome to our summer edition of Community Health Matters. It's been another busy year at BCH, with growth in services, new initiatives and the continued commitment to responding to the health needs of the community.

This year we developed a new strategic plan for 2012 -2015. A community session was our starting point before the staff, management and Board met to identify the way forward. The draft plan went back to the community for sign off and we now have a plan to guide us through the next three years.

We identified three areas of focus:

1. Innovation and creativity,
2. Sustainability and
3. Community responsiveness.

In October BCH successfully went through its quality accreditation process conducted by QICSA. This is an exhaustive process that ensures our services are of the highest quality, incorporating the concept of continuous quality improvement throughout the organisation. The Board are keen to ensure quality and safety is at the forefront of work at BCH. To find out more access our Quality of Care Report on the web or request a copy.

Finally I wish everyone a safe and happy holiday period from all at BCH.

*Jim Pasinis*

Chief Executive Officer  
Banyule Community Health



## BCH 2012 Quality of Care Report and 2012 Annual Report

You can download our most recent Quality of Care Report and Annual Report, including Audited Financial Statements at the link below:

<http://www.bchs.org.au/publications/annualreports.php>



# Visitors left impressed

BCH hosted the newly appointed Victorian Responsible Gambling Foundation (VRGF) Board Delegates and Managers in September 2012. Rhonda Nelson Hearity, Program Manager and David McKenzie, BCH Director, led the visitors through the program and how it operates within a primary health care model. BCH has delivered Gamblers Help services since 1995.

BCH Gambler's Help staff provided some examples of clients using the range of services to overcome their gambling and related health issues BCH innovative use of former clients being supported and mentored into professional roles on the

team was identified as a strength of the model. The Foundation Board members were moved by first hand accounts of the Peer Connection volunteers offering their stories of support to problem gamblers.

BCH also received a visit from the Minister for Gaming, Michael O'Brien in May 2012, with a range of other service providers, local government and industry representatives. This visit also highlighted the model of service delivery at BCH and highlighted innovative work by the team in addressing problem gambling, including a recent short film developed by the team.



## Heatwave reminder - Staying healthy in the heat

Summer is now upon us and the thought of warmer weather may lead us to some complacency about extreme heat events and heat related health impacts.

Heatwaves can affect anybody, including the young and healthy; however, some of the population are more at risk than others. These include people aged 65 years and over, people who have a medical condition and people taking medicines that affect the way the body reacts to heat.

Everyone should remember to:

- **Look after yourself and keep in touch with others**

- **Drink plenty of water** (If your doctor normally limits your fluids, check how much to drink during hot weather.)
- **Keep cool** - Spend as much time as possible in cool or air-conditioned buildings.
- **Stay out of the sun** - If you must be outdoors, stay in the shade and wear a hat and light, loose-fitting clothing.

If you feel unwell in the heat contact your GP or phone NURSE-ON-CALL on 1300 60 60 24. For life-threatening emergencies dial 000.

(Source: Department of Health, State Government of Victoria)



## 2013 Healthy Eating Information Sessions

Our health is a complex issue influenced by our genetics, culture, lifestyle, environment and more.

Our food intake is an important factor and over the course of the year, BCH will be offering sessions that will help you develop important skills in this area. These sessions will include an information session and cooking demonstration. Sessions will be conducted by a dietitian.

12.30 - 2.30pm on the following Fridays throughout 2013 - **Mar 22nd, Apr 19th, May 17th, Jun 21st, Jul 19th, Aug 16th, Sept 13th, Oct 18th and Nov 22nd.**

Location: OAE Community Kitchen, 233 Southern Rd, West Heidelberg

Cost: \$5.00 - payable on the day

Bookings are essential as places are limited. Please book separately for the sessions you wish to attend.

For more information or to book contact  
BCH Reception on 9450 2000.



# Smiles 4 Miles Update



dental health  
services victoria  
oral health for better health



## SMILE FOR MILES – Drink Well, Eat Well, Clean Well

BCH in partnership with Dental Health Services Victoria will be implementing the Smiles 4 Miles Award Program across Banyule Preschools, commencing January 2013.

BCH's role is to provide training, resources and support to assist Banyule preschool settings to promote good oral health practices for their children. Smiles 4 Miles primarily targets children and families considered at high risk of developing oral disease.

Smiles 4 Miles is based on the World

Health Organisation's Ottawa Charter and the Health Promoting Schools Framework with the aim being to promote lifelong oral and general health across all sectors of the community.

The key messages promoted in the program are:

- **Drink well:** Children are encouraged to drink water instead of sugary drinks;
- **Eat well:** Children should eat a variety of nutritious foods; and
- **Clean well:** Children are taught good tooth cleaning techniques to maintain

healthy teeth and gums, with a focus on brushing twice a day and using a toothpaste with an appropriate amount of fluoride.

We look forward to working in partnership with our local community to promote early childhood oral health and healthy eating practices.

For more information about the Smiles 4 Miles program, please contact Sarah Nichols, Smiles 4 Miles Coordinator, on 9450 2641 or via email: sarah.nichols@bchs.org.au

## 'Olympic Playgroup' – starting Term 1, 2013

A 'new' supervised Playgroup will be run in conjunction with and supervised by staff and students from the OAE Cert III in Children's Services.

When: Monday mornings 9.30-11am (during school term)

Where: Charles LaTrobe College, Olympic Village Campus

Enjoyable and educational activities for babies, toddlers and pre-schoolers.

Come along for some social activities and fun. No cost. For more information contact: 9458 2710.



**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

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