



WORKING TOGETHER WITH TRUST AND RESPECT

Community Health Matters

BANYULE
Community Health

"I THINK YOU ARE AMAZING!"

Youth Foundation 3081 - Anti Bullying Compliment Stickers

2012 saw \$14,000 donated to Youth Foundation 3081 (YF 3081) for 11 youth led projects. One such project was designed by James, Hugo and Sen in year 9 at Macleod College. They came up with the anti bullying project that has seen 3000 stickers printed with 6 different compliments including "I think you are amazing" and "I wish I was as awesome as you!" Students have anonymously placed the stickers on lockers of people that they may have bullied or given to someone to lift their esteem.

YF 3081 is proudly supported by BCH, Banyule City Council, La Trobe University, East Ivanhoe and Heidelberg Community Bank branches of the Bendigo Bank.

If you're 12 - 25 years old and have an idea for a community project or you would like to know more about YF 3081 contact **Katy Richards** on 9450 2652 or email katy.richards@bchs.org.au

I think you are amazing!

There's nothing wrong with you!
You are as perfect as everyone else!

I wish I was as awesome as you!

Your smile makes the world brighter.
Keep on grinning!

Your inner and outer beauty is
burning my eyes!

You smell nice today.
Is it a new deodorant or is it your natural awesomeness?

A WOMAN'S PLACE
IS IN THE HOME...
[& THE CLASSROOM
& THE BOARDROOM
& THE NEWSROOM
& PARLIAMENT]



International Women's Day

Join our Guest Speakers Dr. Helen Szoke (CEO, Oxfam Australia) and Paralympian Amanda Carter to celebrate the role and achievements of Women in West Heidelberg and throughout the wider community.



Friday 8 March 2013, 11am-1pm
Banyule Community Health, 21 Alamein Road, Heidelberg West.
A light lunch will be provided at no cost.
Please RSVP by 1 March 2013 to:
Wendy Ogden 9459 6410 or wogden@optusnet.com.au
Rebecca Millard 9450 2052 or rebecca.millard@bchs.org.au

Autumn 2012



From the CEO

A belated Happy New Year to all.

Yet again the Community Health Matters newsletter shows the depth and breadth of services at Banyule Community Health. Early this year our Dental Clinic established a private clinic to run alongside of the existing dental clinic. Early feedback has been very positive and already we can see how we have met an untapped need in our local community.

In March, we are hosting the annual Women of West Heidelberg, International Women's Day Event. Join in the celebrations of local women and help acknowledge the role women play in our communities. You will also see the upcoming programs in our early years area and gamblers help areas as well as achievements in our Peer Connection and Youth Foundations programs.

Lastly, I remind everyone that flu season is nearly upon us. Contact our GP service to get your flu shot and keep fit and healthy throughout the coming winter months.

Regards,

Jim Pasinis

Chief Executive Officer
Banyule Community Health



Keeping active and independent - keeping falls away

Why are we concerned about older people and falls?

On average, one in three people aged 65 and over may experience a fall at least once a year. Older women are at higher risk than men and risks continue to increase with age. Falls threaten the health and independence of older people living in the community, may result in injury, change in ability to care for self or other unwanted outcomes.

Falling is NOT part of normal ageing process and many falls can be prevented. The first step is identifying risk factors, the more risk factors one has, the higher the risk.

Risk factors for falls in older people include:

1. **Activity** – LOW levels of activity or exercise lead to muscle weakness
2. **Footwear/Feet** – unsuitable footwear and untreated foot condition
3. **Eyes** – Vision problems: poor eyesight or using incorrect glasses which can result in poor vision
4. **Balance** – Poor balance which can cause difficulty in walking
5. **Medications** – side-effects of some medication or mix of medications
6. **Health factors** – memory difficulties, stroke, incontinence, Parkinson's disease, poor nutrition and fear of falling can place a person at increased risk of falls
7. **Environment** – inadequate supports in the home environment and unaddressed hazards

What can you do to prevent falls or re-occurrence of falls?

1. Increase your activity levels to keep active and stronger. Speak with your GP and Physiotherapist about suitable exercise options in your local area.
2. Wear supportive broad heeled shoes. Consult Podiatrist for foot problems affecting walking and advice on appropriate shoes for you.
3. Have eyes checked regularly, wear appropriate glasses, keep lens clean, avoid multifocal glasses when going up and down steps.
4. Talk to a Physiotherapist about your balance concerns and find out what options are available to you.
5. Talk with your GP about the medications you take and any side effects you may experience.
6. Discuss your health changes with your GP for early management of conditions and referral to relevant services to help you manage your health condition
7. Seek information from Occupational Therapists about small changes in the home which could help with living independently and prevent falls by addressing hazards.

For more information on what you can do to prevent falls, contact **Nesrin Deniz – Falls Prevention Project Coordinator** to order your free booklet: "Don't fall for it, falls can be prevented" on **9450 2633** or email nesrin.deniz@bchs.org.au

To access **Allied Health Services** at BCH contact **Service Coordination** on **9450 2000**.

Private Dental Clinic

The BCH Private Dental Clinic commenced operation in February 2013 and offers patients the opportunity to be seen as a private patient.

What is a private patient?

At Banyule Community Health, a private dental patient is a person who pays for un-subsidised dental treatment, or who is having their treatment paid by another person such as a parent or guardian.

Who can use the Private Dental Clinic?

There are no eligibility criteria for this service. The service can be used by anyone who agrees that they will pay the fees charged to them. This can include people eligible to be public patients. Payment is required on the day of the consultation. If you have private dental insurance, the Hi-caps facility is

available so you can claim immediately, and only have to pay the gap. Medicare teen dental vouchers are accepted at the Clinic.

At the initial examination the patient will receive a comprehensive examination where a treatment plan will be formulated and fees provided. Dental Reception can also be contacted for further information in relation to fees.

You can make an enquiry or book an appointment by contacting **Dental Reception** on **9450 2000**.

More details about the Private Dental Program are available at http://www.bchs.org.au/services/Dental_Services.php

Influenza



What causes influenza?

Seasonal influenza (flu) is caused by two types of viruses in humans (Influenza A and B).

Signs & symptoms:

Symptoms take between 1 and 3 days after infection to appear and may include: tiredness; fever; chills; headache; cough; sneezing and runny nose; poor appetite; and muscle aches.

How does influenza spread?

Seasonal influenza spreads easily and can sweep through schools, nursing homes or

businesses and towns. When an infected person coughs, infected droplets get into the air and another person can breathe them in and be exposed. The virus can also be spread by hands infected with the virus. To prevent transmission, people should cover their mouth and nose with a tissue when coughing, and wash their hands regularly.

How serious is influenza?

Further health problems can develop in some people after infection with influenza including pneumonia, inflammation of the heart, worsening of pulmonary disease e.g. bronchitis, blood system and liver complications, which can lead to death, especially in children and older people. Children with severe egg allergy should not receive the vaccine and discuss this with their immunisation provider.

Prevention

The most effective way to prevent the disease or severe outcomes from the illness is vaccination. Vaccination is especially important for people at higher risk of serious influenza complications, and for people who live with or care for high risk individuals:

- nursing-home residents (the elderly or disabled)

- People aged 65 years and over
- Aboriginal and Torres Strait Islander people
- Pregnant women
- Health care workers
- People with some existing medical conditions such as:

> heart disease;

> severe asthma;

> chronic lung condition;

> chronic illness requiring medical follow-up or hospitalisation in the past year;

> diseases of the nervous system;

> impaired immunity; or

> diabetes

- Children aged 6 months to 10 years and on long-term aspirin therapy are also at risk of complications from flu.

Influenza is a vaccine preventable disease, but vaccines need to be given each year, because the viruses are always changing.

For further information, see your General Practitioner or ring the Information Line on 1800 671 811.

Reference: www.immunisation.health.gov.au

Healthy Tip

World Health Day – 7 April 2013

World Health Day is celebrated on 7 April to mark the anniversary of the founding of World Health Organisation in 1948. Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world.

The theme for 2013 is high blood pressure.

High blood pressure – also known as raised blood pressure or hypertension – increases the risk of heart attacks, strokes and kidney failure. If left uncontrolled, high blood pressure can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. One in three adults worldwide has high blood pressure.

High blood pressure is both preventable and

treatable. The risk of developing high blood pressure can be reduced by:

- reducing salt intake;
- eating a balanced diet;
- avoiding harmful use of alcohol;
- taking regular physical activity;
- maintaining a healthy body weight; and
- avoiding tobacco use.

BCH recommends regular check ups with your GP. To book a medical appointment phone 9450 2000.

Reference: <http://www.who.int/en/>

Buna Reserve Community Garden – plots available

Two plots are currently available at the Buna Community Garden. If you are interested in getting your hands dirty, socialising with other garden enthusiasts, producing some homegrown produce and live in West Heidelberg, please contact **Edwin Wise on 9450 2644 or email Edwin.wise@bchs.org.au**

Don't forget that March is a great time to be planting Beetroot, Broad beans, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Chinese cabbage, Leek, Lettuce, Onions, Parsnip, Radish, Rosemary, Rhubarb, Shallots, Silver beet, Spinach, Spring onion and more...

Eat Well Play Well Childhood Nutrition Talks

The Eat Well Play Well program is facilitated by a Paediatric Dietitian and covers a range of topics:

- Introducing Solids (Dietitian)
- Establishing Healthy Eating & Active Play for Toddlers (Dietitian & Allied Health Assistant)
- Nutrition & Exercise for Mums after pregnancy (Dietitian & Physiotherapist)

For more information on session dates and times and what is covered in each session visit:

http://www.bchs.org.au/news/200904_eatwellplaywell.php

Venue: BCH, 21 Alamein Rd, West Heidelberg (Melway:19 E11)

Note: Parking is limited so please plan to arrive 10-15 minutes early.

To book go to: www.trybooking.com/CGIO

Sessions are free, however a gold coin donation towards the cost of printing handouts is appreciated.

Children are welcome to attend with parents. Questions regarding your family's nutrition are welcome at each session.

For individual appointments with a Dietitian, Physiotherapist or Occupational Therapist at BCH phone **9450 2000**.

NO WRONG DOOR APPROACH

– we can come to you for help and support

Problem gambling rarely occurs in isolation, and is often just one factor within a complex array of other health issues. Common co-presenting issues include depression, anxiety, alcohol and drug issues, ill-health, domestic violence, homelessness, financial hardship, legal problems, unemployment and relationship breakdown. This service is available to any individual experiencing problem gambling or anyone who is affected by someone else's gambling (family/friends).

The portfolio services program aims to:

1. Deliver more coordinated and integrated problem gambling services within a broader system of care for problem gamblers and their families

2. Improve responses to the needs of clients presenting with the following co-morbid and co-presenting problem gambling issues including mental health; family and relationship and alcohol and drugs

Gamblers Help Northern Portfolio Services offer:

- Specialist secondary consultation
- Specialist clinical problem gambling interventions for problem gamblers and/or affected others, where problem gambling issues occur co-morbidly with alcohol and other drug and/or mental health issues.
- New practice and clinical approaches,

including single session and co-counselling

- Workforce development and training
- Problem gambling outreach services to agencies already engaging with clients experiencing gambling related harm (subject to demand)

How can you get help?

You can ring Gamblers Help Northern direct on 1300 133 445 or speak to your health and welfare professional that is supporting you at any other service to refer you. Professional referrals can be directed to Jo Hutton, BCH Clinical Psychologist, email: ghnintake@bchs.org.au

Peer Connection Program - New Training Manual

The Peer Connection Program has produced a new self-paced training workbook which volunteers can begin at the time they express an interest in volunteering. In partnership with Lifeline Melbourne, the new training workbook comprises of six modules, which are estimated to take around two to three hours to complete.

The development of this manual was

overseen by Peer Connection Volunteers and Gamblers Help staff. The richness of our past training program has been moulded into the new manual. The end result, allows volunteers to work through the modules onsite amongst our existing volunteers. Having the new volunteer onsite allows them to become acquainted with the program and prepares them for the routine of coming in and making calls.

With a flow of new volunteers entering the program throughout the year, we are able to match them with new callers (clients) requesting the program.

To register your interest or to find out more information in becoming a Peer Connection Volunteer, email PCintake@bchs.org.au or call 1300 133 445.



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

**SURFACE
MAIL**

POSTAGE
PAID
AUSTRALIA

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

Community Health Matters

Print Post approved
PP 350254/2225