Welcome

To the third edition of ‘RDHS HEALTH NEWS’

In this newsletter:

- Multi-fest / Speech pathology
- The Robinvale Community Garden
- Community Programs and Events
- Health Tips
- Mental Health Matters
- Meal of the Month / Festive Snacks

Date: 15/12/16
**Multi-Fest 2016**

On the 5th of November, RDHS hosted the Multi-fest. The multi-cultural festival was the last phase of the TREE project and it was a memorable event that showcased all the hard work of committee members, volunteers and the community.

An estimated 700 people attended this event throughout the day to experience a wide range of food, activities and entertainment. A number of excellent performances took the stage, including the Robinvale College Community Brass Band, Fijian, Tongan and Philippine Dancing, as well as the Thamboora instrument from Afghanistan and the Veena from India. There were also several local singers who shared their incredible talent with the community.

Those who attended were lucky enough to taste a variety of delicious, cultural cuisines from India, Tonga, Fiji, Afghanistan, South Africa, Italy and Thailand. If that wasn’t enough, there were also market stalls from our Aboriginal community, Indian Henna drawings, jewellery and beautiful Italian cakes.

Lots of positive feedback was received by the team and there is much excitement for the next Multi-fest in 2017!

RDHS would like to thank everyone who attended on the day, particularly all the performers, stall holders and volunteers who made sure it was such a special event.

**Speech Pathology**

Here at RDHS we are lucky to have three wonderful speech pathologists. Speech Pathologists also known as (speechy’s) are trained to assess and manage speech, language, communication and swallowing related difficulties.

*Ashleigh, Jessica and Estelle*

Here are some of the ways our speech pathologists work with the community:

- Work with children who are difficult to understand.
- Help students understand what their teacher is telling them.
- Help children and adults who stutter to speak more fluently and with confidence.
- Train a person who constantly loses their voice to use it more effectively.
- Work with people with brain injury due to an accident or stroke to communicate again.
- Help an elderly person with dementia to communicate with their family and carers.
- Provide strategies and assistive devices for a person who cannot communicate verbally.
- Give advice to a mother whose baby is having difficulty feeding.
- Teach a person to swallow safely and without choking.
- Assist students who have difficulties learning to read and write.

Our Speech pathologists work in schools, preschools, hospitals, aged care and community health centres.
The Community Garden

The community garden was established by a number of community members who wanted a space that would encourage a variety of opportunities for students and locals of the Robinvale area.

The community garden provides an area for social connection, gardening skills education, healthy behaviour change and access to a range of fresh produce.

The garden also has a number of facilities that can be used for events including a pizza oven, umu, a large air-conditioned shed and plenty of pleasant places to sit.

We look forward to the construction of shade sails in the community garden as well as kitchen facilities in the coming months.

Some of our Produce on the go!

- Zucchini
- Tomato
- Pumpkin
- Chives
- Red Cabbage

(Photos provided courtesy of Robinvale College)

To find out more about the Stephanie Alexander Program go to: https://www.kitchengardenfoundation.org.au/

Come and join us!

There’s always something to do in the garden... So if you would like to become involved in any way, please contact:

Tom from RDHS on: 50518160 (weekdays)
Or
Kerri the Garden Facilitator from Robinvale College on: 5026 3704 (Mon, Tues and Wed)

Stephanie Alexander Kitchen Garden Program

The Stephanie Alexander Program is a nationwide initiative that Robinvale College and RDHS have worked on together by facilitating activities for grade 3-4 students in the garden. The program helps on improve ‘hands on’ gardening skills, gardening knowledge and teaches health education as part of school curriculum.

The program is also an opportunity for students to be creative and problem solve in a real working environment.

A health promotion element in the program helps students identify a range of fruit and vegetables as well as taste them and better understand the health benefits from eating fresh produce. Students also learn basic healthy food preparation. These skills have been shown to increase fruit and vegetable consumption which is recognised as a significant health concern in Australia today.

One of the activities that students thoroughly enjoy is the ‘garden vegetable damper making session’. A large variety of fresh, seasonal herbs and vegetables are harvested from the garden and then chopped up and mixed in with the damper dough to create a delicious and nutritious snack!
Community Programs and Events:

Heart Foundation Walking Group

Heart Foundation Walking
Where: Primary Care carpark
When: 10:00am every Wednesday
Who: Everyone is welcome!
Call Tom on: 5058160 to find out more.

Supermarket Tour

FREE HEALTHY FOOD SHOPPING TOUR!

Get recipes and nutrition related handouts.
Learn useful, general nutrition tips.

Learn how to read food labels and receive your own ‘label reading card’ to take home.

To book a 40min session, please call Tom the Health Promotion Officer at RDHS on: 5058160
(Open to individual or group sessions)

Water Exercise Group

Robinvale District Health Service

Where: Robinvale College Pool
When: Aqua - Monday 9:00am-10:00am & Wednesday 8:45am-9:30am
Aqua Mild (Low impact, gentle exercise) – Thursday 9:45am-10:30am
Cost: $5 session
Perfect for those who find exercising to be hard on joints and muscles, for those that would benefit from help with circulation, for those that need to rehabilitate after injury or surgery or for those that just love the water.
Please contact Emma or Asherne at Robinvale District Health Services for further information.
Phone: 50 518 160

Robinvale Continence Clinic

Held at Robinvale District Health Services Primary Health Building
To make a referral to the clinic contact: Sunraysia Community Health Doorway to Health
Ph: (03) 5021 7698
Fax: (03) 5021 7699

Clinic Dates

- July 25, 2016
- Aug 22, 2016
- Oct 24, 2016
- Nov 28, 2016
- Dec 19, 2016
- Jan 23, 2017
- Feb 20, 2017

IF YOU NEED HELP WITH CONTINENCE YOU CAN REFER YOURSELF:
SIMPLY CALL THE ABOVE NUMBERS OR ASK AT RECEPTION FOR MORE INFORMATION.

Please call for a consultation with our visiting continence nurse advisor.
## ROBINVALE VACATION CARE PROGRAM

### JANUARY 2017

Program dates—3 January—31 January (excluding weekends)

<table>
<thead>
<tr>
<th>Monday 2nd January</th>
<th>Tuesday 3rd January</th>
<th>Wednesday 4th January</th>
<th>Thursday 5th January</th>
<th>Friday 6th January</th>
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</thead>
<tbody>
<tr>
<td><strong>New Years Day</strong></td>
<td><strong>Decide on a NEW theme for the BACK WALL</strong></td>
<td><strong>SWIMMING AT THE POOL</strong></td>
<td><strong>Visit the Mobile library</strong></td>
<td><strong>SWIMMING</strong></td>
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<td><strong>Public Holiday</strong></td>
<td><strong>Art/Craft</strong></td>
<td><strong>11am—1pm</strong></td>
<td><strong>Make an entry in to our journals</strong></td>
<td><strong>2pm—3pm</strong></td>
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<td><strong>Make din Roi animals</strong></td>
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<td><strong>Begin selling a doll to donate to children in the community</strong></td>
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<td><strong>Monday 9th January</strong></td>
<td><strong>Lake Bannock 9am—1pm</strong></td>
<td><strong>Tuesday 10th January</strong></td>
<td><strong>Visit the op shop to get inspiration for Drama And Dress ups</strong></td>
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<td></td>
<td><strong>Create artwork with the treasures from the lake</strong></td>
<td><strong>Swimming at the pool 11am—1pm</strong></td>
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<td><strong>Thursday 12th January</strong></td>
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<td></td>
<td></td>
<td><strong>Make some icy polos</strong></td>
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<td><strong>SWIMMING AT THE POOL</strong></td>
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<td><strong>Monday 16th January</strong></td>
<td><strong>Swimming at the Pool 11am—1pm</strong></td>
<td><strong>Wednesday 18th January</strong></td>
<td><strong>Cooking? Let's decide</strong></td>
<td><strong>11am—3pm</strong></td>
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<td></td>
<td><strong>MAKE MOON SAND</strong></td>
<td><strong>Swimming at the pool 11am—1pm</strong></td>
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<td><strong>Friday 13th January</strong></td>
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<td></td>
<td></td>
<td><strong>Create treasure maps</strong></td>
<td></td>
<td><strong>RESTAURANT DAY</strong></td>
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<td><strong>Monday 23rd January</strong></td>
<td><strong>The Wonderful World of SCIENCE</strong></td>
<td><strong>Wednesday 25th January</strong></td>
<td><strong>Face painting</strong></td>
<td><strong>Pizzas</strong></td>
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<td><strong>Swimming at the pool 11am—1pm</strong></td>
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<td><strong>Friday 20th January</strong></td>
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<td></td>
<td><strong>Jewellery making</strong></td>
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<td><strong>Mildura 9am—2pm</strong></td>
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<td><strong>Monday 30th January</strong></td>
<td><strong>Swimming at the pool 11am—1pm</strong></td>
<td><strong>Tuesday 31st January</strong></td>
<td><strong>Relax and enjoy the last day of holidays</strong></td>
<td><strong>Friday 27th January</strong></td>
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<td><strong>FRUIT KEBABS—YUM</strong></td>
<td><strong>AFTER SCHOOL CARE</strong></td>
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<td><strong>Public Holiday</strong></td>
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<td></td>
<td></td>
<td><strong>AFTER SCHOOL CARE</strong></td>
<td></td>
<td><strong>Swimming at the pool 11am—1pm</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>AFTER SCHOOL CARE</strong></td>
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<td><strong>Restoration session</strong></td>
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</tbody>
</table>

Every day we offer many and varied activities, both planned for and according to the children’s interests at the time.

**This program is open to all children who attend primary school, including children starting school in 2017.**

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**Hello Everyone**

School holidays are here again and we are pleased to inform you that Robinvale District Health Services will be running their:

**VACATION PROGRAM**

Our programs are conducted in a comfortable, relaxed and safe environment with experienced, qualified and caring staff that interact with the children on a group and individual basis. We offer many and varied activities, both planned and according to the children’s interests at the time.

All attendees need to fill out an enrollment form and register for Child Care Benefit, which is simply a phone call to FAO/Centrelink, telephone: 136150. This may entitle you to a reduction in childcare fees. Would you like more information? Out of School Hours (O.O.S.H.) Phone 0408565572

**Out of School Hours (O.O.S.H.)**

This program is open to all children who attend primary school, including children starting school in 2017.

**AVAILABLE FOR:**

- Regular care while parents are at work
- Casual care for when parents have appointments etc.
- FUN! For children after school and during holidays as an extra curricular activity
- Making friends with other children
- Developing skills
- Reaching strengths

**Where?** Watkin Street, Robinvale. The hall is opposite St. Mary’s School and has green and purple shade sails outside.

**When?** The program runs from 8am-6pm, Monday to Friday, both weeks of the school holidays (excluding Public Holidays).

**What do we need to bring?**

Children will need to bring their snack and lunches, with the exception on the days where it will be provided. Refrain from program flip side.

Keep in mind our changeable weather and please provide appropriate clothing. Hats are worn when we are outside.

**Who?** The program is open to all primary aged children.

For any more information please feel free to call in to the Hall and talk to our friendly staff or phone:

- Early Years Co-coordinator—Cindy Hinterhassel Ph: 50518165
- Mobile: 0448 200 177
- Program Mobile: 0408 565 572
**Health Tips**

What a Healthy Meal Should Look Like…

½ the plate is Veg

¼ of the plate is grains or starchy vegetables (potato)

¼ of the plate is protein (meat, eggs or legumes)

**Exercise tips from BetterHealth.gov**

Pick an activity (or range of activities) that appeals to you. Also choose activities that you are confident you can manage physically, and that suit your lifestyle and your income. Choose an activity that is close to home or work.

Set realistic goals. For example, rather than aiming for a set amount of weight loss, aim for four activity sessions per week.

We all have different motivations to exercise. Think about how you feel when you’re exercising and how you feel after you’ve exercised. Keep in mind your personal fitness goals to help you on those days when you don’t feel like lacing up your sneakers.

Remember also that research indicates you don’t need to lose weight to gain significant health benefits.

Start small. Aim to just include more general activity into your day, working toward a continuous bout of exercise for about 10 minutes per day at first, and gradually work your way up to 30 minutes or more.

Find a friend or family member to be active with. Motivate and reward each other and enjoy the process together.

Replace the ‘no pain no gain’ message with ‘no fun no future’. If you don’t enjoy your activity, it won’t be sustainable.

**Fun activities to play outdoors this summer**

Backyard Cricket

Backyard Volleyball

**National Physical Activity Guidelines**

Meeting these physical activity guidelines will have a great effect on your overall health, as well as reduce the risk of many health conditions.

**For adults (18 years plus):**
Should accumulate at least 30 minutes of moderate-intensity physical activity on most, preferably every day with an aim of at least 150 minutes a week.

**For Children (5-12 years):**
Should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.

As it starts to warm up in Robinvale, make sure you don’t forget to…
Mental health matters to us all in Robinvale

45% of Australian adults will experience a mental illness at some stage in their lives.

26% of Australian young people suffer from anxiety, substance use disorders or other mental illness.

Most of us will have a mate or family member who has experienced mental illness.

With the right kind of help, people recover and lead healthy, productive and satisfying lives.

Signs you might need help:
- Feeling disconnected or isolated
- Getting easily irritated or angry
- Feeling stressed, tense or restless
- Feeling sad, down or crying more than usual
- Sleeping or eating more or less than usual
- Trouble concentrating or remembering things
- Feeling that you want to harm yourself
- Taking risks that you would normally avoid

Asking someone are you ok?
Talk to your mates, colleagues, family members.
If you are concerned, encourage them to seek help.

Where to go for help

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td>Lifeline</td>
<td>13 11 14</td>
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<tr>
<td>Kids Helpline</td>
<td>1800 55 1800</td>
</tr>
<tr>
<td>Mildura Base Hospital</td>
<td><a href="https://www.mh.org.au">Mental Health Support Services</a></td>
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<tr>
<td>Mildura Base Hospital</td>
<td>1300 368 375</td>
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<td>Mildura Base Hospital</td>
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<td>Mildura Base Hospital</td>
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<tr>
<td>ACSO Connect</td>
<td>1300 022 760</td>
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<td>ACSO Connect</td>
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<tr>
<td>headspace (for help with mental health, alcohol or drug issues)</td>
<td>4010 7100</td>
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<tr>
<td>headspace (for help with mental health, alcohol or drug issues)</td>
<td>Mildura 5921 2400</td>
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<tr>
<td>headspace (for help with mental health, alcohol or drug issues)</td>
<td>Murray Valley Aboriginal Co-operative (NVAC) 5026 4501</td>
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<tr>
<td>headspace (for help with mental health, alcohol or drug issues)</td>
<td>Malve Family Care Mental Health Support Services 5021 2385</td>
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<tr>
<td>headspace (for help with mental health, alcohol or drug issues)</td>
<td>Rural Financial Counseling Service 1300 759 489</td>
</tr>
<tr>
<td>headspace (for help with mental health, alcohol or drug issues)</td>
<td>Robinvale District Health Services Social Work 5051 8160</td>
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</tbody>
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Thanks to Southern Mallee Primary Care Partnership and Bendigo Loddon Primary Care Partnership for their support and background work to support this resource. November 2016.
Meal of the Month

Vegie-Packed Tuna Rice

Ingredients

- 1 cup basmati rice
- 400g sweet potato, peeled, cubed
- cooking oil spray
- 1 medium onion, chopped
- 2 bunches asparagus, trimmed, cut into 3cm pieces
- 250g cherry tomatoes
- 1/4 cup chopped flat-leaf parsley
- 2 teaspoons lemon zest
- 2 x 180g cans tuna in spring water, drained, flaked

Instructions

Step 1 Cook rice according to packet instructions. Drain and set aside.

Step 2 Meanwhile, steam sweet potato for 8–10 minutes, until tender.

Step 3 Spray a large frying pan with oil and place over medium-high heat. Cook onion for 5 minutes, or until soft. Add asparagus and tomatoes and cook for 2–3 minutes, stirring, until tender.

Step 4 Add parsley, zest, cooked rice and tuna to pan and stir to combine. Serve immediately.

For more healthy summer recipes go to: http://www.healthyfoodguide.com.au/seasons/summer

Watermelon Christmas Trees

Try cutting slices of watermelon into the shape of a Christmas tree for your “plate to share” at the next Christmas party!

Fruit Skewers

Swap some of those Christmas cakes for these yummy fruit skewers. You can make these festive skewers from sliced up strawberries, oranges, pineapple, kiwi fruit, grapes and blueberries. Or, create your own fruit skewer mix.