

RDHS HEALTH NEWS

The Robinvale District Health Services 'community newsletter'



Welcome

To the twelfth edition of 'RDHS HEALTH NEWS'

In this newsletter:

- 2018 RDHS Naidoc Event /Sharps Disposal Unit
- Community Programs and Events
- Health Tips
- Meal of the Month

If you would like to receive this newsletter via email, please provide your email address to: tcoverdale@rdhs.com.au
The newsletter is also available from our website: <http://www.rdhs.com.au/>

July, 2018

2018 RDHS Naidoc Event



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

“Because Of Her We Can” National Aboriginal and Islander Day Observance Committee Theme for 2018

They are Mothers and our Elders our Grandmothers our, Aunties our Sisters, our Daughter we honour the theme of meaning (Because of her we can). Women who are influential leaders of the Robinvale community do so by enhancing self-determination and empowering the cultural Heritage through respect, traditional practices, through language storyline and dance ceremony to celebrate our rich cultural heritage Aboriginal and Torres Strait Islander Community ATSIC.

NAIDOC occurs once a year and is a great opportunity to share our culture with the diverse Robinvale community.

This was demonstrated by Welcome to Country by Aunty Rose Kirby, Daryl Singh (Smoking ceremony and didge player), Rod Pettit (Latje Latje Dances), Tasman Pettit and Jade Kennedy.

A big thank you to the above mentioned for the excellent performances as well as Aunty Rose and Sherry for the delicious Jonny cakes!

It was also great to see the children from the community participate in the event by making their own fun in the grassed area, there was lots of laughter which is very healing!

It was an honour for Robinvale District Health Services to celebrate our NAIDOC event with the ATSIC by acknowledging and strengthening our partnership with Local Aboriginal Network LAN and MVAC committee, and Robinvale community. Thank you to the community members and RDHS staff for attending this event and helping make it an enjoyable and successful afternoon.



Sharps Disposal Unit

Did you know that RDHS has a sharps and needle disposal box? Look for the orange box on the grass of the primary care car park.

Please note only sharps are to be disposed in this box!



Community Programs, Events and Services:

EAT WELL, FEEL SWELL
INFO AND
COOKING DEMONSTRATION

WEDNESDAY
8th August
6:00 - 7:30pm

NIBBLES PROVIDED
RDHS CONFERENCE ROOMS



MEN'S HEALTH PROGRAM

PRESENTED BY
ROBINVALE DISTRICT HEALTH
SERVICES

HEALTHY LADS

HEALTHY LADS is a **FREE** Men's Health Program that aims to deliver a variety of men's health related topics once a month.

The program will feature a number of guest speakers who will provide tips and expertise on their area along with some complimentary refreshments.

After the information session there will also be an opportunity to do a bit of exercise and learn a few new skills!

(You may just attend the interactive learning session if you wish)

Robinvale District Health Services look forward to delivering this opportunity to our local lads!

For more information please contact Tom or Rach at RDHS on: 5051 8160



GROW VEGETABLES IN A FUN FREE SPACE!

Open to community after 4pm all weekdays
and all day weekends!

There's work to be done and produce to be eaten...

So if you would like to become involved in the community garden, please call contacts below for an orientation at the garden:

Tom or Rachael the Health Promotion Officer's from RDHS on: 50518160

Find us on

Like our Robinvale Community Garden Facebook Page for info and openings



ROBINVALE
DISTRICT HEALTH
SERVICES



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: 50518160

(Open to individual or group sessions)

Robinvale Euston



MENS SHED

For men who are looking for a friendly environment to have a tinker and a chat!

Join us at the 'Robinvale Euston Men's Shed'!

When: Open Thursdays from 1:30pm to 5:00pm (we are planning to expand opening hours)

Where: Find the Shed at the end of Nicholls St within RDHS, opposite the carpark.

To become a member or to find out more please call:

Tom the 'Men's Shed Supervisor' from RDHS: 5051 8142

Or 'Men's Shed Leader' Jack: 0417 593 810

All new members will need to participate in an induction upon arrival.



Australian Men's Shed Association

ROBINVALE DISTRICT HEALTH SERVICES

MENTAL HEALTH FIRST AID TRAINING

Accredited to deliver MHFA Courses by MHFA Australia



Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (eg. the person is suicidal or has had a traumatic experience). Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country. Robinvale District Health Services offers the Standard MHFA course as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

12-hour Standard MHFA course

The 12-hour Mental Health First Aid (MHFA) course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

Full day sessions (one week apart)

Thursday 27th September & 4th October 2018: 9.30 am to 4.30 pm

Wednesday 24th & 31st October 2018: 9.30 am to 4.30 pm

Wednesday 21st & 28th November 2018: 9.30 am to 4.30 pm

Venue:

RDHS Conference room B
128 - 132 Latje Road Robinvale

Cost:

\$50.00 which includes manual and lunch (subsidised for local residents)

\$100.00 for local organisations (funding their employees)

\$150.00 full fee

Sue Watson, Community Wellbeing Officer

Robinvale District Health Services, 5051 8168 or 0491 216 790

Heart Foundation
Walking



Would you like to join a fun, free walking group?

Heart Foundation Walking groups are a great way to make friends and look after your health. Beginners are welcome and it's free.

What: The Murray Marchers
When: 10:00am Wednesday
Where: Robinvale-NSW Bridge (Under the Windmill)
Who: Anyone! All fitness levels welcome

For more information about joining this group or start your own, please contact: Tom Coverdale at RDHS on: 5051 8160 or Email: tcoverdale@rdhs.com.au

www.heartfoundation.org.au/walking

National sponsors

State sponsors

Local supporters:



RDHS now has an official Facebook page!

Search for us on Facebook at:



And for those with younger children, you may find the 'Robinvale District Health Services, Early Years Programs' page useful.

... make sure you like the page so you can see the latest programs, events, health tips and much more!

Health Tips

Don't let the winter months get you down! People often choose not to exercise during winter months due to the colder darker days. Unfortunately this choice might be affecting your physical and mental health. If you don't feel like braving the cold perhaps you could try doing some exercises at home in the living room! For personalised exercise tips for working out at home make an appointment with **Caitlin our Exercise Physiologist at RDHS**
On: 5051 8160

TIPS TO EXERCISE SAFELY IN THE COLD

If you do feel like exercising outside in the cold here are some tips to do it safely:

- **Warm up** – warming up is an important factor in preparing our body for exercise and preventing injury, so allow a little extra time for your body to adjust and don't forget to warm down at the end.
- **Wear the right fabrics** – the last thing you want is to work out in sweaty, damp clothes.
- **Drink plenty of water** – as it is cold, we forget that we need to keep hydrated, so make sure you remember to take a bottle of H2O where ever you go!
- **Cover the head, finger and toes** – the extremities of our bodies usually suffer the most during the cold so make sure you have the right head gear for you, gloves and some comfortable, warm socks.
- **Avoid the storms** – if the weather is wild and windy, for your own safety it might be best to workout inside (particularly for asthmatics).
- **Know the warning signs** – as with exercising on warmer weather, listen to your body and don't push it to the limits.

Tips provided by: exerciseright.com.au



Red25 RDHS 'Giving Blood Feels Good'

Over the last few months, staff from RDHS have been travelling up to Mildura to contribute to the Red25 blood donation program.

Red25 is an Australian Red Cross Blood Service initiative that is designed to provide incentives for blood donors as well as facilitate group donation competitions with the aim of achieving 25% of Australia's blood donations.

With the knowledge that one donation had the power to save three lives, the crew from Robinvale were more than happy to roll up their sleeves and help make a difference. It was also seen as a great opportunity for team bonding and enjoying one of the many exceptional restaurants available in Mildura.



RED25 UNITE TO SAVE LIVES

Organisations united on a mission to achieve 25% of Australia's blood donations.

[FIND OUT MORE >](#)



Raw sugar is healthier than white sugar

This belief is presumably based on the word 'raw', which seems to imply less processing. Not true! Sugar is made from cane or sugar beet plants. These are crushed to produce a juice, which is then heated to become thick, dark syrup of sugar crystals and molasses. The molasses is then removed, leaving granulated white sugar. Raw sugar is simply granulated white sugar with some molasses added back in. Brown sugar is the same, but the sugar crystals are finer. **The verdict:** White sugar is actually less processed than raw sugar. But all sugar is high in energy and low in nutrients, so less is best.

Source: <http://www.healthyfoodguide.com.au/lifestyle-and-environment/myths?page=1>

Meal of the Month

KANGAROO STEW

Ingredients:

- 600 g kangaroo meat, diced
- 3 potatoes, diced
- 1 1/2 large onions, diced
- 3 carrots, diced
- 1/2 pumpkin, diced
- 2 cloves garlic, crushed
- 3 tbs oyster sauce
- 3 tbs salt-reduced tomato sauce
- 3 beef stock cubes
- 3 1/2 cups water
- cornflour, to thicken

Instructions:

Step 1: Put beef stock cubes in water and mix well.

Step 2: Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes).

Step 3: Add potatoes, carrots, onions and pumpkin. Add tomato sauce, oyster sauce and beef stock. Mix together and add enough water to cover the meat. Simmer for 10 – 15 minutes.

Step 4: Mix a little cornflour with water to a paste and add to pot. Cook for a further 10 – 15 minutes. Continue cooking until meat and vegies are tender.



Taken from: <https://livelighter.com.au/Recipe>
And the 'Deadly Tucker' cook book.

CRUNCHY SALAD SANDWICH

Great way to get veggie serves at lunchtime!



Ingredients

- 1 avocado, peeled and stoned
- 1 tsp lemon juice
- 4 slices wholegrain bread
- 1 small carrot, peeled and grated
- 1 small beetroot, washed and grated
- 1 lettuce leaf, shredded
- 1 medium tomato, cut into 4 slices
- 1/3 cup snow pea sprouts

Method

- Put the avocado in a small bowl and mash well with a fork. Add lemon juice and mix well.
- Spread avocado mix onto the slices of bread.
- Top two slices of bread with carrot, beetroot, lettuce, tomato and snow pea sprouts.
- Top with remaining bread and serve.

For more healthy recipes go to: <http://www.healthyfoodguide.com.au/recipes/meals-and-occasions/snacks-light-meals>
Or visit: <https://livelighter.com.au/Recipe>