

Mental Health Drop-in Clinic

The Mental Health Drop-in Clinic is a free, confidential service offered to the whole of our community. No appointments are necessary. Enter via the Health and Wellbeing Centre entrance at 128-132 Latje Road Robinvale.

During the Christmas period, the Drop-in Clinic will be available from **10:00-14:00** on **Tuesday 22nd** and **Wednesday 23rd**, **Tuesday 29th** and **Wednesday 30th**. In addition, we will have a mental health clinician **available via phone from 9:00-17:00, on Monday 21st, Thursday 24th and Thursday 31st.**

The number for the telephone service is **0491 216 790**.

Normal opening times:

Monday, Wednesday,
Friday
9am-1pm

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Robinvale District Health Services



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RDHS Christmas Shutdown

The Health and Wellbeing Building will be closed for allied health services over the Christmas period. We will be closed from **Monday 21st of December to Friday the 1st of January**, returning to normal services on Monday the 4th of January.

During the shutdown period, the Royal Flying Doctor's Service GP will only be available via **telehealth on Tuesday 22nd of December** and **face-to-face appointments on Wednesday 23rd of December**. For more information or to book appointments, please call Primary Care on 5051 8160.

We hope everyone has a safe and happy holiday break.

NAIDOC Week

RDHS celebrated NAIDOC Week on November 12th with a traditional Welcome to Country and Smoking Ceremony by Daryl Singh, as well as Digeridoo playing by Daryl and his brother.

As part of the smoking ceremony, those who attended, walked around the smoke to cleanse themselves and to keep bad spirits away.

Celebrations were also held at RDHS' Manangatang Campus where damper was shared and Daryl played the Digeridoo for staff and residents.



Service awarded for improving the oral health of Robinvale/Euston kids

Robinvale Pre-School received a Smiles 4 Miles award this week, recognising their work to improve the oral health of some of our youngest community members.

Smiles 4 Miles is an oral health promotion program for preschool-aged children developed by Dental Health Services Victoria and implemented in partnership with Robinvale District Health Services (RDHS) throughout the region.

Services achieve the Smiles 4 Miles award by implementing healthy eating and oral health policies, engaging with families about the importance of oral health, and educating children through a variety of fun learning experiences based on the Smiles 4 Miles key messages – Drink well, Eat well and Clean well.

Rachael Knight, Health Promotion Officer, at RDHS says the program is a great way to help children have healthy teeth and gums for life.

“Good habits are formed early. Children take lessons they learn at a young age with them, right up to adulthood. By promoting good oral health behaviours early in life, we can decrease the likelihood of poor oral health later in life,” Rachael said.

Robinvale Pre-School has been doing lots of learning experiences around eating, drinking and cleaning well. Recently Rachael from RDHS came and taught the children how to Clean well with Chomper the dragon. The children loved being able to practice brushing Chomper’s teeth in a circular motion and reaching all the teeth for a good clean by ‘smiling like a monkey’ and ‘roaring like a lion’. At the end Chomper ‘spat it all out’ and sprayed them with water much to the preschooler’s delight!

Robinvale Pre-School is committed to helping children – and families – learn about the steps to good dental health and to build good dental practises into their daily program. This includes sharing the importance of:

Drinking well – By drinking tap water or plain milk and avoiding sugary drinks like cordials, juices and soft drinks

Eating well – By eating a variety of nutritious foods each day and limiting sugary foods, particularly between meals

And **Cleaning well** – By brushing teeth twice daily, adults should help children until at least the age of 7.



Robinvale Pre-School students Ava, Sid and Zoe



Robinvale Pre-School staff with their Smiles 4 Miles Award Certificate
Pictured: Cenza, Kathreen, Michelle, Franca and Rachael (from RDHS)

Early Years Holiday Program 2021

RDHS will be running our 'Vacation Program' from **Monday 4th January 2021**, for the duration of Victorian school holidays. This is school holiday care for all primary aged children, including those children who have finished pre-school and are enrolled to attend school in 2021.

Bookings are essential - we are only able to run program if we have sufficient numbers. For any more information please call 0408 565 572 or feel free to visit us at the Hall and talk to our friendly staff.



A recent assessment by the Department of Education rated our service at 'EXCEEDING' National Quality Standards in Education and Care



O F S C H O O L H O U R S

- ### WHAT WE OFFER
- School pick up from Robinvale College, St.Mary's and Euston.
 - Healthy afternoon snack provided
 - Homework and learning support
 - Child safe environment
 - Understanding children's individual interests & needs.
 - Care provided by experienced, caring and qualified staff.
 - Available to all families

Childcare for primary aged children during the school term – after school care - and holidays – vacation program. (except public holidays)

- ### ACTIVITIES
- Art and crafts
 - Science experiments
 - Cooking
 - Construction
 - Music and dance
 - Local excursions
 - Gardening
 - Chill zone
 - Outdoor exploration
 - Physical activities

- ### GROWTH & DEVELOPMENT
- ~ Relaxation strategies ~
 - ~ Team building ~
 - ~ Leadership ~
 - ~ Independence ~
 - ~ Self-care skills ~

For booking and fee information/ assistance please contact
Cindy or Anna on 0408 565 572 or Call in and see us

Where ~ 13 Watkin Street, Robinvale
The Hall opposite St. Mary's school
Look for the shade sails

Cultural Day at Aged Care

Our community has people from many different cultures, RDHS wants to celebrate the diversity by holding a special lunch each month in honour of the different cultures.

On the 18th of November, staff and residents in RDHS's Main Campus dressed in colourful traditional dress, called "puletaha".

Residents were treated to "Lu Pulu" (corned beef with silver beet, veggies and coconut cream), "Ota'i" (a tropical watermelon drink), and cassava cake for dessert.



16 Days of Activism Against Family Violence

The 16 Days of Activism Against Family Violence occurs from November 25th until December 10th. This year's theme is "Respect is...". The campaign aims to promote conversations and action against gender based violence. Have a think and start a conversation with others about what respect looks like, and how we can build a respectful community. Each year RDHS puts up a banner on the bridge for the duration of the 16 day to remind the community to start conversations around family violence.



Remembrance Day

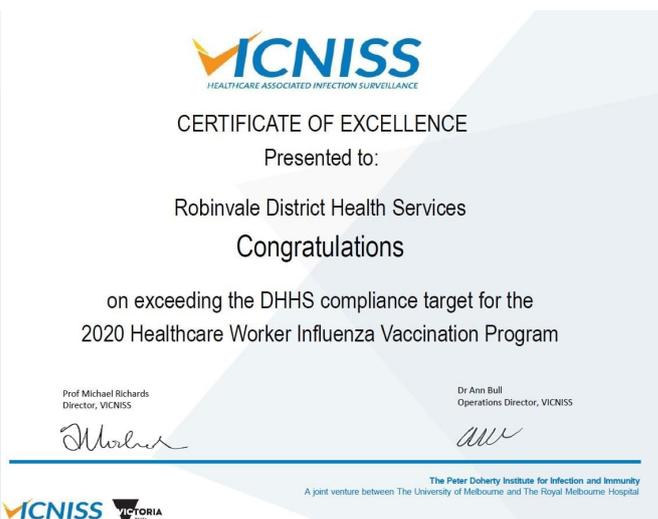
At 11am on Wednesday 11 November 2020, a large group of community members would have normally been assembled at the Cenotaph for the Remembrance Day service, but ceremonies were scaled back this year due to COVID-19.

The flags were still flown at the Cenotaph and Memorial Park and crosses displayed. The local CFA fire siren sounded at 11 am for those to observe a 1 minute silence. The Last Post and Reveille was then played at the Cenotaph. RDHS attended with CEO Mara Richard and Board Member Jack Dang, laying a wreath at the Cenotaph (pictured below right).



RDHS Certificate of Excellence

Both Robinvale and Manangatang Campuses, received 'Certificate of Excellence' for exceeding the state-wide compliance target for staff vaccination for influenza in 2020. RDHS achieved greater than the state-wide target of 90% vaccination rate of our healthcare workers, which is an outstanding achievement. Congratulations to our staff and nursing staff who assisted with the immunisations.



Staying well in the heat

Who's most at risk from hot weather?

- Elderly people aged over 75 years, babies and young children people with long-term health conditions, for example heart or respiratory disease, diabetes or circulatory diseases
- People who are socially isolated
- People who are obese
- People who work outdoors or in hot and poorly ventilated areas and those engaging in vigorous physical activity in hot weather

Tips to stay cool

- Drink plenty of water, avoid alcohol, hot and sugary drinks
- Keep your house cool, if you don't have air-conditioning go to the local pool or to a friend's place who does have it
- Keep your body cool, stay out of the sun, wear loose fitting clothes
- Take care of others, never leave children or pets in a car, check in on elderly friends and relatives

Exercising in the heat

- Stay hydrated by drinking water
- Exercise early in the morning or later at night
- Choose cool activities, swimming in a pool or exercising indoors with air-conditioning
- Wear sunscreen and reapply every two hours



1 keep yourself cool



2 Stay hydrated with water



3 Look out for each other

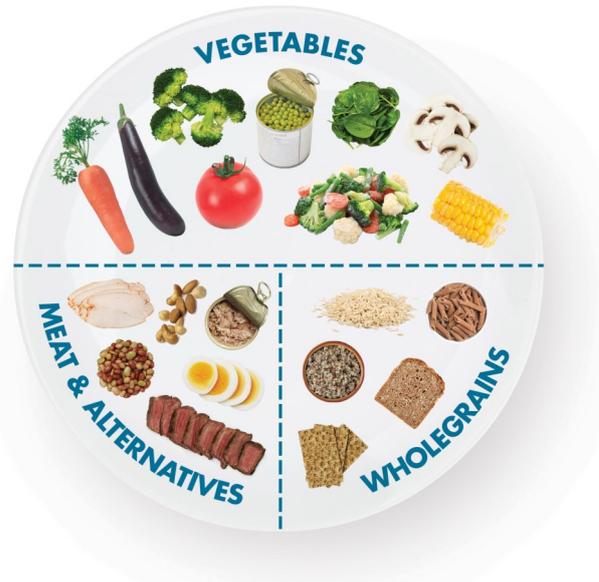


4 Plan ahead for the heat

Preventing Overindulging

The festive season is a time for celebrating with friends and family. With lots going on it can be easy to overindulge. Remember to keep to this tips:

- Make 1/2 your plate vegetables and salads, 1/4 a protein like fish, legumes or eggs and 1/4 wholegrains like rice, wholegrain bread, pasta
- Enjoy discretionary foods like cakes and pastries in moderation.
- Drink water between alcoholic drinks
- Listen to your body and stop eating when you feel full
- Soda water or tap water with added fresh fruit is a good alternative to soft drinks



Health Myth **Busted** Fresh vegetables are more nutritious than frozen vegetables

Research has consistently shown fresh and frozen vegetables to have similar nutritional values. Frozen vegetables are often cheaper and more convenient than fresh vegetables. Canned vegetables are another cost effective option, just make sure to look out for low salt options.

What to look out for:

- Low salt canned vegetables
- Choose no added sugar canned fruits
- Buy in season fresh produce



Produce in Season

Vegetables

- Asparagus
- Capsicum
- Celery
- Cucumber
- Eggplants
- Green beans
- Hass avocados
- Lettuce
- Peas
- Radish
- Snow peas
- Spring onions/g
- Sugar snap peas
- Sweet corn
- Zucchini

Fruit

- Apricots
- Bananas
- Blackberries
- Blueberries
- Carambola/starfruit
- Cherries
- Grapes
- Honeydew melons
- Lemons
- Lychees
- Mangoes
- Nectarines
- Peaches
- Passionfruit
- Pineapples
- Rockmelon/cantaloupe
- Rambutan
- Raspberries
- Red papaya
- Strawberries
- Valencia oranges
- Watermelon
- Yellow papaw

How to: Read Nutrition Labels

The ingredients list has ingredients in order of the amount in which they appear in the product. The first ingredient listed, is the most prominent in the product, the last ingredient occurs the least amount in the product.

Watch out for these nutrition claims:

- The term 'light' or 'lite' doesn't necessarily mean that the product is low in fat or energy. The term 'light' may refer to the texture, colour or taste of the product. The characteristic that makes the food 'light' must be stated on the label.
- The claims 'no cholesterol', 'low cholesterol' or 'cholesterol free' on foods derived from plants, like margarine and oil, are meaningless because all plant foods contain virtually no cholesterol. However, some can be high in fat and can contribute to weight gain if used too generously.
- If an item claims to be 93 per cent fat free, it actually contains 7 per cent fat, but it looks much better the other way.
- 'Baked not fried' sounds healthier, but it may still have just as much fat – check the nutrition information panel to be sure.
- 'Fresh' actually means the product hasn't been preserved by freezing, canning, high-temperature or chemical treatment. However, it may have been refrigerated and spent time in processing and transport.

Nutrition claims that must meet guidelines:

- **No added sugar** – products must not contain added sugar, but may contain natural sugars
- **Reduced fat or salt** – should be at least a 25 per cent reduction from the original product
- **Low fat** – must contain less than 3% fat for solid foods (1.5% for liquid foods)
- **Fat free** – must be less than 0.15% fat
- **Percentage of fat** – remember 80% fat free is the same as 20 per cent fat, which is a large amount
- **Good source of** – must contain no less than 25 per cent of the Recommended Daily Intake (RDI) for that vitamin or mineral.



Source: (Queensland Government 2019)

Reading nutrition information panels

Understanding how to read nutrition information panels can make it easier to choose healthier options. Don't forget to check your portion sizes.

Serving size

This is the average serving size of the product determined by the manufacturer. This may not be the same as the serving size you consume.

Per 100g

100g is a useful standard to compare products. Use this information when choosing products to decide which is the healthier option.

Nutrition Information		
Servings per package: 1		
Serving size: 35g		
	Per Serve	Per 100g
Energy	501kJ	1430kJ
Protein	3.5g	10g
Fat	0.4g	1g
Saturated fat	0.2g	0.5g
Carbohydrate	25.3g	72.2g
Sugar	7.5g	21.5g
Fibre	3.4g	9.7g
Sodium	185mg	535mg

Sugar

- Aim for 15g per 100g or less

Saturated Fat

- Aim for 3g/100g or less

Fibre

- Choose the product highest in fibre per 100g
- Aim for at least 7.5g per 100g OR 3g per serve
- Aim for 25-30g of fibre per day

Exception: Some products such as dairy foods do not naturally contain fibre

Sodium (Salt)

- Aim for 120mg per 100g or less
- Limit foods which contain more than 400mg per 100g

For further information regarding food labels or for specific dietary requirements such as coeliac disease, food allergies or intolerances, contact your dietitian.

To make an appointment with RDHS's Dietitian, please call Primary Care on 5051 8160.

Gambling Help Counselling and Support

Gamble Aware Week (19-25 October 2020) was a great success. RDHS hosted a zoom event where a guest speaker shared his lived experience with online gambling harm and his journey to recovery.

Wed Oct 21, 2020
10:00 AM to 11:00 AM

GAMBLE AWARE

online zoom event



Join **Robinvale District Health Services** in celebrating Gamble Aware week. 19-25 Oct 2020.

- Hear from someone with a personal experience of **online gambling harm**.
- Learn about supports available to assist with gambling harm.
- Learn how to be safe online.
- This session will provide a greater understanding of how gambling harm can impact individuals, families and communities.

To RSVP
Call Esther on 0427 263701

Gambling harm

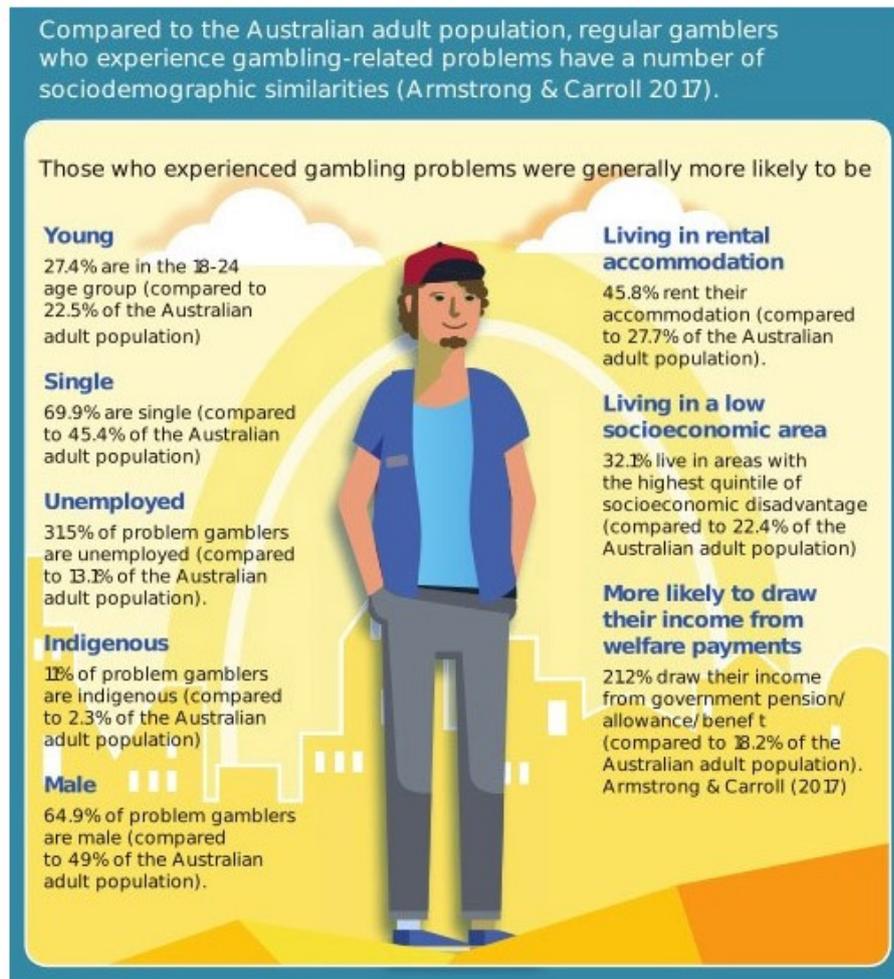
Gambling harm can affect your finances, health, relationships, education and employment, social and psychological well-being. Gambling harm does not just affect the person who gambles, it can also affect those around them. It is estimated that for every person considered a problem gambler, six people are affected.

RDHS provides free and confidential support for anyone experiencing harm from gambling, including support for family members and friends.



Source: NSW Gambling Survey 2019 and Goodwin et al 2017

Gambling Harm Survey



What support is available?

RDHS provides free and confidential support for anyone experiencing harm from gambling, including support for family members and friends.

Contact Primary Care Admin (8:30am-5pm Mon-Fri)

Tel: 03 5051 8160

0427 263 701

Email: gamblinghelp@rdhs.com.au

For 24-hour support

Call the Gambling Helpline on 1800 858 858

Visit: www.gamblinghelponline.org.au

Edible Gifts

Dukkah

Makes 1 cup

Dukkah is a traditional Egyptian spice blend. Great served on top of eggs, salads, dips or use it to crust fish or chicken.

Ingredients

- 1/2 cup walnuts or pistachios
- 1/2 cup almonds or hazelnuts
- 2 tablespoons white sesame seeds
- 2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground fennel (optional)
- 1/2 teaspoon black pepper
- 1/2 teaspoon coarse salt

Method

1. In a large pan over medium heat, add the nuts. Dry fry them until they start to smell fragrant (a few minutes).
2. Add sesame seeds to the pan with the nuts and continue to cook, stirring often. Turn off the heat once the sesame seeds are turning lightly golden on the edges. Transfer the mixture from the pan into a food processor.
3. Add the remaining ingredients to the food processor. Coarsely pulse for around 10 seconds or until the nuts are broken into a coarse sand like texture. Be careful not to over pulse as this will turn the nuts into nut butter.
4. Transfer dukkah into an air-tight container and keep for up to 4 weeks.



Everything but the bagel seasoning

Makes 3/4 cup

Sprinkle over eggs, on avocado toast or on top of dips.

Ingredients

- 2.5 tablespoons white sesame seeds
- 2 tablespoons dried onion flakes
- 2 tablespoons dried garlic granules
- 2 table spoons black sesame seeds
- 4 teaspoons seas salt flakes
- 2 teaspoons poppy seeds

Method

1. In a large pan over medium heat, add the sesame seeds. Dry fry them until the white sesame seeds are starting to get lightly golden on the outside.
2. Add sesame seeds to the pan with the nuts and continue to cook, stirring often. Turn off the heat once the sesame seeds are turning lightly golden on the edges. Remove from heat.
3. Add all the ingredients to a bowl and mix well. Store in an airtight container at room temperature for up to six months.



Rosemary Salt

Makes approximately 900grams

Add to roast potatoes, meats

Ingredients

- 2 cups fresh rosemary
- 3 cups coarse salt

Method

1. Put the rosemary and coarse salt in a food processor
2. Pulse on and off about 8 to 10 times, or until the rosemary is blended into the salt. The texture should be similar to table salt; it will be damp and look almost like wet sand.
3. Spread out on a baking sheet to dry for a few hours.
4. Transfer into an airtight container or air-tight jars and give as gifts to friends and family. This will last for a year.



Festive Recipes

Whole Roasted Cauliflower Serves 4

- 1 large cauliflower
- 1/2 cup olive oil
- 3 tbsp. water
- 2 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. dried oregano
- 1/4 tsp. dried basil
- 1/4 tsp. dried parsley
- 1/4 tsp. dried garlic powder
- 1/4 tsp. cumin
- 1/4 tsp. chilli powder (optional)

Recipe adapted from: <https://www.trufflesandtrends.com/home/2019/2/20/whole-roasted-cauliflower-with-tahini-sauce>

Method

1. Preheat oven to 200 degrees Celsius. Line a tray with baking paper.
 2. Wash and dry cauliflower. Cut off bottom stalk of cauliflower while leaving head intact. Peel off the green leaves. Place upside down on the tray.
 3. Whisk together the olive oil, water, and spices. Pour 2/3 of oil mixture into crevices of the upside down cauliflower. Flip right side up and brush the top evenly with the remaining oil.
 4. Bake until fork pierces cauliflower easily, 35-55 minutes, or until desired texture. Baking time may vary depending on the size of your cauliflower.
 5. Serve as a main with salad or as a side dish.
- Try different spice combos, for a more middle eastern flavour use turmeric, cumin, zaatar.



Avocado Caprese Salad Serves 4



- 4 large vine-ripened tomatoes (480g)
- 250g cherry bocconcini cheese or feta cheese
- 1 large avocado (320g)
- 1/4 cup loosely packed fresh basil leaves
- 2 tablespoons olive oil
- 1 balsamic tablespoon
- Salt and pepper to taste

Recipe adapted from: <https://www.womensweeklyfood.com.au/recipes/avocado-caprese-salad-1-29217>

Method

1. Thickly slice tomatoes, cheese and avocado.
2. Mix olive oil, vinegar, salt and pepper in a small bowl.
3. Arrange tomato, cheese and avocado on a platter. Drizzle over the olive oil/vinegar mixture. Top with basil leaves and serve.