

RDHS Community Newsletter

April 2021



Table of Contents

Smiles 4 Miles	2
Women's Day	3
Mental Health	4
Drumbeat	8
Community Notices	9
Healthy Eating	11

Welcome to the 26th edition of RDHS Health News

In January the Health Promotion Team delivered a healthy eating talk and cooking class to the Youth Holiday Program.

The youth learned how to make Mexican baked potatoes, which went down well! They also participated in an activity to see how much sugar was in different drinks.

Water is the best choice but low sugar options like unflavoured milk, flavoured sparkling water and fruit infused water are good options too.

Remember to follow RDHS on:



Robinvaledistricthealth



Robinvale District Health Services

If you would like to receive this newsletter via email, please send your email address to: jlotika@rdhs.com.au

The newsletter is also available from our website: <http://www.rdhs.com.au/>

Smiles 4 Miles and MVAC

Tooth decay is the most common health problem in Australia

22 February

Health Promotion Officers, Rachael and Jemima delivered Smiles 4 Miles training to some of the MVAC early learning Centre staff.

Smiles 4 Miles is an initiative from the Dental Health Services Victoria that aims at improving the oral health of children and families.

Smiles 4 Miles helps pre-schools and kindergartens to promote good oral health habits to children in their care.



Brush teeth and along gums twice daily.

Use low fluoride children's toothpaste from 18 months until 6 years.

Your child should see a professional by 2 years old for an oral health check.



Enjoy nutritious foods everyday from the 5 food groups.

Limit foods with sugars.

Healthy meals and snacks are important for **healthy teeth**.



Tap water is the preferred drink.

Limit sugary drinks—especially between meals

Choose **PLAIN** milk

International Women's Day

8 March

*This year's International Women's Day focused on the theme of **#ChooseToChallenge***

The purpose of International Women's Day is to raise awareness around gender equality, to celebrate women's accomplishments and achievements; and to call out gender stereotypes.



#ChooseToChallenge
#IWD2021

It is important that we take action now so that future generations are able to thrive in a gender balanced world.



International Women's Day



#ChooseToChallenge
#IWD2021

Gender Inclusiveness should involve both men and women. We all have a part to play.



International Women's Day



#ChooseToChallenge
#IWD2021

Stereotypes about gender can cause unequal and unfair treatment because of a person's gender.



International Women's Day



#ChooseToChallenge
#IWD2021

Celebrating Women's Achievements, while calling out inequality, is key to creating a gender equal world.



International Women's Day



#ChooseToChallenge
#IWD2021

International Women's Day celebrates the accomplishments of women, while recognizing the ongoing need to close the gap in gender equality.



International Women's Day

Mental Health



FACT SHEET

"In the past 12 months, over a quarter of a million first-generation adult, Australians from culturally and linguistically diverse backgrounds has experienced some form of mental disorder." - National Survey of Mental Health and Wellbeing

- Many people from different cultural backgrounds do not seek help for their mental health problems or are hesitant to do so. They usually miss out on suicide prevention services because the information is not available in a language they understand, or there is no culturally appropriate service available. They may also find it difficult to use mainstream services because of language and cultural barriers. They may be confused about how services operate or be unaware of the range of services and support that are available.

MENTAL HEALTH SERVICES FOR PEOPLE OF CULTURALLY AND LINGUISTICALLY DIVERSE BACKGROUNDS



IF YOU KNOW ANYONE WHO MAY BE IN DANGER PLEASE CALL THE NUMBERS BELOW OR DIAL 000

- Culturally & linguistically diverse – mhima.org.au
- Beyond blue - 1300224636
- Life line - 131450



RDHS DROP IN CLINIC

Supporting community
mental health and
wellbeing



9AM - 1PM
MONDAYS, WEDNESDAYS &
FRIDAYS

128-132 Lotje Rd, Robinvale
Tel: (03) 5051 8160



Mental health matters. People matter. YOU matter

You don't have to fight your battles alone.

REACH OUT!

Gambling Help Counselling and Support

What is problem gambling?

It is any gambling behaviour that disrupts your life or the life of your loved ones.

You may need help with your gambling if it is causing you:

- Debt or other financial problems
- Relationship problems
- Loss of employment or problems at work
- Mental and emotional health concerns
- Negative impacts on family, especially children

Support is Available at RDHS



For Appointments and Support
Contact Gambling Help Counsellor on **0427263701** or **03 5051 8160**
Monday-Friday 8:30am-5pm
Email: gamblinghelp@rdhs.com.au



The Achievement Program

1 March

Mental Health Priority Recognition

RDHS, received recognition for the Mental Health Priority. Some of the things that helped us receive recognition are:

- Increased training opportunities (stress management talks at departmental meetings)
- Mental Health First Aid Training
- Introduction of 5 minute walk breaks for staff
- Promotion of mental health days on social media/community newsletter
- Holding mental health events (e.g. mental health webinars)
- Updating relevant internal policies
- Creation of the People’s Champion Committee

MENTAL HEALTH AND WELLBEING

Robinvale District Health Services
is creating a healthy workplace.

DATE ISSUED: 18 February 2021

The Achievement Program is supported by the Victorian Government and delivered by Cancer Council Victoria.

Cancer Council Victoria

VICTORIA State Government

HEALTHY WORKPLACES Achievement Program

MENTAL HEALTH AND WELLBEING

HEALTHY EATING

PHYSICAL ACTIVITY

SMOKING

RDHS has now been recognised by the Achievement Program for Healthy Eating, Smoke Free and Physical Activity.

If your workplace or school would like to join the Achievement Program, call the Health Promotion Team on 5051 8160.

Drumbeat Program



Interested in being a part of the upcoming drumbeat program?

Discovering
Relationships
Using
Music
Beliefs
Emotions
Attitudes and
Thoughts

The DRUMBEAT program uses hand drumming to build social skills, increase self-esteem and explores connections between making music together as a group and the development of healthy relationships.

The themes covered in the program include:

- Identity and Social Responsibility
- Dealing with Emotions
- Peer Pressure
- Harmony
- Communication and Teamwork

Am I eligible to participate?

Yes! All are welcome.

If you have any more questions or are interested in joining the program, please contact: jlotika@rdhs.com.au. Or please call **(03) 5051 8142**

Community Notices

Kidney Health Week 15 –21 March

Chronic kidney disease is called a ‘silent disease’ as there are often no warning signs. It is not uncommon for people to lose up to 90 per cent of their kidney function before getting any symptoms.

Potential signs of reduced kidney function can include:

- high blood pressure
- changes in the amount and number of times urine is passed
- changes in the appearance of your urine
- blood in your urine
- puffiness in your legs, or ankles
- pain in your kidney area
- loss of appetite
- difficulty sleeping
- headaches
- lack of concentration



Book an appointment with your doctor if you are experiencing many of these symptoms or might be at an increased risk of poor kidney health due to risk factors.

Caring for your kidneys:

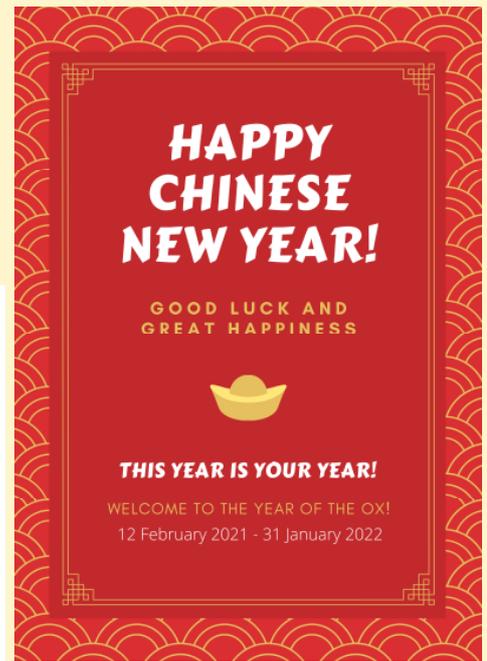
- Stop smoking
- Exercise regularly
- Choose water over other drinks
- Limit alcoholic drinks
- Eat wisely, lots of fruit and vegetables, lean meat, low salt
- Reduce stress

This infographic presents several key statistics about kidney health in Australia:

- 1 in 3 Australians** is at increased risk of kidney disease.
- 90%** of kidney function can be lost without experiencing any symptoms.
- 1.7 million** Australians are currently affected by kidney disease.
- 11,446** Australians are on dialysis.
- 3.5 years** is the average waiting time for a transplant, with some waiting up to 7 years.
- 15%** of all hospitalisations in Australia are contributed to by kidney disease.
- 1,087** Australians are waiting for a kidney transplant.
- Every day, 56** Australians die with kidney-related disease.
- Most dialysis patients need treatment at least 3 days a week for 5 hours a day to stay healthy.
- Diabetes and high blood pressure are two of the most common causes of kidney disease.

Year of the Ox

Chinese New Year marks the transition between zodiac signs: 2021 is the year of the Ox; 2020 the year of the Rat.



Remember to follow RDHS on:



Robinvalledistricthealth



Robinvale District Health Services

HIPPY Program

The HIPPY Program is:

- A **free**, two-year home-based, **early learning program** for families with children attending 4 year-old Pre-School, continuing into their first year of school
- HIPPY children work through attending weekly or fortnightly packs of **play-based, education activities** that promote a love of learning
- HIPPY encourages and empowers parents and carers to be their child's first educator

Group Meeting gives the parents or carers the opportunity to meet fellow HIPPY families and also expose them to the wider HIPPY and local community

A HIPPY tutor will be assigned to the parent or carer of the enrolled child—delivering the HIPPY packs and working through them via the 'Role Play' method.

All packs are *free* and inclusive of craft supplies, materials and books needed to complete activities.

If you are interested in the HIPPY program, please reach out to ntate@rdhs.com.au



Healthy Eating



Autumn is Here

Make the Switch to Seasonal Foods

It is now Autumn.

Now we can focus on getting back on track to start forming some new healthy habits to keep us feeling great and full of energy in the colder months.

Why eat Seasonal Foods?

Seasonal fruits and veggies are great because they can be locally sourced, this means that you can save money compared to imported out-of-season produce.

Seasonal foods also taste better, as buying closer to the source means food has less travel time and more opportunity to naturally ripen. Knowing when fruits and vegetables are in-season also gives you information about what times are best to plant them in your garden.

source: Better Health Channel

What foods are seasonal in Autumn?

Fruit:

Apple, Avocado, Blackberries, Banana, Cucumber, Fig, Grapefruit, Grapes, Kiwi fruit, Lemon, Lime, Mandarin, Passionfruit, Peach, Pear, Plum, Raspberries, Strawberries

Vegetables:

Artichokes, Avocado, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celery, Corn, Cucumber, Daikon, Eggplant, Fennel, Leek, Lettuce, Mushrooms, Okra, Onion, Parsnip, Potato, Pumpkin, Shallot, Silver beet, Spinach, Squash, Sweet Potato, Tomato, Turnip, Zucchini

Herbs and Spices:

Basil, Chervil, Chilli, chives, Coriander, Dill, Garlic, Ginger, Lemongrass, Mint, Oregano, Sage, Thyme, Parsley, Rosemary

source: SustainableTable.org.au

Carrot Top Pe-



Ingredients

- 1 garlic clove
- 3 tablespoons nuts of choice (pine, cashew or walnuts)
- 2 tablespoons parmesan cheese
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1-2 cups of washed carrot top greens
- 1/2 teaspoon of salt
- Pinch of black pepper

Method

1. Toast the nuts in a frying pan over medium heat until they are golden.
2. Add all the ingredients into a food processor and blend. You may need extra olive oil or water if you like a thinner consistency.

Tip: you can substitute half of the carrot greens for basil

Red Wine and Caramelised Onion Slow Roasted Lamb Shoulder

Ingredients

- 1 1/2 cups (375ml) red wine
- 2 X 400g cans cherry tomatoes
- 1/2 cup (140g) store bought caramelised onion relish
- 1 head of garlic, halved
- 3 sprigs of rosemary
- 1.5kg lamb shoulder, bone in, trimmed
- 2 tablespoons olive oil
- Salt and pepper



Method

1. Preheat oven to 220°C.
2. Place the wine, tomatoes, caramelised onion, garlic and rosemary in a deep-sided large roasting pan and mix to combine. Place the lamb on top of the tomato mixture, drizzle with the oil and sprinkle with salt and pepper. Cover tightly with aluminium foil and cook for 2½ hours.
3. Remove the foil, spoon the sauce over the lamb and cook for a further 10–15 minutes or until golden brown.