

RDHS Community Newsletter

October 2021



R U OK? Day

9 September 2021

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R U OK? Day was our national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

RDHS raised a total of \$362.30

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:

Learn when and how to ask
 at ruok.org.au

R U OK?[™]
 A conversation could change a life.

October - Mental Health Month

Mental Health Month, developed by **Mental Health Foundation** in the 1930's, is this year focused on **Post Pandemic Recovery**



MENTAL
HEALTH
MONTH
OCTOBER

MENTAL
HEALTH
MONTH
OCTOBER

Tune
in
this
mental health
month

Where: Robinvale Twilight Market

**When: Friday—8 October
@5pm**

organiser

more info and contact details

WayAhead
Mental Health Association NSW
Mental Health Month is an initiative of
WayAhead, supported by the NSW Government.

This event is part of Mental Health Month 2021

MENTALHEALTHMONTH.ORG.AU



Mental Health Centre

So what exactly is Resilience?

Resilience allows people to shift back along the mental health continuum towards good mental health. A person's ability to be resilient can depend upon many things and can change depending upon their situation. Importantly, specific conditions or events that one person may find challenging, another may not.

Learn more about how you can help build resilience in your life or others below:

- ◆ Have the courage to be imperfect
- ◆ Take time for yourself
- ◆ Sign up for that course, join that club
- ◆ Be active every day in as many ways as you can
- ◆ Spend time with people who make you feel good
- ◆ Laugh out loud each day
- ◆ Invite your neighbour over for a cup of tea
- ◆ Do one thing now that you've been putting off
- ◆ Focus more on things you can control
- ◆ Remember, this too shall pass



For further information on how we can assist you in building your Resilience levels or improving Wellbeing, please contact the Social Work team at RDHS

5 Ways to Wellbeing



Connect

1. **Connect with the people around you.** With family, friends, colleagues, and neighbors. At home, work, school, or in your local community. Think of these as the cornerstones of your life and **invest time in developing them.** Building these connections with support and enrich you every day.



Be Active

2. **Be Active Go for a walk or run.** Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



Help Others

3. **Take Notice.** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savor the moment, whether you are on a train, eating lunch, or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep Learning

4. **Keep Learning** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favorite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Be Aware

5. **Give** Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Lookout, as well as in. Seeing yourself and your happiness linked to the broader community can be incredibly rewarding and will create connections with the people around you.

Foods Mood

TO IMPROVE YOUR

Grapes

Grapes are full of vitamin C and natural sugars, both of which enhance mood and boost energy.



Bananas

Bananas can increase the production of serotonin and dopamine. Important neurotransmitters for happiness.



Tomatoes

Tomato skins help stop the pro-inflammatory compounds that are linked to depression.



Almonds

Almonds contain good fats for skin and brain health. They also increase dopamine levels.



Green Tea

Green Tea contains L-Theanine, an amino acid that decreases anxiety and stress.



Strawberries

Strawberries are a great source of potassium and vitamin C. Potassium can help generate nerve impulses.



Dark Chocolate

Dark Chocolate improves blood flow to the brain, and is almost immediately noticeable in brightening your mood!



Avocado

Avocados are great for your skin and hair, but they also increase dopamine levels and increase endorphins!



Spinach

Spinach contains vitamins B6, B12, and B3, all of which are essential in producing serotonin.



Yogurt

Yogurt in can help boost your vitamin D, just like the sun can. Lack of vitamin D can cause depression.



Walnuts

Walnuts have omega 3s and antioxidants, both which have benefits. They also contain magnesium, which can reduce irritability, anxiety and depression.



Asparagus

Asparagus is one of the highest plant-based sources for tryptophan, which creates serotonin.



Water

Water may not be a food, but it is important for our mood! Dehydration can impair our brain's ability to function.



Raw Honey

Honey is a source of sweetness without the negative effects of sugar. It helps reduce inflammation in the brain.



Source: Mosaic Counselling Services

For info on how to be a mental health ally, visit: <https://wayahead.org.au/download/how-to-be-an-ally-pack/?wpdmdl=14946&refresh=6131a39391d561630643091>

Sexual Health Promotion

Condoms offer the best available protection against STIs by acting as a physical barrier to prevent the exchange of semen, vaginal fluids or blood between partners.

However, condoms, even when used correctly, don't guarantee 100% protection against STIs or unplanned pregnancy.

New FREE condom dispensers have been installed in some of the public toilets around Robinvale.

Below includes a full list of where you can find them.



<u>NAME</u>	<u>DISPENSER</u>	<u>LOCATION</u>
ROBINVALE CARAVAN WEIR PARK	2 DISPENSERS MALE & FEMALE 10 PACK LOCATED INFRONT OF TOILET	94 Pethard Rd, Robinvale VIC 3549
ROBINVALE CARAVAN BOAT RAMP	2 DISPENSERS MALE & FEMALE	25 McLennan Dr, Robinvale VIC 3549
ROBINVALE CAIX SQUARE	2 DISPENSERS MALE AND FEMALE	91 Perrin St, Robinvale VIC 3549
ROBINVALE INFORMATION CENTER	2 DISPENSERS MALE AND FEMALE	101 Bromley Rd, Robinvale VIC 3549
ROBINVALE CORNER SHOP	2 DISPENSERS MALE AND FEMALE	80 George St, Robinvale VIC 3549
ROBINVALE PRIMARY CARE	1 DISPENSER	PATHOLOGY TOILET
ROBINVALE PRIMARY CARE	1 DISPENSER 10 PACK BASKET LOCATED INFRONT OF ADMIN DESK	RECEPTION TOILET

Where to get help:

Sunraysia Community Health Services: (03) 5022 5444 | Family Planning Victoria: 1800 013 952

Bendigo Community Health Sexual Health Clinic: (03) 5434 4300 | 1800MyOptions: 1800 696784

Health Topic:

Polycystic ovarian syndrome (PCOS)

What is PCOS?

Polycystic ovary syndrome (PCOS) is a complex hormonal condition that affects between 8-12% of Australian women. 'Polycystic' literally translates as '**many cysts**'.

- Women with PCOS usually have high levels of insulin that don't work properly, or male hormones known as '**androgens**', or both.
- Women who have a mother, aunt or sister with PCOS are **50% more likely** to get PCOS.

The condition is also more common in women of **Asian, Aboriginal and Torres Strait Islander and African backgrounds**.

Treatment of PCOS

PCOS is a long-term condition and long-term management is needed. Management of PCOS can include:

- Increasing your physical activity levels
- Eating a healthy diet. Adding protein-rich foods like lean meat, eggs, & fish
- Weight reduction if overweight
- Medical treatment – with hormones or medications. Birth control pills are sometimes prescribed to regulate the hormones

Where to get help:

- Women's Health Melbourne (telehealth available): 03 9041 9082
- Your local GP
- Jean Hailes for Women's Health: 1800 532 642
- Your local dietician



Source: Better Health Channel

Every year, the month of September is observed as Polycystic Ovarian Syndrome (PCOS) Awareness Month to raise awareness about the hormonal condition that usually affects women of reproductive age.

PCOS can put one at a higher risk of type 2 diabetes, high blood pressure, heart problems, and endometrial cancer, as well as infertility.

To be diagnosed with PCOS, women need to have two out of three of the following:

1. irregular or absent periods
2. acne, excess facial or body hair growth, scalp hair loss or high levels of androgens (testosterone and similar hormones) in the blood.
3. polycystic ovaries (many small cysts on the ovaries) visible on an ultrasound.

While PCOS cannot be cured permanently, the symptoms can definitely be managed so that they don't interfere with the quality of your life

Foot Health Week

11-17 October 2021

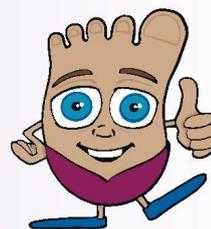
5 tips to help you care for your feet

1



Wear shoes that fit... please!

Our feet perform so much better when they are comfortable and supported in well-fitting shoes. Whether related to ageing, needing more support, or hormonal changes such as pregnancy – it is so important to be professionally fitted before you decide on a pair of shoes.

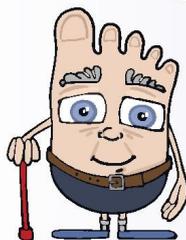


2



Check how your feet “really” are!

It can make a big difference if you check in on your feet to see how they’re faring! Have a look to see if there is any swelling or discolouration in your skin tone, Is there a change in your nails? Spot any dry skin? Keep a watch for any changes to your feet and please see your podiatrist if you see something that looks a little funky or odd.

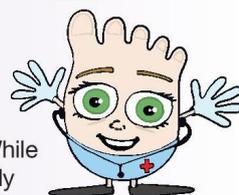


3



Pamper your feet, often!

It’s not just about daily foot hygiene to avoid bacterial and fungal infections. Regular foot soaks in warm water with Epsom salts and a touch of peppermint oil can leave you feeling rejuvenated and floating on air. While foot creams and balms deserve to be a part of your daily self-care routine to bring much needed relief to dry skin.



4



Keep moving, your body will thank you!

The simple act of moving your feet through walking and other exercise helps to lubricate the soft tissue and your joints, which makes it easier to move with ease. This is especially relevant if you sit for hours at a time. It all adds up. Little steps lead to big results when they are carried out consistently and regularly!

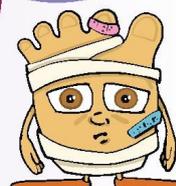


5



Don't wait for pain!

Don't just wait for pain to be the reason you see your podiatrist. See your podiatrist like you see your dentist; often and consistently. Podiatrists can carry out all sorts of testing to identify issues before they become a problem.



restorate

For more foot health tips head to foothealthaustralia.org.au



Smiles 4 Miles

For good health and nutrition, children need to drink plenty of water and eat a variety of foods from the following food groups each day:



Tips to get your children to eat more fruit and vegies



General tips:

Role modelling is essential. Children need to see their parents, carers and siblings enjoying fruit and vegetables as a part of their everyday life. This encourages them to do the same.

Offer fruits and vegetables in a variety of ways. Children may need to be offered a new food over 10 times before they're ready to try it!

Children may refuse new foods if the mealtime is stressful, so focus on the positives and try to avoid arguments over food.

If possible, avoid offering alternatives to the meal you have prepared. Children will learn to accept the meal offered if nothing else is available.

Always include a small serving of vegetables with every meal. Children should be encouraged to try vegetables, but left to decide whether to eat them or not.

MUNCHGIRL
SAYS



eat
WELL

Getting them to help you choose which fruits and vegetable to use.

Taking your children shopping so they can see, feel and smell different varieties of fruits and vegetables.

Asking your children to help you wash and prepare the fruits and vegetables. They may even be able to help with preparing salads or fruit plates.

Growing some vegetables or herbs at home and asking your child to help with watering and looking after them.

Reference: Better Health Channel Fact Sheet 'Children's Diet – fruits and vegetables', produced by the Royal Children's Hospital, Nutrition Department.

Regularly eating sweet, sticky foods can contribute to tooth decay.

Healthy Eating

Breakfast

OMELETTE WITH MUSHROOM AND AVOCADO

TRYFOR5

Ingredients:

- ¾ cup firm tofu (drained and gently patted dry)
- 2 Tbsp hummus
- 2 large cloves garlic (minced)
- 2 Tbsp nutritional yeast
- Salt and black pepper
- ¼ tsp paprika
- 1 tsp cornstarch or arrowroot powder



Filling:

About 250/300g of button mushrooms, washed and sliced

- 1 clove of garlic, crushed
- 1 tablespoon of olive oil
- A generous splash of tamari sauce
- 2 tablespoons of thyme leaves
- Black pepper, to season
- 1 ripe avocado, mashed
- 1 bunch kale, steamed

Mashed avocado and cashew cream cheese



SWAP IN MORE VEG THIS NATIONAL NUTRITION WEEK

OMELETTE WITH MUSHROOM AND AVOCADO

TRYFOR5

Instructions:

1. Preheat oven to 190°C.
2. For the mushrooms: Heat up oil in a frying pan. Add the crushed garlic and cook for 1 minute, keep stirring to prevent from burning. Add the sliced mushrooms, tamari sauce and cook for about 8-10 minutes until all the water from the mushrooms has evaporated. Add the fresh thyme and black pepper.
3. For the omelette: Drain and dry the tofu and mince garlic. Set aside.
4. Heat an oven-safe pan over medium heat. Once hot, add olive oil and minced garlic and cook for 1-2 minutes or until lightly golden brown.
5. Transfer garlic to food processor, along with remaining omelette ingredients (tofu - cornstarch) and combine, scraping down sides as needed. Add a touch of water to thin - 1-2 Tbsp at most. Set aside.
6. To the still warm pan over medium heat, add a bit more olive oil and the mushrooms and wilted kale. Season with salt and pepper and sauté for 1-2 minutes more. Set aside.
7. Remove pan from heat and make sure it's coated with enough oil, so the omelette doesn't stick. Spoon on the omelette batter, spreading it gently with a spoon or rubber spatula, being careful not to tear or cause gaps. The thinner and more evenly you can spread it the better.
8. Cook over medium heat on the stove top for 5 minutes until the edges start to dry. Then place in oven and bake until dry and deep golden brown - 10-15 minutes.
9. Using an oven mitt, carefully remove from oven. Add avocado and fold over gently with a spatula.



Lunch

10 Oct 2021 to 16 Oct 2021 is National Nutrition Week

Our dieticians have shared some recipes to increase our vegetable intake.

As we all know, veggies are great for our health. Incorporating vegetables into our day can provide us with key nutrients to support our health, such as fibre, carbohydrates, vitamins and minerals. This Try for 5, let's aim to increase the amount of veg we eat each day.



TOFU SAN CHOY BAU

Tryfor5



Ingredients

- 1 iceberg lettuce, leaves separated
- 2 tbs tamari or soy sauce, salt reduced
- 1 tbs mushroom oyster sauce (vegetarian)
- 2 tbs tomato sauce
- 1 tbs peanut oil
- 350g button mushrooms, finely chopped
- 1 carrot, grated
- 3 green onions, sliced diagonally
- ½ yellow capsicum, deseeded and diced
- 125g sliced water chestnuts, chopped
- 200g firm tofu, drained and diced into ½ cm squares



Method

1. Place lettuce in a large bowl of iced cold water for 5 minutes. Drain lettuce leaves. Pat dry with paper towel. Place in a loose plastic bag and refrigerate until required. Combine tamari, mushroom oyster sauce and tomato sauce in a jug. Set aside.
2. Heat oil in a wok over high heat. Add mushrooms. Stir-fry for 2-3 minutes until just tender. Add carrot, green onions, capsicum and water chestnuts. Stir-fry for 2 minutes or until hot. Add sauce mixture and tofu. Toss until well combined and tofu is hot.
3. Place lettuce cups on a serving platter. Spoon mushroom mixture into lettuce cups and serve immediately. Serves 4.

SWAP IN MORE VEG FOR NATIONAL NUTRITION WEEK

Community Notices

Sharps Disposal



→ Small yellow sharps disposal units are available from the Health & Wellbeing Centre for free



→ These can be disposed of in the orange bin at the Health & Wellbeing Centre



Containers may be collected from the Health & Wellbeing Centre 8:30am-5pm, Monday-Friday excluding Public Holidays

The Toy Library is free

TOY LIBRARY IS OPEN

All families are welcome to come and borrow toys

Tuesday's 9:00am - 4:00pm
Come and see us in the Early Years Building

Funded by the HIPPIY Program

Use the nutrition information panel to compare similar packaged food items

Compare numbers in the per 100g column	Best choice 😊	OK sometimes 😐	Too high 😞
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		
DRINKS: Choose water first	livelighter.com.au		LIVELIGHTER

Smoking Causes...



 Brain Stroke	 Eyes Central vision loss	 Lungs 80% of lung cancer cases	 Heart An increase in sudden cardiac death by 3 times
 Diabetes Diabetes-related illness earlier	 Cancer Cancer of the tongue mouth and throat	 Stomach Stomach and bowel cancer	 Bone Low bone density

Who can I speak to for support?

- Your GP
- One of the Social Workers at the drop-in clinic
- Quitline (13 7848)

For more information visit: quit.org.au

Sponsored by: The Nortons Family Trust



HEALTHY EATING & SIMPLE BUDGETING

4-WEEK FREE HEALTHY EATING PROGRAM



DATE: MONDAYS
8 NOVEMBER - 29 NOVEMBER
TIME: 10:00 - 12:00

FOR FURTHER DETAILS AND TO REGISTER CONTACT
THE NETWORK HOUSE: (03) 5026 4128
RDHS: (03) 5051 8160

Remember to follow RDHS on:



Robinvaledistricthealth



Robinvale District Health Services

We care about what you think.

Did you know that you can now provide your feedback to RDHS via their website www.rdhs.com.au.

Feedback regarding your visits or appointments to RDHS are important to help us know what is working well and what improvements we can make. All feedback including concerns, complaints, suggestions or compliments are welcome.

We take complaints seriously and aim to resolve them quickly and fairly. If you are not satisfied with our service, please contact us via our feedback form.

Just click On-Line Consumer Feedback / Complaints form to complete the form or scan the QR Code below

SCAN THE QR CODE TO TAKE YOU TO THE FORM



We would love to hear from you!

