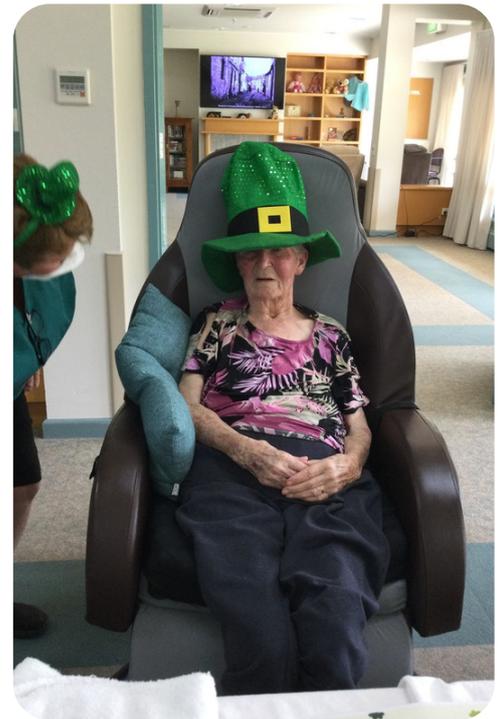




April 2022

# RDHS Community Newsletter

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



**17th March 2022** - Residents and Staff celebrated St Patrick's Day with green iced cake and rainbow mobiles made by the **3-year-old MVAC daycare students**, with a pot of gold at the end of them, just like the luck of the Irish Leprechaun. Some staff and residents also celebrated the occasion in green glasses and hats.

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## Follow RDHS on:



Robinvale District Health Services



robinvalistricthealth



[www.rdhs.com.au](http://www.rdhs.com.au)

# A Red Rose Celebrating Valentines Day



Residents at our main campus received a special gift celebrating Valentine's Day. From the judge of the smiles on their faces, they all loved them.

**Who doesn't love a red rose or two?**

# International Women's Day



Imagine a *gender equal world*. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all **#BreakTheBias**.

- ~Celebrate women's achievement.
- ~Raise awareness against bias.
- ~Take action for equality.

*MISSION: To assist women to be in a position of power to make informed decisions about their health*

@leaninorg

Almost **60%** of women experience bias at work. Whether deliberate or unconscious, bias makes it harder for women to get hired and promoted—and negatively impacts their day-to-day work experiences. →

©

Without significant **action and change**, women will continue to participate in paid work at a **reduced capacity** to men, impacting their **financial security and progress**.



@internationalwomensday\_global

# 3x

*2 to 3 times more women than men experience mental health problems like depression and anxiety. Harmful stereotypes about sexuality and body image play a part in this.*

*Gender-based violence and harassment affect how and when women access and use public services and spaces.*

*The gender pay gap and inequality at work puts women at higher risk of physical and mental illness.*



**3**

# Special Allied Health Days



**On 15 March 2022 we celebrated World Social Work day!**

We celebrated World Social Work Day by recognising our Social Workers, **Esther and Karen**. We are so grateful to have you on our team!

To make an appointment with one of our social workers, **ring**  
**(03) 5051 8160**

## Happy Dietitians Week 2022

When it comes to managing lifestyle through food and nutrition, a dietitian should be your first port of call.

This week (**21 - 27 March**) is about recognising dietitians as champion partners to your health and wellbeing.

We're so blessed to have an AMAZING dietitian on our team - **Fabiola**.

To make an appointment with Fabiola, **ring**  
**(03) 5051 8160**



# Active Living

## Locum Physiotherapist

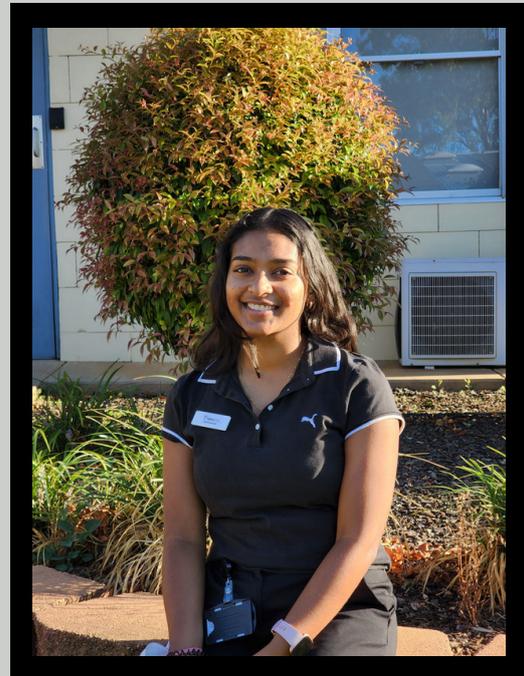
RDHS now has a physiotherapist on board!  
Tharusha will be with us until the end of May.

### What is a Pyshiotherapist?

Physiotherapists, or physios, are experts in the structure of the human body and its movement.

They work with people affected by injury, illness or disability to help them improve the movement and functioning of their body.

**Please contact (03) 5051 8160 for an appointment.**



## Round 4 of the Get Active Kids Voucher Program is NOW OPEN!

Do your children love sport and getting active? Does your family or child have a Health Care Card or Pensioner Concession Card? You may be eligible for **up to \$200** to put towards the cost of your child's participation in sport and active recreation activities.

The **Get Active Kids Voucher Program** helps eligible families get their kids involved in organised sport and active recreation activities by providing financial support for the cost of membership and registration fees. Eligible children may be able to receive up to \$200 each.

Special consideration also applies for children residing in care services as well as temporary or provisional visa holders, undocumented migrants or international students. To find out if you are eligible, how to apply, what costs are covered and more, visit

[www.getactive.vic.gov.au/vouchers](http://www.getactive.vic.gov.au/vouchers)





# LGBTIQ+



## Pride in our future: Victoria's LGBTIQ+ strategy 2022-32

Just over one in 20 adult Victorians openly identify as being LGBTIQ+ (lesbian, gay, bisexual, trans and gender diverse, intersex and queer). LGBTIQ+ Victorians face higher levels of discrimination, stigma and exclusion, which can lead to poorer health, economic, social and mental health outcomes than other Victorians.

The Victoria's first whole-of-government LGBTIQ+ strategy outlines our plan to drive equality and inclusion for Victoria's diverse LGBTIQ+ communities in all government work over the next decade.

**You can find this document at [www.vic.gov.au/pride-our-future-victorias-lgbtqi-strategy-2022-32](http://www.vic.gov.au/pride-our-future-victorias-lgbtqi-strategy-2022-32)**



## Transgender Day of Visibility (31 March)

Trans Day of Visibility is an annual awareness day celebrated around the world. The day is dedicated to **celebrating the accomplishments of transgender and gender nonconforming people** while raising awareness of the work that still needs to be done to achieve trans justice.





# Smiles 4 Miles



## Early childhood services get tooth friendly

Good oral health is essential for children's overall health and wellbeing. Oral diseases can negatively affect individuals through pain, discomfort, social and emotional health, and quality of life.

Smiles 4 Miles promotes three key messages to improve oral health and prevent oral diseases such as tooth decay. These messages are **Drink well**, **Eat well** and **Clean well**.

We promote drinking tap water and limiting sugary drinks; eating a wide variety of nutritious food and limiting added sugars; and brushing teeth twice a day and visiting a health professional.

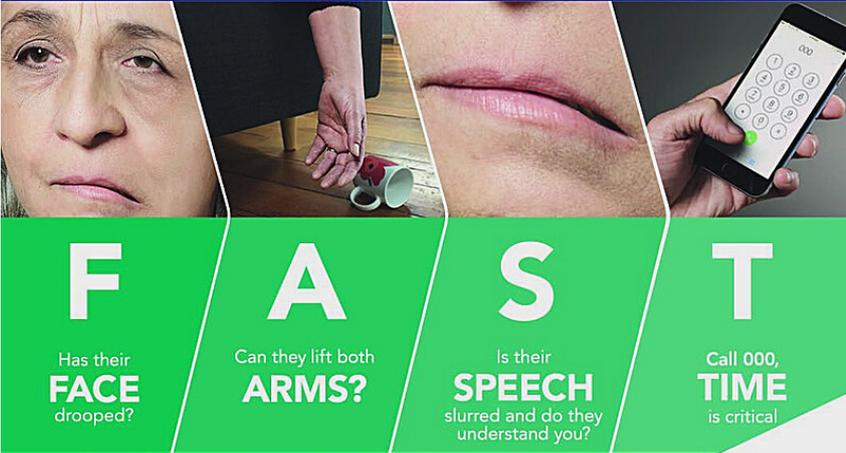
**Over the next year, preschool-aged children, their families and staff in early childhood services in Robinvale/Euston will learn how to look after their teeth and mouths through healthy eating, healthy drinking and good oral hygiene.**

**“By the time they turn six, half of all Victorian children will have tooth decay. Young children and their families need to be the focus of important oral health messages if we are to improve oral health in our community”.**



# Health Topic: Stroke

Recognise **STROKE** Think **F.A.S.T.**



**F**  
Has their **FACE** drooped?

**A**  
Can they lift both **ARMS?**

**S**  
Is their **SPEECH** slurred and do they understand you?

**T**  
Call 000, **TIME** is critical

If you see any of these symptoms **Act FAST call 000**



Stroke is one of Australia's biggest killers and a leading cause of disability, but more than **80%** of strokes can be prevented.

A stroke occurs when the blood supply to a part of your brain is suddenly reduced.

## Prevent Stroke

Managing your stroke risk and living a healthy lifestyle can help prevent you from having a stroke.

High blood pressure is the key risk factor for stroke. It's a hidden risk. There are no immediate symptoms so the only way you know you have it is to get checked by a doctor or pharmacist.

## Learn about Stroke

Stroke attacks the brain – injury to an area of your brain can impact how you think, behave, use words, swallow, see, feel, touch, and move your body. Stroke can happen to anyone of any age.

Men are at greater risk of stroke and as we get older our risk increases.

## Life After Stroke

Depression and anxiety are common after a stroke.

Having a stroke is a life-changing event. It can change how you feel about yourself and make you worry about the future.

1 in 3 people experience depression at some point during the five years after their stroke.

### Contact:

 **StrokeLine 1800 STROKE (1800 787 653)**

 **[strokefoundation.org.au](http://strokefoundation.org.au)**

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# Healthy Eating

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## Lentil Bolognese



### Ingredients:

- 2 teaspoons olive oil
- 1 diced brown onion
- 2 celery sticks
- 1 large carrot, grated
- 2 garlic cloves
- 700grams tomato passata or 2 cans of chopped tomatoes
- 400gram can lentils, drained and rinsed
- 2tsp dried thyme
- 300g pasta
- Low fat cheese to serve

### Method:

1. Heat oil in a large frying pan over medium heat. Add onion, celery, carrot and garlic and cook for 5 minutes or until softened. Stir in passata sauce, tomato and 1/2 cup water and bring to the boil. Add lentils and thyme and season to taste. Cook for 15 minutes or until thickened slightly.
2. Cook the pasta per packet instructions.
3. Serve lentil 'Bolognese' with pasta and sprinkle with cheese.

# Community Notices

## RDHS DROP IN CLINIC

Supporting community mental health and wellbeing

9AM - 1PM  
MONDAYS, WEDNESDAYS & FRIDAYS

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

**JOIN IN & GET ACTIVE WITH PREMIER'S ACTIVE APRIL!** REGISTER NOW!

Apply for \$200 for sport fees, uniforms and equipment.  
FIND OUT IF YOU ARE ELIGIBLE AT [GETACTIVE.VIC.GOV.AU](http://GETACTIVE.VIC.GOV.AU)

## FREE CONDOMS

AT THE FOLLOWING LOCATIONS

NAME	DISPENSER	LOCATION
ROBINVALE CARAVAN WEIR PARK	2 DISPENSERS MALE & FEMALE 10 PACK LOCATED IN MALE TOILETS	94 Pethard Rd, Robinvale VIC 3549
ROBINVALE CAIX SQUARE	2 DISPENSERS MALE & FEMALE	91 Perrin St, Robinvale VIC 3549
ROBINVALE INFORMATION CENTER	2 DISPENSERS MALE & FEMALE	101 Bromley Rd, Robinvale VIC 3549
ROBINVALE CORNER SHOP	2 DISPENSERS MALE & FEMALE	80 George St, Robinvale VIC 3549
RDHS PRIMARY CARE	1 DISPENSER	PATHOLOGY TOILET
RDHS PRIMARY CARE	1 DISPENSER 10 PACK BASKET LOCATED IN FRONT OF ADMIN DESK	RECEPTION TOILET

## Sleep and Settling Program

Free sessions to support families with children from birth to school age

Many families are affected by sleep and settling concerns. Led by qualified Maternal and Child Health Nurses our free group information sessions aim to help families better understand their children's sleep patterns and behaviours.

Get information and support on sleep strategies such as tired signs, settling techniques, sleep cycles and sleep duration.

We offer sessions across three developmental age groups:

- Newborns
- Babies
- Toddlers

In-home outreach support is also available following assessment by your Maternal and Child Health Nurse.

More information  
03 5018 8277  
24 Hour Maternal and Child Health Line  
13 22 29



## Robinvale Euston Men's Shed

MEN'S SHED IS A FRIENDLY ENVIRONMENT. WE INVITE ALL MEN WHO WANT TO TINKER AND TALK TO COME AND JOIN

When: Open Thursdays from 1:30pm-5:00pm

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

TO BECOME A MEMBER OR TO FIND OUT MORE INFORMATION PLEASE CALL: 50518160

All New Members will need to participate in an induction upon arrival.

## PLEASE DISPOSE CORRECTLY OF YOUR CONDOMS

The best way to throw away a used condom is to wrap it in tissue paper and then throw it in the trashcan.

## 1800 my options

1800 696 784

For information about contraception, pregnancy options and sexual health.

## Amcal+ Robinvale

ROBINVALE LAWN TENNIS Club Inc.

### 2022 EASTER TOURNAMENT

SATURDAY 16th April & SUNDAY 17th April  
Over \$3000 in cash to be WON!

LEVELLER SYSTEM  
JUNIOR AND SENIOR EVENTS  
DOUBLES & MIXED DOUBLES  
BAR OPEN!

ENTER ONLINE:

More Information Contact:  
Vicki Broad 0407 280 276

**1800 595 212**

## HeadtoHelp

- Have a conversation
- Determine the level of help that you need
- Connect to the best service for you

To find out more go to: [headtohelp.org.au](http://headtohelp.org.au)

## 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](http://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!

# Community Notices



## HAVE YOUR SAY

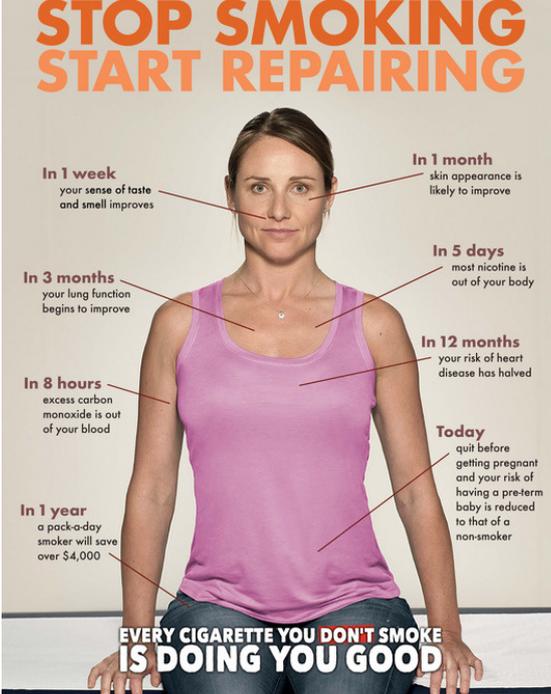
**ROBINVALE YOUTH AGED 12-25**

**WE WANT YOUR INPUT ON HOW TO BETTER SUPPORT YOUNG PEOPLE IN ROBINVALE.**

@robinvaleyg - link in our bio



## STOP SMOKING START REPAIRING



- In 1 week** your sense of taste and smell improves
- In 1 month** skin appearance is likely to improve
- In 3 months** your lung function begins to improve
- In 5 days** most nicotine is out of your body
- In 8 hours** excess carbon monoxide is out of your blood
- In 12 months** your risk of heart disease has halved
- Today** quit before getting pregnant and your risk of having a pre-term baby is reduced to that of a non-smoker
- In 1 year** a pack-a-day smoker will save over \$4,000

**EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD**

Quitline 13 7848  
australia.gov.au/quitnow

RDHS operates a safe **Needle and Syringe Program** from Primary Care Reception. Sharps can be disposed of in the orange bin located on the grass near the Primary Care car park.




**The job's not done until we're all safe in the sun**

More than 1 in 4 Aussies admit that sun protection isn't part of their daily routine in summer.



Cancer Council

1800RESPECT is the national sexual assault, domestic and family violence counselling service. We are available 24 hours a day, 7 days a week to provide information, referrals and counselling. Our service is for: people experiencing sexual assault and domestic violence, and their friends and family who are supporting them. We are available by calling 1800 737 732 or through the Translating and Interpreting Service by calling 131 450 and asking them to connect you to 1800RESPECT on 1800 737 732. We are also available on web chat on our website at 1800respect.org.au

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE  
1800 737 732

1800RESPECT is funded by the Australian Government under the National Plan to Reduce Violence against Women and their Children 2010-2022.



**switchboard**  
connect. support. sexuality. gender.

switchboard is a Victorian based telephone and web counselling, information and support service. Our volunteers are here to assist lesbian, gay, bisexual, transgender, intersex and queer people and their allies.

To talk with someone who understands, please call **1800 184 527**  
5:30pm to 10:30pm seven days a week

[switchboard.org.au](http://switchboard.org.au)

Please do not litter. 

### Are you experiencing financial difficulties? Have your finances been impacted by COVID?

Our Financial Counsellors can provide free and confidential information, advice and support. We can help by:

- Identifying financial issues
- Providing short-term resolutions
- Advocating with debt collection agencies
- Budgeting
- Referrals to other supports

We will be visiting the Robinvale Resource Centre monthly in 2022. Dates for the first half of the year:

1st March, 29th March, 26th April, 24th May and 21st June

11.00am - 3.30pm

To make an appointment  
phone 1800 632 263 (free call)  
Or email [fincounselling@malleefamilycare.com.au](mailto:fincounselling@malleefamilycare.com.au)



### Have your say!

## Delivering better cancer care in the Mildura region

If you, or a family member have, or have had cancer, we want to hear from you. The survey will take no longer than 10 minutes of your time, to help us improve cancer services in the Mildura region.

**If you are interested, scan the QR link to get started >>>>>>>**

Scan the QR code to go to the survey  
Alternatively, the survey can be accessed via: <https://www.surveymonkey.com/r/DCGK2P3>

For any questions contact [hannah.kennedy@impactco.com.au](mailto:hannah.kennedy@impactco.com.au) or phone on 0417 454 902




# Community Notices

## Kids Together **Playgroup**

**Wednesday 20th of April 2022**

**11am-2pm at the Leisure Centre, Robinvale**



***NO COST — DRINKS AND SNACKS PROVIDED***

***Playgroup for 0-5 but lots of fun activities for older kids!***

***This is a parents/carers stay and play***

**Limited transport provided if needed**

**Please phone Anna at RDHS on 5051 8157 or 0457 780 495  
to let her know you are coming and whether you need transport**

