

June 2022

Community Newsletter

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



25 April 2022



ANZAC morning RDHS Board Member Jessica Curran paid respects at the 11:00 am **ANZAC Day ceremony** and was honoured by the opportunity to lay a wreath at the Robinvale cenotaph on behalf of RDHS. Thank you, Jessica.

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Robinvale District Health Services



@robinvaledistricthealth



www.rdhs.com.au



What's Happened in May

International Day of the Midwife

5th May 2022

We recently celebrated **International Day of the Midwife**.

We thank our wonderful midwife, Vicki, for her incredible work and the part she plays through the antenatal, labour, and postnatal journey, for her ongoing commitment to high-quality midwifery care, and for the compassionate care she provides to women and their families.



International Nurses Day

12th May 2022

We also celebrated **International Nurses Day** this month!

Nurses make a real difference in the care and the experience of patients and their families and carers; we thank them for their competence, commitment, and compassion.

We would especially like to acknowledge and thank our nurses at RDHS for their ongoing dedication and commitment to patient care.

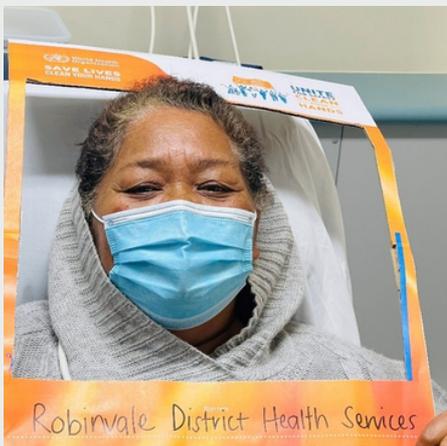
We love and appreciate you all and everything you do!



What's Happened in May

RDHS celebrated **World Hand Hygiene Day** on **May 5th, 2022**

The day was an excellent opportunity to discuss the effectiveness of hand hygiene with staff, residents, and clients and the need to prioritize clean hands in health facilities. It was also a chance to dissect common myths around hand hygiene and a way to encourage people to clean their hands at the correct times and with the right products.



27 MAY TO 3 JUNE

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The National Reconciliation Week 2022 theme, **“Be Brave. Make Change.”**

is a challenge to all Australians— individuals, families, communities, organisations and government—to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.



IDAHOBIT Day



17th May 2022



IDAHOBIT is the International Day Against LGBTQIA+ Discrimination: a day to grow visibility, educate on inclusion, and change the world for LGBTQIA+ communities. At RDHS, we support the right of every individual to live free from discrimination. We are proud to stand with our LGBTIQ+ community on IDAHOBIT (International Day against

June is National Pride Month

The month of June is internationally recognised as **Pride Month**.

LGBTQIA+ Pride represents a stance against discrimination and violence toward people who identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual and more (LGBTQIA+). **Pride promotes the self-affirmation, dignity, equal rights, and visibility of LGBTQIA+ people.** It's clear that we need to do better at incorporating Pride at every level of society, every day.

Homophobia, Biphobia and Transphobia). Sexuality and gender identity or intersex status aren't always visible, so creating a culture where everyone feels safe, even if there aren't any visible LGBTI people is even more important.



Biggest Morning Tea

25 May 2022

RDHS held the Biggest Morning Tea to raise funds for the Cancer Council.

Teresa and the kitchen staff made many delicious treats.

RDHS staff gave generously and raised over \$350 to go towards cancer research, prevention, support programs, and information.

Teresa has been organising Biggest Morning Tea events for the last 15 years. Thank you for the wonderful work you continue to do, Teresa!



Manangatang Pre-School Visit

Recently the **Manangatang Pre School** was the recipient of funding for a music therapist to attend the Preschool once a month from Mildura. The children were happy to share the visit with the Residents at our Manangatang Campus and the wider community.



As well as performing with her guitar, Catherine had the children & Residents using an array of instruments & props while singing some familiar tunes – *When the Saints go Marching in, the Hokey Pokey and Twinkle Little Star*, to name a few. The expressions on their faces show how much they enjoyed the interaction. This indeed was magical to witness. The engagement from the Residents (one is a former teacher) to the children & vice versa was wonderful.



Smiles 4 Miles: Oral Health

RDHS welcomed oral health students from **La Trobe University** for their oral health placement.

The students conducted basic oral health assessments for the children at MVAC's Early Learning Centre and at our out-of-school-hours program.

It was a great opportunity to reinforce the 'Clean well' key messages of our **Smiles 4 Miles** program



Robinvale Vacation Program

Tuesday 12th April 2022

Cindy and Abby told us all about how and why we clean our teeth.....even our tongue!!

This helps keep bad germs from making holes on our teeth. Sticky lollies are hard to clean from our teeth.

We all had a turn at showing how we brush properly. The puppets have big shiny teeth.



Thank you Cindy and Abby.

We all learnt about looking after our teeth and will remember to brush night and day to keep those mouth germs away!



The New Healthy Choices: Policy Directive

In 2021 the Victorian Government announced the Healthy choices: policy directive for Victorian public health services.

The Policy directive is helping hospitals and health services lead the way in supporting the health and wellbeing of their staff and visitors.

As a healthcare facility, RDHS has an important leadership role in providing our staff, residents and visitors with healthy food and drink options.

We are pleased to announce that we're working towards meeting the Policy directive and building upon the great work already undertaken by our health service in implementing the Healthy Choices guidelines.



We'll be collaborating with the Healthy Eating Advisory Service to achieve the policy targets for food and drinks, which include:

- Food: providing at least **50% GREEN foods** and no more than **20% RED foods** in our in-house food retail outlets and all vending machines.
- Drinks: The majority (at least 50%) of drinks provided will be **GREEN** and some (**20%**) **drinks containing artificial sweeteners (classified AMBER)** will be available in our in-house retail food outlets. High sugar (**RED category**) drinks will no longer be sold or promoted.
- Catering: The catering we provide at staff and visitor meetings and events will offer at least **50% GREEN foods/drinks**, and no **RED foods** or drinks.

We will continue to update you on changes to come via our newsletter and social media platforms.

Health Topic: Heart Health

Keeping your heart healthy is something you can work on every day.

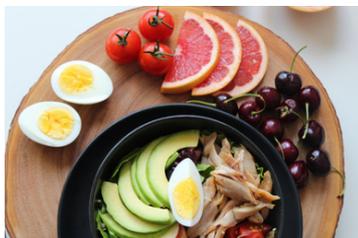
Quitting smoking decreases your risk of heart attack and stroke almost straight away



Regular physical activity reduces your risk of having a heart attack or developing heart disease



Eating a variety of **foods** is beneficial to our health and can help reduce our risk of disease (including heart disease)



Understanding and **controlling cholesterol and blood pressure** is key to your heart health

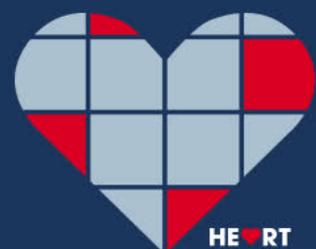


It's never too early or late to manage your risk of heart disease and improve your heart health. Some risk factors for heart disease are beyond your control, such as: age, gender, ethnicity, and family history.

Understand your risk by seeing your GP for a Heart Health Check.



One Australian has a heart attack or stroke every 4 minutes



HEART WEEK 2022

Mental Health

RDHS DROP IN CLINIC

Supporting community
mental health and
wellbeing



9AM - 1PM
MONDAYS, WEDNESDAYS &
FRIDAYS

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

Mental Health

7 TIPS FOR DEALING WITH CHANGE



Here are some handy hacks to help you deal with big (or little) changes in your life.

1 ASK: 'WHAT'S THE WORST THAT CAN HAPPEN?'

Fear of change stems from the fear of not knowing what comes next. Try asking, 'What's the worst possible outcome?' Once you know what you're up against, it's easier to move forward.

2 CONSIDER HOW MUCH YOU CAN CONTROL

Understanding how much (or how little) you can change a situation that's worrying you can help you put things in perspective.

3 ACCEPT AND REFRAME

Accepting unwanted change and choosing to be comfortable with it will give you greater peace of mind than digging your heels in and resisting it.

4 CELEBRATE THE POSITIVES

They say that change is as good as a holiday – and who doesn't love holidays?! Focusing on the positives can really help you to survive and thrive.

5 TAKE ACTION

If the unwanted change is something that's within your control, take an active approach and deal with it. Focusing on the problem, developing a plan of action, and asking for advice are useful active strategies.

6 MANAGE YOUR STRESS

If you can learn to stress less, then chances are you'll be better at accepting change. Try to practise mindfulness or meditation, or engage in other relaxation techniques.

7 REACH OUT FOR SUPPORT

When the battle with change gets too much, it's always best to seek support. Reach out to friends or family, or consider seeking professional help.

Read more here: reachout.com/articles/7-tips-for-dealing-with-change

REACH
OUT.COM

Healthy Eating

Beetroot Burgers



Apple slaw ingredients:

- 1 cup red cabbage, shred thinly
- 1/2 cup fennel bulb, thinly sliced
- 2 medium apples, coarsely grated
- 2 tablespoons whole egg mayonnaise or yoghurt
- 20ml lemon juice
- 1 teaspoon parsley, finely chopped
- Black pepper, to season

To serve

- 5 wholemeal bread rolls, halved
- 2 tablespoons tahini

Ingredients:

- 200g beetroot, grated
- 200g tofu, crumbled
- 1/2 red onion, finely chopped
- 1/2 garlic clove, crushed
- 1 teaspoon thyme leaves, dried
- 1 teaspoon parsley, chopped
- 1 quarter lemon zest
- 1/3 cup breadcrumbs or oats
- Black pepper, to season
- Olive oil

Method:

1. Prepare oven trays with baking paper.
2. In a large mixing bowl combine the beetroot, tofu, onion, herbs, zest, breadcrumbs and egg. Form burger shaped patties with mixture and place onto trays. Cover and refrigerate for 2 hours.
3. To make the slaw: add all the ingredients in a large bowl and mix until well combined. Cover and set aside until needed.
4. Preheat oven 180C. Cook beetroot burgers for 20 minutes. Check to see if they patty is cooked through.
5. To serve, halve the bread rolls, spread with tahini, add a burger and top with the apple slaw.

Community Notices

1800 my options

For information about contraception, pregnancy options and sexual health.

Confidential. Free.
Non-judgemental. Pro-choice.

 **1800 696 784**

Monday to Friday, 10am - 4pm
(closed public holidays)

NRS: 1800 555 660



13 14 50

 **1800myoptions.org.au**

1800 My Options acknowledges the support of the Victorian Government
1800 My Options is a service of Women's Health Victoria



 **1800 595 212**

HeadtoHelp

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

To find out more go to: 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.

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



Robinvale Euston Men's Shed

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

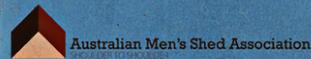
When: Open Thursdays
from 1:30pm-5:00pm

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.



SHARPS DISPOSAL



Small yellow sharps disposal units are available from Health & Wellbeing Centre for free. These can then be disposed of in the large orange bin located in the car park of the Health & Wellbeing Centre RDHS. This is available to all in the community. Containers can be collected from the Health and Wellbeing Centre 8:30am-5pm, Monday-Friday, excluding Public Holidays.



Sharps Disposal Bin



Sharps Disposal Container

Community Notices



ROBINVALE DISTRICT HEALTH SERVICES

**VOLUNTEERS
NEEDED!**

Interested in Helping out?

Did you know that volunteering can be very meaningful and enjoyable, and in turn be good for your mental health and wellbeing

Volunteering is:

- a feeling each and every day you are helping people
- social interaction and friendship with other volunteers and staff
- an opportunity to learn new skills
- opportunities for personal growth and development
- an opportunity to give back to and be part of our broadly diverse community

FOR MORE INFORMATION
PLEASE CONTACT
RDHS
128-132 LATJE ROAD
ROBINVALE
03 5051 8111
EMAIL: info@rdhs.com.au



RDHS

Values Driven Care
WWW.RDHS.COM.AU

Community Notices



ENROLMENTS OPEN!!

HIPPY ROBINVALE

- A FREE, TWO-YEAR HOME-BASED EARLY LEARNING PROGRAM, OPEN TO CHILDREN AGED FOUR AND ABOVE, TRANSITIONING INTO SCHOOL THE FOLLOWING YEAR.

- AIMS TO BUILD CHILDREN'S LOVE OF LEARNING AND SUPPORTS PARENTS/ CARERS TO BE THEIR CHILD'S FIRST TEACHER.

- DELIVERED THROUGH WEEKLY/ FORTNIGHTLY HOME VISITS BY AN ASSIGNED HIPPIY MENTOR.

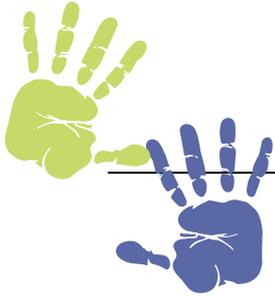
- THE HIPPIY MENTOR WORKS WITH THE PARENTS/ CARERS TO CARRY OUT THE HIPPIY PACK, AIMING TO ENHANCE THEIR CONFIDENCE IN DELIVERING THE HIPPIY PACK TO THE ENROLLED HIPPIY CHILD.

For more information or to enroll please contact:

**HIPPY Co-Ordinator
Amanda Healy**

**PH: 03 5051 8445 (Mon-Wed)
E: ahealy@rdhs.com.au**





Community Notices



RDHS PLAYGROUPS

No child is too young for playgroup



WEDNESDAYS

PLAY n LEARN

Where: The Hall,
Watkins Street

Opposite St Marys School

Time: 10.00am to 11.30am

Indoor and outdoor play

THURSDAY

POLYPLAY

Where: The Hall,
Watkins Street

Opposite St Marys School

Time: 10.00am to 11.30am

Indoor and outdoor play

FRIDAY

JUMP & JIVE

Where: Leisure Centre
(Basketball Stadium)

Time: 10.00am to 11.00am

Active play

RDHS Playgroups do not run in the school holidays
Except for any special events

All playgroups are Free



COVID REQUIREMENTS:

RDHS comply with current Covid requirements.

Any question call Early Years

on 5051 8157 or 5051 8132

Mobile : 0457 780 495.



ROBINVALE DISTRICT
HEALTH SERVICES
EARLY YEARS
PROGRAMS



Playgroups are informal sessions where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment. No child is too young for playgroup. All children from 0 to 5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.

At playgroup, parents and caregivers stay to interact with other adults and to play with the children.

Our playgroups are set up and run by the RDHS Early Years Team for parents and caregivers with children being able to choose from a range of activities set up to meet their varying needs.

And its FUN!!!



Community Notices



EXPRESSION OF INTEREST

**COMMUNITY ADVISORY
COMMITTEE**

To find out more or register
your interest contact:
Sarah Farnsworth
p 50518128
e sfarnsworth@rdhs.com.au



Community Notices

Robinvale Early Years Holiday Program

Hello Everyone



Robinvale Out of School Hours (OOSH) Program is run during Victorian School holidays 8am-6pm
This program then extends to After School Care during the school term from 3pm-6pm.

Our programs are conducted in a comfortable, relaxed and safe environment with experienced, qualified and caring staff that interact with the children on a group and individual basis.

We offer many and varied activities, both planned and according to the children's interests at the time.

Recently, we have introduced a new digital attendance and direct debt system.

This requires you to provide us with your email address and you will receive information to register your child to attend our program.

All children must be registered *before* attending.

There is a reduction in fees for families who are eligible for the Child Care Subsidy.

Would you like more information?
Out of School Hours (O.O.S.H.)
Phone 0408 565 572

Out of School Hours (OOSH)

This program is open to all children who attend primary school,



- Regular care while parents are at work
- Casual care for when parents have appointments etc.
- **FUN!**
For children after school and during holidays as an extra curricular activity



- Making friends with other children
- Developing and building skills

Where?

13 Watkin Street, Robinvale. The hall is opposite St. Mary's School and has green and purple shade sails outside.

When?

The program runs from 3pm-6pm Monday to Friday during school terms and 8am-6pm, Monday to Friday, for the duration of the Victorian school holidays (excluding Public Holidays)

How do the children get there?

All children are collected from their school by our staff. Euston children are picked up in an RDHS vehicle, with approved child restraints when applicable.

During School Holidays parents/carers bring their children to the OOSH Hall.

What do we need to bring?

During School Holidays children will need to bring their snack and lunches, with the exception on the days where it will be provided.

During After School Care children are provided with a fruit/vege platter and foods following healthy eating guidelines.

Who?

The program is open to all primary aged children

For any more information please feel free to call in to the Hall and talk to our friendly staff or phone;

Program Leader- Anna Kilpatrick
Ph: 50518157 Mobile - 0408 565 572

