



**GET UP! STAND UP! SHOW UP!**  
3-10 JULY 2022



**August 2022**

# Community Newsletter

Email [jlotika@rdhs.com.au](mailto:jlotika@rdhs.com.au) to subscribe to our bi-monthly newsletter



**7 July 2022**

## NAIDOC Celebrations

RDHS held their Annual Flag Raising Ceremony and BBQ Luncheon attended by representatives from RDHS Staff, residents and Ambulance Victoria, the Swan Hill Rural City Council, Mayor Councillor *Jade Benham* and *Ali Cupper MP* Independent for Mildura.

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Robinvale District Health Services



@robinvaledistricthealth



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



# Naidoc Week

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and the achievements of Aboriginal and Torres Strait Islander peoples.

Celebrations also took place at our Manangatang Campus, with Staff and residents enjoying a BBQ cooked by Fred and colouring-in activities with Shine.



We would sincerely like to thank *Auntie Rose Kirby* for her Welcome to Country and assistance with the flag-raising, *Joe Colombo* (Ambulance Victoria), *Peter Matsumoto* (RDHS Mental Health Team Leader) and local children from the Early Years Vacation Program. Also, we would like to acknowledge the Food Services team for the lunch preparation of the BBQ, *Zzak* and our maintenance staff for preparing the seating, fire pit and cooking our BBQ lunch.

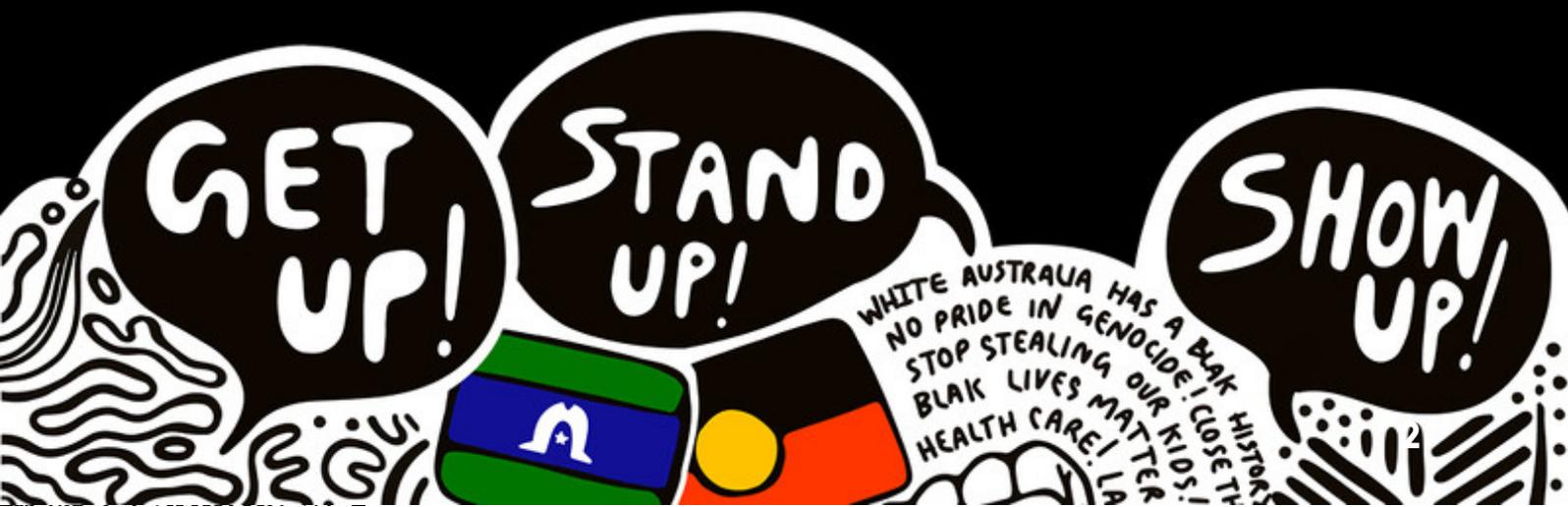


# Naidoc Week

The national NAIDOC theme this year is **'Get Up! Stand Up! Show Up!'** and pays respect to a proud history of resistance and activism by Aboriginal and Torres Strait Islander peoples.



Our Residents at Riverside Campus celebrated NAIDOC week with Beef Stew lunch prepared by our kitchen staff and a week of activities including painting and walk out and about the town.



# RDHS Staff Achievements

RDHS continually celebrates staff achievements, and recently our Acting CEO *Denise Parry* visited our Manangatang Campus and presented some of our staff with their Certificates of Service.

**Congratulations to you all and thank you for your hardwork, dedication and professionalism at RDHS!**



**Melissa Pohlner - 30 Years**



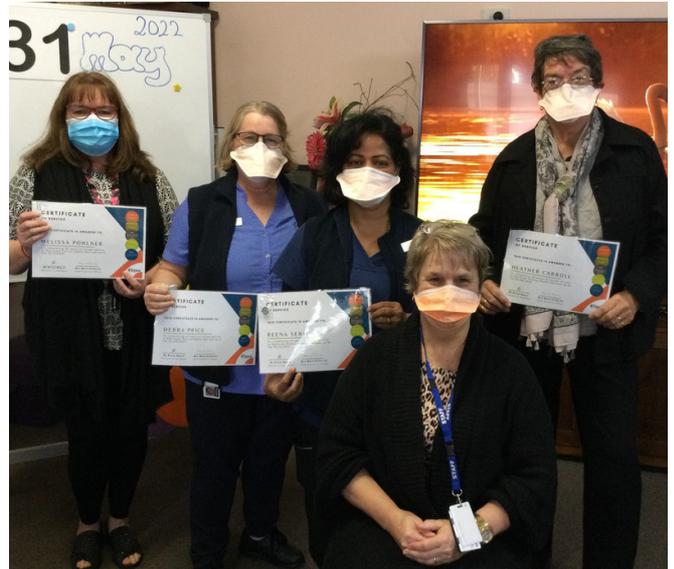
**Heather Carroll - 20 Years**



**Debra Price - 20 Years**



**Reena Sebi - 15 Years**



# In case You Missed It...



**Thank a First Responder**  
 Day is a day to thank the incredible humans who do so much for our communities.

RDHS would like to give a big shout out to all the first responders, especially those in our community, on their first Thank A Responder Day.

RDHS held a GO PINK morning tea to raise awareness and funds to help Australians impacted by **Breast Cancer**.

Breast cancer is the most common cancer Australians face. Thank you to everyone that was involved!



RDHS recently said farewell to **Anita (Director of Primary and Community Services)**.

Anita has shown strong leadership in her role and contributed significantly to RDHS and will be very missed by her team and the wider team.



# In case You Missed It...



**Early Years Online Hub LAUNCH!!!**

**Swan Hill 15th June**  
 10:30am until 12pm  
 63 McCrae Street, Swan Hill  
 Light morning tea will be provided  
 This is also in conjunction with the launch of the new Maternal Child Health 'Child and Family Hub' building

**11am until 12:30pm**  
 The Hall, 13 Watkins St, Robinvale  
 Light morning tea will be provided

**Robinvale 17th June**

[www.earlyyearsonlinehub.org.au](http://www.earlyyearsonlinehub.org.au)

The Early Years Online Hub was launched in June! It is a user-friendly platform that helps you access Early Years' information and services within the Swan Hill Local Government Area. This Hub covers just about everything parents and carers need to know at this important stage of life.



**COPE**  
 Centre of Perinatal Excellence

## iCOPE Perinatal Emotional Health Screening Tool

Now offering the iCOPE screening tool to our patients

Supporting the mental wellbeing of new parents together

**iCOPE**  
 Digital Screening Platform  
 Powered by: **diginoptic**



We are using the new iCOPE screening app to identify mums at risk and facilitate faster and more effective mental health screening in the perinatal period (pregnancy and year following birth).

To find out more, get in touch with us or visit the COPE website ([www.icope.org.au](http://www.icope.org.au)).



## Don't forget Tuesdays are TOY LIBRARY days.

Come to the Early Years building, look out for the flags (near the playground in the Health and Wellness building carpark) and borrow toys for **free** between **9:00 am and 4:00 pm**.

# Men's Health Week

## Building Healthy Environments for Men and Boys



Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing. During the week, we highlighted the health challenges faced by men in Australia and worldwide.

It can be tough to look after your health, you can deny there's an issue, take your time looking for information, or worry about not seeming manly enough. You might have trouble talking about what's going on or simply not know which information to trust. But there is nothing more important than looking after your health

**MensLine Australia - 1300 78 99 78**

**Dads In Distress - 1300 853 437**

**SANE Australia - 1800 18 7263  
(or chat online)**

**Lifeline - 13 11 14**

**DON'T  
TOUGH  
IT OUT**



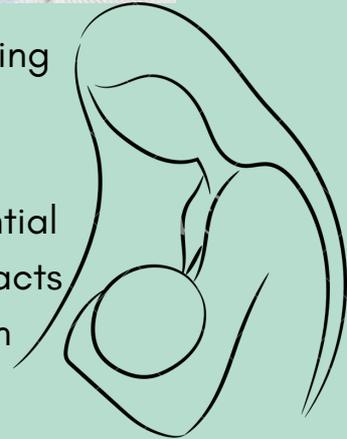
# World Breastfeeding Week

1 - 7 August



**World Breastfeeding Week** is celebrated to encourage breastfeeding and improve the health of babies around the world.

Breastfeeding is the best way to provide young infants with the essential nutrients required for growth and development. It is safe, clean, and acts as the babies' first vaccine, protecting them against many common childhood illnesses.



# Oral Health

## Choose Water for Healthy Hydration

Water is a great resource to re-hydrate your child and regulates body temperature. In most places, tap water has fluoride in it, which is great to help protect against tooth decay.

Bottled water has lower quality controls than tap drinking water, and plastic bottles are not good for the environment.

### How much water does my child need?

The amount of water a child needs is influenced by the amount of activity they do, the weather temperature, and their diet and health. It's always important to remind children to drink water, but as a general guide, the recommended daily intake of water for children is:

- 5 to 8 years old: 5 glasses (1 litre)
- 9 to 12 years old: 7 glasses (1.5 litres)
- 13 years old and over: 8 to 10 glasses (2 litres)

## Tap's OK!



### Healthy Drinks are Important for Healthy Teeth

Encourage your child to drink plenty of tap water

Make sure your child only has water in their drink bottle

It is a great idea to give them their own water bottle to use throughout the day



The **Tap's Ok!** project is a place-based initiative auspiced by the Population Health and Community Wellbeing program in partnership with *OurPlace* and *RDHS*. This initiative aims to promote drinking water as an everyday activity essential to children's good health in Robinvale-Euston.

love  
your  
teeth



Dental Health Week

1-7 August 2022

[dentalhealthweek.com.au](http://dentalhealthweek.com.au)



# 10,000 Steps Challenge

How many steps have you done today?

Every step counts.



Our Annual Robinvale-Euston 10,000 STEPS CHALLENGE is BACK!

The challenge starts on the 22nd of August and finishes on the 16th of September.

This year, we're doing things a bit differently - you will have the option to register as an individual or register as a team.

Not a fan of running or walking? Don't worry; other physical activity is also counted in the challenge. You can simply record the number of minutes of additional moderate and/or vigorous exercise you do each day. Examples include *weight training, dancing, netball, basketball etc.*

**Here's what you can win:**

- 1st place - \$100 + 1st place trophy**
- 2nd place - \$30 + 2nd place medal**
- 3rd place - 3rd place medal**



There'll be opportunities during the challenge to win an additional \$40  
**To join, email [jlotikaerdhs.com.au](mailto:jlotikaerdhs.com.au) and we'll get back to you.**



Robinvale-Euston  
**10,000 Steps**  
 Challenge

**FREE**  
for all to join

**Competition Starts:**  
 22 August - 16 September 2022

To register yourself/ your team:  
 Send us a direct message

OR  
 Scan the QR code

**Registrations OPEN from:**  
**18 July - 18 August**



Participation is **FREE** and open to all ages and abilities

Pedometers are free to loan	Not a fan of running or walking? Don't worry other physical activity is also counted in the challenge.	<b>Up to \$1,000 in Prizes to be Won!</b>
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# Upcoming Events @ RDHS

## Become a Mental Health First Aider



### 2-day course

Dates: 16 + 17 August

Time: 9:00 am – 16:30 pm (both days)

Learn Practical First Aid Skills like

- Recognising common mental health problems
- Providing initial help using an evidence-based Action Plan
- Finding appropriate professional help, and
- Responding in a crisis situation

*This is a 12-hour educational course, not a therapy or support group.*

You are invited to this year's National Stroke Week event.

Date: 9 August 2022

Location: RDHS Conference Rooms (128-132 Latje Rd)

We will have informal conversations with Ambulance Victoria (AV) around:

- Recognising stroke,
  - Who to call,
  - The health journey of a person suffering from stroke
    - The return home and rehab, and;
  - Any other questions you might have around Stroke
- Feel free to pop in at any time between 9:30 – 12.  
Free lunch will be available



**Act FAST to enjoy precious moments**  
National Stroke Week 8 - 14 August 2022

**Join our National Stroke Week activity**  
Date: 9 August 2022  
Time: Drop-in at any time between 9:30 am - 12 pm  
Venue: Robinvale District Health Services (Conf. rooms)  
Activity: Health Journey of a person suffering from stroke, and the rehab process

MAJOR PARTNERS:     
SUPPORTING PARTNERS:  

# Mental Health

## RDHS DROP IN CLINIC

Supporting community  
mental health and  
wellbeing



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9AM - 1PM  
MONDAYS, WEDNESDAYS &  
FRIDAYS

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



# Mental Health

## How to build your self-worth

Write down affirmations, especially those based on behaviours or skills, e.g. “I’m good at helping others”, “I’m a good pet owner to my dog.”

Think about (or ask) people you care about/safe people what they like about you.

Do kind things for other people. This can be a shortcut to feeling good because helping others releases feel-good chemicals in our brain.

Describe yourself as if you are describing a friend. Sometimes we are very judgemental on ourselves; we are much kinder to friends!

Pay attention to how much safe people (and pets) love and care for you. Seeing yourself through other eyes can be empowering.

# Sexual Health

## Let's Talk About Contraceptives!

People who use condoms and other contraception together have a much lower rate of sexually transmissible infections (STIs) and unintended pregnancy.

Contraception is used for many reasons, from preventing unwanted pregnancy, to managing menstrual cycles and various health conditions.

It is important to note, that most contraception methods do NOT provide protection against STIs, so the use of barrier methods as well as getting regular STI tests are key in ensuring STI prevention.

**Barrier methods like condoms can be useful in promoting safer sex and preventing STIs.** These can be used for oral, vaginal, and anal sex.

### How effective is my contraceptive method?

In 1 year, what are my chances of getting pregnant?

**>99%**  
Set and forget



**Contraceptive implant**  
99.95% effective  
Lasts up to 3 years



**Hormonal IUD**  
99.9% effective  
Lasts up to 5 years



**Copper IUD**  
99.5% effective  
Lasts 5-10 years



**Tubal surgery**  
99.5% effective  
Permanent



**Vasectomy**  
99.5% effective  
Permanent



**93-99%**  
Works well if used perfectly every time



**Contraceptive injection**  
Used typically 96%  
Used perfectly 99.8%



**Vaginal ring**  
Used typically 93%  
Used perfectly 99.5%



**The Pill (COC)**  
Used typically 93%  
Used perfectly 99.5%



**The Pill (POP)**  
Used typically 93%  
Used perfectly 99.5%



**76-99%**  
Less effective methods



**Condom external**  
Used typically 88%  
Used perfectly 98%



**Condom internal**  
Used typically 79%  
Used perfectly 95%



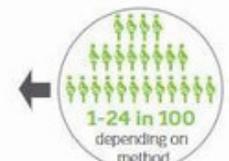
**Diaphragm**  
Used typically 82%  
Used perfectly 86%



**Fertility awareness**  
Used typically 76 - 93%  
Used perfectly 95 - 99.5%



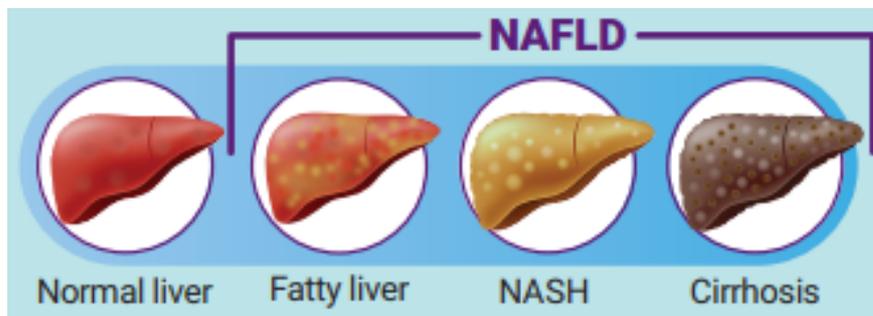
**Pulling out**  
Used typically 80%  
Used perfectly 95%



**Used perfectly** – when the rules are followed perfectly EVERY time  
**Used typically** – real life use where mistakes can sometimes happen (for example: forgetting a pill, condom not used correctly).  
 If you experience unwanted side-effects with your contraceptive method, it is important to seek medical advice from a health professional.

**Without contraception around 80 in 100 women of reproductive age will get pregnant in a year.**

# Health Topic: Liver Health



## Why Your Liver is Important

Just about everything you eat and drink goes through your liver. Even chemicals that touch your skin and toxins that you breathe pass

through your liver. Your liver has around **500 different functions** to keep your body working at its best. The two most important jobs it does are **cleaning your blood and helping with digestion**. A healthy liver also helps with energy, fights infection and removes harmful toxins. But a damaged liver can't perform these functions efficiently. So, it's vital to keep your liver healthy.

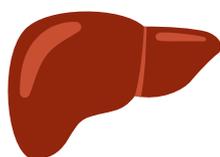
## Non-Alcoholic Steatohepatitis (NASH)

NASH is liver inflammation and damage caused by a **buildup of fat** in the liver.

Many people have a

build-up of fat in the liver and for most people it causes no symptoms and no problems. For some, the fat causes inflammation and damages cells in the liver and as a result of the damage the liver doesn't work as well as it should.

Experts don't know why some people with a build-up of fat in the liver get NASH and some don't. What is known is that NASH is more common when a person has **diabetes, obesity, older age or increased inflammation**.

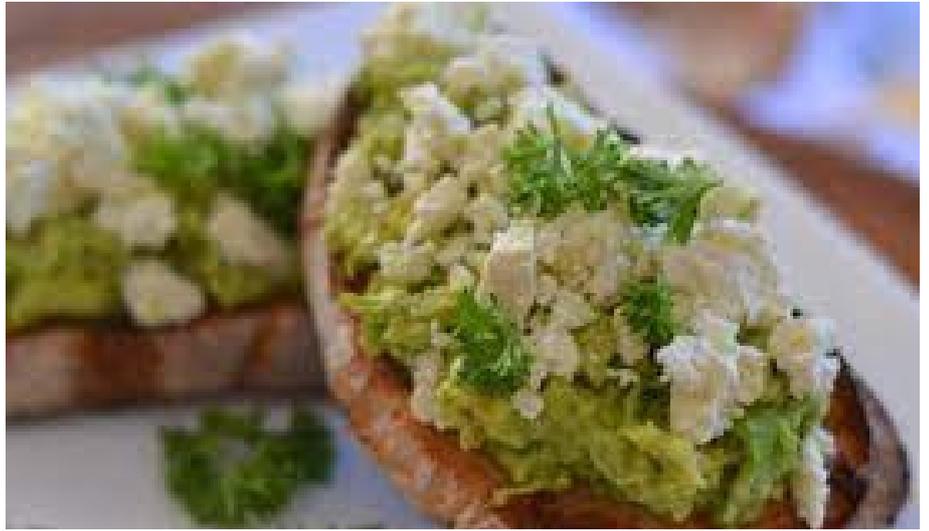


NASH may cause swelling of the liver and you may suffer symptoms such as **fatigue, loss of appetite, abdominal discomfort, jaundice** (yellowing of the skin and whites of the eyes), **very itchy skin, weakness and confusion**.

For general information and support call the Hepatitis Victoria Infoline: 1800 703 003.

# Healthy Eating

## Smashed Avocado with Feta on Sourdough



Need a quick snack or breakfast? Avocado and tomato on grainy toast is not only fast to prepare, but it also contributes to your five a day!

### Ingredients:

- 1 avocado, chopped
- 100g reduced fat feta cheese
- 1 tablespoon extra virgin olive oil
- ½ lemon, juiced
- Cracked pepper
- ¼ teaspoon paprika
- 1 x tomato, sliced
- ½ cup basil, roughly chopped, 1 tbsp thinly sliced to serve
- 4 slices of wholegrain sourdough bread

### Method:

1. In a bowl, smash the chopped avocado (so it's still chunky).
2. Add the olive oil, feta cheese, lemon juice, pepper, paprika and mix well.
3. Add the basil and mix though lightly.
4. Toast the bread and spread ¼ of the avocado smash on top and place the tomato slices evenly across the bread.
5. Sprinkle with a chopped basil and cracked pepper.

# Community Notices

## TESTme

TESTme is a confidential service.  
How Does it Work?

**Tests for Gonorrhoea and Chlamydia**

The kit will be posted to you - don't worry it won't say anything about **sexual health** on the outside!

Inside the kit are clear instructions, swabs and containers. The tests are **simple to collect** and **won't hurt at all**.

The TESTme nurse will call you if your **result is positive** to talk to you about it. Most of the time your treatment to you will be posted to you. This means **you will not have to visit a doctor to get a prescription**.

## 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.

## MILDURA DRAGON BOAT CLUB

Robinvale / Euston Division  
Come and try dragon boating at the Robinvale Rowing Club Boat Ramp  
SUNDAY MORNINGS 8.30am start

Come and try the terrific sport of dragon boating with a local club. All you need is a can do attitude and the want to have fun.

Please wear comfortable clothing, a hat, sunscreen and bring a water bottle and your own life jacket if possible.

Minimum age 12 yrs old.  
See you there.  
For further details contact : 0427 801 705

## 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

## 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!

You Are Invited Women's Health Month

# YOGA

## Free Yoga Sessions

We are celebrating Women's Health Month with free yoga sessions for all women & girls!

10 September:  
10 am: Mum's & Bubs  
11:15 am: Pregnancy

17 September  
10 am: Gentle (Mature Ladies)  
11:15 am: Flow (Suitable for everyone)

SCAN ME

Scan the QR code to book a session

# Community Notices



## 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 can be:

- Delivering Meals on Wheels
- Reading to residents
- Assisting with mending of material items and many more.
- a feeling each and every day you are helping people
- social interaction and friendship with others
- 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

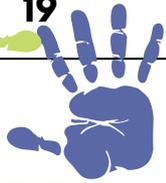
EMAIL: [info@rdhs.com.au](mailto:info@rdhs.com.au)



**RDHS**

Values Driven Care

[WWW.RDHS.COM.AU](http://WWW.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!!!



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# Community Notices

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**EXPRESSION OF INTEREST**

**COMMUNITY ADVISORY  
COMMITTEE**

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

