

August 2023

# Community Newsletter

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



Robinvale District Health Services



@robinvalledistricthealth



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



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# Women's Health Week

2

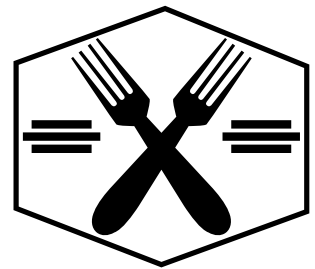
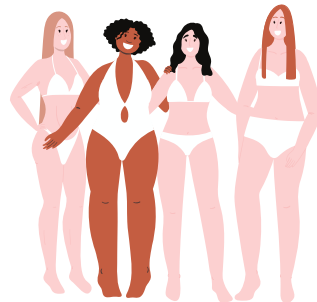
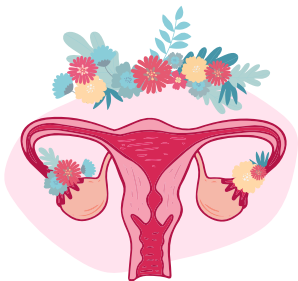
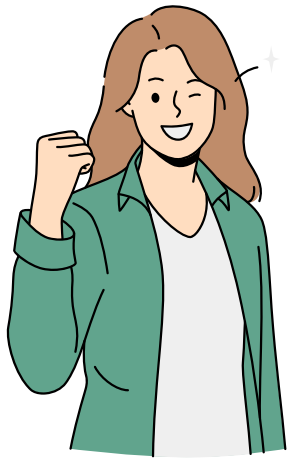
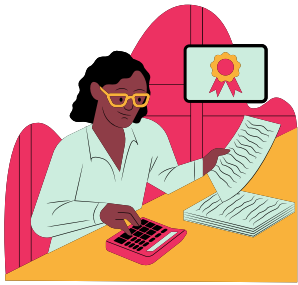
September 4-8 2023

September 13th @RDHS  
Conference Room

for ALL women and girls,  
inclusive of trans women

Stay tuned for more  
information.

To not miss out.  
Follow RDHS on  
Instagram and like our  
Facebook page



Women's health week is an awareness campaign that  
shares important health messages

Ring RDHS for more information 50518160

**AUGUST 16-  
SEPTEMBER  
27**



**RDHS**

Robinvale District Health Services

**LET ME  
HELP YOU TO  
OVERCOME THE  
TECHNICAL  
CHALLENGES**

# ROBINVALE

**ALL THE  
UPDATES WILL  
BE SHARED ON  
RDHS FB PAGE**

**SOCIAL  
BENEFITS**

**GREAT FOR  
FAMILIES  
AND  
FRIENDS**

**BIGGEST  
PROGRESS**

**LONGEST  
DISTANCE**

**PRIZES  
FOR  
WINNER**

**HEALTH  
BENEFITS**

**10,000<sup>TM</sup>  
(STEPS)**

## CHALLENGE

**CONTACT  
ME IF YOU  
WANT TO  
PARTICIPATE  
EVEN IF DONT  
HAVE A GROUP**

**WEEKLY WALKS CAN BE ORGANIZED**

**3-6 PEOPLE/GROUP**

**TEAMS . PRIZES . HEALTH . COMMUNITY**

MAKING 10,000 STEPS IS THE RECOMMENDED DAILY STEP TARGET TO ACHIEVE HEALTH BENEFITS. THIS CHALLENGE AIMS TO INCREASE YOUR TEAM'S PHYSICAL ACTIVITY. YOU CAN SET YOUR OWN DAILY GOAL AND MEASURE YOUR PROGRESS.

**REGISTRATION  
IS  
MANDATORY,  
IT CLOSES ON  
AUGUST 9**

TO  
REGISTER,  
QUESTIONS  
AND MORE

-->



**MON-FRI 9-5**

**0350518160**

**dwojdyla@RDHS.com.au**



# ENTOLLMENT INSTRUCTIONS

## Create an account

<https://www.10000steps.org.au>



1.



## 2. Find your team

Contact me if you do not have one



## 3. Email or Call

[dwojdyla@rdhs.com.au](mailto:dwojdyla@rdhs.com.au)

- a) 10,000 steps in subject
- b) send your full name
- c) send your email address
- d) inform about your team members



## 4. Wait for more instructions



**HAVE FUN**



It's not a problem

You can borrow them from RDHS

THE CHALLENGE WILL RUN IN AUGUST AND SEPTEMBER

RESTATION IS OPEN NOW

## Prizes

### Longest distance

**1st place** - 50\$ REBA gift cards

1/participant

**2nd place**- individual coffee vouchers

**Individual effort, biggest progress:**

**1st place** - 50\$ REBA gift card





# NAIDOC Celebration at MVAC



5



We want to thank Murray Valley Aboriginal Co-Op for hosting representatives from RDHS in their NAIDOC Celebration. The participants of the Family Fun Day Celebrations had the opportunity to meet with RDHS healthcare providers and children had the opportunity to share their toothbrushing skills.





# NAIDOC celebrations @ RDHS

RDHS held their Annual Flag Raising Ceremony and BBQ Lunch on Wednesday 5th July 2023, and on behalf of RDHS we would sincerely like to thank Auntie Rose Kirby for her Welcome to Country, assisting with the flag raising and

of course making Johnny Cakes for those who attended to enjoy. We would like to also thank Zzak Togo and Acting CEO Vicki Shawcross for participating in the flag raising ceremony and Ross Hensgen, assisting with the smoking ceremony.





# National Stroke Week 2023

## 7 – 13 August 2023

Stroke happens when the brain, or part of the brain, does not have a fresh blood supply.

According to World Stroke Organization 25% of people above 25 years old will experience it in a lifetime.



### PROTECTIVE FACTORS

- Blood pressure under control
- being smoke free
- physical activity
- healthy diet
- no or little alcohol use
- healthy body composition
- genetic disposition
- relaxation
- lack of depression



### Learn the F.A.S.T. signs of STROKE



**FACE**  
drooped?



**ARMS**  
can't be raised?



**SPEECH**  
slurred or confused?



**TIME**  
is critical! Call 000.

If you see any of these signs  
**Act FAST call 000 (triple zero)**



# Speech Pathology Week

8

## 21-26 August 2023

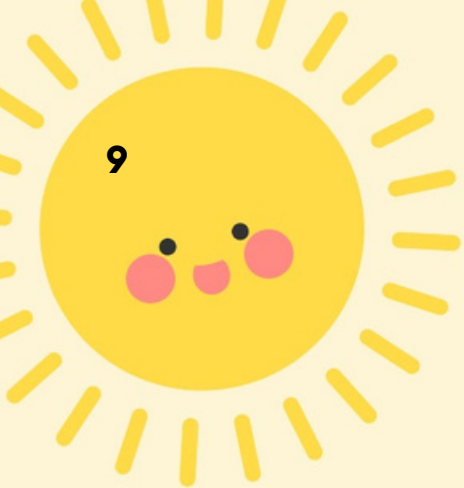
The theme for Speech Pathology Week in 2023 is 'Communicating for Life'. Speech Pathology Week promotes the speech pathology profession and the work done by speech pathologists with the 1.2 million Australians who have a communication disability. Communication is a basic human right and Speech Pathology Week helps to raise awareness of communication disability and the role of speech pathologists.

Speech pathologists work with all ages and cover a wide range of areas related to communication, including speech & articulation, understanding & using language, pre-literacy and literacy skills, social skills, stuttering, voice and also swallowing. Supporting communication leads to better outcomes in life including improved literacy skills, quality of life, mental health and job and social opportunities. Accessing speech pathology services early in life can greatly benefit these outcomes and build a child's confidence in communicating with others.

RDHS also provides a service to the Balranald Early Learning Centre.

The RDHS team includes Lucy Joyce and Estelle Rogers, Speech Pathologists, and Vimel Roy-Singh, Allied Health Assistant (AHA)





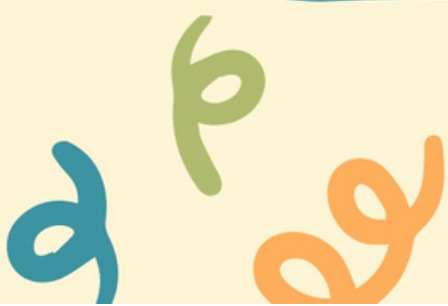
# SAVE THE DATE

## EARLY YEARS FAMILY EXPO

FRIDAY 8TH SEPTEMBER 2023

@ the Robinvale  
Leisure Centre

10am until  
2pm







**HIPPY** had another successful gathering. The kids (and parents!) enjoyed a yoga and mindfulness session with Natasha Anson and some fun activities based on the HIPPY packs and storybooks.



# RDHS PLAYGROUPS



**All playgroups are FREE!**

## Wednesday

### **PLAY N LEARN**

**Where:** The Hall, 13 Watkin Street Robinvale  
(opposite St.Mary's School)

**Time:** 10.00am to 11.30am

*Indoor and outdoor play*

## Thursday

### **POLYPLAY**

**Where:** The Hall, 13 Watkin Street Robinvale  
(opposite St.Mary's School)

**Time:** 10.00am to 11.30am

*Indoor and outdoor play*

## Friday

### **JUMP AND JIVE**

**Where:** Robinvale Leisure Centre  
(Basketball Stadium)

**Time:** 10.00am to 11.00am

*Active play*

*No child is too young for playgroup...*

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

## **Covid Requirements**

- \* RDHS comply with current Covid requirements.
- \* Any question call RDHS Early Years on 5051 8157 or 5051 8132
- \* Mobile : 0457 780 495.



Robinvale District Health Services Early Years Programs

Communities for Children. Funded by the Australian Government Department of Social Services.  
Visit [www.dss.gov.au](http://www.dss.gov.au) for more information





# ARE YOU A PARENT OR CARER TO A CHILD AGED 0-6 YEARS?

11

We would love to hear from you about early years services  
(like childcare & preschool) for Robinvale and Euston.

Please complete the  
survey by scanning this  
QR code - it will take 5  
minutes and you can go  
into the draw for 1 of 5  
x \$50 local vouchers.



The Robinvale  
Early Childhood  
Education and Care  
Consultation  
(RECECC), being  
undertaken by  
Swan Hill Rural City  
Council, is now well  
underway for the  
Robinvale and  
Euston  
communities.  
The aim of the  
research is to  
better understand  
the provision of  
Early Years  
services across  
these communities  
and gain a clearer  
understanding of  
the demand for  
Childcare.

# ARE YOU A PARENT OR CARER TO A CHILD AGED 0-6 YEARS?

We would love to hear from you about early years services  
(like childcare & preschool) for Robinvale and Euston.

Please complete the survey by scanning this QR  
code - it will take 5 minutes and you can go into  
the draw for 1 of 5 x \$50 local vouchers.



# World Car Free-Day

## September 22

A World Car Free Day encourages people to take advantage over public transportation and other transport means such as walking or cycling. By reducing your car use you are not only decreasing your environmental impact on our planet but you can gain a lot of benefits for your-self. More cycling and walking will increase your physical activity level without you even trying.



V-line

- Buses to Bendigo
- Buses to Swan Hill
- Trains to Melbourne

Call Robinvale Information  
Centre for timetables for

buses to Mildura

(03) 5026 1388



More walking or cycling can  
help you to gain advantage  
against your opponents in  
10,000 steps Robinvale  
tournament



# Father's Day

SEPTEMBER 3

## Fatherhood in XXI century

Since the 1990s, the number of dads using flexible working arrangements has doubled. Men with those arrangements and those who work part-time often decide to spend more time with their family and provide care for their children.



## Importance of father-child relationship

Research has revealed the positive contribution that fathers can make to children's development and family cohesion. Children with highly involved fathers experience positive outcomes in socio-emotional, behavioral and cognitive domains. The children whose fathers read to them from an early age have better literacy skills and improved school readiness when compared to other children.

Bridget T & M McDonald, (2010). Practice guide Child Family Community Australia (Gadsden & Ray, 2003) (Lamb & Tamis-leMonda, 2004)

Parenthood presents a lot of challenges. If you would like to know more on how other fathers cope with family obstacles, you can scan the QR code and browse the Mens Line Australia Website.



 MensLine  
Australia





# Healthy Bones Action Week

## 21-27 August

Bones should be strong and flexible. Healthy bones decrease the risk of breaks and can protect our vital organs.

Maintaining healthy bones requires adequate consumption of vitamin D, calcium and participating in physical activity.

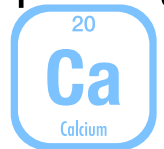
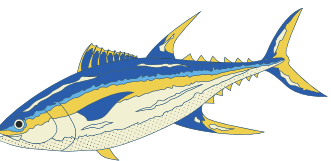
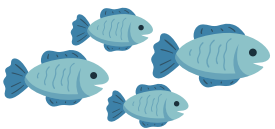
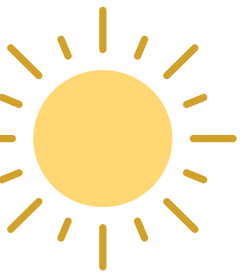
Do you want to check if your **vitamin D and Calcium intake** is optimal in your diet? -->

book in with the RDHS dietician

Do you want to **increase your physical activity**? --> check if you still can join **the Robinvale 10,000 stept tournament** -->

email: [dwojdyla@rdhs.com.au](mailto:dwojdyla@rdhs.com.au)

or call RDHS: **0350518142**



\*A bone density scan is used to diagnose osteoporosis\*  
 Osteoporosis risk calculator →

<https://healthybonesaustralia.org.au/osteoporosis-you/diagnosis/>

# International Overdose Awareness Day August 31st

15

**Overdose** - Having more of a drug than your body can cope with.

All drugs can cause an overdose, including medications prescribed by doctors.

It is important to know the right time and dose of the medication.

Seek help, If you feel like you are not in control of your drug use

## Common Addictive Substances:

- **Depressants and Opioids** - Slow down body activities including heart rate. All slow down central nervous system to produce a calming effect.
- **Alcohol** - is it a depressant and it is possible to overdose it.
- **Stimulants** - such as speed or ice. Amphetamines overdose increases the risk of heart attack, stroke, seizure and psychotic episodes.

## First Aid

If you can't get a response from someone, do not assume they are asleep. Sometimes it can take hours to die. An overdose is a medical emergency that requires immediate medical attention. Always call an ambulance if you suspect someone has overdosed.



A Penington Institute Initiative

TIME TO  
REMEMBER.  
TIME TO ACT.



31 AUGUST

—

INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

# We all have a role to play.

10 September 2023



## Sept 10, Suicide Prevention Day

This year's theme “We all have a role to play” encourages everyone to embrace our collective responsibility and take meaningful action to save lives.

Suicide Prevention Australia also promotes the reachout.com as an online, anonymous and confidential tool for young people, their caregivers and schools to connect with others on their terms.

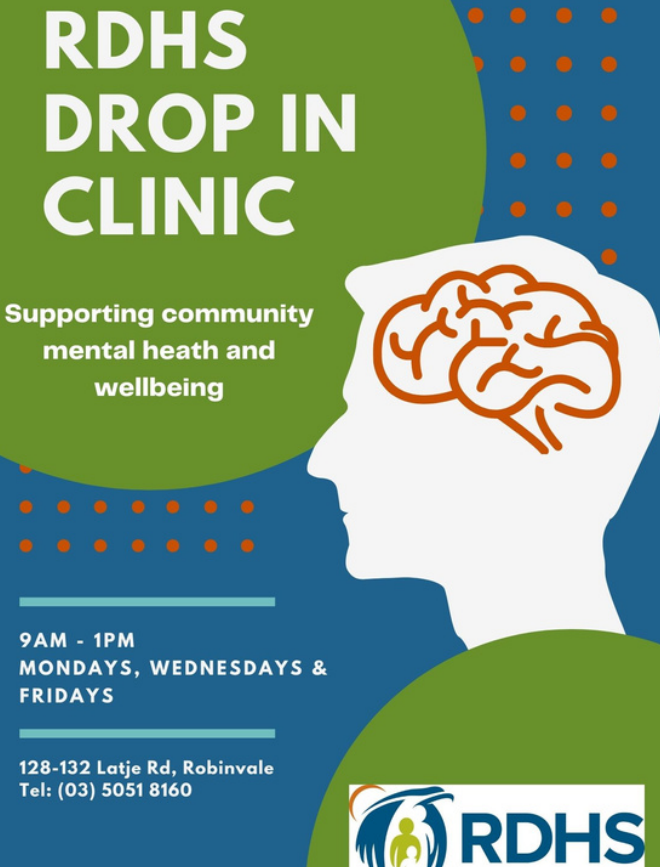


Mental Health  
Australia



<https://au.reachout.com/>  
<https://www.suicidepreventionaustralia.org/world-suicide-prevention-day/>





## RDHS Social Work Team

### Diez Kouadio

Hi, my name is Diez.

I love walking, reading, cooking and soccer (the beautiful game)

I studied Social Work at the Australian Catholic University – Sydney and a graduate certificate of Domestic and Family Violence at Queensland University of Technology.

### Cathie Johanson

I am Cathie new Social worker from Sydney and I love coffee!!!

I have studied Social Work at the University of Sydney and Masters in Public Health at Sydney University.

I am passionate as a Social Worker for mental health and want to support the community with accessing services such as the RDHS Drop in Clinic.



### RESP- Robinvale Euston Suicide Prevention Network

The group meets every month. The subjects of the meetings are: Currently offered Mental Health services in our community, coordination and organization of new mental health events, brainstorming about new ideas, Developing relationship with the community and new stakeholders

If you would like to see how the meeting is run, or you have ideas on improving Robinvale's mental health **come and join us!**

**Next meeting is schedules for Monday - August 21st, at 2 pm. (@ Resource Centre)**







# ROBINVALE COLLEGE

INVITES YOU TO...

## COMMUNITY GARDEN OPEN DAY

**WHERE:**  
**Robinvale College**



**WHEN:**  
**6th September 2023**  
**1:20pm**



**WHAT:**  
**Fresh produced meals**  
**Cultural foods**  
**Garden tour**  
**Performances**





# Bisexuality Day, September 23rd



*Bisexuality is an attraction to more than one gender. Those who identify as bisexual feel a sexual and/or romantic attraction to people of a different gender as well as their own.*

*While this offers a basic definition, bisexual people are a diversified group. Each individual perceives their sexual orientation differently. Some may be equally attracted to both men and women, while others have a stronger attraction toward one gender over another.*

Carmelita Swiner, MD on July 07, 2023



Do you have questions?  
Do you need support?

# Free Cervical Screening

Robinvale District Health Services are excited to share with readers the huge success of their Cervical Screening Program which was held May 29th-31st.

You might remember reading that cervical cancer is one of the most preventable cancers and early recognition through regular Cervical Screening tests is the best form of protection. Thanks to technological progress (namely development of HPV vaccine and availability of the self-screening tests), cervical cancer might be nationally eliminated within the next 18 years. Aboriginal and Torres Strait Islanders, immigrants and LGBTQI+ peoples tend to be more negatively impacted by this disease. This is usually related to lower screening participation rates.

The RDHS program was open to all people with a cervix and tried to make it easy for everyone to access the service.



Did you miss out?

Don't worry. You can still get  
your cervical screening done at  
RDHS.

Call us to make an  
appointment!







## Free Cervical Screening



Feedback from our 2022 Women's Health Week, raised local concern about culturally diverse women accessing cervical screening. RDHS collaborated with the Cancer Council and Ritchie's IGA, to address this problem. Hence, free cervical self- screening was offered.

During the three day event, 79 people were screened. The participants received a gift and an information bag. Passers-by and screening candidates enjoyed the smoothies made on the smoothie bike. There was a strong sense of community. Women from multiple cultural backgrounds connected with a shared understanding, purpose and sense of fellowship. RDHS were delighted with the results.

The majority of this event's participants were culturally diverse. On average, this group was overdue by 8 years more years than residents born in Australia. Unfortunately, this screening did not reach Aboriginal and Torres Strait Islanders participates as hoped. It is unclear if the members of the LGBTQ+ community were present.

If you have not done your cervical screening test in the last 5 years you shouldn't wait. RDHS offers cervical screening by appointment. If you know someone who did not do the screening in the recommended time, please advice them to get screened. It might save their lives.



# 30-minutes Yoga with Natasha Cordoma- Anson

22

INTERNATIONAL YOGA DAY WITH RDHS



JUNE 20th  
12.00PM & 12.30PM  
Place: RDHS primary care,  
lawn area

REGISTER FOR FREE, link in bio

## Yoga Day at RDHS

Robinsvale District Health Services

On June 20th, two free yoga workshops were organized for the RDHS staff and the community.

Did you miss out?

Follow our Instagram account and like our Facebook page.

In this way you can always be up to date with the latest announcements.







## MEN'S MENTAL HEALTH DAY

JOIN US FOR A BBQ LUNCH & START A CONVERSATION THAT MATTERS

# Mens Health Day

Lunch for the Men's Health Week organized by the Robinvale Euston Suicide Prevention Centre was held on June 16th at Elders.

RDHS team provided some health educational resources, gifts for fathers and brought delicious and nutrition pumpkin soup.



ITEM	UNIT
Pumpkin	750g
Onion	2
Crushed Garlic	9g
Carrot	1
Celery	2 sticks
Leek	1
Sweet Potatoe	1
Potatoe	3
Margarine	45g
Evaporated milk	1 can
Seasoning	for taste
Chicken stock	for taste



**500ml of this soup provides 39% of daily recommended intake of fruits and vegetables and only 8.6% of male average calorie demand**



# Smiles 4 Miles

supports

## Dental Health Week

Aug 7th-13th



**Tooth decay is Australia's most common health problem\*.**

**Did you know there are links between diseases in the mouth and diseases in the body? Bacteria in the mouth can travel to different sites of the body and inflammation in the mouth can increase the body's overall inflammation.**

**These six conditions have been linked with oral health:**

**Heart Disease; Diabetes; Alzheimer's Disease; Adverse Pregnancy Outcomes; Lung Conditions; Inflammatory Bowel Disease**



**Building Good Habits is best started when we are young, but you are never too old to learn new habits**

**The Smiles for Miles is a program run in all Robinvale/Euston preschools. It aims to help children and families build good oral health and healthy eating habits.**

**Why not use 2023 Dental health Week to focus on your oral Health**

**Simply follow these 4 steps:**

- 1. Brush teeth twice a day using fluoride toothpaste.**
- 2. Clean between your teeth every day using floss or interdental brushes.**
- 3. Eat a healthy, balanced diet and limit added sugar intake.**
- 4. Visit the dentist regularly for check-ups and preventative care**



# 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

To find out more  
information  
please call  
505I8I60



**When:** Thursdays, from  
1:30 pm

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

**AUSTRALIAN  
MEN'S SHED  
ASSOCIATION**  
Shoulder to Shoulder

# 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 my options**  
For information about contraception,  
pregnancy options and sexual health.

**1800 my options**

**我们的联系方式:**

 **1800 696 784**  
星期一至五上午10时至下午4时  
(节假日休息)

 13 14 50

 1300 555 727  
relayservice.gov.au


 **1800myoptions.org.au**

 **info@1800myoptions.org.au**

关注我们的社交媒体:

 Instagram.com/1800myoptions  
 Facebook.com/1800MyOptions

想了解有关避孕、  
可选的妊娠方式或  
性健康等方面的信息吗?

 **1800 696 784**

 **1800myoptions.org.au**

 **info@1800myoptions.org.au**



**Community Garden**  
**Tuesdays 9am**  
**Robinvale College**  
**latje rd, entrance**

contact: Laura  
0411269542



FREE!

# TOY LIBRARY

OPEN EVERY TUESDAY 9:00 TO 4:00

Free for all families -  
something for all children from birth



Email [toylibrary@rdhs.com.au](mailto:toylibrary@rdhs.com.au) to sign up  
or call 03 5051 8445

Located in the Early Years Building at RDHS



Early Years  
Online Hub

## Early Years Online Hub

Access early years' information and services  
within the Swan Hill Local Government Area.

The Early Years Online Hub covers just about everything parents and carers  
need to know about raising children.

- Early childhood services
- Resources and information for families
- Playgrounds & family friendly walks
- Breast feeding & changing facilities
- Services specific to your town
- Event listings for young children



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



Tuesdays  
9:30am

COMMUNITY  
COOKING

All Welcome

Robinvale  
College  
cooking  
rooms

For more information contact:

Amanda 0412730226

Laura 0411269542

[robinvale@ourplace.org.au](mailto:robinvale@ourplace.org.au)