



WORKING TOGETHER WITH TRUST AND RESPECT

Community Health Matters

BANYULE
Community Health

International Women's Day - Banyule Style!

On 19 March 1911 over a million European women united in calling for the right of women to vote, work and hold public office. The women wore the colours of green (hope and new life), violet (dignity and self respect) and white (purity). They marched the streets and this march marked the beginning of what is known as International Women's Day.

International Women's Day is proudly celebrated in Banyule. For the last five years, Betty Dodd, convenor of the monthly Women of West Heidelberg meet-up has facilitated a local event.

Women of West Heidelberg began celebrating International Women's Day in 2007. It was a small affair at the Health Centre. Women shared their experiences, told their stories and laughed. It was a powerful day, through the tears and chuckles they found that as women and as members of the West Heidelberg community; they shared many things. Stories of fears, and hopes, children and friendship broke down barriers.

This year, celebrating the 100th anniversary of International Women's Day, 130 women attended the Ivanhoe Centre for a special luncheon. After five years of celebrating the day as a community, it was heartening to look around the room and see the friendships that are nurtured in this community, the strength that women give each other and the happiness women share in coming together to celebrate.

This day could not have gone ahead without the tireless energy of Betty Dodd and the Women of West Heidelberg. We are also grateful for the financial assistance provided by Banyule Community Health, Neighbourhood Renewal, Banyule City Council, former MP Anthony Carabines' Office and Gamblers Help Northern. For more information on the Monthly Women of West Heidelberg group contact Emma Carlin on 9450 2622.



Autumn 2011

Community Health Matters



From the CEO

Happy belated New Year!

Last November Denis Swift a long time Board member, Chairperson and Treasurer retired as a Director of Banyule Community Health. As a Board member in various capacities Denis as the Chairperson oversaw the amalgamation with Diamond Valley Community Health Centre to form Banyule Community Health, the redevelopment of West Heidelberg, the purchase of the Diamond Valley hospital for our Greensborough centre and enormous financial growth. His untiring commitment to this organisation over 27 years will be remembered not only for the things he did but for his down to earth easy manner which connected with people from all sections of the community.

As an advocate for community health and a support to the Board and me he will be sorely missed and we all wish him well in retirement.

On other matters as you can see in this newsletter Banyule Community Health is continuing to undertake its valuable work within an ever challenging environment, namely the Commonwealth health reforms. This has been a trying time for the organisation as it grapples to make sense of that what is proposed. Nevertheless we continue to ensure that the services and programs you are receiving are meeting your needs.

Our continual feedback mechanisms have provided us with valuable information that ensure your visit to Banyule Community Health is an enjoyable as can be and hassle free.

Acting on your feedback we have expanded our disabled parking bays by two at West Heidelberg and are currently working at Greensborough to improve our facilities and tackle the parking problem on that site.

Your feedback is welcomed, as its one of many mechanisms that we use to improve ourselves in the way that we service your health needs.

Kind Regards,

Jim Pasinis

Chief Executive Officer
Banyule Community Health

BCH Dental Service — Are you eligible to access it?



The BCH dental clinic provides a wide range of services from early childhood oral health, general adult dental, emergency and denture services.

The following people are eligible to access the service:

- All children aged 0-12 years
- Young people aged 13 – 17 years who are health care or pensioner concession card holders or dependants of concession card holders
- People aged 18 years and over, who are health care or pensioner concession card holders or dependants of concession card holders
- All Refugees and Asylum Seekers
- Children enrolled in special development schools
- All Aboriginal and Torres Strait Islander people

Some groups of our community have priority access to care - please advise dental reception staff when making appointments if you belong to one of the following categories:

- Aboriginal and Torres Strait Islanders
- Children and Young People
- Homeless people and people at risk of homelessness
- Pregnant women
- Refugees and Asylum Seekers
- Registered clients of mental health and disability services

To book an appointment, phone the Dental Clinic on 9450 2000.

Chippendale Lodge - Supported Residential Services Funding

BCH Dental Clinic has received funding to improve access to oral health services for residents of pension-level Supported Residential Services. We have one residential service accommodation house in our local area, Chippendale lodge, which currently is home to 30 people. The project aim is to look at ways BCH can assist to provide treatment and oral health education to these residents. We have already received good feedback from staff and will be providing oral health assessments at Chippendale lodge in the near future. If you would like more information about this please contact the Dental Clinic on 9450 2000.



BCH Oxfam Trail Walkers

You may have seen some BCH members walking around the streets with backpack, water packs and headlights on and wondered what on earth they were doing... well, they were in training for the Oxfam 100km trail walk. The event took place on Friday 1st – Sunday 3rd April and the aim was to walk a total of 100km each, in teams of 4, within 48 hours.

BCH had 3 teams take part - 'Banyule A Team' (Leanne, Mia, Karen, Sarah), 'Banyule Bees Knees' (Susan, Rob, Dana, Anna) and 'Banyule on the move' (Rachel, Mary, Lev, Marita) and we're pleased to report that all 3 teams made it across the finish line!

It's been great that other BCH workers joined them in their training - going along for the 'walks'!

Congratulations on your journey, we look forward to seeing who participates in 2012!



HEALTH For LIFE

Health for Life Tip — Drink plenty of water!

It's good for you, accessible and FREE!

The best drinks for children are water and milk. It's best to avoid juice, cordial and soft drink because these are high in sugar and can lead to weight gain and tooth decay.



Water provides hydration and milk provides nutrients like protein and calcium which are important for healthy growth and development. The best milk for children over 5 and adults is low fat milk as it provides all the required nutrients without the fat.

You may feel it's difficult to drink enough water on a busy day. Plan ahead - be sure you have water handy at all times by keeping a bottle for water with you. It's cheaper than buying a soft drink on the go. If you get bored with plain water, add some lemon or lime for a flavour change.

Honorary Senior Researcher — Karen-leigh Edwards



BCH is pleased to welcome Associate Professor Karen-leigh Edward to the newly created position of Honorary Senior Researcher. In this role, Karen-leigh hopes to contribute to knowledge informing practice for those who experience mental illness including areas such as dual diagnosis, maternal health and health promotion.

Previously the Head of the Department of Nursing at La Trobe University, Karen-leigh is now working at Australian Catholic University (ACU) and is an Associate Professor of Nursing Research with the School of Nursing and Midwifery. Karen-leigh is a registered nurse with a graduate degree in psychology, a credentialled mental health nurse with the Australian College of Mental Health Nursing and is also a member of the College special interest group for mental health nurses in private practice.

Please feel most welcome to contact Karen-leigh regarding research or other evidenced based projects you are interested in that relate to physical and mental health. She works at BCH each Monday and can be contacted on 9450 2000.

Healthy & Active @Work In Banyule

In response to the Work Health Check, Banyule Community Health in collaboration with the Greensborough Chamber of Commerce and the NEPCP is conducting a health promotion workplace initiative piloted in City of Banyule.

The Healthy & Active @Work in Banyule program will involve 5 workplaces within Banyule and will assess and address the health and wellbeing of staff focusing on smoking, nutrition, alcohol, physical activity and mental health/stress management and identifying workplace health promotion activities which are tailored to individual workplaces based on their self identified needs.

If you would like to know more about this project contact Sarah Nichols or Irene Pfeiffer on 9450 2000.



BANYULE
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