



**BEECHWORTH
HEALTH SERVICE**

**HEALTH & COMMUNITY
N · E · W · S**

www.beechworthhealthservice.com.au

PO Box 20 Beechworth Vic 3747

OCTOBER 2011

Beechworth Health Service is a publicly owned facility providing a range of hospital, aged care, allied health, mental health and health promotion services to the local communities.

Please join us for the Beechworth Health Service 10th Annual General Meeting

Date: Thursday 17th November, 2011

Time: 6pm for 6:30pm

Presentation: *'Lifting the lid on Beechworth Health Service.'* How we work with our community to support physical, mental and social wellbeing.

Venue: Beechworth Health Service - 52 Sydney Road, Beechworth.

A light supper will be served.

Everyone Welcome!

The ABC Gardening Show's Stephen Ryan comes to Yackandandah

On Saturday 22nd October, 2011 BHS in partnership with Yackandandah Bush Nursing Hospital, will host a Garden Expo in Yackandandah.

'Healthy Gardens, Healthy People' is the theme of the day with a focus on creating a healthy garden and the health benefits of gardening from childhood to the twilight years.

Stephen Ryan, host of ABC's Gardening Australia, will be a special guest. Stephen will present two segments (11:00am and 2:00pm) and will be available to answer questions from the audience.

The event will be held at the Senior Citizens Hall and adjacent park.

A number of local experts will join Stephen on the day to share their experiences with gardening. Steve Cavini of Yackandandah Organics will entertain with his story of the dream, the hard work and the rewards of organic gardening. Local garden expert Robyn Brader will share her vast knowledge, including how to encourage the birds and bees to your garden, and the associated benefits. Robyn's garden is full of colour and interest all year round and is visited regularly by many garden groups from near and far.

Other topics covered will include: cooking with & growing herbs, worm farms & composting, growing fruit & vegetables; propagating & pruning, sustainability in the garden; staying healthy with back care & exercise tips; gardening tools available for aging or disabled gardeners, as well as much more. Beechworth Correctional Centre will be there with seedlings available.

Younger gardeners will be encouraged to participate in a competition by creating a "small garden" of their own and several garden-related stalls will sell produce.

Proceeds of the day will support the 2011 Latipsoh campaign (Hospital spelt backwards). Please call Lisa Greenwood at YBNH on (02) 6028 0100 if you have any queries or would like further information.

Gardening has health benefits for all ages.



Beechworth Health Service Facebook Page

www.facebook.com/BeechworthHealthService

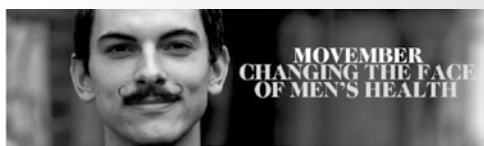
Facebook is an internet based social media site used by millions of people around the world to keep up with friends and for sharing and accessing information. You can now become a fan of BHS on Facebook to receive up-to-date health information relevant to our local community.

How do I sign up for Facebook?

- Go to www.facebook.com
- From the Sign Up page follow the prompts – you will need to provide your full name, email address, desired password, gender, and date of birth.
- If you need a little help to get started try the Help page: www.facebook.com/help
- To become a fan of Beechworth Health Service on Facebook simply search for Beechworth Health Service and click on like.



Calling all men to grow a Mo & talk about Men's Health



This year Beechworth Health Service is urging all men to embrace 'Movember' by growing a Mo and talking about Men's Health. Movember is a world wide initiative - on November 1st, guys register at Movember.com with a clean-shaven face. The rest of the month involves growing a Mo and raising funds along the way - funds raised in Australia support equally the two biggest health issues men face - prostate cancer and depression.

By growing a Mo, guys effectively become walking, talking billboards for the 30 days of November, raising awareness by prompting private and public conversation around the often ignored issue of Men's Health.

To celebrate the Mo's, at the end of the Movember month, Beechworth Health Service in partnership with local men's clubs and groups will be holding a 'Show the Mo' celebration - this is a chance for the guys to show off their Mo's with a mo parade, guest judges and prizes for the most impressive Mos.

Start planning your Mo!

Beechworth 'Show the Mo' Celebration

Join in the fun to show off all the Mo's that have been grown over the month of Movember.

Where: Baarmutha Park (new facility at the Beechworth Football Ground)

When: Sunday November 27, 2011

What: Mo parade & prizes, Men's Health guest speaker, 'come and try' sporting activities for the kids.

This is an all ages, family friendly event.

A BBQ will be available provided by 'Prisoners on the Run' with proceeds donated towards Movember. Bring along your family and celebrate the Mo!

Men's Health - What Every Man Needs to Know

- Men and boys face different health concerns and Men's Health issues are often ignored.
- Research tells us that men who live in rural areas are more likely than their urban counterparts to experience chronic conditions and health risk factors.
- A good place to start is a regular health check.
- See your doctor for regular check-ups to stay healthy and to pick up early warning signs of illness.
- Heart disease, diabetes and some cancers can often be picked up in their early stages, when treatment may be more successful.

Things to ask your GP

How often should I have a check-up?
What can I expect as I get older?
Am I at risk of developing any diseases?
How much alcohol is OK?
Is my family history important?
How does my partner's health affect me?
What will cigarette smoking do to me?
What about my prostate? Should I get it checked?
Can young people get cancer? How would I know?
What changes do I need to make to stay healthy?
Should I be exercising?
Is my weight a problem?
What about my cholesterol?
Do I have diabetes?

Protect our newborn babies - have you had your adult whooping cough vaccination?

Australia is currently experiencing an epidemic of whooping cough. In light of this, some states and territories are offering free adult whooping cough vaccinations for certain groups who have close contact with newborns. The number of people who have been diagnosed with whooping cough in Victoria from January to July 2011 has risen to 5061.

Source: Department of Health & Ageing - National Notifiable Disease Surveillance System



FREE Adult whooping cough vaccination program:

WHO: parents, adoptive parents and foster parents of new babies as soon as possible after the birth of the baby. It is also available free to the partner of a pregnant woman at any time during the pregnancy.

WHERE: Vaccine will be available via most immunisation providers, GPs, Hospitals and some local councils.

WHEN: program runs until 30 June 2012

HAVE YOUR SAY

BHS encourages community feedback and values community participation in our services.

We would like to know:

- Your feedback regarding BHS services – positives, complaints or opportunities for improvement.
- Your ideas for the BHS newsletter – what information is useful for you and your family?

PROVIDING THIS FEEDBACK IS SIMPLE!

- Call or write to Wayne Hurley - Liaison Officer
Ph: 5728 0252
- Pick up a form at BHS, post it back or place it in one of the suggestion boxes located in BHS reception and the BHS waiting room.



Could you share your skills?

There are many opportunities for volunteering at BHS. We are always wanting to see more volunteers join our group so if you have the time and wish to participate in some activities with patients and aged care residents at BHS, please contact volunteer coordinator Ela Tually at BHS on **5728 0200**.

SOME OF THE VOLUNTEER OPPORTUNITIES AT BHS

- Assisting with a variety of activity programs – cooking, music, singing, craft
- Board of Management
- Companionship program
- Driving– for appointments & outings
- Playing cards
- Pet Visitation Program
- Sharing computer skills in the Virtual Visiting program
- Men's Shed for Aged Care residents – sharing practical skills
- Reading
- Tai Chi
- Exercise Groups
- Walking Groups
- Walking School Bus
- Yoga

Did you know?

The Beechworth Walking School Bus Program now has 70 children registered. This means that almost a quarter (24%) of primary school aged children in Beechworth are accessing the program.



Walking School Bus walkers and volunteers

Residential and respite aged care – the first steps to take.

If you or a family member are considering permanent or respite care, or would like to be placed on the waiting list for one of the BHS homes, call us on 5728 0254.

We will provide you with an information pack that will step you through the things you need to do and the issues you may wish to consider.

BHS WORKING WITH GIRLS TO PROMOTE HEALTH AND WELLBEING

For young people, having good mental health means being able to enjoy life. It means being able to handle challenges and relate to others in positive ways. Good mental health in childhood and adolescence sets up a base for positive mental health and wellbeing throughout life.

The health promotion team at BHS have been working with primary and secondary school aged girls in Beechworth to address some of the factors that are known to enhance mental health in young people:

- A cohesive and non-violent school environment
- Sense of self-worth and social connectedness
- Self-efficacy in problem solving, coping skills and social skills
- Self-control
- Belonging to a positive peer group
- Having a personal confidante, role model or mentor

At Beechworth Primary School grade 5 and 6 girls have been participating in a 10 week 'Mpower Girls' program. The program raises and addresses many issues relevant to girls including, what it means to be a girl today and how girls interact, exploring feelings and developing empathy, respectful yet real ways of communicating, friendship groups, appreciating others, bullying and cyber bullying.

At Beechworth Secondary School, the Adolescent Health nurse and the BHS health promotion officer have been working with the year 10 girls to explore the challenges and opportunities about being a girl. They identified the strengths and characteristics that they need to be a strong girl and what they need to navigate the difficulties in growing up. The group were able to discuss issues in a safe and supported environment and assist one another in resolving conflict and developing the skills to do so. The girls in the groups were insightful, fun and very resourceful.



Holly Borschman, Natasha McLaurin, Morgan Lupson & Claire English discussing how girls interact.



Paton Elmer & Claire English have participated in the Mpower Girls program.



Lifestyle Health Workshop

MY HEALTH, MY LIFE! is a four week group program followed by ongoing support from your own health coach. This program is coordinated by Beechworth Health Service.

If you have a chronic health condition and want to get the best out of life, register your interest today – the next program commences in November. Targeted health conditions include: diabetes, cardiac disease, respiratory disease, kidney failure, arthritis and neurological conditions.

Program content includes:

- Who's the expert in your health?
- Making a healthy change - strategies to make changes easier.
- Symptom monitoring and management.
- Medical Action Plans.
- Relaxation and controlled breathing techniques.
- Communicating with health professionals.
- Working through your emotions.
- What services and activities are around to support you?
- Health Coaching - an individual coaching session followed by ongoing coaching support to help you get the most out of life.

For enquiries and registration phone BHS on **5728 0200** and ask about My Health My Life.

Regional Eyecare Mobile



An Optometrist and Optical Dispenser from The Eye & Ear Hospital, Melbourne, visits Beechworth Health Service on a monthly basis. To make an appointment for a comprehensive eye examination, please phone Nick on **0488 613 008** or email: vic.eyecaremobile@gmail.com

The Regional Eyecare Mobile is dedicated to providing the highest quality eyecare & eyewear which includes testing for:

- Eye strain
- Sore eyes
- Glaucoma
- Blepharitis (dry eyes)
- Macular Degeneration
- Diabetic Retinopathy
- Cataracts

All community members are welcome to have their eyes tested. Eye consultations are **BULK BILLED TO MEDICARE** so there is no cost to the individual. Dispensing services are also available on the day.

What's On At BHS?

Contact BHS on 5728 0200 if you are interested in joining any of these programs. Volunteers are also welcomed to support these exercise groups.

GET MOVING GYM

This is an individual exercise program where participants attend weekly, and progress under supervision of a physiotherapist.

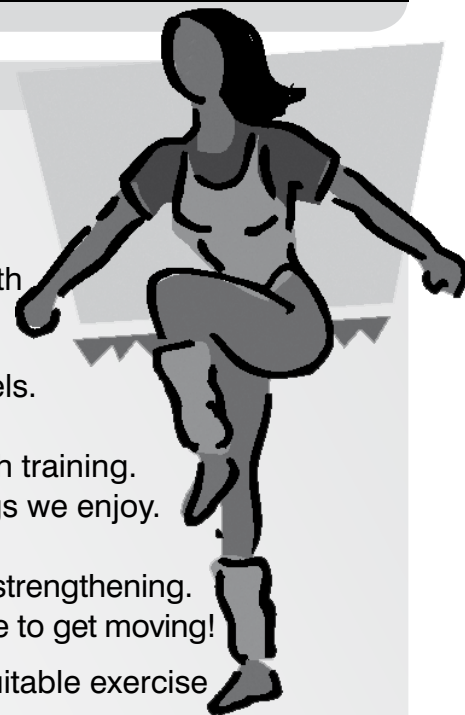
WHO SHOULD ATTEND?

The program is suitable for a wide range of persons and can assist with the following health issues:

- o Diabetes – strength training to stabilise their blood glucose levels.
- o Arthritis – increasing muscle strength helps support our joints.
- o Osteoporosis – help gain or maintain bone density with strength training.
- o Build general strength and flexibility to continue doing the things we enjoy.
- o Cardiovascular disease.
- o Back, neck, shoulder problems which would benefit from some strengthening.
- o Anyone who has not exercised for some time and who would like to get moving!

The aim is to improve people's confidence and introduce them to a suitable exercise program they can either continue at home or join another community program.

WHEN: Tuesday and Friday Morning **COST:** \$4.00 per session.



POLE WALKING

Get fit and meet new friends with the POLE WALKING Group.

- o Wednesdays 4pm-5pm (5pm to 6pm during daylight savings)
- o Meet at the Chinese Gardens Beechworth
- o No experience or registration necessary, just meet at the Gardens
- o Walkers are shown the correct use of poles and explained the benefits of Pole Walking
- o Please wear comfortable shoes and clothing
- o Bring a friend!
- o A trained instructor leads scenic walks around Beechworth, concluding with stretches

'ONE STEP AHEAD' – FALLS PREVENTION PROGRAM

- o The next 'One Step Ahead' program will run in early 2012
- o Low cost, 17 week program facilitated by a physiotherapist
- o Focus on developing balance, strength and information provision
- o Come along to socialise and develop self awareness around falls prevention
- o Guest speakers will include:
 - Podiatrist
 - Dietitian
 - Occupational Therapist
 - Pharmacist
 - Vision Australia

Would any of these services help you and your family?



Activity Groups (Club Connection)
Beechworth, Tangambalanga &
Yackandandah

Acute Unit/Hospital - Ph: 5728 0255
Visiting hours 9am – 1pm
& 2:30pm – 7pm.

Complaints Liaison Officer
Ph: 5728 0252
Call or write to Wayne Hurley.

Counselling

Diabetes Education

Dietitian

District Nursing - Ph: 5728 0351

Health Coaching

Health & Fitness Groups

Health Promotion

Occupational Therapy

Physiotherapy

Podiatry

Residential Care - Ph: 5728 0254
Respite & Permanent

Visiting Physician - Ph: 5722 1766

Visiting Surgeon - Ph: 5721 4575

Volunteer Program

Call our friendly staff for more information or to attend
any of these services and activities

Beechworth Health Service
5728 0200

