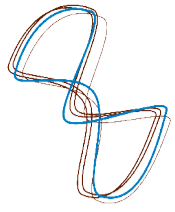


# Community Health News

July 2010



Mitchell  
Community Health



**Providers of health and social support services within the shires of Mitchell and Murrindindi. Working actively with communities to improve health and wellbeing outcomes and prevent illness.**

## Budget Tips

Christmas and money - with the year quickly coming to its half way point, it's a good opportunity to think about the approaching Christmas period.

The number 1 tip to avoid getting into debt as a result of Christmas is to plan early - the earlier the better.

Some other ideas to keep in mind are:

- Set up a Christmas club or other savings type account that cannot be easily accessed. These funds can be used to help with Christmas expenses in November and December.
- Draw up a list of people you need to buy gifts for - with ideas and an allocated amount. This will enable you to keep an eye out for a bargain well before Christmas and avoid impulse buying. A look at the total can help with budgeting and setting limits in line with what you can afford to spend.
- Home made gifts are a handy way of providing a low cost personal touch to Christmas.
- If you can afford it, use EFTPOS or cash rather than credit.
- Make use of Christmas lay-bys. For a small fee, a store will allow you to set up a lay-by that will give you at least 6 to 8 weeks, if not up to 6 months to pay by interest free installments, and store the items until Christmas for you.
- If mobile phones are on the Christmas list, use pre-paid, and consider having older children responsible for top ups. This encourages them to learn how be responsible for their own spending and how to budget.

## Healthy Eating

Mitchell Community Health Service is addressing healthy eating in a number of ways. We are working with the Kids Go For Your Life Program and will hopefully launch a series of healthy eating pamphlets in early July. This will be complete with recipes, shopping list and tips to save money.

To complement this, we are going to be putting healthy recipes or food information in this column each month for you to try at home. We would be happy for you to send in your own recipes to share with the rest of the community either through the pamphlets or in the newspaper.

Call Sarah Every on 5784 5555 to submit a recipe, receive a copy of the pamphlet or more information. Next month we hope to focus on lunch. This month we will be focusing on Breakfast. Breakfast is one of the most important meals of the day. It gives us the energy we need for the morning as well as providing a significant proportion of the day's total nutrient intake.

Ideas for breakfast include:

- Whole-wheat or wholegrain breakfast cereals such as wheat biscuits, muesli or bran cereals
- Porridge - use quick oats and try adding some honey or dried apricots, prunes or raisins.
- Fresh fruits
- Wholemeal or multigrain bread to toast
- Muffins or crumpets
- Toast toppings, such as baked beans, eggs, cheese or spread
- Fruit or plain yoghurts
- Fresh fruit juices
- Low fat milk

One quick idea for breakfast is a smoothie - try this recipe.

**Fruit Smoothie**  
1 cup reduced fat milk  
200 g reduced fat vanilla yoghurt  
2 tablespoons skim milk powder, (optional)  
2 tablespoons wheat germ, (optional)  
1 large banana, or peach or mango (peeled)  
or 1/2 cup strawberries  
• Put all ingredients in blender, blend until frothy and drink immediately.

From: <http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Fruitsmoothie?open>

## Service Access and Care Coordination (SACC)

**For all MCHS enquiries and bookings, phone the SACC team on: 1300 773 352**  
Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea, Marysville, Flowerdale and other sites in Murrindindi by negotiation.  
Broadford Reception: 5784 5555 Web: [www.mitchellchs.org.au](http://www.mitchellchs.org.au)

## Women in Mitchell

Our 2010 Women in Mitchell event was held on the 20th May in Wallan, to reduce social isolation in women and raise responsible gambling awareness. This was an event to showcase all the great activities that women in Mitchell and Murrindindi can participate in and enjoy.

Attendees were offered great entertainment by Jane Clifton, our MC for the day the Avenal Singers and Robyn Mills. Netball star, Bianca Chatfield also gave a presentation and we all had a good laugh at the 'Health Quiz' played with representatives from different agencies.

Our stall holders were local community groups and businesses who gave their time freely to help us with this event - we could easily see their pink-hatted heads bobbing around all over the place.

Approximately 190 people attended the event and received free samples, free massages and make overs from local businesses as well as the opportunity to gather information about new activities that might interest them.

A cooking demonstration showed participants how to prepare a healthy Chilli Con Carne which proved to be very delicious judging by the test-tastes afterwards.

Attendees were mostly from the Wallan area and many expressed an interest in joining a community groups as a result of the event.

While our evaluation of the day will be ongoing to get a deeper understanding of the impact the day had, we had an overall positive response to the 2010 Women in Mitchell event; both in comments on the day and through evaluation surveys.

We would like to thank all the stall holders, volunteers, committee members and agencies for all the time, effort and resources they generously donated to help make 2010 Women in Mitchell a successful event for our community.

## Services Available

Mitchell Community Health Service (MCHS) provides a range of services to the Murrindindi community.

These include:

- Bushfire Counselling & Support Services
- Bushfire Case Management
- Family Violence Outreach Service
- Problem Gambling Counselling
- Disability Case Management
- Rural Access Project
- Financial Counselling
- Drug and Alcohol Treatment Services
- Rural Allied Health Team (available to aged, frail and disabled members of the community and their carers) including: Podiatry, Occupational Therapy, Physiotherapy, Speech Pathology, Continence Nurse Advisor and a Dietitian.

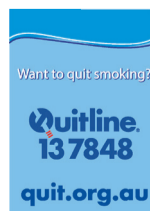
Services are currently available in Alexandra, Yea, Marysville, Flowerdale, Kinglake Ranges and other sites by arrangement.

For more information about how we can help, please contact the Service Access and Care Coordination team on 1300 773 352.

## Thinking of Quitting?

Did you know that if you smoke 30 cigarettes a day and quit now you will have saved \$2983 by Christmas. Keep the dollars in your pocket - Quit Now and Save!

Contact Mitchell Community Health if you are interested in support for quitting or contact Quitline direct on 13 78 48.



\* figures based on the most popular brand of cigarettes sold in a major Wallan supermarket.