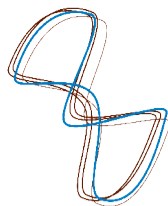


Community Health News

September 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.

Healthy Eating

Healthy meals happy families!

Each month we have been looking at different meals in the Community Health News. This month we are looking at Dinner. If there is a recipe that you would like to share with the community, please, send it in.

And remember, our recipes ideas brochure 'Dine In' will be launched soon – keep an eye out for it!

Family meal times can be enjoyable or like a battle zone. Establishing healthy family food choices takes time. With planning, preparation and encouragement the whole family can enjoy a wide variety of foods together.

- It is a parent's role to decide which foods to offer children and when to offer food.
- From a young age, children can decide whether they will eat and how much they will eat.

Evening meal ideas

Involve the family in meal preparation, washing and peeling vegetables and setting the table. Try to prepare and freeze extra meals when you have time, to easily reheat on a busy night.

Meal options to try include:

- Grilled fish with steamed vegetables
- Minestrone soup
- Vegetable and beef shepherds pie
- Pita bread pizzas
- Pasta bake with tomato based sauce

Dealing with food refusal and fussy eating

Children shouldn't be forced to eat certain foods. One of the best things parents can do is to eat and enjoy a wide variety of foods everyday themselves.

Children learn best by watching their parents and family, so keep trying; the next time you offer may be the day they decide to try it.

Six key steps to help with fussy eating include:

1. Allow children to take part - plan to take your child shopping on occasions, to choose from the variety of foods available and let them help prepare snacks and meals to eat.
2. Enjoyment - make meal times fun together, focusing on positives and avoiding arguments.
3. Presentation - keep a variety of fresh foods available for an easy, quick snack.
4. Increase variety whenever possible - be creative with the family's favorite meal and snack options by adding a variety of vegetables or ingredients with new tastes and textures.
5. Keep trying - children need time to learn to enjoy eating a variety of foods, and may need to see a food ten times or more before they are ready to try it. Resist the urge to prepare other foods separate to the family meal, your child may choose to leave certain foods, but needs to learn to accept the meal offered.
6. Avoid food rewards - find fun ways to reward your child. Instead of food as a reward try reading a story, playing or stickers.

Family vegetable patch

A creative way to help your child develop healthy eating habits is to involve them in gardening - planting, growing, nurturing and picking foods.

Your child will learn to taste, prepare and share home grown produce and can be proud of what is learnt and grown.

Some home vegetable gardening tips include:

- Use pots if you have no or limited garden space
- Follow a seasonal planting guide for best planting times.

Important tips to encourage happy healthy family meals include:

- Eat and enjoy a variety of foods yourself.
- Make water the main family drink.
- Make a food shopping list to stay within your budget when buying food.
- Plan the shopping list to include a variety of fresh, seasonal, healthy family foods.
- Involve your child in selecting foods to buy and meal preparation to increase their interest and enjoyment in trying a variety of foods.
- Keep preparing a variety of foods each day for breakfast, lunch, evening meals and snacks.
- Try planting a family garden as a rewarding way to experience fresh new tastes.

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

Service Information

Look Good Feel Better

Ladies ~ are you currently undergoing treatment for cancer? We have a great morning out for you!

A Look Good... Feel Better workshop gives you the opportunity to look and feel your best as you undergo chemotherapy or radiation treatment.

In a relaxed, fun atmosphere learn to apply make-up, scarves and wigs in a way that deals with appearance changes you may undergo as a result of treatment.

When: Date Monday September 13th

If sufficient registrations are received extra workshops will be arranged, so please book if you are interested!

This workshop is free and includes a fabulous morning tea provided by Lyme Spyder Café, Kilmore. The workshops are held at Kilmore District Hospital, and registrations are essential.

Feel free to bring a friend/support person (just let us know when you register so we can cater for them). For full details and to register please phone Mitchell Community Health on 03 5784 5555.

Bushfire Recovery Services

- Financial Counseling
- Kinglake Ranges Health Service
- Triangle Counseling (referrals through Service Access and Care Coordination at MCHS)

Drug & Alcohol Services

According to a Federal Government report in 2008, alcohol has been part of Australian life since the first fleet and it plays a role in our society economically.

However, on the negative side, alcohol abuse is estimated to cost our communities over 15 billion dollars each year.

The MCHS Drug and Alcohol service sees approximately 270 clients each year and generally over 50% are seeking assistance with alcohol related problems.

All referrals are taken through our Service Access and Care Coordination (SACC) Team on 1300 773 352. This service is available 9.00 am to 5 pm. Please leave a message outside of these hours or if the line is busy. Your call will be returned as soon as possible.

Our access worker will take details and provide feedback about possible waiting periods for services. The access worker will arrange for an assessment to be undertaken by one of the D&A team members. Once needs are identified appropriate treatment will be provided.

The Drug and Alcohol service offers a variety of treatment options. We have a specialised withdrawal nurse who assists clients to undergo inpatient or home based withdrawal as most appropriate.

We also offer support and counselling services that work with clients to achieve agreed goals. These goals may range from assistance with relapse prevention to linkages with social activities or working through issues underlying substance abuse.

MCHS also provides intensive accommodation services to residents in three properties across Mitchell and Murrindindi. Clients enter into a tight agreement to assist them maintain abstinence from their drug of choice while seeking long term accommodation options and reintegrating to the community.

MCHS also works with clients through the Drug Diversion program. This initiative serves to keep people out of the criminal justice system by working with them to address the cause of the problem which is the drug or alcohol misuse.

Services:

- are free of charge and confidential,
- are generally provided at community based agencies but alternative arrangements can be made.
- can be provided after business hours by arrangement.
- have no formal referral requirements.
- are available for people whose lives are affected by their own or others' drug or alcohol use including families and significant others.