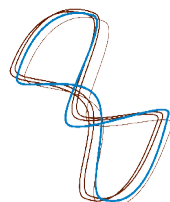


Community Health News

May 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 to prevent illness.

Healthy Eating

Lunch Box Ideas!

Here are a few ideas for healthy lunch boxes for kids. Healthy lunches and snacks help with concentration and learning.

Six items to put in your lunch box include;

- Vegetables – you could try a small container of mixed vegetables, like a few cherry tomatoes, carrot sticks, snow peas or cucumbers.
- Fresh fruit – the best choices are fresh or tinned fruit in natural juice.
- Dairy food – maybe some reduced fat cheese slices or cubes, or freeze a tub of natural or fruit yogurt. By lunchtime it will be partially defrosted and ready to eat.
- Protein food – perhaps you could try a slice of lean cold meats, such as ham, turkey, chicken, lamb or beef in a sandwich of grainy bread, corn or rice cakes.
- Starchy food – bread, roll, pita or flat bread, fruit bread or crackers with different fillings, such as egg, grated carrot with lettuce or tomato, or baked beans.
- Water – you can freeze a drink bottle to help keep foods in the lunch box cool.

This was adapted from Kids Go For Your Life 'Healthy lunch boxes for children'. See www.goforyourlife.vic.gov.au/kids for more information. If you have trouble accessing this, call MCHS on 5784 5555 and ask for Sarah.

Social Inclusion

Jane Clifton to Host "2010 Women in Mitchell"

At the "2010 Women in Mitchell" event, Jane Clifton will be guiding women through a range of vocational, educational, leisure, and recreational activities available and accessible to women in the Wallan area as well as in the wider Mitchell Shire.

You may have laughed at her performances in Mums the Word and Menopause - The Musical and want to see her again - "I am funny - ask my children!"

Hosted by MCHS in partnership with Wallan District Community Network, GoTAFE Seymour, and Lower Hume Primary Care Partnership, all women of Mitchell are invited to come along and see what's on offer around Wallan.

There will also be stallholders available with information about the services, groups, volunteer organisations, educational, vocational and leisure opportunities showcased on the day.

Jane's unique warm brand of humour is sure to have you laughing all day, while there are other information and interactive stalls for you, such as a shoulder massage.

Have a bite to eat and enjoy a few hours out. There will be lots on during the day to amuse and entertain little kids, and even a bus to pick you up if you need transport.

PS: Let your next door neighbour know and invite them to come along too!

When: Thursday 20th May 2010
Where: Wallan Multipurpose Centre
Time: 10am to 2.30pm

RSVP: For childcare and transport purposes if required.

Contact: Rowena Exell ph: 5784 5555

Service Access and Care Coordination (SACC)

P: 1300 773 352 F: 5784 5525 E: serviceaccess@mitchellchs.org.au

Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea and other sites in Murrindindi by negotiation.

Broadford Reception: 5784 5555 Web: www.mitchellchs.org.au

Did you know?

Did you know that family violence comes in many forms not just physical violence?

Did you know that family violence can occur between different members of a family or even a carer towards a dependent person?

Family violence is controlling behaviours towards a partner, a sibling or from an adolescent towards a parent. These controlling behaviours force you to do things you might not want to do and/or stop you doing things you would like to do out of fear or intimidation.

Recent changes to the Family Violence Act has broadened the legal meaning of family violence and now includes behaviours such as emotional, psychological, social, sexual and financial abuse as family violence.

The Family Violence service for the Mitchell and Murrindindi shires is located at Mitchell Community Health Service. The program includes a family violence outreach service including a children's worker for clients with accompanying children and a Men's Behaviour Change program for men who are concerned about the impact their behaviour is having on their relationships.

For a confidential chat about your situation please contact the Service Access and Care Coordination team at Mitchell Community Health Service on 1300 773 352 – Monday to Friday 8.30 to 5.00pm.

We are looking for Meals on Wheels Volunteers

Did you know that Mitchell Community Health Service (MCHS) delivers up to 400 meals each week to people in their homes who have difficulty preparing their own meals?

Have you ever wanted to help out in your community and meet new friends at the same time? We are currently looking for volunteers to deliver meals at lunch time in Seymour and Broadford.

Delivering meals is not time consuming (1-1.5 hours a month is all it takes) and it's easy (meals are delivered in pairs so you will have the assistance of a more experienced volunteer when you start). All you need is your own car, a current driver's licence and be aged between 18-80 with a desire to help others.

Volunteers are the vital link in our services and add immeasurable value to the quality of what we do. We believe that those we serve deserve to be treated with dignity and respect and our volunteers are fine examples of that belief. Volunteering can be very rewarding and an important part of people's lives. Why not give it a try.

To register as a volunteer or for more information, contact Michelle Gibbs on 5784 5592.

Services Available at MCHS

Clinical Services: Community Health Nurse, Contenance Nurse Advisor, Dietetics, District Nursing, Occupational Therapy, Podiatry, Speech Pathology.

Home Care Services: Home Help, Allied Health Services, Meals on Wheels, Veterans' Home Care Program.

Counselling Services: Bushfire, Generalist, Financial, & Problem Gambling, Drug & Alcohol Services, Family Violence Services and Disability Services.

Community Education: Asthma & Diabetes Education and Health Promotion Programs.