

# contact

a newsletter of each - social & community health - may 2011



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## welcome

Welcome to the first edition of **Contact** for 2011.

**Contact** has been developed to give you an understanding of the wide range of services **each** provides as well as keeping you up to date with what's happening.

In this issue we celebrate the opening of the Healesville Community Labyrinth, the result of the commitment of many people towards creating a place which promotes wellbeing in body, mind and spirit.

Other major events we report on include:

- the launch of Maroondah Social and Community Health Centre as a "smoke-free" facility
- New Horizons achieving 21 years of self-advocacy
- Southern Street Machiner's Club sponsorship towards good mental health
- celebrating **each's** cultural diversity

and much more.

I hope you enjoy this first edition of **Contact**.

**Peter Ruzyla**  
CEO

## colour the walls

Tim Brewster from the Murnong Community Mental Health Clinic in East Ringwood dropped into the Wednesday Activity Group (WAG) to see if anyone would be interested in producing a painting that could be displayed at the Murnong building.

There were many large grey blank walls and the Centre needed a lift that a large painting could provide.

Christene Wilson, Service Coordinator of WAG immediately thought of one participant, Ian Hill and introduced him to Tim.

Ian was a little reluctant at first as he had only started painting 2 years ago.

Tim said that it should be an enjoyable project and he didn't wish to add any stress for Ian. There was no timeframe, and Ian could make suggestions on the style of painting.

Ian had some input from painting volunteers, Val Caird and Gwen Lulham but predominantly did it all himself. Ian chose the bathing boxes, done in simple bright colours. It is now hanging up at the Centre and looks amazing.

Tim was so pleased he asked if Ian would consider doing another painting. Murnong Community Mental Health Clinic made a donation to the Wednesday Activity Group to cover costs and a gift of thanks to Ian.

Ian recently won a third prize at the Lilydale Show for another piece of art.

He is now a volunteer at **each's** Pathways program.



Tim Brewster and Ian Hill admiring Ian's painting

## the upper yarra wanderer community transport pilot

The Upper Yarra Wanderer pilot program commenced in 2010 in response to the need for improved transport in the Upper Yarra.

It provides a door-to-door return service for carers, people who are socially isolated and have difficulty accessing the community and people who are supported by carers.

Every Tuesday, the Upper Yarra Wanderer transports people to and from Yarra Junction and on Thursdays, the bus travels to and from Chirside Park as well.

The program is coordinated by **each's** Respite for Carers program and is supported by volunteer drivers and assistants.

If you would like more information about the Upper Yarra Wanderer Community Transport Pilot, phone 5967 5875 or 9871 2639.

Alternatively, you can email: [respitforcarers@each.com.au](mailto:respitforcarers@each.com.au)

# opening of the labyrinth

After a journey of more than four years, the Healesville Community Labyrinth was officially opened on Saturday, 19 March 2011.

Designed by internationally renowned landscape architect and Healesville resident Jon Coe, the Labyrinth is the result of the vision and commitment of Rivendell, a community mental health service of **each** and the local community.

Merran Macs, Program Manager of Rivendell and Julia Peddie, an arts therapy student on placement at Rivendell first discussed the health and wellbeing benefits of a community labyrinth in 2006.

Healesville residents got behind the project, a collaboration between **each**, Yarra Ranges Council and numerous funding partners, contributing many hours towards the design and construction of the Labyrinth through consultation, fundraising, artistic work of tiles and mosaics and the planting of trees and shrubs.

**each's** CEO, Peter Ruzyla congratulated the Healesville community and all involved in the design and inspirational work undertaken to create the labyrinth.

*"A gathering place, an art place, a place of celebration, or a place of tranquility."*

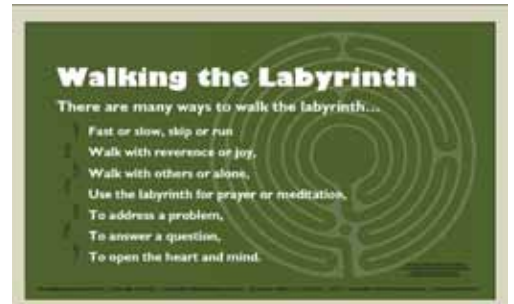
Jon Coe, 2011



John Coe and Peter Ruzyla at the opening



Healesville Community Labyrinth  
19 October 2011 - Jon Coe and Rivendell



## About Labyrinths

The Labyrinth is an ancient pattern, a symbol that has been used through history as part of many different cultures and spiritual beliefs. The Labyrinth is a single path with twists and turns and can be seen to represent our journey through life.

The Healesville Labyrinth is a seven Circuit Classic Labyrinth. Seven circuits refers to the seven paths that lead to the centre.

## celebrating our diversity

Many **each** sites organised a “Taste of Harmony” event during the third week of March in recognition Harmony Day.

Harmony Day encourages all Australians to celebrate our cultural diversity. Harmony Day’s message of “Everyone Belongs” promotes tolerance and belonging. Harmony Day also coincides with the United Nations International Day for Elimination of Racial Discrimination.

Staff were encouraged to bring a dish that reflected their cultural background or their favourite food from another culture and share that meal and some stories with each other and learn more about the diversity that exists within **each’s** workplaces.

Since 1945 more than six million people have settled in Australia and in 60 years of post-war migration Australia’s population has jumped from six million to approximately 20 million. Between us we now speak more than 200 languages, including 45 Indigenous languages. Our most commonly spoken languages are English, Italian, Greek, Cantonese, Arabic, Vietnamese and Mandarin.



“There was a definite process by which one made people into friends, and it involved talking to them and listening to them for hours at a time.”

Rebecca West, Irish critic, journalist, & novelist (1892 - 1983)

## meet laura ioannou



Laura is a tertiary student on short term placement with **each’s** Client Systems and Information Team.

We put some questions to Laura.

**Contact:** What are studying?

**Laura:** Bachelor of Health Science and a Bachelor of Health Information Management at La Trobe University, Bundoora.

**Contact:** Why did you decide to undertake a placement at **each**?

**Laura:** My previous placement had been at a large, private based health setting. Community health was just one aspect of this career that I wanted to learn more about. It was also to understand how Health Information Management related.

**Contact:** What work are you doing in the Client Records Unit?

**Laura:** I am currently working on two projects. Upgrading the Client Systems and Information Intranet and developing a data monitoring and reporting framework for Gamblers Help Eastern.

I am also helping out with data entry as this is a very busy period for the CSI team.

**Contact:** What will you be doing after you finish this placement?

**Laura:** This is my final year so I have one more placement to complete before the end of the semester. Hopefully, my next placement will be as enjoyable as it has been here at **each**.

I am hoping to apply for a Masters of Speech Pathology at the end of my degree and continue with my studies.

**Contact:** We wish Laura well in completing this placement and her future career path.

## proud to be smoke-free

On 21 February, 2011, **each's** Patterson Street site in East Ringwood became "smoke-free". Smoking is now banned completely from all indoor and outdoor areas, including carparks at Maroondah Social and Community Health Centre located at 75 Patterson Street, East Ringwood. There are no areas designated for smoking.

"As a local community provider of Primary Health Care Services with a focus on health promotion, we have a responsibility and a key obligation to promote healthy environments for our staff and those who access our services," said General Manager of Primary Health Care services, Ms Jackie Kelly.

Smoking presents significant health risks to smokers and non-smokers alike. Environmental Tobacco Smoke (also known as passive smoking) is a recognised cancer-causing agent, and there is no safe level of exposure. It can cause diseases and conditions such as heart disease, lung cancer and irritation to the eyes, nose and throat.

Through the introduction of the smoke-free policy, the potential health risks to staff, clients and visitors to the Patterson Street site that are associated with smoking and exposure to second-hand smoke will be significantly reduced.

At the same time it is important that we ensure support is offered to smokers who express a desire to cease smoking.

**each** understands that people have difficulties when quitting smoking. To make it easier to give up smoking, each offers one-to-one Smoking Cessation Clinic appointments by trained staff and Health Coaching appointments.

Further information regarding the Smoking Cessation Clinic can be obtained by contacting Intake on 9837 3999.



## the health benefits of stopping smoking

- Twenty minutes after quitting your heart rate and blood pressure start to drop
- Twelve hours after quitting almost all of the nicotine is out of your bloodstream.
- Twenty-four hours after quitting your carbon monoxide levels have dropped and you can breathe more easily.
- Within a week your breath feels fresher. The nicotine stains on your fingers start to fade
- Within two months you'll cough and wheeze less.
- Within three months your blood flows more easily to your fingers and toes.
- Within six months your lungs are working much better.
- After one year your blood pressure returns to normal.
- Within two to five years your risk of heart attack and stroke decreases greatly.
- After ten years your risk of lung cancer is markedly lower than that of a continuing smoker.
- After fifteen years your risk of heart attack and stroke is close to that of a person who has never smoked.

The above information was obtained from the Quit Victoria website – [www.quit.org.au](http://www.quit.org.au)

You can also contact Quitline on 137 848.

## “kids - go for your life” award

Bayswater North Primary School (BNPS) is a medium sized primary school situated in an area of Community Renewal. Community Renewal Programs are state funded and target neighbourhoods in areas experiencing growth or decline or facing difficulties such as falling employment, or run down community facilities.

At the start of 2009, **each** and BNPS signed a three-year agreement to work together to promote healthy eating and physical activity using the Health Promoting Schools model. An audit was completed of the entire school identifying particular areas of concern to the school community. From the audit, three areas were identified:

- Canteen and Healthy Eating,
- Physical Activity, and
- Staff Health.

These areas have been addressed by BNPS developing a comprehensive plan managed by a Health Promoting Schools committee of parents, teachers and **each** Health Promotion Officer, Liz Senior.

On Monday, 14 February 2011, David Hodgett, Member for Kilsyth and Maggie Palmer, Health Promotion Manager at **each** presented Bayswater North Primary School with the 'Kids – Go for your life' award at a special school assembly.

'Kids – Go for your life', is a statewide program which helps make healthy eating and physical activity a positive, normal and easy part of every child's day. The program provides fun, hands-on, practical strategies that engage children in key messages around providing access to healthy food, reducing junk food, drinking more water, spending less time watching TV or on the computer, and more time being physically active.

More than 2,650 primary schools and early childhood services in Victoria have already been involved in this program, reaching more than 350,000 children.

Of the 37 primary schools in the City of Maroondah, Bayswater North Primary School is one of only four that has achieved the 'Kids – Go for your life' award.

Bayswater North Primary is a great example of a school community that has worked hard to make some really positive changes to the children's attitude towards food and physical activity.



David Hodgett MP, presenting Abbey and Brayden with the award

## healthy mothers, healthy babies

In 2010/11, the Department of Health funded four Healthy Mothers, Healthy Babies projects focusing on improving maternity services to women of refugee backgrounds. **each** received a \$20,000 'Innovation Grant' focused on improving access and attendance at antenatal and postnatal services in the Eastern Metropolitan Region (EMR).

**each** will consult with local women of refugee background and local health service providers to develop recommendations for an appropriate, accessible and effective service delivery model that meets the antenatal (pre-birth) and postnatal (post-birth) needs of this population group.

Common barriers identified for women of refugee backgrounds can include communication/language difficulties, limited health literacy, limited financial resources



and poor knowledge of the services and systems available to them.

The project will also generate new, local information and knowledge about the number of women from refugee background that use mainstream and ethno-specific services and programs in the local community. It is hoped that this data will assist in obtaining future funding to continue work in this area to ensure relevant, ongoing health care for this group.

The Healthy Mothers, Healthy Babies project is a partnership between **each**, Eastern Health, Migrant Information Centre, AMES Settlement Services, local Material Child Health Coordinators and the Melbourne Division of General Practice. These organisations are providing valuable knowledge and feedback throughout this project.

## new horizons - celebrating 21 years of self advocacy

Members and friends of New Horizons celebrated 21 years of practicing self-advocacy for, and by adults of all abilities, during their Annual General Meeting held in December, 2010 at Lifeworks in Ringwood. New Horizons members, Andrew and Katie welcomed guests, including **each** CEO, Peter Ruzlya and founding member and guest speaker, Jerrard Langridge.

Jerrard spoke with passion as he encouraged New Horizons' self-advocates to continue to be actively involved in speaking up for the rights of all people with intellectual disability and in making partnerships with other self-advocacy groups around Victoria.

He complimented members of New Horizons for their achievements over the last few years in forming partnerships with a variety of leading self-advocacy organisations around Victoria, including the SARU, La Trobe University, VALiD and the Social Impact Relationship Service.

Several members also spoke and reflected on their personal growth in developing the skills and confidence to speak up for their rights and how several members have taken on leadership roles in organising the day-to-day activities of New Horizons in recent years, with minimal support needed from **each** staff.

Other members, like Naomi, Edward and Narelle have been active in promoting self-advocacy and the rights of people with intellectual disability speaking at the 2010 ASSID conference about their evaluation of the Social Impact relationship service.

Katie, Naomi, Narelle, Russell and Andrew also spoke at the HAS Conference 2009 about their experience of self-advocacy and have also lectured to Social Work students at La Trobe University in 2009 and 2010.

The Annual General Meeting was a chance for members and friends of New Horizons to celebrate their milestone of achieving 21 years of continuous self-advocacy and in making a contribution to society and the capacity and confidence of people of all abilities to speak up for themselves – a unique achievement in the history of the self-advocacy movement in Victoria.

To find out more about the New Horizons self-advocacy group, please call to speak to a member on 9870 8947 between 4 – 8pm on Wednesdays, or email Daniel Newnham - [dnewnham@each.com.au](mailto:dnewnham@each.com.au)

*This article written with assistance from New Horizons staff, Julie Jackson and Daniel Newnham.*



*Celebrating 21 years of self advocacy*



*"Self-advocacy is in my heart" - Katie Singh, Social Secretary New Horizons*

## cruisin' for a cause

Southern Street Machiners has been raising funds for Halcyon for the past five years.

The Street Machiners are a car club, a small organisation of around 30 people, all volunteers, who exist mainly to look for opportunities to display their cars at automotive events.

They approached Knox Council for permission to use the overflow car park at Knox Towerpoint on the second Tuesday evening of the month from October to April for what is known as a "cruise night". The idea behind the cruise night was for people to bring their cars, vintage, hot rod etc to display for the cost of a gold coin donation and the public could come and look at the cars also for a gold coin donation.

The club also asked the council for a worthwhile charity to donate the gate takings to and chose Halcyon (a program of **each**) out of several suggestions. They wanted to prove to the Council and the general public that not all owners of hotted up cars are hoons and the take home message is that most modified car owners are responsible citizens. They also involved the Knox Police, Rotary and AMP the owners of Knox Towerpoint.

The first few nights started off with a modest number of cars and spectators but has now grown to the point where people travel from as far away as Geelong to attend. In January this year there were 1,000 cars on the night, the average is 500-600. Over the years the amount of money donated to Halcyon has also increased and this year (the season finished in April) they presented Halcyon with a cheque for \$11,312 (more than that received in program funds for the entire year from the DOH).

Halcyon's involvement with them has also increased and the Full Mental Jacket play at the cruise night most months. It's a thrill for the band to play to such a large audience even if they do have to compete with revving motors!

Halcyon plan to have a display board and brochures ready for the new season in October and propose to have staff plus the band present at every cruise night.



*Southern Street Machiners presenting the cheque to Halcyon staff*

So far the club has raised in excess of \$30,000 for Halcyon which is an amazing effort for a small number of volunteers.

Currently Halcyon is using the funds to increase the capacity of the music program and also to replace/repair existing equipment as it wears out. A physical health program has also been started where Halcyon staff assist consumers to attend the gym at Knox Leisureworks where they receive an assessment, five sessions with a personal trainer and a low cost gym membership - half of which is paid for by Halcyon with Knox Leisureworks contributing the other half.

Every cent the Street Machiners collect comes to Halcyon and the only request they have in return is that Halcyon promote as much as possible that they are responsible citizens not hoons. A brochure called 'heroes not hoons' has been prepared and printed and it is handed out at cruise nights.

## wednesday activity group volunteers recognised in the Minister for Health Volunteer Awards 2011



*The Award*

Congratulations to the Wednesday Activity Group which received a Special Commendation at the Minister for Health's Volunteer Awards ceremony held on Wednesday, 11 May 2011.

The Minister for Health's Volunteer Awards celebrate and honour the remarkable work performed by volunteers across Victoria's public health care sector.

The Wednesday Activity Group (WAG) is run by **each** staff with the assistance of a large, dedicated and friendly group of volunteers. WAG is for people aged 35 years and over, who are living independently in the community and who are socially isolated.



*Catharine O'Grady and Christene Wilson with the Award*