

WINDA-MARA



HEALTHY LIFESTYLE NEWSLETTER

NOVEMBER 2018

HAVE YOU HAD YOUR 715 ABORIGINAL & TORRES STRAIT ISLANDER HEALTH CHECK.

If you haven't, book into Winda-Mara today and receive a free t-shirt designed by Nathan Patterson. T-shirts are limited, so get in quick.



- Having a yearly 715 Health Check is free and takes around 45-60 minutes to complete.
- The 715 Health Check has been tailored for Aboriginal and Torres Strait Islander people of all ages.
- Having your 715 will help you to manage your health and prevent chronic diseases.

Other Services

BLOOD TESTS

FLU VACCINE

DENTAL

PODIATRIST

REFLEXOLOGY

MASSAGES

PSYCHOLOGY

DIETITIAN

HEALTH ASSESSMENT

In this issue

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- Health Promo
- TIS news
- Podiatrist

A HEALTHY COMMUNITY IS

Winda-Mara
Cancer Screening Promotion

Winda-Mara are excited to launch a
Cancer Screening Promotion

For **Aboriginal and Torres Strait Islander Clients** aged **45 years and over**.

First **50 people** to **return their completed health passports** will receive a **free deadly jacket** designed by **Gunditjmara artist Thomas Day**.

Come along to our launch to sign up for your health passport



Wednesday 28th November
Hamilton Botanical Gardens
5:30pm

Welcome to Country
Community BBQ Dinner

Performance by Koondoom Yarkeen & Uncle Johnny Lovett



Take a break away when it's needed most

Getting away from daily challenges and spending quality time with loved ones is a great way to relax and recharge. If you're affected by cancer and the financial strain that often comes with it, it can be difficult to afford a holiday at a time when it's needed most. Cancer Council can help, contact them on 13 11 20 for more info on the holiday break program.



TALKING ABOUT SUICIDE

MENTAL HEALTH FIRST AID FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves. This course will be run as part of an evaluation project in partnership with the University of Melbourne.

Learn skills and gain confidence to assist an Aboriginal and Torres Strait Islander person experiencing suicidal thoughts and behaviour.

FREE COURSE

Tuesday 20th November

Winda-Mara

21 Scott Street Heywood

10am- 4pm

Contact Anne-Marie for more information or to enroll.



Well done to the Winda-Mara Healthy Lifestyles team who competed in the Portland 3 Bays Marathon. The team placed 4th place in the 8 persons run relay category.



Low Intensity Exercise Class

Every Tuesday at 10am

Winda-Mara Heywood

With Maria from Heywood Rural Health

A great session to kick start your summer fitness goals.

Having trouble with you feet...

Book in to see our Podiatrist. They are experts in foot, ankle and lower limb health. They can help to prevent, diagnose and treat a wide range of conditions including:

- ingrown toenails
- heel and arch pain
- skin problems
- balance issues
- sprains

They can also treat foot problems that arise from underlying medical conditions such as diabetes and arthritis.

Your podiatrist's recommendations might include specific exercises, the use of custom-made inserts for your shoes, or medications to treat skin conditions.



Gunditjmara Language Session

All community members are welcome to attend a Gunditjmara Language session being hosted by Joel Wright from Victorian Aboriginal Corporations for Languages.

Saturday 24th November 2018

Winda-Mara, 21 Scott Street Heywood

10am

Light lunch will be served

Please contact Jessica at Winda-Mara 03 5527 0000 if require more information.

WELL WOMEN'S GROUP

Every Thursday

11am—3pm

Kenna Ave, Hamilton

**Contact Jacinta for
more info on
5527 0000**

MEN'S GROUP MEETING

**Friday 23rd November
10am**

Kenna Ave Hamilton

**Contact Shane for
more info on
5527 0090**

Looking for motivation to QUIT smoking!

Sign up with the

Stepping Stones QUIT Program today!

1 month: \$20 Woolworths Voucher

3 month: \$40 Sports Power Voucher

6 month: \$60 Butcher voucher

9 month: \$80 Village cinema gold class voucher x2

12 month: \$100 Dinner voucher for 2 at Edwards/Macs

To be eligible for the incentives clients must:

- ♦ Sign up to Winda-Mara's Quit program
- ♦ Quit for that period of time
- ♦ Attend regular 1 on 1 session with the TIS worker
- ♦ Blown green in the smokerlyser at random testing times
- ♦ Complete a spirometry & peak flow test
- ♦ Be up to date with a health check

For more information or support to help quit smoking please contact:

Edith at Winda-Mara on 5527 0000.

Contact Us

Give us a call for more information about our services

Winda-Mara

Heywood Office

03 5527 0000

Hamilton Office

03 5527 0090

Visit us on the web at
www.windamara.com.au



**Winda-Mara health unit
would like to congratulate
Charmaine Barker on
reaching 12 months smoke
free.**