DURRI HEALTH MATTERS

Durri Aboriginal Corporation Medical Services ICN 27. **Spring 2019**

CHECK OUT WHAT'S INSIDE THE ISSUE:

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HEALTH MATTERS THIS SPRING

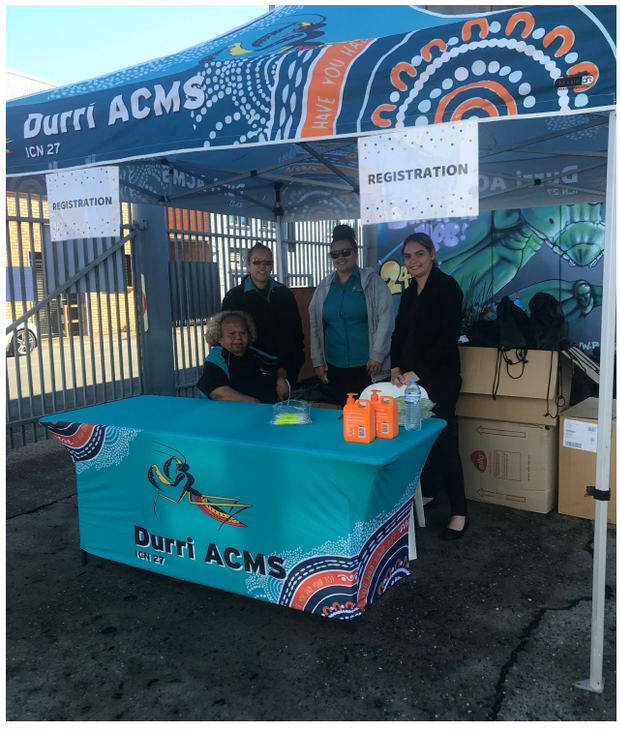
Welcome to our second edition of Durri Health Matters. The purpose of this quarterly newsletter is to keep you informed of the upcoming events and programs that are happening at Durri over the next 3 months, and provide practical information to assist you in your health journey.

This Spring, Durri is celebrating some significant health awareness matters in our local and national community. Durri kicks-off with Women's Health Week (2nd-6th September), Mental Health Month in October and National Nutrition Week (13th-19th October).

Be sure to be on the look-out for updates, and promo's to come. Take a look inside on what they're all about, and how they could be of help to you, or benefit the health of someone you know.

National Nutrition Week
13-19 October 2019 #NNW2019

NAIDOC DAY CELEBRATIONS - 9TH JULY 2019



NAIDOC DAY - VOICE. TREATY. TRUTH.

MENTAL HEALTH MONTH

What is Mental Health Month?

Each year, the month of October brings an opportunity to raise awareness about mental health and wellbeing in our communities. It's an occasion to promote ideas, activities and services that can have a positive impact in our lives and the lives of others.

The theme for Mental Health Month 2019 is 'Share the Journey'. Connecting and sharing with others is an important asset to our health and wellbeing. The feeling of having close connections and good relationships gives us a sense of security, support, purpose and joy. Enabling us to enjoy the good times and get through the challenging times.

Feeling lonely?

It's unfortunate that many of us report feeling lonely and this is believed to be increasing in many Australians. For those in our communities that are experiencing or living with a mental illness, loneliness can have a much bigger impact, also if experiences of social exclusion and stigma are added. I dont think I'm alone in saying that the busyness of life can take over and leave you feeling with little time for others, least of all yourself. That which can contribute to sense of loneliness and poor health.

> "WHEN WE GET TOO CAUGHT UP IN THE BUSYNESS OF THE WORLD, WE LOSE CONNECTION WITH ONE ANOTHER - AND OURSELVES."
>
> - JACK KORNFIELD

Share the Journey

Most of the time we can find ourselves connecting with others, but this can be more on a surface level. This October, Share the Journey encourages us to be more attentive with our relationships, as this can benefit our own health and the health of others around us.

Sharing the journey can mean..

- having a yarn about your successes and challenges to your loved ones
- reaching out to people who might be withdrawing from others
- getting alongside someone to find and access services or support for their needs
- being brave and asking for help with daily tasks when you need it
- joining in on group activities or clubs
- making the time to share a cuppa with a mate

This October make it a priority to 'share the journey' with someone daily or at least once a week. You may have your own ideas as to how you can intentionally connect with your family, friends, or even help out a neighbour in your community. As building a positive social connection is something we all can try and do.

If you are experiencing or living with mental illness there are people and services in your local community that are ready to support you. If you don't find the right help the first time, keep trying! It's okay to ask again or talk to another mental health professional until you find the support and help that is right for you.

For more information visit http://mentalhealthmonth.wayahead.org.au/

WayAhead
Mental Health Association NSW

MENTAL HEALTH SERVICES

If you need help or wish to talk to someone, contact any of the organisation's below.

Online crisis support

Suicide Call Back Service provides 24/7 professional telephone and online counselling for anyone affected by suicide.
1300 659 467 (24/7) suicidecallbackservice.org.au

Kids Helpline: online, email and phone counselling for young people with a website tailored for kids (5-12) and teens (13-25). Online 'chat' counselling open everyday. **1800 55 1800** (24/7) kidshelpline.com.au

Lifeline online crisis support chat with trained crisis supporter available every night.
Phone **13 11 14** (24/7) Lifeline.org.au/Get-Help

Online counselling

Canteen Online, email and phone counselling and forums for people aged 12-24 yrs living with the impact of cancer. **1800 835 932** canteen.org.au

eHeadspace online 'chat', email and phone counselling with a qualified youth mental health professional for young people (12-25) as well as parents/carers concerned about a young person.
1800 650 890 eheadspace.org.au

Beyond Blue Information, online and counselling for young people (12-25) with trained mental health professionals everyday.
1300 224 636 (24/7) youthbeyondblue.com

Counselling online online chat and phone counselling 24/7 for people concerned about their own or another persons drug or alcohol use.
1800 888 236 counsellingonline.org.au

1800RESPECT information, phone and online counselling provided by the National Sexual Assault, Domestic violence Counselling service for people seeking help for themselves or another.
1800 737 732 (24/7) 1800respect.org.au

Intervention Programmes

The Brave Program
Free online self-help program for prevention, early intervention and treatment of anxiety in young people. Child (8-12), teen (12-17) and parent components. **brave4you.psy.uq.edu.au**

MoodGYM
online program that teaches skills from CBT to help prevent and manage symptoms of depression for 15 yrs +. Also useful for anxiety.
moodgym.anu.edu.au

OCD?NOTME
online program for people aged 12-18 yrs with OCD. It has eight stages and provides information, as well as support for parents and carers.
ocdnotme.com.au

Smiling Mind online and app based program to improve wellbeing of young people through mindulness meditation. Provides age specific content for 7-11, 12-15 and 16-22 yrs.
smilingmind.com.au

OnTrack program is for managing unusual experiences / early psychosis for 14yrs +. Program consists of self-guided modules and interactive tools. **Ontrack.org.au**

Women's Health. Your Community's Health.

Women play a significant role in our communities, so it's important to take time out and take care of yourself.

You may be interested to know that in the last 6 years, data from the National Aboriginal and Torres Strait Islander Social Survey 2014-15, shows improvements in women's health during pregnancy some of which are a decline in alcohol consumption, and an increase of taking folate supplements which both lead to good health for mum and bub.

These changes, no matter how big or small are incredibly encouraging!

"You start by making women healthy. The rest will follow"
- Professor Stephen Robson 2.

Women's Health Week (2nd-6th September 2019) is a great opportunity to take time out and do something important for you!

You can do this is by coming into Durri ACMS to see our friendly Women's health nurse Cathy Turnbull, who is available every Wednesday to provide a free and confidential service for women needing:

- cervical screening tests (pap smear)
- breast checks
- contraception advice
- 6-8 week post-natal check
- 'change of life' advice
- period problems
- concerns about infections

To book a free appointment with Cathy, contact Durri reception on 6560 2300 or come in and see us.

If you would like further information on other ways to unlock your powers for good health please visit jeanhailes.org.au for helpful advice, health tips and tools.

1 ABS 2016. 4714.0 - National Aboriginal and Torres Strait Islander Social Survey, 2014-15.
2 S. Robinson. Indigenous women and the hidden health-gap. 3 May 2017. Broadagenda.com.au

You are beautiful, spiritual, strong and special.
Acknowledge your gift of being a woman by taking care of your health today.

TIPS FOR YOUR TEETHING BUB

Most babies first teeth appear by the age of 6 months, however some can teethe much earlier or later. By the age of 2 or 3 years your baby should have all 20 baby teeth (10 in each jaw).

Babies often experience some discomfort as their tooth erupts through the gums. Symptoms usually begin about 3 to 5 days before and disappear as soon as the tooth breaks through the gum. Common signs and symptoms may include red, swollen gums, flushed cheeks, irritability and difficulty sleeping, biting on fingers or toys to relieve discomfort, a rise in temperature (but teething does not cause fever).

To ease the discomfort

- Lots of hugs and cuddles comfort and reassure bub when they're in distress
- Wash your hands and lightly massage your baby's gums for 1-2 minutes
- Give your baby a chilled (not frozen) teething ring, dummy, wet facecloth or spoon
- Try offering a sugar-free teething biscuit or rusk for something firm to suck on
- For older children, provide softer foods so they don't have to chew so much

Things to avoid

- Teething gels, as they can harm your baby if swallow too much of them
- Amber teething beads, as they can break apart and be a choking-risk.

Caring for your babies gums and teeth

Caring for you babies gums and teeth is important even before the first tooth appears.

- Wipe gums gently with a damp facecloth a couple of times each day
- When teeth appear, establish a routine of cleaning them twice a day. Wipe with a damp facecloth around your finger using soft circular motions, front and back of teeth and gums.

When your baby allows it, use a soft toothbrush and water. DO NOT introduce toothpaste until 18-months. Toddlers to 5 years can tolerate a pea-size amount of low-fluoride kid's toothpaste. Protect your baby's new teeth from decay avoiding feeding them sugary drinks and don't let them go to sleep with a bottle.

Bubs first dental visit

When bubs first tooth appears or at around 12 months – it is a good idea to visit the dentist. Dentists and their teams can give you advice about teething, tooth brushing, preventing tooth decay, nutrition for strong and healthy teeth, and how to prevent problems through injury or habits like thumb sucking.

If you haven't yet had your teething baby seen by a dentist, come visit our friendly dental team at Durri ACMS. Contact reception to book an appointment.

Information retrieved from: https://www.tresillian.org.au
http://www.pregnancybirthbaby.org.au/teething

EAT WELL

Did you know that what you choose to eat can affect your mood?
And, on the flip side, your mood can affect your food choices?

Foods that can lift your mood

For keeping your mental health in check, a healthy, well balanced diet is key!

A healthy and well balanced diet means your body will get all the nutrients its needs for good health. By enjoying a wide variety of vegetables, fruits, wholegrain cereals, nuts, seeds, legumes (beans, chickpeas, lentils etc.), dairy, lean meat and oily fish. Eating this way, is considered to be more a 'traditional' pattern of eating and components of these foods may be important for your mental health.

Don't forget your water too! as this will keep you hydrated, and make you feel more alert and productive.

Foods that can lower your mood

When motivation and energy are lacking, you may find foods such as takeaways, chips, soft drinks and lollies more appealing. Unfortunately a poor diet, one which is higher in processed foods, with plenty of added salt, sugar and fat, can lead to poor mental health and contribute to symptoms of anxiety and depression.

To keep you feeling your best, choose some healthy convenience foods:

- plain yoghurt with fruit or oats
- toast with peanut butter or avocado
- wholegrain biscuits with cheese, or veggie sticks with hummus

A healthy diet doesn't need to be hard work. If you would like some more information or would like to see Sarah (Durri's Dietitian) to assist you in making easier and healthier food choices, see your Durri GP for a referral today!

See over the page for some great, nutritious family recipe ideas.
Aim to choose nutritious foods wherever possible, and feel better for it!

Information retrieved from: https://www.betterhealth.vic.gov.au/healthyliving
Recipes sourced from: http://www.nutritionaustralia.org/national/recipe

Nutrition Australia try for 5

National Nutrition Week
13-19 October 2019 #NNW2019

EAT WELL

Tuna, pumpkin & broccoli pasta bake — Serves 4 / 60 min prep

Ingredients

- 250g spiral pasta (uncooked)
- 400g butternut pumpkin (cut into 2 cm cubes)
- 1/2 brown onion (grated)
- 2 cup broccoli florets
- 200g can creamed corn
- 250g smooth ricotta cheese
- 1 tsp ground chilli
- 2 Tbsp fresh or dried basil
- 400g corn kernels
- 425g canned tuna in oil (drained and flaked)
- 1/2 cup parmesan cheese
- 1/4 cup breadcrumbs

Each serve of this recipe provides: 2.5 serves of vegetables, 1.25 serves of milk/yoghurt/cheese, 1 serve of lean meat/alternative, 2.5 serves of grain foods

Method

1. Preheat oven to 180 degrees Celsius.
2. Cook pasta as per packet instructions, drain and set pasta aside.
3. Place the pumpkin, onion, broccoli and ¼ cup of water in microwave safe vegetable steamer and cook in the microwave with lid on and steam release lid vent button open for about 5 minutes, then drain away excess water and allow contents to cool.
4. Add the creamed corn, ricotta cheese, chilli, basil, corn and tuna to the steamed vegetables and combine well. Add the cooked pasta to the mixture and combine well.
5. Pour mixture into a baking dish and top with the parmesan cheese and breadcrumbs.
6. Bake uncovered in the oven for 35 minutes or until cheese is crisp and golden.

MV Burgers — Serves 5 / 15 min prep

Ingredients

- 1 carrot (grated)
- 1/4 tsp chilli powder
- 1-2 Tbsp dried herbs
- 1 onion (finely diced)
- 1 cup rolled oats
- 1 Tbsp sweet chilli sauce
- 2 Tbsp worcestershire sauce
- 1 zucchini (grated)
- pinch of pepper
- 2 garlic clove, crushed
- 400g lean minced beef

Method

1. In a large mixing bowl, mix all ingredients together.
2. Shape mixture into palm size balls, then flatten into a hamburger shape with a spatula.
3. Refrigerate until ready to be barbequeued.
4. Serve with salsa, lettuce, fresh tomato and reduced fat cheese on a wholemeal roll.

These MV burgers are just perfect for the warmer weather, and show just how quick and easy a dinner can be prepared on the BBQ. The MV Burgers contain extra vegetables so they are even tastier than your usual meat patty. Prepare them early and keep in the fridge for convenience.

MOVE WELL

You're likely aware that exercise is good for your physical health.
But did you know how good exercise is for your mental health?

Studies have shown that for treating mild-moderate depression, regular exercise can be as effective as taking therapy and medication, and therefore should be apart of your treatment or management plan.

Some of the ways exercise positively influences your mental health:

- It stimulates the release of feel-good chemicals in your brain, like endorphins and serotonin
- It helps you sleep better so you can rest more fully at night and feel more energised the next day
- provides you a sense of accomplishment as your fitness improves and as you start achieving your goals
- exercising with others (sporting team or class) can give you the added benefits of social connection.

To reap these mental health benefits, it is recommended that you do 30 minutes of 'vigorous' activity at least 5 times a week. Vigorous just means you're putting in enough effort that its difficult to have a conversation whilst you're exercising. But if you're a bit of a couch potato and haven't put on your sneakers since high school gym class, don't feel disheartened by these guidelines as if their unachievable. It's important to remember that any exercise is better than no exercise!

The hardest part is getting started, but when you make that start and experience some benefits, this gives motivation a chance to show up and grow on the momentum your building.

Tip's for starting an exercise routine from scratch:

1. Find your reason - you're more likely to stick with a new behaviour if its linked to something you value. Maybe gaining more energy for your kids or to help you overcome depression?

2. Start small - really small, just add 5% to what your already doing.

3. Make it a part of your daily routine - timetable your exercise into your week so you aren't relying so much on willpower.

4. Find an activity you enjoy (or at least don't dislike) and you're more likely to keep doing it.

5. Set goals and monitor progress - tracking your progress towards a specific goal is rewarding and gives purpose to your exercise sessions.

6. Make a commitment to others - having a friend or team can help you avoid opting out.

Remember to be kind to yourself, particularly if you haven't exercised in a while, and each new day is a fresh start!

Information retrieved from: www.beyondblue.org.au

If you would like more information or would like to see Jade (Durri's Exercise Physiologist) for a program that is specific to you, see your Durri GP for a referral today!

GET TO KNOW A DURRI STAFF MEMBER

Meet Catherine Toby..

Q1: Where are you from?

Bellbrook, Thunghutti.

Q2: What is your role at Durri ACMS?

Aboriginal Health Worker, Hearing Health.

Q3: What do you enjoy most about your role at Durri?

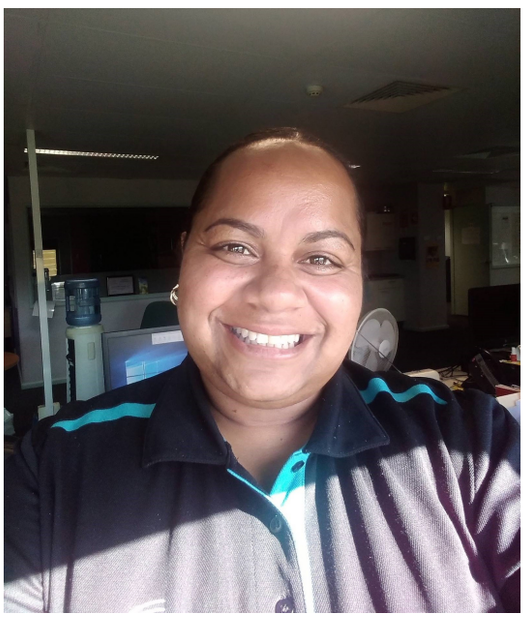
Working with the community and learning more.

Q4: Who inspires you and why?

My children and partner, They make me want to push further to achieve my goals.

Q5: Got any favourite quotes?

My family is my life and everything else comes second as far as what's important.



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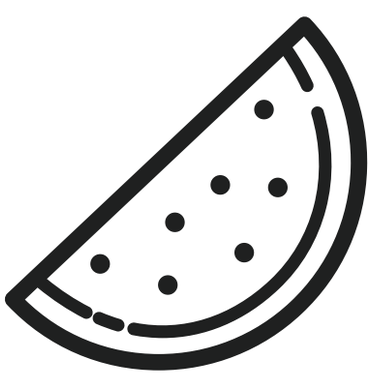

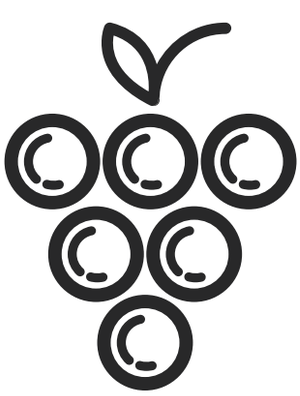

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Children's Day

SNAICC
National Voice for our Children

Sourced from:
https://aboriginalchildrensday.com.au

WORD SEARCH

Find the words in the list. They can go forwards, backwards, up, down or diagonal!

FUN	LEARN	CHILDREN	COMMUNITY
DAY	BELONG	CULTURE	COUNTRY
PLAY	STRONG	FAMILY	CELEBRATE

UPCOMING HEALTH DAYS & EVENTS

September

1st - 7th National Child Protection Week

2nd - 6th Women's Health Week

27th Footy Colours Day - supporting the Fight Cancer Foundation

29th World Heart Day

October

ALL Mental Health Month

13th - 19th National Nutrition Week

November

14th World COPD (Chronic Obstructive Pulmonary Disease) Day

CONTACT US

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Kempsey, NSW

(02) 6560 2300

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Visit us on the web at http://durri.org.au/

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Durri's next Durri Health Matters Newsletter will be out in September 2019.