

DURRI HEALTH PROMOTION



Above: Dalaigur Cook, Elizabeth 'Lizzy' Bolt, preparing the kitchen for Term 4

Lunch soon to be served at Dalaigur Pre-school

In June 2021, Durri ACMS entered into partnership with the Mid North Coast Local Health District (Health promotion) and Health Protection NSW (Aboriginal Environmental Health Unit) to establish a 12-month Pilot Fruit and Vegetable Nutrition program (FVNP) at Dalaigur and Scribbly Gum Preschool.

The aim of the program is to improve the health and wellbeing of Indigenous children identified with health challenges associated with poor and inadequate diet and nutrition.

In achieving this aim, the program will include Before School health screenings, interactive health education workshops for students, educators and carers and re-opening the kitchen onsite to provide nutritious meals for students attending both centres.

The progress and planning of the program is run by the Project Control Group (PCG) led by Durri Health Promotion Coordinator, Samtara Ryder. Although restrictions due to COVID has challenged the roll out of activities, the PCG has been successful with the addition of Elizabeth (Lizzy) Bolt, who will be menu planning and preparing the meals for the students. With hopes to have the kitchen serving Lunch by Term 4, 2021. Will keep you updated on the programs progress.

SEPTEMBER HEALTH DAYS

NATIONAL CHILD PROTECTION WEEK 5TH - 11TH

WOMEN'S HEALTH WEEK 6TH - 10TH

R U OKAY? 9TH

WORLD HEART DAY 29TH

COVID-19 SAFETY

Project Naming Competition!!

For a new project that will be rolled out in our local communities. Go to [Durri ACMS Facebook Page](#) for details on comp.

Tag & share with your family & friends!





Staying connected isn't just good for you, its good for your health. Women's Health Week (6–10 September) is a nation-wide campaign of events and online activities - centred on improving women's health and helping you make healthier choices. Join us and over 45,000 women around Australia in signing up <https://www.womenshealthweek.com.au/the-week/> to learn how to #PowerYourHealth, and have some fun!

National Child Protection Week (5-11 September) theme 'Every child, in every community, needs a fair go', we need to make sure every family and community has what kids need to thrive and be healthy. During these challenging and uncertain times, we need to be aware of the environment we are creating for our children.

Visit <https://www.napcan.org.au/get-involved-2021/> to find out more about the campaign, tips on playing your part, includes activities for families.



Regardless of where we live, or who our mob is, we can all go through tough times, times when we don't feel great about our lives or ourselves. It's important to always be looking out for each other.

Because we're #Stronger Together.

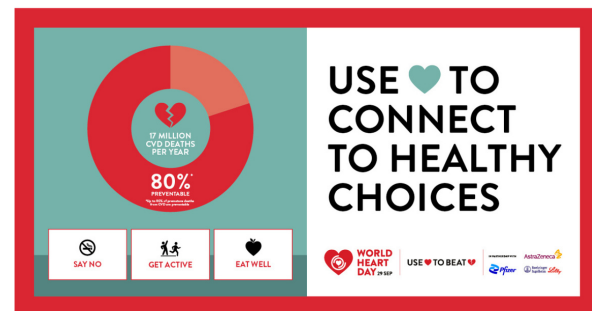
Are they really OK? Ask them today.

For tips and resources to get the conversation going search the link <https://www.ruok.org.au/every-day-resources>

World Heart Day (29th September)

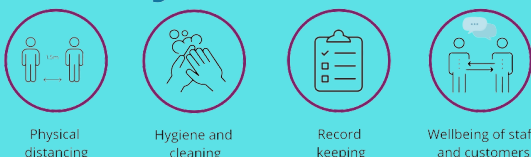
80% of Cardiovascular disease (CVD) is preventable

- ♥ Just 30 minutes of moderate activity, 5 days per week can reduce your CVD risk by 30% and diabetes by 27%.
- ♥ Poor quality diet risk factors combined, contribute to 62% of the total burden of Coronary heart disease (AIHW 2020).
- ♥ Commit to QUIT - After one year, your risk of risk of coronary heart disease (CHD) is about half that of a smoker's risk, and after 15 years your CHD risk is that of a non-smoker.



For Heart Healthy info and recipes visit heartfoundation.org.au

COVID-19 Safety Plan



If you have COVID - 19 symptoms such as runny nose, fever, sore throat, loss of smell, loss of taste, we encourage you to go straight to appropriate facilities for COVID testing. Self-isolate until you receive your results.

For latest COVID updates in NSW visit <https://www.health.nsw.gov.au/Infectious/covid-19>