

# STAFF NEWSLETTER

*To be a vibrant provider of care*

## THE MONTH IN REVIEW

By Meryn Pease (CEO)



**A huge thank you to all the staff who have participated in the 2021 People Matters Survey. Your feedback is important to us and this survey is an opportunity to share your views.**

The more staff that participate, the stronger the results. Once I have the report we will work on the areas where you have told us, we can do better.

The Delta variant of the COVID-19 virus is more easily spread than other variants we have seen so far. This is evidenced by the multiple states enacting restrictions, with red zones listed in NSW and ACT.

The big announcement this week was the mandating for all Residential Aged Care Workers to receive the first dose of COVID-19 vaccine by mid-September. I am pleased to report that currently 82% of staff have received the first dose and 66% have received both doses of the appropriate vaccine. We will work closely with the remaining staff to ensure they are vaccinated as part of this direction.

It is great to have visitors back in our facilities, with residents, families and community members welcoming the change. Thank you for your dedication and commitment to the Health Service and for keeping our community safe. We are a strong, connected and a supportive team that looks out for each other with kindness and compassion.

I want to acknowledge Chris Nykoluk and the finance team for the hard work they have done in preparing for the end of financial year. The end of financial year is a busy time for the finance team, with multiple audits and reports

being generated, submitted and reviewed. Thank you to Liz for all her work in reducing the outstanding debtors (money the Health Service is owed). This has seen the Health Service receive a significant improvement in this area.



*Keeping informed at the daily nurses huddle.  
Beaufort nurses (L to R: Charlotte, Tony, Nicole, Emily,  
Chloe, Rebecca and Bianca*

We have received notification that our application for Rural Regional Aged Care Renewal Program was unsuccessful. This application was to build three single ensuited rooms and the conversion of the remaining three double rooms into single rooms with ensuites, at the Beaufort Nursing Home. This project would have seen all fifteen resident bedrooms, as single rooms with ensuites. We are awaiting the outcome from our Regional Infrastructure Fund Round Five application.

.... Continued over page

## OUR BUSINESS

Our e-learning platform will be changing by mid- August. Darren has been part of the tender evaluation team for the Grampians Regional Project. Mary and I are on the regional steering committee that has oversight of the implementation. Kim, as the Chair of the Grampians Regional Education Group has been busy reviewing and collating feedback from the education group, to inform which library is uploaded onto the new platform. This project has strong BSHS input, which is capped off with Kirsten Hausknecht being successful as the appointed project lead. I am confident we can achieve a good outcome for all health services in the region.

As always, please let me know your ideas on how we can improve our services or what you think we are missing, as we strive to deliver safe, quality care and services for our communities.

*Regards Meryn*

## Board Matters:



The monthly meeting of the BSHS Board was held on Wednesday 23 June 2021 with all nine Directors in attendance.

The Board received and

noted feedback from a Skipton family regarding the level of care provided to their "mum, dad and family" while their mother was in palliative care at Skipton Hospital during February this year.

The family has expressed their sincere appreciation for the care and professionalism

of the nursing and hospital staff at Skipton, and particularly, for the support provided to the family by staff who were always available to answer questions and provide much appreciated comfort and support.

The family's experience is a testimony to the high standard of care and commitment of staff and is to be commended.

Health Service partnerships and amalgamations seem to be the flavour of the month with the Minister for Health recently announcing that Djerriwarrh Health Service (Bacchus Marsh) and Western Health will formally amalgamate, effective from 1 July 2021. At a more local level, discussions continue between the Boards of Ballarat, Horsham, Stawell and Edenhope Health Services regarding future partnership/ amalgamation arrangements with a decision expected within a few days.

BSHS has recently completed a review of its community transport program which is considered to be an important service for vulnerable members of the community. A new pricing structure has been determined which is generally consistent with local shire charges and this has been endorsed by the BSHS Community Advisory Committee.

Finally I am pleased to report that three BSHS Directors whose terms of appointment expired on 30 June this year, have been reappointed by the Minister for Health for further three year terms, effective from 1 July 2021. The reappointed Directors are "yours truly", Tony Edney and Daniel Terry.

Again, on behalf of the Board, can I express our appreciation at the continuing good work by management and staff in providing quality care and support for our customers, as we look forward to further lifting of COVID-19 restrictions.

Regards, David Lenehan.



## OUR BUSINESS

### Testing commences on the Skipton Hospital Straw Heating Project:

By Darren White (Corporate Services Manager)

Work continues to progress on the Skipton Hospital Straw Pellet Heating system with the project reaching practical completion. We are now well into the testing phase of the project.

Last week there was a site meeting with the contractor and the Streatham Straw Alliance, where we discussed delivery of the straw pellets.

The testing phase has been positive we should have commissioning of the boiler and handover to BSHS shortly.

**What is the Skipton Hospital Straw Heating project ...** this project is an exciting initiative of the Beaufort and Skipton Health Service in partnership with the Pyrenees Shire Council and the Streatham Straw Alliance.

The project involves the installation of a bioenergy system that is fuelled by remnant straw stubble sourced from local farms, that is then converted into straw pellets. The bioenergy plant will generate enough energy to meet the hot water and hydronic heating requirements of the Skipton Hospital, eliminating the need for liquefied petroleum gas (LPG) supplies.

The project follows on from the successful local installation of a wood chip heating system at the Beaufort Hospital in 2014.

#### Project Control Committee:

The BSHS Project Control Group Committee (PCG Committee) is a sub committee of the BSHS Board of Directors and is responsible for the oversight of various major capital projects at the Health Service.

Ron Thompson (Consumer Representative), Tony Edney (Board Director and PCG Committee Chair) and Meryn Pease (CEO) enjoy a tour of the new plant.



Andras (contractor) and Tony Edney



Darren White, Tony Edney and Andras

The Committee's membership includes delegates from the Board of Directors, a member of the community representative and members of the executive staff.

Recently the PCG Committee were on site at the Skipton campus where they were delighted to be able to take part in a tour of the Skipton Straw Heating Project, as it commenced the testing phase. The Committee also enjoyed a tour of the newly completed Skipton Sensory Garden.

## OUR CONSUMERS



### Introducing Kath:

Kathleen "Kath" transferred from Skipton to Beaufort on the 28th June 2021 and has settled in well.

Kathleen was born in Horsham and grew up not far from Horsham, at Green Lake. She was one of ten children, with their family consisting of three boys and seven girls.

After leaving school Kath worked at the CBC Bank (now the National Bank) until she married Bill in 1952. After their marriage, Kath left her employment with the bank as they would not allow her to work, as they wanted the position for a man.

Kath and Bill have been married for 69 years and raised their seven children in Horsham.

Kath was associated with the Sunnyside Bowls Club, having been the President, Treasurer and Assistant Secretary and she also served on many sub committees during her time with the club. She was also very involved with the Ladies Club at the Catholic Church in Horsham.

Being a keen and dedicated Richmond "Tigers" supporter, Kathy will often stay up late to watch them play on the TV.

Kath uses her iPad to check into Facebook and to keep up with family and friends and is a very social person who enjoys spending time outdoors in the fresh air ... weather permitting.

Kath enjoys Country and Western music, musicals, listening to KD Lang, doing crosswords, listening to and watching quiz shows. She also used to enjoy the Mike Walsh Midday show for many years.

Kath has a rescue cat "Molly" who lives at home with "Bill".

*By Rhonda Cowell (Leisure & Lifestyle—Beaufort)*

## COMPLIMENTS

Thank you so much for all the effort you guys went to in helping Nan get ready for our wedding. It meant the world to us to be able to have her there with us XX

*Thank you for year of the Health and Care Workers celebration - It was such a beautiful gesture, the morning tea and pretty gifts. Thank you! Little things like this make us all feel wanted and appreciated and I have heard several staff members talking about what a nice surprise this generosity and morning was. So thank you to you and the rest of management and our awesome team!*



## OUR CONSUMERS

By Erica Smith (People and Culture Manager)

### #hello my name is...

The #hello my name is campaign originated in the UK and was started by Dr Kate Granger MBE and her husband Chris Pointon to improve compassionate care. The campaign is now recognised across global healthcare and is the first rung on the ladder of improving the patient experience within all health care settings.

The campaign promotes the necessity for an introduction, Hello my name is, as the start of a therapeutic relationship which enhances the patient journey and experience. Underpinning the campaign are 4 core values:

**Communication** is of paramount importance. Timely and effective communication which is bespoke to the patient makes a huge difference and starts with a simple introduction.

**The Little Things** really do matter—they aren't little at all, they are indeed huge and of central importance in any practice of healthcare and in society. This could be someone sitting down next to you rather than looming over you or holding the door open for someone coming through.

**Patient at the Heart of all Decisions** 'No decision about me without me', These words ring true in healthcare as the most important person is the patient and everything should be done with them in mind.

**See Me** as a person first and foremost before disease or bed number. Individuals are more than just an illness, they are a human being, they are a family member, they are a friend etc and we should all remember to see more of an individual than just the reason they are using healthcare.

More information about the Campaign can be found on the #hello my name is campaign website



### VEGETABLE PASTA BAKE

By Jayde Ringin (Health Promotion Officer)

#### Ingredients

200g penne pasta (or similar), preferably wholemeal  
 1 tsp olive oil  
 Olive oil spray  
 1 red onion, diced  
 3 cloves garlic, crushed  
 2 zucchinis, chopped  
 1 cup mushrooms, chopped  
 1 red & 1 yellow capsicum, deseeded & chopped  
 500g jar tomato-based pasta sauce  
 1 tsp dried Italian herbs  
 50g wholemeal breadcrumbs  
 50g mozzarella, grated

#### Method

1. Pre-heat oven to 200°C. Spray a 30 x 25cm dish with oil. Cook the pasta to the directions on pack. Drain and place in baking dish, tossing in a little olive oil to stop it sticking together.
2. Heat a large non-stick fry pan over medium-high heat. Spray with olive oil and cook the onion, garlic, vegetables and herbs until soft.
3. Add the pasta sauce, stir and cook for 2 minutes. Pour over the pasta and gently mix through. Add a touch of water if the mix needs to be loosened.
4. Top with wholemeal breadcrumbs and sprinkle with mozzarella. Bake for 15-20 minutes until cooked through and golden on top.

## OUR CONSUMERS

### LEISURE & LIFESTYLE:

#### The Magic Table ...



There was a lot of fun had by all when the Skipton residents recently enjoyed playing games and showing the Skipton Kindergarten children the new 'Tovertafel magic table'.

The Tovertafel is a game-changing innovation that projects playful interactive games onto a table. The interactive games prompt memories and conversation about everything from gardening, to trips to the beach. The games have been specially designed and developed for people living with dementia, and stimulate increased movement and social interaction.

Most of all, there is a lot of fun being had by those who wish to play!

### HAPPY BIRTHDAY June



### Fun making Bird Seed Feeders ...



#### You will need:

- ¾ cup plain flour
- 3 tablespoon of honey
- 1 packed unflavoured gelatin
- ½ cup warm water
- 4 cups bird seed
- A ceramic or glass mould

#### Cooking spray

#### Instructions

1. Whisk the gelatin and warm water until dissolved.
2. Add honey and flour and stir
3. Add bird seed and fold until all seeds are well coated, it is a sticky mixture!
4. Mix until there are no lumps.
5. Spray mould with nonstick spray.
6. Gently press the mixture well into the mould.
7. Use a chopstick to make a hole in the mixture for hanging later on.
8. Set the mould aside overnight.
9. Remove wreath from mould and hang your bird feeder on a tree!

Our much loved Skipton resident, June turned 98 on the 18<sup>th</sup> June.

Even though no visitors were able to join June for her special day, staff and residents enjoyed a small party.



## OUR PEOPLE

## Inspire – Executive Traffic Light Report

### Progress of Quarter 3 & 4—2021 Actions

#### Actions Completed

- Installation of a new generator at Beaufort Campus
- Roll out of new supplier of chemicals across the organisation
- New pamper room completed at Skipton
- Allied and Community Health Building internal works completed
- Sensory Garden at Beaufort Hostel and Skipton Nursing Home Complete
- Introduction of Integrated Quality and Risk Auditing system (IQRS) to enable streamlined auditing and reporting
- Installation of Tovertafel at Beaufort and Skipton Nursing Homes
- Message manager through iCare working to allow easy messaging to relatives
- Introduction of Pressure injury rounding for high risk residents
- Receiving acute patient experience surveys at time of discharge
- Two staff have completed Infection Prevention & Control Lead training, two currently undertaking course

#### Planned Actions and timeframes for completion

- Rollout of a new electronic procurement system (Stage 1 completed) – Dec 2021
- Review and update of ESIS system – Dec 2021
- Review of general waste and recycling – Dec 2021
- Complete garden at back of Beaufort Nursing Home – Sept 2021
- Installation of wall art to soften Beaufort Nursing Home – Aug 2021
- QCPR mannequins to be able to assess CPR during mandatories – July 2021
- Refurbishment of gazebo at Beaufort Hostel to include smoker bins and protection from the weather – July 2021
- Introduction of best practice modified diet standards for residential clients – Aug 2021

#### Cannot be Actioned and Why?

- Work continues to recruit a Psychologist into the Community Health team, to support mental health services to our community

#### Well Done!

- Christina Morvell – Exceptional dedication and work to roll out COVID vaccination program
- Nicole Porter – always being encouraging
- Jen Gordon/Georgie Jenkins for dedication for ensuring 100% compliance for mandatory training
- Clinical staff – BIG thank you for working together and going above and beyond to cover unexpected leave
- Liz Alexander & Mellissa Pretty—for their work in progressing the collection of outstanding debtors.



## OUR QUALITY & SAFETY

### CLINICAL News:

By Mary Cushing  
(Director of Clinical Services)

A huge combined effort has meant that our COVID vaccination rate for all our staff, at least having had their 1<sup>st</sup> dose, is a massive 82%.

Well done everyone for your commitment to achieve this result. We will be continuing to administer all dose 2 vaccinations and we are hoping that very shortly we will have access to further Pfizer vaccine.

I would like to acknowledge the extreme effort and hard work that Christina Morvell has put in so that we could achieve this awesome result. Like everything, she couldn't have done it alone. Jade Oscar, Lindy Robertson and Kasey Court have assisted with the massive administrative compliance effort that sits behind this. A number of our wonderful registered nurses have also assisted with administering the vaccinations.

We are still to receive information regarding rollout of the mandatory COVID vaccinations for aged care staff. We will communicate this as soon as we receive it.

We continue to provide vaccination clinics with AstraZeneca to the Skipton Community. We are hoping to be able to provide Pfizer to the community when more stock is available.

Once again thank you for all your hard work and dedication over the last few months.

## QR CODES

We have been required to introduce the State Government QR code from the 1<sup>st</sup> July.

This a mandatory requirement for all businesses and facilities across the state.

You will see that there are now 2 QR codes for all staff, contractors and visitors to complete. The first check-in QR code, followed by the existing attestation QR code that you must complete prior to commencing work.

The paper attestation version is still ok to complete. We are working on a simplified check-in and monitoring system and hope to have that operational by the end of the month.

## ENVIRONMENTAL COMMITTEE



Passionate about environmental change?

### COMMITTEE VACANCIES

Sustainability Committee?

We are looking for staff to join our Committee.

Help raise awareness of environmental impacts and identify exciting new initiatives.

If you are interested in joining this Committee, please contact Darren White  
(Corporate Services Manager)  
Darrenw@bshs.org.au



## OUR QUALITY & SAFETY



### KEEPING IN TOUCH WITH FAMILIES:

*(By Andrea Flenley—  
Nursing Director Quality and Safety)*

Beaufort Skipton Health Service is excited to introduce a new way of communicating information to residents loved ones. Recently new message manager software was installed and this will provide us with an additional method of communicating information to our residents family members regarding activities and events that are happening.

Currently, we communicate information to the residents main contact person when it is important to share information about the resident or about an activity we are running at the facility. Now, we will also be able to send SMS or email message quickly and easily using this new software.

The software also allows us to easily send photos, newsletters and notes about what is happening at Beaufort and Skipton Health Service. The software will keep track of the communication and ensure the information is stored in the one place.

This will make it much easier for our staff to know that our residents representatives are aware of key information and activities that are taking place at our Health Service.

## PROMPT—

### New and updated documents:

#### New documents:

- COVID 19 Outbreak Management Policy
- COVID-19 Outbreak Management Plan
- First 24 Hours Managing COVID-19 in Residential Aged Care

#### Updated documents:

- Recognition of Behaviour and Service Policy
- Animals In Aged Care Policy
- BSHS Home Visit Safety & Security Policy
- Underperforming Student Policy
- Mandatory Reporting and Notifiable Incidents Policy
- Product Recall Policy
- Instrument of Delegation
- Mortality & Morbidity Review Policy
- The Charter of Rights Health Care & Residential Aged Care Policy
- BSHS My Health Record Policy
- BSHS Business Continuity Plan
- Clinical Governance Framework
- Costs Associated with Medical Care Policy
- Evidenced Based Practice—Medical Practice
- Retention and Disposal of Medical Records

## OUR QUALITY & SAFETY

### COVID-19 VACCINATION PROGRAM AT BSHS:

BSHS are pleased to report that staff vaccination rates for the COVID-19 vaccine continue to increase. Current rates for the number of staff who have completed their D1 Covid19 vaccination are:

- \* Skipton - 82 %
- \* Beaufort - 88 %

Christina Morvell (Infection Control Co-Ordinator) enjoyed handing out some COVID-19 Vaccination Certificates to some of the Beaufort staff who have recently received their vaccine.

### HOW TO GET PROOF OF YOUR COVID-19 VACCINATION

Once you have received your required COVID-19 vaccines, don't forget to get proof of your vaccination.

Accessing your online certificate through accessing:

- Your Medicare online account through myGov
- The Express Plus Medicare mobile app.



*Jenine, Jess, Erica, Meryn, Tahlia & Chris—happy to have their vaccine certificates*



*Jess, Nicole and Jenine proudly show their COVID vaccine certificates*



*Kerrie receiving her vaccine from Christina*



### 2021 Flu Vaccination for Staff

Remain available

Please book your time with either  
Jade Oscar at  
Beaufort on 91610 or  
Lindy Robertson at Skipton on 11101

To ensure you get your full protection have:  
2 Vaccines for COVID-19  
+ 1 flu vaccination

Completion of the flu declaration form remains a mandatory requirement.

For more information please contact  
Christina Morvell on  
[Christinamo@bshs.org.au](mailto:Christinamo@bshs.org.au)

*Christina is on site on Wednesdays and Fridays for the month of July.*

## OUR QUALITY & SAFETY



### Executive Safety Walk Rounds

As part of the BSHS commitment to Patient and Staff Safety, an Executive Safety Walk Round team will be visiting the Beaufort Community Health areas:

**Wednesday, 21 July 2021 at 1:00 pm.**

## SOMETHING NEED FIXING?

### REPORT IT NOW

#### HOW TO LOG REQUESTS:

**In an emergency during normal work hours**—call the following numbers to report your maintenance issue:

Beaufort on 0400 137 873  
Skipton on 0407 551 655

Once you have reported your maintenance issue, please ensure you follow up your request in writing via email to [maintenance@bshs.org.au](mailto:maintenance@bshs.org.au)

**All other maintenance support requests** are to be logged as follows:

- Email [maintenance@bshs.org.au](mailto:maintenance@bshs.org.au) to log the request.
- An automation response will be generated acknowledging receipt.
- A job ticket will be generated.
- Once the job is complete, the originator will be notified.



Snapshot of some completed actions from our Executive Safety Walk Rounds

Skipton Acute & Nursing Home—  
Clinical staff requested a new Sara Stedy hoist

New Sara Stedy hoist purchased and now in use

Beaufort Hostel—request for leaking dishwasher to be fixed.

New part ordered and dishwasher fixed

Skipton Medical Practice—request for new waiting room chairs

New waiting room chairs purchased and in place

Beaufort Hostel— There is poor lighting at night near the gazebo.

New lighting near the gazebo has been installed



## OUR PEOPLE

### Staff Spotlight: Liz Phillips

#### How long have you worked at BSHS?

I have worked at BSHS for 25 years. I commenced here in January 2006, working Fridays and Saturdays night duty as After Hours Coordinator. During this time I was also working in ICU, Education and as the After Hours Coordinator at Ballarat Health Services. After taking long service in BHS, I worked as a ANUM on the ward, increasing my hours.

#### Days and location that you work?

I currently work as a Practice Nurse in the Skipton Medical Practice on a Monday and Tuesday. I still retain my ANUM position on the ward working part time, and assist with different COVID clinics.

#### What does your role involve?

My role involves working as a Practice Nurse and taking Pathology. I also complete different types of health assessments and care plans, referrals to allied Health professionals, liaise with Medical Practice clients and the GP's, immunisations, dressings, triaging patients and various other clinical applications.

#### Favorite thing about your role?

Having autonomy, being able to do my role independently, working within my scope of practice. I enjoy meeting and greeting our beautiful clients, doing the administration work and having flexibility in my roster. Having a variety of clinical and administration tasks in my role is great.

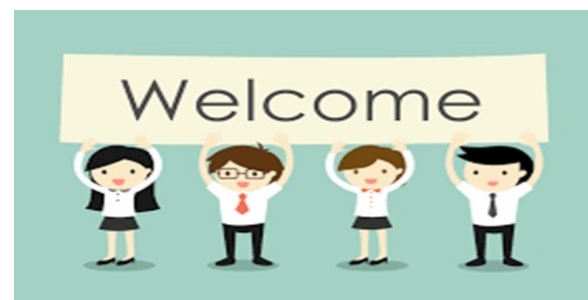
#### What do you enjoy doing when you're not at work?

- Spending time with my family, husband and three grown boys /men.
- Enjoying our farm, horses, sheep, dogs and cats.
- Running a business, E Biking, Gardening, although not good at it! Renovating and painting houses, beach in summer.



#### Three things you can't live without?

Good Health, Family, Friends,  
(H<sub>2</sub>O, O<sub>2</sub>, food)



This month we are pleased to welcome the following people to the Beaufort and Skipton Health Service team:

- \* Laura Leslie—  
Administration Officer Skipton
- \* Kelsey Long—  
Allied Health Assistant



## OUR PEOPLE

By Kim Stevens (Learning & Development Manager)

### EDUCATION news ...

#### Mandatory Training Day:

It was exciting to see that we have reached 84% of staff completing the mandatory training days for 2021.

The final day will be on the **12<sup>th</sup> August**. All staff that have not been able to attend to date, please see your manager to ensure that you are rostered to attend.



PCW Training Day

#### PCW Training Day:

On the 7<sup>th</sup> June, Georgie and Jenni worked hard to design and facilitate the training day for our Personal Care Workers.

This day was well received and the feedback was fantastic.

A special thanks to Erica, Andrea, Caitlin and Leonie for their sessions and commitment to the further education of our staff.

#### New Automated External Defibrillator's (AED's):

The new AEDs for the Beaufort Hostel have arrived and have been put in place. New AED's have also been organized for our Urgent Cares and will be rolled out over the next month.

Education on the use of this new equipment will begin shortly and will continue into the second half of the year.





## OUR PEOPLE

### People Matter Survey 2021



By Erica Smith (People & Culture Manager)

Our final completion result for the 2021 People Matter Survey is 58%. Thank you to everyone who participated in this year's survey.

The People Matter Survey results will be shared with everyone in August. We will use the feedback to help identify ways to make improvements for all staff.

If you have any questions please speak with your manager or Erica Smith, People and Culture Manager.

### All About Allergen training for hospitals



### All About Allergen Training

All About Allergen Training is required to be completed by all support services, PCW and clinical staff that come into contact with food.

If you are a staff member in one of these areas, can you please complete the appropriate unit.

To complete your unit, please click on the URL, make an account and after you complete your unit, please email your certificates to Kim Stevens at [kims@bshs.org.au](mailto:kims@bshs.org.au)

<https://foodallergytraining.org.au/course/index.php?categoryid=3>

- \* [All About Allergens for Hospitals: Kitchen Managers and Supervisors](#)
- \* [All About Allergens for Hospitals: Kitchen Staff](#)
- \* [All about Allergens for Hospitals: Ward Managers and Nurses](#)
- \* [All about Allergens for Hospitals: Ward Support Staff](#)

## ROLLOUT OF NEW IDDSI TRAINING:



Training for the news IDDSI rollout will happen on the 19<sup>th</sup> July in Beaufort and the 26<sup>th</sup> July in Skipton for Support Staff.

Please keep your eyes open for more information to come.



## OUR PEOPLE

To ensure that all staff have completed the mandatory training day, we have organised another session on the **12<sup>th</sup> August**. This will be the last mandatory training day so it is **VITAL** that you contact your manager to ensure that you are down to attend.

# LAST MANDATORY TRAINING DAY

## WHEN

**Thursday 12<sup>th</sup> August**  
**8:30am – 4:30pm**

**All staff are required to complete this training. Please check with your manager for rostering. For more information, contact Kim, Judith or your manager.**

By Kim Stevens (Learning & Development Manager)

## WHERE

# On Line ZOOM

**From home with camera and audio on computer please or let your Manager know if you want to come into work to complete and we will find you a space and computer**

**FEATURING · Mandatory Reporting · Cultural Safety & Diversity · Health & Well Being · Medications · Clinical Aggression & De-escalation · IDDSI etc.**

zoom address...

<https://us02web.zoom.us/j/87226789680?pwd=ROF1eFZl aFRvNVVja3lqT1NRODNUQT09>

Meeting ID: 872 2678 9680

Passcode: 360341

## Push Up Challenge:

By Jayde Ringin (Health Promotion Officer)

BSHS staff teamed up from June 1-25 to complete 3,318 push-ups to raise awareness for mental health whilst also increasing physical activity levels. Staff completed a combined 8,540 of push-ups (and sit-ups, squats and lunges) across the 25 days.

The push-ups have acted as a conversation starter both within the workplace and in peoples personal lives. 3,318 is the number of people who lost their lives to suicide in Australia in 2019.

By taking part in the push-up challenge BSHS has encouraged the mental health conversation to start and continue. Conversations about mental health are important.

Even though it can be tough, evidence suggests that asking someone if they are experiencing poor mental health, does not decline their mental health further.

Asking your friends and loved ones about what is going on for them can identify those at risk and increase the chances that they get help.



## OUR CONSUMERS

### National Diabetes Week:

By Jayde Ringin (Health Promotion Officer)

July 11-17 is National Diabetes Week. A week to raise awareness about diabetes, the stigma associated with diabetes as well as promoting the importance of positive lifestyle behaviours to reduce the chance of developing type 2 diabetes.

This year the spotlight is on diabetes stigma and mental health.

- More than 4 in 5 people with diabetes have experience diabetes stigma
- Nearly 50% of people with diabetes have experienced mental health challenges in the last 12 months

Diabetes stigma can be associated with feeling misunderstood, judged, blamed or even made to feel guilty about a diabetes diagnosis. This can impact how someone manages their diabetes and can have a negative impact not only physically but also mentally. By speaking about diabetes and reducing the stigma, those diagnosed with diabetes can comfortably share their diagnosis with others, get the help and support they need, learn more about diabetes and do what they need to do each day to manage their diabetes and stay well.

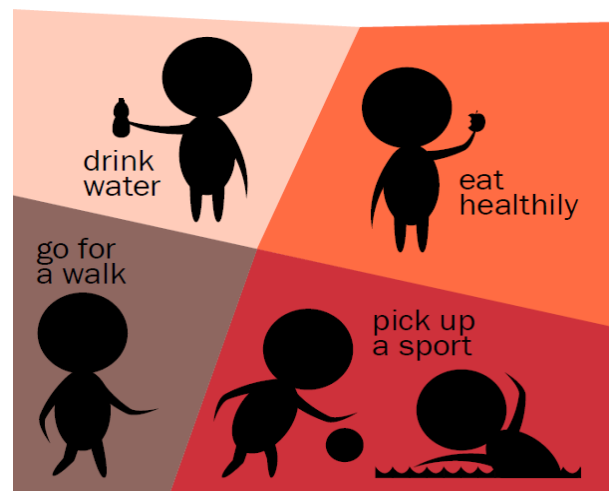
Evidence shows type 2 diabetes can be prevented or delayed in up to 58% of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

Those at risk of developing type 2 diabetes can delay and even prevent the condition by:

- Maintaining a healthy weight
- Regular physical activity – approximately 30 minutes per day
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking

Diabetes Australia have developed a diabetes risk calculator. To find out your risk of developing type 2 diabetes follow this link <https://www.diabetesaustralia.com.au/risk->

### UNDERSTAND TYPE 2 DIABETES LOWER THE RISK



150 minutes of exercise per week can drastically reduce your risk of getting diabetes.

### BSHS Diabetes Educator

Appointments available with  
Leonie Tellefson  
(BSHS Diabetes Educator)

To make your appointment,  
please call BSHS Community Health  
on 5349 1610 or Skipton on 5340 1100