

CONNECT with RESPECT

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Artwork by Shakara Montalto, Gunditjmara



MENTAL HEALTH PROGRAM WINS INDIGENOUS HEALTH AWARD



***DUE RECOGNITION:** Eastern Health won the Improving Indigenous Health category at the Victorian Public Healthcare Awards.*

Eastern Health's commitment to Indigenous health has been acknowledged at the 2018 Victorian Public Healthcare Awards.

The team won the Improving Indigenous Health category, and were acknowledged for improving access to recovery oriented Adult Mental Health Services for the Aboriginal community in the east.

Among its key work has been at Maroondah Prevention and Recovery Care (PARC), where the team has worked hard to enhance services and provide a better environment to meet the needs of the local Aboriginal community.

Maroondah PARC, which Eastern Health manages in partnership with Mind Australia, provides a safe and supportive environment for people who do not need hospital care to treat their mental ill-health, but may require temporary support. It offers assistance on how to better manage illness and regain

self-esteem, life skills, and opportunities to participate in community activities.

In recent years, there has been a renewed effort to engage with the local Indigenous community with an Aboriginal Clinical Engagement Project for Maroondah Mental Health Services.

Eastern Health Aboriginal Hospital Liaison Officer Jo Voce said the team were humbled to receive such a prestigious award. "It is wonderful that the passion the team has for enhancing mental health care for the local Aboriginal community has been recognised."

The installation of Aboriginal specific information boards, and feature walls painted by volunteer Eddie Thomson so they are in-line with Aboriginal culture, are among the positive changes which have been made at Maroondah PARC.

A special event was also held at Maroondah PARC earlier this year to highlight the importance of Aboriginal and Torres Strait Islander cultural inclusiveness at local mental health services. 🌍

FAMILY SPORTS DAY RETURNS



***MARQUEE EVENT:** The Closing the Health Gap Family Sports Day returns next year.*

It's back! Eastern Health is set to host its Closing the Health Gap Family Sports Day in March next year.

As part of Eastern Health's commitment to Closing the Health Gap between Aboriginal and Torres Strait Islander people and non-indigenous Australians, Eastern Health staff will play netball and football against some of the best Aboriginal sporting talent in Melbourne's east. The event will help bring the community together and raise awareness of local health services.



It will be held on Sunday 3 March 2019, 9.30am-3.30pm at Don Road Sporting Complex, Healesville. The whole community is invited to share in this great family day out. It will also feature interactive information stands, face painting, petting zoo, jumping castle, running races, giveaways, showbags and more! So mark this date in your diary.



For further enquires please email ctgsportsday@easternhealth.org.au 📧



Eastern Health is committed to achieving equality in health status between Aboriginal and Torres Strait Islander peoples and non-indigenous Australians.

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MAKING WOMEN'S HEALTH A PRIORITY

Female clients at Eastern Health's Aboriginal Health Service have been part of a successful Women's Health Day.

Organised by the Aboriginal Health Team, the event is run yearly to help engage with female clients of all generations. It provides a relaxed social atmosphere where they are able to gain current information on women's health.

This year's event was held at the Healesville Sporting Complex, which was beautifully decorated with native flower arrangements made by the Aboriginal Liaison Officer, Jo Voce.

Aboriginal Health Team Acting team Leader Jenny Gladwin said the day was more than a great opportunity to talk about health.



SPECIAL EVENT: Eastern Health's Aboriginal Health Service hosted a Women's Health Day in October.

There were plenty of activities which attendees were involved in, including layered sand jars, jewellery making, massage, Reiki, Tai Chi, nail painting, Aboriginal card reading and kids activities.

"It was a terrific opportunity for female members of community to catch up, share some yarns and enjoy a bite of lunch. The community response was very good and around 40 clients attended the event."

Held in October, all female staff from the Aboriginal Health Team were involved in organising this event and attended on the day to ensure everything ran smoothly.

Healesville Hospital and Yarra Valley Health supported the day with Women's Health Nurse, Michelle and Linda from Physio coordinating Tai Chi. Breast Screen Victoria attended and bookings for breast screens were made. Local Healesville businesses kindly donated vouchers and produce for raffles throughout the day.

"The day was a great success with very positive feedback from the Aboriginal Community and the women are looking forward to next year's Health Day already!" Jenny said. 🍷



PUTTING PATIENTS FIRST

For 70-year-old Mavis, her recent experience in 2 North at Maroondah Hospital was a positive one.

Aboriginal Hospital Liaison Officer Jo Voce said the ward ensured Mavis was provided with an environment which was culturally appropriate.

"The ward worked closely with the Aboriginal Health Team and I, so we were aware what care Mavis was receiving.

"The collaboration between all of us ensured the patient was happier during her time at Maroondah Hospital. It meant as an Aboriginal woman, Mavis was provided with great respect and culturally appropriate care."

In her role, Jo would visit Mavis on a regular basis, checking in on how she was going. Jo also connected with Mavis's granddaughter, who is also Mavis's carer.


"I can't thank the staff on 2 North enough – in particular Abbey Johnson and Tracey Porter. It is the great work of individuals which plays an important part in helping us Close the Health Gap between Indigenous and non-Indigenous Australians as a whole", said Jo. 🍷

ABORIGINAL HEALTH TEAM

Eastern Health's Aboriginal Health Team is a community-based service based in Healesville that is accessible by Aboriginal people and their families living anywhere in Eastern Health's catchment.

It provides a range of services that are available on-site in Healesville and through home visits and outreach support. These include:

- 📍 **Primary health care:**
health checks, nursing support and general health information and education.
- 📍 **Case management and advocacy:**
care planning, case management, referral and advocacy for other services.
- 📍 **Social and emotional wellbeing:**
counselling services, school-based programs and education support.
- 📍 **Home and community care:**
domestic assistance, property maintenance and social events.

 The Aboriginal Health Team is located at 377 Maroondah Highway, Healesville and is open Monday to Friday, 8.30am to 5pm. Phone **5957 1100** or email AHTIntake@easternhealth.org.au



Explore Aboriginal cultures, histories, ideas, opinions and Treaty in Victoria.
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