

Volunteer Profile: Paul Roberts

Q: What inspired you to volunteer for Castlemaine District Community Health (CDCH)?

Paul: *Once I retired, I was looking for something useful to do. I applied to become a volunteer, and Sam, the volunteer coordinator, asked me if I could spend one day a fortnight looking after the yard. That developed over time.*

Q: What sorts of jobs do you do here?

Paul: *My role here is looking after the main building, the surrounding yard and the gym. I do very diverse jobs which include fixing shelves and office furniture, getting rid of rubbish, looking after the storage container, fixing windows that don't open, and some small electrical and plumbing jobs. I am a bit like Fred in the show "Call the Midwife"; except I think he gets paid.*

Q: Where did you get all these skills?

Paul: *My father owned a big plumbing company, so I was exposed to plumbing from an early age. I then went on to work in electronics and equipment maintenance. I established a company called Microcare in 1980. Initially our company provided services to the microfilm industry, and once microfilm was out of use we expanded into electronic archiving, CD publishing and equipment sales.*

Q: What do you enjoy most about your role?

Paul: *I like to use the skills and tools that I have built up over the years. I also enjoy supporting CDCH. I think it is a great organisation with dedicated and caring staff, that quietly does an enormous amount of good in the community.*

CDCH is currently looking for volunteers to assist with our car cleaning, bus driving or moving furniture. Contact Sam Peavey on 54791000 if you are interested.



Paul Roberts, Volunteer at Castlemaine District Community Health

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Health Promotion Newsletter



**Castlemaine District
Community Health**
Facilitating Better Health

Inside this issue:

Nutrition: Quick 2
tips for a healthy
body

Interview with 3
Rick Nelson

Are you drinking 3-4
too much?

Volunteer 4
profile: Paul
Roberts



Peter Hunt is the
Team Leader of
Clinical Services at
Castlemaine District
Community Health

MEN'S HEALTH edition

Why is men's health so important?

Peter Hunt, Team Leader Clinical Services

Research has shown that when compared to women, men are less likely to look for health services and less likely to use them. They also generally suffer poorer health outcomes than women, and live shorter lives.

Men's health and wellbeing are often connected to their views of masculinity and being seen as the provider and protector. The belief is that you are supposed to be a 'strong person' and as a result, men tend to neglect their health or ignore the signs and symptoms of illness.

While men's lives are getting longer, they continue to have many risk factors that cause chronic disease. These risk factors include smoking, lack of exercise, poor nutrition, excessive alcohol use and neglecting their need for self-care which can cause poorer mental wellbeing. This newsletter will look at some of these risk factors in greater detail.

Castlemaine District Community Health (CDCH) embraces the Social Model of Health which recognises the physical, mental and social needs of all clients. Services available to men through CDCH include counselling, Alcohol and Other Drugs Services, dietary advice, diabetes education, a Community Health Nurse, and QUIT services. CDCH also provides many opportunities to exercise, such as through tai chi and walking groups throughout the district.

Please visit our website or call us on 5479 1000 to find out more information: www.cdchcastlemaine.com.au

Nutrition: Quick tips for a healthy body

Lorna Reynolds, Accredited Practicing Dietitian



Lorna Reynolds is the Dietitian at Castlemaine District Community Health

The old fashioned advice for good health is still very true today: each day we need two serves of fruit (approx. 150gms each serve) and five serves of vegetables (75gms each serve =425gms per day). Yep that's a lot of vegetables. We all know this and still, the overwhelming majority of Australian men do not meet this criteria.

It all seems too hard to take care of our health, with fast food drive-throughs, our busy work schedules and time poor home life. Our diets are more often filled with processed and pre-packaged foods and this convenience is leading the increase in incidence of obesity, heart disease, some cancers, diabetes even our mental health is affected by our food choices.

Simply put; what you put into your mouth affects your whole body, not just your waist line. A diet filled with vegetables and fruit gives us more energy, much better health and a greater chance to avoid developing chronic illnesses as mentioned above. Life is busy, so keep it simple. There are good ways to 'cheat' and still eat healthy.

Switch full cream dairy foods to reduced fat, white bread to wholegrain bread, jasmine rice to basmati rice, hamburger mince to lean mince, salt to herbs and spices, and fizzy drinks to water. Also switch fruit juice to water. Don't forget to switch the salted nuts to unsalted nuts, takeaway lunch to home prepared with lots of vegies, and chocolate bars to fruit. **What could you switch?**

Phone Castlemaine District Community Health on 5479 1000 to make an appointment with Dietitian Lorna Reynolds.

Interview with uncle Rick Nelson: Cultural Advisor and Coordinator of Men's business

Q: In addition to your role at Castlemaine District Community Health, you have an important role in the community as a local elder. Can you explain?

Rick: I am a Jaara descendant and Dja Dja Wurrung Traditional owner.

Q: What is the name of the Castlemaine District Community Health 'Nalderun' men's group?

Rick: *At this stage we are calling it the Upper Loddon Indigenous Men's Wellbeing Reconciliation and Friends Group.*

Q: Who can attend?

Rick: *All men, young and old, who support reconciliation or want to learn more about Indigenous culture. Men need to be from the upper Loddon area which stretches beyond Mount Alexander Shire to Avoca, Mount Macedon, Kerang and Charlton.*

Q: What are some of the group's activities?

Rick: *Learning about the Indigenous culture and history of the area is an important part of this group. We try to have two meetings each month, one for planning and another one for outings. The outings are to areas of cultural significance; places where there are traditional foods, scar trees and camp spots with grinding stones. We have for example done an outing to the Mount Franklin Protectorate Station, and also a camp specifically for primary and high school aged boys.*

To join the group or get in contact with Rick, phone reception on 5479 1000 or email@cdch.com.au



Rick Nelson is the Cultural Advisor and Coordinator of Men's Business at Castlemaine District Community Health

Are you drinking too much: How do you know?

Janet Lees, Withdrawal Nurse

Janet Lees is a Withdrawal Nurse at Castlemaine District Community Health

Do you drink every day or at least five out of seven days? Do you have more than two standard drinks each day, or more than seven drinks in one session? Is drinking affecting the way you react to situations in your daily life; is it affecting your ability to be a good partner, father, friend? Are you able to be a reliable employer or employee; can you do your job as well as you would like to be able to? Do you wake up each morning after a poor sleep feeling exhausted and/or hung-over?

If this sounds like you, there is help in the community to assist you to manage your alcohol use. Castlemaine District Community Health (CDCH) offer free Alcohol and Drug (AOD) services which are available to everyone. Our Withdrawal Nurse will support you through the initial reduction or withdrawal (detox), and our counsellor can give you on-going

support. We can assist you in applying to a residential rehabilitation unit, or a day program for longer term support if you desire.

These services are accessed by just walking through the CDCH door and asking for an appointment, or a quick chat with a worker if you are unsure if you want to make an appointment. Your GP is able to refer you to our service if you would like that, or you or a family member can make an appointment by phoning reception on 5479 1000. We encourage you to set the goals you want to achieve, whether it is reducing your alcohol use or total abstinence for a period of time or for life, and then work with you to achieve these goals. Contact Castlemaine District Community Health on 5479 1000 if you would like to have a chat.

Alternatively, call ACSO- the central intake service for this area for an assessment and referral for service – this is a free call on 1300 022 760, and can be a phone assessment or a face to face assessment.

Cher Bray is a Alcohol and Other Drugs Counsellor at Castlemaine District Community Health