

IT'S ABOUT TIME!

A newsletter of the Yarra Community Support Program

Volume 14

AUTUMN 2008

YCS Staff

Hello Everyone,

Good Luck and Best Wishes to Nick who is leaving YCS.

Welcome To Bronwyn who is based at Carlton with Helena
622 Lygon Street.

Ph:9349-7333

Oriana and Annie are still working from Collingwood Site of NYCH-365 Hoddle Street.

Ph: 9411-4333

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CONTRIBUTE TO THE NEXT YCS NEWSLETTER!

Send us your writings, poems, thoughts, pictures, film reviews, TV reviews, & news items for the next edition. Speak with your YCS support worker or send it to Annie, YCS, C'wood.

Community Involvement— Harmony Day at Carlton

This year our Harmony Day celebrations proved to be even bigger and better than last year. On March 20th, a group of YCS clients and staff came along to enjoy the live music, multicultural food, and the various activities on offer. One of our clients, who is a resident on the Carlton Estate, agreed to be one of the organisers for our event this year.

Q: Can you tell us what it was like to be a community member on the organising committee?

It was a really good thing because it wasn't only work for me. I was with a group of people who were thinking about peace and harmony and good things together and we were sharing good ideas. When we were working together people were sharing really good ideas, communicating well and the experience taught us a lot of skills. The main thing for me was the willingness of people to make others happy.

Q: What kinds of things were you required to do?

I came along to committee meetings for the event, and I was able to contribute, not only my ideas, but also ideas other residents on the Estate had



been talking with me about.

I also recorded different residents on a tape recorder whilst they talked about Harmony Day in different languages. Much of my work involved encouraging other local people to get involved in the event.

Q: Did you enjoy being a community volunteer for Harmony Day, or was it too much hard work?

I actually did enjoy it. It was very good. It was wonderful to see all members of the public having a good time.

Q: What was it like for you when the actual event took place and you could see the results of all your hard work? Cont' page 2...

Harmony day interview cont'



The good thing was that it was about teamwork. When I saw the results of the good teamwork I felt happy. The relationship of the whole organising committee was really good.

Everyone wanted to help each other out. Everyone was co-operating and I was surrounded by smiling faces. I remember carrying some chairs back to the community centre after the festivities, and at least three other people asked me if they could help me to carry them! This made me laugh because it felt so good...

It was also really great to get rewarded at the end with a certificate and voucher. These were given to all the resident volunteers on the committee.



POET'S CORNER

Life is a Test

By Myron Lysenko

Life is an anthem & some like to stand for it
Hate is a fast car, love prefers bicycles
Death is a test & all of us pass

Anger & stress grow like bananas
Sadness comes in waves, happiness goes surfing
Life is an anthem & some like to sit for it

Laughter helps the garden grow, as do tears
Work is a sport but not everyone can play
Death is a test & all of us pass

Sin is not something we do with our bodies
Is joy a burger on the run? No it's muesli in bed
Life is an anthem & some like to lie for it

Fear grows like ice cubes in winter
Friends grow old & bitter or bold & better
Death is a test & all of us pass

The nuclear family sings like an atom
Relationships begin with passion & then explode
Life is an anthem & some like to sing for it
Death is a test & all of us pass

Myron is a local poet who lives in the Brunswick area.

He has published a few collections of poems. This poem is from Winning and Losing Again.

Green Living

Interview with David Godden, NYCH's Health Promotion Co-ordinator on climate change and NYCH's Green Committee.

Hi David, can you explain to our readers what Climate Change is?

Climate change is the increase in global temperatures that has come about as a result of the impact of humans on the atmosphere surrounding the earth. The emission of greenhouse gases into the atmosphere from energy use, industry and transport has meant that average global temperatures have increased by about 0.8 degrees Celsius since pre-industrial times and are predicted to carry on rising.

The impacts of rising temperatures are already being observed around the world in rising sea levels, the retreat of glaciers, changing rainfall patterns and other effects. If temperatures continue to rise scientists predict significant impacts on human health and wellbeing, including more extreme weather events such as heatwaves, storms and floods, the spreading of infectious diseases to new areas and water and food shortages.

What is the NYCH Green Committee?

The Green Committee was set up a few years ago by staff at North Yarra Community Health who were concerned about the environment and wanted to help reduce NYCH's negative impact on the environment. So for the last few years we have been working to reduce the amount of energy NYCH uses in order to minimise our impact on climate change as well as looking at how to improve our environmental friendliness in other ways, such as reducing the amount of water we use and reducing the amount of waste we produce.

What initiatives have the Green Committee introduced?

We have focused on a number of areas. One area was transport and we managed to get NYCH to pilot a bicycle fleet so that staff could cycle between sites or to when visiting clients rather than drive cars. We also introduced carbon offsetting for the car use that we still do have – so that for every car that NYCH has we pay for trees to be planted which will absorb an equivalent amount of carbon from the atmosphere as the cars put into it.

We have also focused on energy use – we've been encouraging staff to reduce the amount of electricity they use when at work through simple measures such as turning the lights off in their offices when they are not there, and making sure they turn their computers and screens fully off at the power source at the end of the day rather than leave them on standby. We also got the organisation to switch to Green Power so that the electricity that we do use comes from renewable sources such as wind and solar power and not from coal. We have also introduced Bokashi Buckets at each site to turn our food waste into compost and replaced all of our cleaning products with environmentally friendly products.

And what is the Green Group planning for the future?

Our next big challenge is to try to engage more with the community on environmental issues. Our first major community based initiative will be organising a series of workshops called "Being Green on a Budget", which will tell people how they can reduce their environmental impact without it costing them money. Those workshops will be taking place later in the year so any YCS clients who are interested should ask their YCS worker to keep them up to date on when those workshops are on.

Continued next page...

ENTER OUR GREEN COMPETITION!!!

We are inviting our readers to share their own green tips, ideas and suggestions on ways to reduce carbon emissions. Readers tips will be published in the next YCS newsletter and a prize of a "green prize pack" will be awarded to the top 3 tips. The green committee will also include their own suggestions on what we can all do to reduce carbon emissions and support our environment.

Please have your entries submitted by 1st of June to be in the running for a prize. Send your entries to Annie c/- YCS at Collingwood Site, 365 Hoddle Street, Collingwood 3066.

A fantastic free Green offer!

Did you know that there is a company called LESS – Low energy Supplies and Services Pty Ltd who are currently offering a **FREE** service to have all of your old incandescent light bulbs changed over to modern energy saving light bulbs at absolutely no cost to you!

What a great offer to start living green, by receiving **FREE** modern energy-saving light bulbs and having them installed also for **FREE**! It's that simple! This quality product will help you stop wasting energy and money immediately.

Why

Energy-saving lights use 80% less energy than standard incandescent bulbs. Replacing just one globe will stop 900kg of carbon dioxide emissions from entering the atmosphere over its lifetime. An average household replacing 12 bulbs would save the equivalent emissions of taking a car off the road for more than two years!

How

Book a preferred time for the free service.

Weekdays and weekends available.

Call 1300 855 362, (8am – 5pm, Monday to Friday).

Installers will fit the bulbs on the spot, when they knock on your door. Installers will be wearing uniforms and show ID.

When

Trained installers will be visiting homes for a limited time only.

Don't miss out – book now!

Who

Live Green With LESS is managed by Low Energy Supplies & Services – an Australian environmental services company. Visit www.lowenergy.com.au for more information.

How can this be free?

LESS plan to create carbon credits from this project. All you'll need to do is sign a form to confirm the lights have been installed.

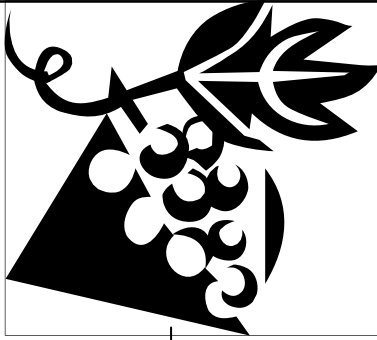
Eligibility

You are eligible for the offer as long as we are active in your area, and we can replace at least 3 standard incandescent bulbs (there's no maximum amount!). You may also be eligible for future energy and/or water saving offers.

Unfortunately we can't change incompatible fittings including dimmers, halogen downlights & sensors.

Let's Cook!

Here are Some delicious Winter Warmer Recipes Without Meat.



Vegetable Herb Bread

*2 teaspoons vegetable oil
 2 onions, finely chopped
 200 grams button mushrooms
 60g sun-dried tomatoes, chopped
 375g scone mix
 3 tablespoons vegetable oil
 3 eggs, lightly beaten
 3 tablespoons grated Parmesan cheese
 1 tablespoon chopped fresh thyme or
 A half teaspoon dried thyme
 2 tablespoons chopped fresh parsley*

1. Heat the 2 teaspoons oil in frying pan, add onions and cook over a medium heat, stirring, for 3 minutes of until onions are soft. Add mushrooms and sun-dried tomatoes and cook for 2 minutes longer. Remove pan from heat and set aside to cool.
- 2.** Place scone mix in a bowl. Make a well in the centre and stir in oil, eggs, Parmesan cheese, thyme, parsley and vegetable mixture and mix well to form a rough batter.
- 3.** Pour batter into a well-greased 11x21cm loaf tin and bake until cooked when tested with a skewer.

Eaten warm, Vegetable herb bread is delicious on its own, or served with salad, or with a bowl of steaming hot soup!

Carrot & Orange Soup

*1 tablespoon vegetable oil
 2 leeks, thinly sliced
 6 Large carrots
 2 tablespoons curry powder
 1 tablespoon finely grated lemon rind
 1 cup orange juice
 1 and a half cups coconut milk
 2 cups vegetable stock
 Freshly ground pepper to taste
 1 third cup plain yoghurt
 100grams cashew nuts, roasted &
 chopped
 One tablespoon chopped fresh mint*

1. Heat oil in a large saucepan. Add leeks and cook over a medium heat, stirring, for 5 minutes or until golden.
2. Add carrots, curry powder, lemon rind and orange juice to pan, bring to the boil and simmer for 10 minutes or until carrots are soft.
3. Stir in coconut milk and stock and simmer for 10 minutes longer.
4. Remove pan from heat and set aside to cool slightly. Place soup mixture, in batches, in a food processor until smooth.
5. Return soup to a clean saucepan and heat over a medium heat, stirring for 4-5 minutes or until hot. Season to taste with Black pepper. Serve soup topped with yoghurt, cashew nuts and mint.

Serves 4.

AN INTERVIEW WITH CHRIS VLACHOS, WHO IS OUR DRUG AND ALCOHOL COUNSELLOR AT NORTH YARRA COMMUNITY HEALTH

Chris has now been working in NYCH in this role for four years, and she sees her clients at her office at the Collingwood Health Centre, 365 Hoddle Street.

Chris, when someone comes to see you for counselling what kinds of matters are you able to assist them with?

People come to see me if they are concerned about their drug and alcohol use. It doesn't have to be a full blown addiction, they may just want some support and information. Some clients may want to discuss the impact of drug and alcohol on their mental health. They might have past or current addiction issues. I can also advise people about relapse prevention, so at the time they may not be actually taking any drugs or alcohol but are worried about becoming addicted again. Sometimes clients come to see me seeking advice if they are needing to discuss a family member or a friend with a drug addiction.

Do your sessions only directly focus on the drug or alcohol problem?

The counselling is holistic, so you don't have to feel you just have to talk about drugs and alcohol when you come and see me. We can talk about how the drugs or alcohol impact on your life. We can also discuss the underlying issues



that have lead to drug abuse, such as childhood trauma, relationship problems, mental health issues, financial stresses, homelessness, physical health problems or family issues for example.

How can someone make a referral to you for counselling?

People can either ask their doctor or other health worker to refer them or they can refer themselves. Keep in mind though that my clients have to be aged 16 and over.

My phone number for referrals is: 9411-4325

Chris, can you tell me about the special sessions you now run for people who are trying to cut down or quit tobacco smoking?

Yes, I can offer up to two 90 minute sessions where we look at individual smoking patterns and then we discuss strategies which may assist the particular individual to cut down or quit.

Where someone has a significant mental health problem, I always advise that we work in conjunction with their GP or psychiatrist. Then their doctor can monitor the effects of quitting or cutting down smoking on their mental health, moods or medication(s).

Thankyou for your time, Chris!

www.sleepbetter.com.au

Do you have trouble sleeping at Night? Here are some tips from Psychologist, Dr David Morawetz who runs a course called "Sleep Better Without Drugs":

For about 80% to 90% of people who suffer from insomnia, the following five suggestions are highly relevant and important.

1. Go to bed later, only when you are actually sleepy (eg after 11pm)
2. Learn to "catch the wave of sleepiness" According to Dr David, "Sleepiness comes in

waves, about every 60 to 90 minutes, or so. Once you become aware of this, you can learn to catch the wave of sleepiness". Apparently falling in front of the TV is not recommended as it "takes the edge off your sleepiness" and makes it that much harder to fall asleep quickly.

3. Learn to reduce thinking and worrying in bed.
4. Learn not to worry (or get frustrated) if you are not sleeping.
5. Relaxation.



VICTORIAN MENTAL ILLNESS AWARENESS COUNCIL (VMIAC) ANNOUNCE:

THE ART SHED AT VMIAC IS BACK!

Paint, Relax, Experiment, Doodle, Draw & Create!

Wednesday afternoons starting at 1pm—Come along and join us!

VMIAC'S address is 23 Weston Street, Brunswick 3056 PH: 9387 8317

A USEFUL WEBSITE

For information especially around medications both general and psychiatry, and other information such as being a representative on (general health)

Consumer issues:

Http://www.chf.org.au

CONSUMER HEALTH FORUM OF AUSTRALIA



**MENTAL HEALTH WEEK ART COMPETITION
THIS IS A GREAT OPPORTUNITY THAT WE HOPE
YOU WILL BE PART OF!**

**WIN A \$500 PRIZE AND HAVE YOUR ARTWORK
FEATURED AS THE POSTER PROMOTING MENTAL
HEALTH WEEK 2008**

All entrants' artwork will be displayed at the Official Launch of Mental Health Week 2008 on Sunday 5th October and will be exhibited at the Competition Art Show from 12th –27th June. All artwork must be delivered (with entry forms completed) to Mental Health House, 270 Church Street, Richmond on 6th-9th May, 2008, between 10.00am –2.pm, unless by prior arrangement.

To enter contact the Mental Health Foundation of Australia (Victoria) on 03 9427 0406 or admin@mentalhealth.vic.org.au.

