

NYCH News

NORTH YARRA COMMUNITY HEALTH NEWS

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At *Nowrooz* (the Afghani and Iranian New Year) the *Afghani and Iranian Women's Group* launched and presented to NYCH a mosaic very dear to their hearts. The women created it with art therapy student Emma Rose. The mosaic shows an Afghani boy and girl holding hands on their way to school – something impossible to do under the Taliban, and even now still difficult because there are few opportunities to attend schools. The mosaic now has pride of place in the meeting room in our Collingwood Centre.



Journey To The Sarab

Sarab is Arabic for mirage. *Journey to the Sarab* is a photographic exhibition, which tells the stories of three refugees: Mohammad, Shafiq and Masoud. They each tell the reasons why they had to flee their country and their arduous and dangerous journeys to arrive in Australia; how this, firstly living in Australian detention centers, and then having to cope with the uncertainties of living on Temporary Protection Visas in our community has effected them.

The story banners were produced through a collaboration with photographer Viv Mehes and funding from City of Yarra. Thanks to the Collingwood Community Empowerment Project, DigitalColour and the Department of Family and Community Services. The exhibition is now touring through regional Victoria.

Edith Morgan died on the 10th of May. A much acclaimed political activist, Edith has had for a long time a special connection with the community health centre. In the early 1970s, in her role as the first social worker at Collingwood Council, she was at the forefront of the change-over of the old Singleton Clinic in Wellington Street into the Collingwood Community Health Centre. Critical of any charitable model she argued that 'if you give a (*health*) service for poor people, you'll give a poor service'. Edith was a member of



our Board of Management for many years and always took a keen interest in the events at the health centre. To many of the staff and clients she was also a concerned and dear friend who is greatly missed.

Edith Morgan speaking out against community health cuts in 1993



Chris Vlachos is the new Drug and Alcohol Counsellor. The service is for people over the age of sixteen who use drugs and/or alcohol, but it also offers counselling support for friends and family who are affected by a person's drug use.

In her counselling and group work Chris focuses on harm minimisation. She works with each client at their own pace, and her skills in psychotherapy offer the opportunity to explore and deepen the work where it is appropriate to do so.

Chris runs a *Journal Group* for people who use drugs, where participants explore and map their personal journeys through drawing, painting, collage and writing. The group offers the opportunity to share the experience with others, or to simply use the space and materials for private reflection.

For information or to make an appointment you can call Chris on 9411 4346.



"As a 3rd year nursing student I chose to do my Primary Healthcare Placement at NYCH, in the hope to gain insight into community health, an area I am not so familiar with. Spending three weeks at the various centres has done exactly that, and so much more! I have learnt so much from these experiences and opportunities and will take them into my nursing career. A big Thank You to everyone at NYCH who has spent time with me – it has been so inspirational."

Anna Hoekstra (Nursing student)

Living with Diabetes

A 4 week program to manage and understand it better. This is for people with Diabetes as well as family members and carers. For dates and details ring **Sharon Malcolm on 9411 4333.**

Well Women's Clinic at Atherton Gardens

NYCH now runs a weekly **Well Women's Clinic** at the Fitzroy Highrise Estate. The free service is offered every Thursday from 9am until 12 midday at Flat 90, 126 Napier Street, Fitzroy.

Midwife Lisa Harris offers consultations about any issues of women's health and/or pregnancy, does pregnancy tests on the spot, and will arrange pap smears and mammograms.

All women are welcome – and a cup of tea or coffee will always be on offer. Women can just drop in, but it is best to make an appointment especially when an interpreter is needed.

To make an appointment – ring Lisa on 9411 3555.



Board of Management Update

Our BoM consists of nine people, five of whom are elected by the NYCH membership, and four of whom are appointed following an expression of interest and interview process.

Elections for the Board were held in June (and all members with an up-to-date membership would have received ballot papers in the post). The elected Board members for the next three years are: Geoff Barbour, Brian Stagoll, Robyn Williams, Jo Southwell and Felicity Pentalides (see photo).



Out of these, Felicity is a new face on our Board of Management. She is an active member of the Yarra community through

her involvement with the Fitzroy Residents Association and is passionate about children's health issues and improving access to health services. Felicity is of Greek background and works in the area of nutrition. Welcome Felicity.

Two of the existing Board members, Lisa Hurburgh and Sandra Hills, who have both been with us for three years, have resigned. On behalf of the Board and staff of NYCH we would like to thank Sandra and Lisa for their contributions and to wish them all the best.

The change over of the BoM will happen at the Annual General Meeting on 14 October 2004.

Free Asthma Education for Children

The Community Asthma Project (CAP) provides free asthma education and support for children and families who live in the northern and western suburbs of Melbourne.

Australia has a high prevalence of asthma with **2 in 5 primary age children, 1 in 7 teenagers and 1 in 10 adults diagnosed with asthma.** Although asthma cannot be cured it can be well controlled, which CAP may be able to assist you with. Julie Irlam, our nurse asthma educator, will meet with you at a convenient location – your home or the health centre – to provide comprehensive education on medication, triggers, emergency treatment, asthma devices and other asthma related issues. She will also liaise with your local GP to support the management of your child's asthma.

If your child is between 0 – 18 years of age and you live in the northern or western suburbs of Melbourne (between postcodes 3000 – 3099), you are eligible to be involved in CAP.

If you like any further information contact Julie on 9411 4351.



Yarra Drug and Health Forum

The Yarra Drug and Health Forum is a local network of people committed to identifying and responding to the health and social needs of the community in Yarra. The monthly meetings are open to the public and provide an opportunity for discussion and action. The Forum always welcomes new members, and their perspective and input on local issues and concerns.

The Forum meets on the first Monday of each month from 12.30pm to 2.00pm at the NYCH Fitzroy Centre, 75 Brunswick Street. The remaining meeting dates for 2004 are: 6 September, 1 October, 8 November and 6 December.

For any information phone Sally Mitchell on 9416 2459 or email: sally.mitchell@nych.org.au

Goodbye ... and Hallo

Although the Community Empowerment Projects have been completed, Collingwood Coordinator Kellie Nagle will continue working on the Collingwood Estate at the Information Centre at 253 Hoddle Street.



Kellie with her colleagues Bich Ha and Chris Vlachos

This is what Mohammad, one of the participants of the Collingwood CEP, had to say about Kellie at her farewell: "When we started the Community Empowerment Project there was one person always behind us to push us to get good results and to improve our skill to make our community a nice place to live - this person was Kellie Nagle. I feel before attending this project I already have some skill but to take this skill from its hiding place to the showing place, we needed some one to lead us. Kellie always gave us good support. Thank you, Kellie, for what you did to all CEP people".

Muslim Women's Water Exercise

Every Wednesday from 1.15 to 2pm at the City Baths. The sessions are in an enclosed area to ensure privacy. The cost is \$2.20 per session, and transport is available, leaving from both NYCH Collingwood and Fitzroy Centre.

For details contact Jess Hurley on 9411 4317.

تمارين المياه للنساء المسلمات

تقام الجلسات في منطقة مغلقة للتأكد من الخصوصية. وذلك كل يوم اربعاء من الساعة الواحدة والرابع بعد الظهر الى الثانية بعد الظهر على العنوان التالي:

City Baths, Swanston Street

التكلفة هي دولاران وعشرون سنياً لكل جلسة. وكذلك تتوفر مواصلات محدودة من مراكز نورث يارا الصحية الاجتماعية (NYCH) في كولينغود وفيتزروي. للمزيد من المعلومات الرجاء الاتصال بر اختصاصية العلاج الطبيعي جيس هارلي على هاتف 9411 4317.

Collingwood Youth Space celebrating its 1st Birthday



Kane and Skye with NYCH President Geoff Barbour

In that short time the Youth Drop-In Space on the Collingwood Housing Estate has become an integral part of the Estate community. Plenty of young people, local residents, representatives of the City of Yarra (who funds the program) and a range of services (who directly or indirectly provide support) shared the birthday cake.

The Hip Hop Troupe demonstrated what they learned in their weekly dance classes, and Skye and Kane, who have been involved since the Youth Space first opened, spoke movingly about what the place means to them and how it has enriched their lives.

The program aims to empower young people to make self-directed decisions to achieve self-respect, freedom of choice and create opportunities for themselves. The Youth Space is open throughout the week. Activities include classes in Hip Hop dancing, graffiti art, karate, DJ and electronic music programming, but also excursions, access to the Internet, film nights, healthy cooking dinners and a youth specific gym.

Contact Youth Worker Katy Porter on 9411 4333 or 0417 014 487.

After more than fifteen years of dedication to the people of Yarra, Nick Matteo is moving on from Yarra Council! Nick has been a great advocate for the community. Whenever there was an important cause or issue in Yarra, Nick was there, 'fighting the good fight'. The staff and the Board of Management of North Yarra Community Health would like to sincerely thank him for his assistance, support and collaboration over the years. We wish Nick all the very best in the future and in his new role at the City of Maribyrnong.

Women Asylum Seekers Health Group

A group for women which incorporates massage and gentle exercise.

The sessions are run weekly on Thursdays from 2pm-3:30pm.

There is no cost and new members are always welcome.

گروپ صحي خانم های پناهجو

گروپی که شامل ماساژ و ورزش های آرام برای زنان میباشد. جلسات هفتگی به روز های پنجشنبه از ساعت ۲ تا ۳:۳۰ بعد از ظهر برگزار میگردد. خدمات مجانی بوده و از اعضای جدید همیشه استقبال میکنیم.

NYCH is also seeking volunteer massage therapists to assist in the running of this group.

Contact Jess Hurley on 9411 4317 for details.

ما در جستجوی ماساژ تیراپیست

رضا کار هستیم، تا ما را در ادامه

دادن خدمات گروپ صحي خانم

های پناهجو کمک نمایند. برای

جزئیات یا Jess Hurley به شماره

۹۴۱۱۴۳۱۷ تماس بگیرید.

Our Speech Pathology service now offers

Parent Education Program for families with language-delayed preschool children



In these groups parents learn to help their child develop and improve language skills. The program is based on the Hanen Program, which has produced overwhelmingly good results. To help families who may be unable to buy or find the books, NYCH now has a small lending library.

The specialised Hanen guide books *'It Takes Two To Talk'* and *'You Make The Difference'* can be borrowed in English, Vietnamese, Chinese and Somali. For details about the Parent Education groups contact Speech Pathologist Keirra Middleton on 9411 4333.

NYCH gratefully acknowledges the grant from the City of Yarra to establish this resource.

Collingwood Estate Gym

This is the time table for the different groups at the Gym:

- Stronger Living Weights Group (women) – Wednesday 2pm;
- Stronger Living Weights Group (men) – Wednesday 3pm;
- Youth Gym – Friday 4pm;
- Homeless Men's Gym Group – Thursday 9.30am

The Gym is also open every weeknight from 5pm to 7pm, with supervision by a VicFit instructor – the cost is \$2.

If you are interested – ring physiotherapist Greg Bourke on 9411 4333.

**Listen to our NYCH News
on Radio 3CR
Every Wednesday at 4.30pm
(855 on your AM dial)**

Groups, Classes & Activities

Water Exercises (*mixed*)
Water Exercises (*women only*)
Walking Groups
Men's Walking Group
Gym Program for Homeless Men
Simple Yoga
Tai Chi
Iranian/Afghani Women's Group
Arabic & Persian Men's Recreation Group
Over 60s Group
Pastel Painting
Vietnamese Women's Group
Retired Person's Group
Arabic Speaking Pensioners' Group
Turkish Women's Group
Being Involved (*psychiatric support group*)
Greek Older Women's Group
African Women's Group
Exercise to Music for Older Adults
Pre & Post Natal Exercises
Leight Weights Gym Program

**Phone any of our Centres
or check our website
www.nych.org.au
under 'Groups' for details**

- Doctors
- Dentists
- Nursing (*clinic, midwifery, aged care*)
- Women's Health Clinic
- Pharmacy
- Counselling
- Social work/Casework
- Podiatry
- Physiotherapy
- Dietitian
- Occupational Therapy
- Child Speech Pathology
- Drug & Alcohol Counselling
- Yarra Community Support (*Psychiatric Disability Service*)
- Family Counselling (*Carlton residents only*)
- Hearing Tests

**After Hours – a locum
medical service is
available through our
Collingwood phone
number 9411 4333**

Calendar of Events

15 September, 12pm-2pm

Living with Diabetes, Carlton Senior Citizen Center
180 Palmerston Street, Carlton South

14 October, 4pm

Annual General Meeting, Collingwood Centre

13 December, 2pm

Community Liaison Forum, Collingwood Centre



*The boys working out at the Collingwood Estate Gym:
Leon, Ricardo, Paul and Dolphin (L to R).*

Our services

Carlton Centre

622 Lygon Street
(near Princes St)
North Carlton 3054
Phone 9349 7333
Fax 9349 7300
9am-5pm
Mon/Tues/Thur/Fri
11am-5pm Wed

Collingwood Centre

365 Hoddle Street
(near Johnston St)
Collingwood 3066
Phone 9411 4333
Fax 9411 4300
8.30am-6pm
Mon/Tue/Wed/Fri
8.30am-7pm Thurs
9am-12 midday Sat & Sun

Fitzroy Centre

75 Brunswick Street
(near Gertrude St)
Fitzroy 3065
Phone 9411 3555
Fax 9411 3500
9am-6pm Mon – Fri
9am-12 midday Sat

Melbourne Inner City AIDS Prevention Centre

348 Smith Street
(near Johnston St)
Collingwood 3066
Phone 9417 1466
Fax 9416 2008
Office hours:
10.30am-6.30pm Mon – Fri
Outreach Service:
7.30pm-11.15pm, 365 days

Next Door

*Primary Health Care Facility
for people who inject drugs*
350 Smith Street
Collingwood 3066
Phone 9417 1299
Fax 9417 1499
10.30am-6pm Mon – Fri
12pm-4pm Sat & Sun

**Syringe
Disposal Hotline:
9417 5125**