

MY HEALTH MY VOICE

ISSUE 22, AUGUST 2019



Pairing up for better health insights

Collaborative Pairs is a trial program helping health professionals work together with people in their community.

A health professional and a consumer work together on a shared challenge, project or idea to improve health care. The pair are supported to build the skills they need to work together.

Jenny Ryan (above left) is the Director of Maternity Services at the Royal Women's Hospital. She said working with her consumer pair, Briony Swart (above right), reminded her how important it is to ask people what they want when giving them health care.

"Language is really important," Jenny said. "Instead of saying 'this is what you have to do, this is what we do here', it's about inviting them into a conversation and saying 'this is what I would recommend. How do you feel about this?'"

Briony said working with the Royal Woman's Hospital has given her the chance to give back to the hospital, which helped her through her pregnancies.

"I think the recognition that I have a lot to offer from my personal experiences as a patient is fantastic," Briony said. "And I think we should see more of that in all industries."

You can find out more about Collaborative Pairs at www.nwmpnh.org.au/collaborative-pairs

CroakeyGO a big success

A huge crowd turned out for our mental health #CroakeyGO on 1 August to follow in the footsteps of a patient journey through the mental health system.

A big thank you to everyone that came along on the day, especially any PeopleBank members who were there.

You can read about everything that happened on the Croakey website at croakey.org/walking-the-talk-on-mental-health-an-exercise-in-navigatinghealth

You can also search for #NavigatingHealth on Twitter.

We are now putting together all the experiences shared with us on the day, which we will use as part of our Regional Mental Health Plan. More updates coming soon.

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

My Health, My Voice is a newsletter of North Western Melbourne PHN, a non-profit organisation working to improve health care in our local communities.

To subscribe or unsubscribe from this newsletter please email us at myvoice@nwmpnh.org.au or call (03) 9347 1188.

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SOCIAL PRESCRIBING

Many things affect your health and wellbeing and they can't all be fixed by medicine alone.

Social prescribing helps with these other things, supporting you to get the most out of life.

A social prescription could be anything from joining a local exercise group or getting parenting support, to receiving legal or financial advice.

It can help if you are:

- feeling lonely
- feeling overwhelmed with life's demands

- struggling to make healthy food choices
- finding it hard to exercise
- And much more

For more information go to: nwmpnh.org.au/sp-factsheet

Or call IPC Health Social Prescribing on 03 9219 7146, or email socialprescribing@ipchealth.com.au



VOLUNTARY ASSISTED DYING

Voluntary Assisted Dying was made legal in Victoria on 19 June 2019. Voluntary assisted dying (VAD) means some people can ask for help to end their life.

There are strict rules about who can get VAD. These include that a person must be able to ask for it themselves, that they are suffering and are expected to die soon from a terminal illness or condition.

The law will make sure it is safe and people only do VAD if they want to.

The Voluntary Assisted Dying

Review Board ensures everyone follows the law.

If you would like advice or information about VAD you can contact a Care Navigator on (03) 8559 5823 or via email at vadcarenavigator@petermac.org

For more information please go to: nwmpnh.org.au/vad



RECIPE - CINNAMON APPLES

Ingredients:

- 1 apple, cored and chopped
- 1/2 tsp water
- 1/4 tsp ground cinnamon
- 1/4 tsp sugar (optional)
- 1/4 cup reduced-fat plain yoghurt

Method

Place apple, cinnamon, water and sugar (if using) in a microwave safe mug or bowl and mix.

Cover with a plate or cling film with holes in it and microwave on HIGH (100%) for 1 minute. If you want softer apples, microwave in 30 second bursts until you get the right texture. Serve with low-fat yoghurt.

Recipe courtesy of [Live Lighter](https://www.livelifter.com.au)

