

MY HEALTH MY VOICE

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Screen time that's good for the community

Treating cancer can be more effective when found early. That's the message Irish Lauronilla (pictured above, left) is helping to spread among the Filipino community in Brimbank.

Bowel, breast and cervical cancer screening rates are often lower in culturally diverse communities.

To change this, Irish helped organise a Filipino Women's Wellness Day at IPC Health. Women were given information about cervical cancer screening and had the chance to be screened by a women's health nurse.

As well as talking about cervical screening, the women enjoyed a catered lunch and a manicure and massage. All while receiving free childcare for their children.

Irish was happy to help plan such an important event.

"Coming up with this event was a great way to educate the women in a fun and relaxing way about a topic that rarely gets talked about in our community," she said.

The event was organised by Filipino community members, IPC Health, Victoria University and Brimbank Council. It is one of many events planned as part of the Community-led Cancer Screening Project which is led by North Western Melbourne PHN.

For more information about cancer screening please go to: cancer.org.au/preventing-cancer/early-detection

Do you, or someone you know, live with chronic pain?

We are seeking your feedback on information we collected at a recent workshop with health professionals who work with people who have chronic pain.

Your insight will help inform the way we fund chronic pain management services in the future.

Please provide your feedback by completing this survey: www.surveymonkey.com/r/XYRHHVH

The survey closes 10 December 2019.

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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@nwmphn.org.au or call (03) 9347 1188.

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ONE HOUR TO SAVE A LIFE

North Western Melbourne PHN is offering the QPR (Question, Persuade, Refer) course free for people living in our region.

The short online course helps people recognise if someone they know is at risk of suicide.

Kiran Nair, our Suicide prevention Program Officer, says the course helps people identify and respond to warning signs.

“You don’t need to be diagnosed with a mental health condition to take your own life and the course helps to recognise those signs.

“It’s a really heavy topic, but

we need to break through that barrier and stigma so people can have that conversation.”

This course is a part of the Suicide Prevention Trial in Melton & Brimbank.

To access the training visit: nwmphn.org.au/place-based-suicide-prevention/suicideprevention-qpr/

If you need immediate support:

Lifeline: 13 11 14 lifeline.org.au

Suicide Call Back Service: 1300 659 467

suicidecallbackservice.org.au



PREVENTION BETTER THAN CURE

Cervical cancer is one of the few cancers that can be largely prevented through screening. Most people who get cervical cancer have not had regular screenings.

If you are a woman or trans man, aged 25-74 and have ever had sexual contact (with any gender), it is recommended that you have a Cervical Screening Test every five years (provided your last screen was normal).

The Cervical Screening Test is a new way of screening for cervical cancer. It screens for human

papillomavirus (HPV). It replaces the pap test, which used to be recommended every two years.

For more information see your doctor or visit the Cancer Council Victoria website:

cancervic.org.au/preventing-cancer/attend-screening/cervical-screening



RECIPE - BLUEBERRY POPSICLES

Ingredients:

- 200g blueberries
- 200g low-fat vanilla yoghurt

Method

1. Mix together blueberries and yoghurt.
2. Divide between 4 cups.
3. Secure lids on moulds or insert popsicle sticks and freeze for 4-6 hours or overnight until solid.
4. Stand at room temperature for a few minutes before removing from mould.

Recipe courtesy of Live Lighter

