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My Health My Voice

Making time to talk about bowel cancer screening

Bowel cancer is the second most common cause of cancer-related death in Australia. So why aren't we talking about it more?

Treating bowel cancer is best done when found early, and the bowel cancer screening test kit can help with this. That's the message Playgroup leader, Teejay Casado Crawford, wanted to promote among grandparents and other older members of the Filipino Playgroup community in Brimbank.

The playgroup held a 'Special Elders Day' and invited older people they knew to join the children, to sing, take photos in the photo booth, make craft and share lunch.

Guests also watched a video on how to use the bowel cancer screening kit in their own language, making instructions to complete the kit easier to understand. Teejay said,

90%
of cases can be
treated successfully
if found early

"It felt really good to know we could make an impact towards reducing the risk of bowel cancer for our senior Filipino community"

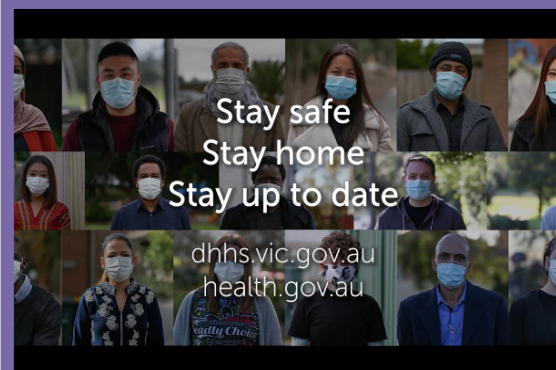
A new guide, *Making time to talk about Bowel Cancer Screening*, has been created to help community groups like Teejay's talk about the importance of bowel cancer screening, and share the message with friends, families and networks.

The guide is free and includes practical fun ideas and steps so that anyone can hold an event.

Download the guide and share it with your community

For more information about bowel cancer screening and videos in multiple languages visit the website: cancerscreening.gov.au

We may be apart but we are all in this together



We are all sharing this time of isolation. We want everyone to stay safe during the COVID-19 pandemic and have created videos in 18 languages to get this important message out to our region. Please help spread the message to your community.

Please take a look at the multilingual video (featuring all 18 language speakers). All videos can be found at nwmphn.org.au/staysafe

You can also share the message on our social media platforms: [Twitter: @NWMelbPHN](https://twitter.com/NWMelbPHN) Facebook, Instagram, [LinkedIn: @nwmph](https://www.linkedin.com/company/nwmph) and to stay up to date visit dhhs.vic.gov.au

Thank you for your support.





Image from the "It's OK to see your GP" campaign.

It's OK to see your GP

Now, more than ever, it's important to keep your health and wellbeing on track.

Your GP and health services are still there for you during isolation, so there's no need to delay or miss medical appointments or ignore symptoms.

There are safe ways of getting all sorts of care. You may be able to have a phone or video appointment, or even have your medicines delivered. Face-to-face appointments will still be recommended in some cases, but they can be done safely.

There are rules about social distancing, such as sitting a safe distance apart in the waiting room and during your consultation, and strict cleaning measures are also in place. You can do your bit by sticking to these rules, keeping your hands clean, and wearing a face mask.

The best thing to do is to call your GP or usual health service and ask their advice. It's important to phone first – don't just turn up.

If you don't have a usual health care provider, search for one in this [directory](#). For more information visit [covid-19.digitalhealth.gov.au](https://www.covid-19.digitalhealth.gov.au)

We'd like your feedback on The Blueprint

Over the past 12 months, people living and working in the north west and central region of Melbourne have told us what they think is and isn't working with the current mental health system. They have also told us what they think could be done to improve it.

The Blueprint includes what we have heard and outlines a range of possible

opportunities to focus on in the future to improve services.

We are seeking feedback on the draft Blueprint from August – October 2020.

To view the draft Blueprint and provide your feedback visit: blueprintforhealth.org.au



*shared ownership
and development*



Looking after our young people

headspace Collingwood is a one-stop-shop for young people who need help with mental health, physical health, sexual health, alcohol and other drugs, or work and study support.

Support is provided by mental health workers, including psychologists, psychiatrists and counsellors.

Image courtesy of headspace

The service is for young people (12 - 25 years old), and designed with them to ensure it is relevant, easy to access and helpful.

Do you need support or know someone who does? For more information please go to: [headspace.org.au](https://www.headspace.org.au)

Healthy Asian slaw and sweet chilli tuna recipe

Ingredients

- 1/2 cup cabbage, finely shredded
- 1/2 medium carrot, peeled and grated
- 1/2 stalk celery, thinly sliced
- 3 snow peas, thinly sliced
- 1/4 apple, thinly sliced
- 1/4 cup cooked brown rice
- 90 g can tuna in sweet chilli sauce

Method

1. Mix together vegetables, apple and rice.
2. Add tuna just before serving.

Recipe sourced from [livelifter.com.au](https://www.livelifter.com.au)



Image courtesy of Livelifter