



FEBRUARY 2021 | ISSUE NO. 29

# My Health My Voice

JOIN PEOPLE BANK and get involved in helping to improve health in our region, or subscribe to My Health My Voice to receive our quarterly newsletters, visit [nwmphn.org.au/for-community/get-involved/people-bank/](http://nwmphn.org.au/for-community/get-involved/people-bank/)

## Speaking Up Speaks Volumes

The global pandemic has given everyone an idea of what isolation feels like. We have all experienced the confusion and stresses of not being able to fully take part in life. These feelings are not new for many though.

People who are LGBTIQ+ often feel isolated and marginalised, especially those who are transgender, non-binary and intersex.

Without support and acceptance, people who are LGBTIQ+ are more likely to experience mental health issues. Young LGBTIQ+ people are five times more likely to attempt suicide. So, while many people support diversity and inclusion, too many of us are silent about it. It's time to change that.

#SpeakingUpSpeaksVolumes is a new campaign, launched this month by North Western Melbourne PHN, to reduce stigma and improve the health

and wellbeing of people who are LGBTIQ+ in our region.

*"It hurts to think people are still discriminated against and that some groups of people are so much more likely to feel depressed or suicidal. It breaks my heart and makes me wonder what more can I do."* said one of the 1000 people surveyed as part of the campaign.

From 21 February to 6 March 2021 look out for social media and advertising in shopping malls, gyms and petrol stations across the north and western suburbs.

Local community champions are also encouraging their communities to speak up and show support.

Whether you are a friend, colleague, teammate or family member, every time you speak up or support someone who is LGBTIQ+ you can make a difference.

Here's how to get involved.

- Share the hashtag **#SpeakingUpSpeaksVolumes** on Facebook and Instagram.
- Share your positive stories about how speaking up has made a difference.
- Visit **SpeakingUpSpeaksVolumes.org.au** to read stories of allies, learn more about the campaign, where to get help, support and training, and how to be a great ally.



#SpeakingUpSpeaksVolumes

Without support, people who are LGBTIQ+ are more likely to attempt suicide. Don't stay silent. Learn more at [speakingupspeaksVolumes.com.au](http://speakingupspeaksVolumes.com.au)

phn  
NORTH WESTERN  
MELBOURNE

Without support, young people who are LGBTIQ+ are 5 times more likely to attempt suicide.

#SpeakingUpSpeaksVolumes

phn  
NORTH WESTERN  
MELBOURNE

Transgender people aged 18 and over are nearly eleven times more likely to attempt suicide than the general population.

#SpeakingUpSpeaksVolumes

phn  
NORTH WESTERN  
MELBOURNE

When I saw what discrimination did to my students, I had to stand up for them.

Colin  
High School Warr-Principal

Without support, people who are LGBTIQ+ are more likely to attempt suicide. Don't stay silent. Learn more at [speakingupspeaksVolumes.org.au](http://speakingupspeaksVolumes.org.au)

phn  
NORTH WESTERN  
MELBOURNE

When my Principal spoke up for me, it made me feel supported and safe.

Isabella  
High School Student

Without support, people who are LGBTIQ+ are more likely to attempt suicide. Don't stay silent. Learn more at [speakingupspeaksVolumes.org.au](http://speakingupspeaksVolumes.org.au)

phn  
NORTH WESTERN  
MELBOURNE

In 2020/21 community members were involved in:



46

Community engagement activities

30

Tender evaluation panels

700+

participants from our region

Helping to develop the *Blueprint for better health*

## Help make health care better - Be part of our People Bank

Last year, People Bank members were involved in many key activities that help to make health care in our region better.

People Bank provides a range of opportunities for people to use their knowledge and experiences to help improve health services in north, west and central Melbourne. From workshops, tender panels to online surveys, your views and perspective are core to our

work at North Western Melbourne PHN.

We are looking for people from all cultures and ages groups to join our People Bank, to better represent the needs of our diverse communities.

Register to join to People Bank, share this message or for more information visit [nwmpnh.org.au/peoplebank](http://nwmpnh.org.au/peoplebank)

## Support from someone who understands

Together for a Better Life is a group program that provides support for people with mental health concerns, who are from a refugee background and from Syrian and Iraqi communities.

The program is run by mental health peer workers who can draw upon their cultural, social and personal experiences to provide support to the participant, and family or friends with mental illness.

Peer workers help to create a safe space for people to share their life experiences, and learn how to overcome challenges.

Together for a better life also run support groups, teach self-care strategies, and provide access to appropriate mental health support, information and services.

For more information please call Dina Korkees from Foundation House on 0400 878 192.

Other peer support programs in our region are provided by Orygen for young people, and cohealth for people who are LGBTIQ.



Jwan Takian (left) and Dina Korkees from Foundation House. Photo Leigh Henningham

## COVID-19 vaccination update

Safe and effective COVID-19 vaccines will be free and voluntary for everyone in Australia. This includes all Australian citizens, permanent residents and temporary visa-holders.

Vaccinations will begin in February, starting with people who most need protection. This includes:

- people living or working in aged care and disability care facilities

- frontline at-risk health care workers, including staff in GP respiratory clinics and COVID-19 testing facilities, ambulance staff, ICU and emergency department staff, and support staff
- quarantine and border workers.

It is really important that you get information about COVID-19 vaccines from official sources. The best place to go is the [Australian Department of Health website](http://www.health.gov.au), or talk to your doctor.



## Zucchini Carpaccio Recipe

### Ingredients

- 1 kg baby zucchini, sliced into thin rounds (cutting on the diagonal)
- 3 tbs olive oil
- 2 lemons, zested and juiced
- 1 tbs wholegrain mustard
- Add pepper to taste
- 100 g flaked almonds, lightly toasted
- 1 bunch mint leaves, torn

Recipe sourced from [livelighter.com.au](http://livelighter.com.au)

### Method

Place the yellow and green zucchini in a bowl. Combine the oil, lemon juice, lemon zest, mustard and pepper in a small bowl. Mix well to make the dressing.

Toss the dressing gently through the zucchini, ensuring it coats all the slices. Leave to marinate for 10 minutes.

When ready to serve, spread the zucchini slices and their dressing across a platter.

Scatter with almonds, mint and freshly ground pepper. Serve immediately.



Image courtesy of Livelighter



My Health My Voice is a newsletter of North Western Melbourne Primary Health Network, a non-profit organisation working to improve health care in our local communities. To subscribe or unsubscribe from this newsletter please email [myvoice@nwmpnh.org.au](mailto:myvoice@nwmpnh.org.au) or call (03) 9347 1188.

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