



MAY 2021 | ISSUE NO. 30

My Health My Voice

The value of lived experience

When you or someone you love has a problem with drugs or alcohol, one of the hardest steps can be to accept that you need help. That's why it's critical that when people do reach out, they can access care that meets their needs.

One of the best ways we can do this is get people who have lived experience of drug and alcohol treatment to help us design better services. We are doing that right now in our alcohol and drug recommissioning program, where we are getting local service providers to reapply for funding for their services.

Providers will need to be willing to work with consumers to both design the services and to deliver them across our region.

At our end, the new approach has been guided by the involvement of people with lived experience and health providers to ensure it addresses the needs of people using AOD treatment services, and connects people with other important supports like mental health, primary care, housing and social services.

Getting involved in projects like this can make a real difference, both to the services that are available in your community and to yourself.

People Bank member Ken Taylor says it is critical that more people with lived experience are involved when planning health reform and designing services.

"It needs the contribution of people who've had the experience, but it also needs the willingness of the bureaucracy and the organisation, not necessarily to agree – no one agrees with everything I say – but to at least consider it," Ken said.

"There's a real possibility that you can take the challenge, that you can offer something useful, and that you can come away from it feeling that you are more able, than before you went there."

For more information, to watch Ken's video or to register for People Bank visit

nwmphn.org.au/people-bank



Ken Taylor, People Bank member
Image by Jeremy Kennett

People Bank provides a range of opportunities for people to use their knowledge and experience to help improve health services in inner, north

and west Melbourne. We are now inviting people from from all cultures, backgrounds and life stages who live in our region to join our People Bank.

Register to join People Bank or for more information visit nwmphn.org.au/people-bank





Yarning Safe'N'Strong

Yarning SafeNStrong (YSNS) is a free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples.

Culturally suitable counsellors are available 24/7 to yarn with you about:

- Your social and emotional wellbeing
- Your financial wellbeing

- Medical support including COVID-19 testing
- Drug and alcohol issues and rehab services

If you're feeling like you want someone to yarn with, grab a cuppa and contact Yarning SafeNStrong on: **1800 959 563**
Email ysns@vahs.org.au
Facebook [@YarningSafenStrong](https://www.facebook.com/YarningSafenStrong)

HeadtoHelp - Support when you need it

Over March and April we have seen a huge number of people seeking help through HeadtoHelp.

When you call HeadtoHelp, an experienced mental health professional will listen and work with them to find the best ways to get the help they need.

To find out more about HeadtoHelp watch the [new videos from our local HeadtoHelp team](#).

Call 1800 595 212

8.30am – 5pm Monday - Friday (except public holidays).
 Visit headtohelp.org.au



COVID-19 vaccines- Is it true?

With new COVID-19 vaccine developments every day, it's normal to have questions or concerns about getting a vaccine. Sometimes it is hard to tell misunderstandings or false information apart from facts.

The Department of Health provides accurate, evidence-based answers to questions about COVID-19 vaccines.

Find out more by visiting the [health.gov.au Is it true page](https://www.health.gov.au/health-topics/coronavirus/faq). Answers to common questions on COVID-19 vaccines is available in 63 languages on the [health.gov.au common questions page](https://www.health.gov.au/health-topics/coronavirus/faq).

SBS also have some helpful videos available in different languages: [sbs.com.au/language/coronavirus](https://www.sbs.com.au/language/coronavirus)

Image courtesy of shutterstock

Fluffy Spinach and Mushroom Omelette Recipe

Prep: 5 mins Cook: 10 mins Serves: 1

Ingredients

- 2 eggs, yolks and whites separated
- 1 tbs reduced-fat milk
- olive or canola oil spray
- 4 button mushrooms, sliced
- 1/2 cup baby spinach leaves
- 1 tbs reduced-fat cheddar cheese, grated
- 1 tbs chives, chopped
- pepper, to taste

Method

Place the egg yolks and milk in a medium bowl and mix well. In a separate bowl, whisk egg whites until soft meringue-like

peaks are formed. Gently fold egg whites into the egg yolk mixture and set aside. Spray a small non-stick frying pan with oil and place over medium heat. Add mushrooms and cook for 3 minutes until softened. Add baby spinach and cook for a further minute until wilted. Remove from pan and wipe pan clean.

Spray pan again and return to medium heat. Pour in the egg mixture and cook for 2-3 minutes or until surface is nearly firm. Sprinkle the cheese, mushrooms, spinach and pepper over half the omelette, then fold over the other side to enclose the filling. Garnish with the chopped chives.

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



Image courtesy of Livelifter



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

[nwmphn.org.au](https://www.nwmphn.org.au)

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