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My Health My Voice

JOIN PEOPLE BANK and get involved in helping to improve health in our region, visit nwmpnhn.org.au/peoplebank

New website for terminally ill people and those who love them

What does dying well look like? Most people say that a good death is one that minimises distress for the person dying, as well as their families, friends and carers.

A new website has been developed to help ensure the last chapter of a person's life is as comfortable and stress-free as possible. The website, called Lately, is designed for people who have received a terminal diagnosis, and for those who love and care for them.

"Most people are uncomfortable talking about death, and sometimes delay necessary conversations until it is too late," says North Western Melbourne Primary Health Network (NWMPHN) CEO Christopher Carter.

"Too often discussions about end-of-life planning do not start until the person concerned is in an emergency department, an aged care facility, or a palliative care unit, and emotions are running high.

These difficult conversations require courage, openness, time and the ability to listen and learn. Lately provides the resources and concepts to make having those conversations easier."

The Lately website provides information, options and education about end-of-life support.

It contains an extensive directory of services and support offered by hundreds of organisations, so

family and carers can best meet the wishes of the dying person.

The website also includes questions and conversations about the social, emotional, religious and secular beliefs that influence how each person wishes to be cared for in their final days.

"The Lately website has been developed to respond to the needs of our community for quality and up to date information to support people in need of end-of-life care and their carers," says Nora Refahi, a mental health counsellor, who took part in the website's development.



Visit lately.org.au

To suggest or update a service in the Lately directory please email Lately@nwmpnhn.org.au

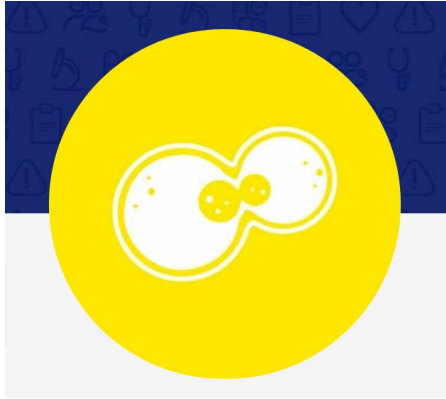
Lately was created by NWMPHN in consultation with palliative care experts, community members, clinicians and Portable Agency. The project is part of the Australian Government's Greater Choice for At Home Palliative Care measure initiative, to improve palliative care coordination through Primary Health Networks.

"Lately, I've been lost for what to say, or how to help..."

Lately.org.au

Advice to support social, emotional and medical needs together.





Guides to best cancer care

Cancer Council Victoria has developed Guides to Best Cancer Care for 15 cancer types. The short guides help people with cancer, carers and families make sense of what should happen at each step. They include optimal timeframes within which tests or procedures should be completed and prompt

lists to support people with cancer to consider what questions to ask. The Guides also provide information to help communication with health professionals.

The guides are available in 8 languages and are available at: cancercareguides.org.au

Art Bombing in Macedon Ranges

Four Macedon Ranges artists will soon unveil their works in a new Art Bomb Project.

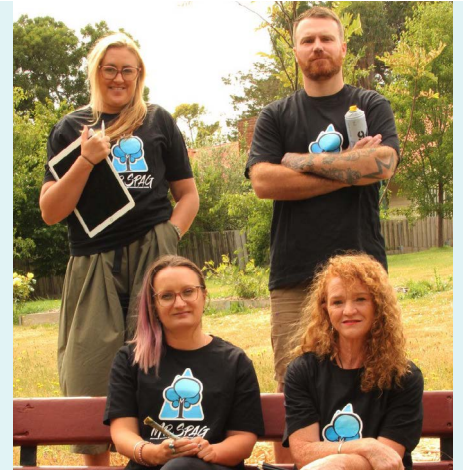
The project aims to change perceptions around the difficult but critically important issue of mental health by using personal responses and reflections through visual art.

The artworks will be installed in prominent locations in Kyneton, Gisborne, Woodend and Romsey.

QR codes at each location link audiences with mental health services and other useful resources.

The Art Bomb reveal will be in March. At the end of their exhibitions the art will be auctioned to raise funds to continue its work in suicide prevention.

Find out more at: mrspag.com.au



Artists (L-R) Aimee Timpson, Fiona Farrugia, Mark Ingall and Sine O'Dowd



New GP respiratory (lung) clinics

We can all breathe a sigh of relief with the opening of 11 new GP respiratory (lung) clinics in the North Western Melbourne Primary Health Network region including Melton, Maribyrnong, Brimbank, Wyndham, Moreland, Darebin, Moonee Valley and Melbourne. A total of 20 clinics will be opened across Melbourne.

At the clinics you will be able to get tested and assessed for

COVID-19 and other lung conditions like influenza (the flu) and thunderstorm asthma. Clinics will be open seven days a week and after-hours, to help take the strain off our hospitals.

Services are offered to all Victorians, and you don't need a Medicare card. Appointments aren't essential.

For locations and more information visit: health.vic.gov.au

Image courtesy of shutterstock

Blueberry, Pineapple and Sage Water Recipe

Ingredients

- 1/2 punnet blueberries
- 1/4 pineapple
- 15 leaves sage, lightly beaten
- 1 tray ice cubes
- 1.25 L still or sparkling water, chilled

Method

1. Add blueberries, pineapple and sage leaves to a jug.
2. Gently press with the back of a spoon to slightly bruise and release the flavour.
3. Add ice and water.

Recipe sourced from livelighter.com.au

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 visit nwmphn.org.au/my-health-my-voice-subscription email myvoice@nwmphn.org.au or call (03) 9347 1188.

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