

NEWSLETTER YOUR HEALTH

ISSUE #7 | Autumn 2021

Health and social equality for our communities

SCHS and COVID-19 Update

Welcome back to our first newsletter for 2021! We hope the summer break was restful as we look toward a happy, healthy and safe new year. Upcoming awareness days and events include;

MARCH	8 th International Women's Day 13 th Walking off the War Within 15-21 st Kidney Health Week
APRIL	2 nd World Autism Day 2-5 th Easter Weekend 7 th World Health Day 25 th ANZAC Day
MAY	5 th World Hand Hygiene Day/World Asthma Day 9 th Mother's Day Classic 12 th International Nurses Day 30 th World MS Day

The **Mildura COVID testing clinic** continues to operate Monday to Friday, by appointment only. Phone the clinic hotline 5021 7653, between 9am and 12pm weekdays to book your appointment.

If you have any COVID symptoms please get tested and stay home. **Take care of yourself and those around you.** For further enquiries regarding our services or your specific treatment, please do not hesitate to phone 5022 5444.



What is HeadtoHelp? It is a free service that can provide you with the mental health resources and support that best fits for you.

Been wanting some help for a while? Never felt like this before? SCHS offer a HeadtoHelp walk-in service between 10am-2pm Monday and Tuesday. No matter your struggle, help is always available.

"The sooner you HeadtoHelp the better you'll feel"



Now, to make you smile...



What kind of jewellery does the Easter Bunny wear? ... 14 carrot gold!!

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A Note from our Podiatrists

FOOT CARE – give your feet an Easter treat!



- ♦ Wash and dry your feet and between toes daily
- ♦ Use moisturiser regularly (not in-between toes)
- ♦ Cut nails carefully, following the contour and shape of the toenail
- ♦ Wear clean, breathable shoes and socks
- ♦ Wear well-fitted, supportive shoes
- ♦ Keep moving and be active

It is very important to **check your feet daily for any abnormalities**, such as cuts, thick skin, bruises or swelling – and don't forget to look between your toes!



If you have any questions or concerns, or struggle to care for your feet, our Podiatrists are happy to speak with you.

**Feeling unwell?
Get tested.
Stay home.**

5021 7653



Nutrition

Healthy Banana & Pear Muffins



Ingredients

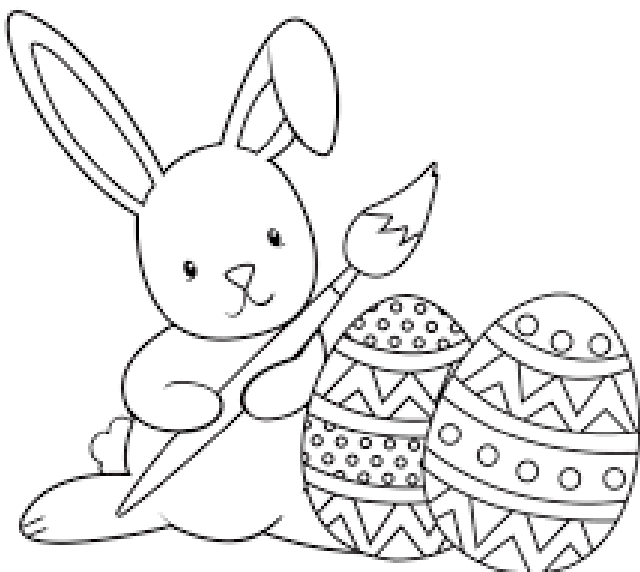
- olive or canola oil spray
- 2 cups wholemeal self-raising flour
- 2 cups self-raising flour
- 1 cup brown sugar
- 2 eggs
- 150 mL low-fat natural yoghurt
- 1/2 cup orange juice
- 1 large banana, peeled and chopped
- 1 pear, cored and chopped
- 1/2 cup buttermilk or low-fat milk

Instructions

1. Preheat oven to 170 °C. Lightly spray muffin trays with oil.
2. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar.
3. In a separate bowl mix eggs, yoghurt and juice.
4. Combine with the flour mix and fold through fruit and milk. Do not over-mix.
5. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes.
6. Turn onto a wire rack to cool.



Colour In



Did you know: Exercise is a celebration of what your body can do, not a punishment for what you ate #ExerciseRight

Physical Activity

Walking Group is BACK!



Yes you heard right, Mildura Central Walking Group has recommenced. We have loved seeing regular's return, especially when they bring friends. We even have a few new faces of our own...

Overall, the act of simply walking promotes your independence to enjoy a healthier, longer life.

- ❖ Improves blood circulation, immune system function & breathing efficiency
- ❖ Increases and/or maintains bone density
- ❖ Enhances mood & reduces stress
- ❖ Builds muscle strength & supports joint health
- ❖ Improves sleep quality
- ❖ Slows cognitive decline

Our Walking Group is **FREE** and suitable for people of all ages and abilities. Everyone is welcome!

When: Tuesdays and Thursdays

Where: Mildura Central

7.45am – Arrive at the Annecto entrance to register

8.00am – Warm up near food court and begin walk

9.00am – Finish and sign out

*Please note, participants are to walk at their **own pace** and complete as many laps as they desire.

BE COVIDSAFE

To keep us all COVID safe please

- Keep 1.5m away from one another,
- Wear a mask,
- Maintain hand hygiene (sanitiser available),
- Bring a water bottle if needed,
- And stay home if you're feeling unwell.

**Feeling unwell?
Get tested.
Stay home.**



5021 7653

