

Volunteer @ BDH

At Boort District Health we welcome and value volunteers. There are so many benefits to volunteering for both the volunteers and the people who receive the support.

Volunteers show us how to live well and they strengthen our community through their acts of compassion and commitment. What sets health volunteers apart is their dedication to serve the frail, sick and vulnerable members of the community. They are integral to our health service and provide invaluable support to staff patients and visitors. Volunteers are ordinary people making extraordinary contributions. With our brand new facility open it is the perfect time to get involved and be a part of such an exciting time for BDH.

We would like to hear from anyone who is interested in volunteering. We are keen to hear ideas and explore roles to suit individuals.

Volunteers work in a number of areas at Boort District Health including:

- The Church groups of Boort who provide worship every week at Loddon Place
- Pastoral Care
- Garden Club
- Planned Activity Program including craft and social support
- Transport to attend medical appointments
- Computer and internet tutoring
- Singalong's at Loddon Place Facility
- Regular patient visits
- Pet visiting program
- Meals on Wheels
- Palliative Care Support
- Community Home Visits
- Loddon Place Facility Activities

Please contact the manager of the planned activity program **Maree Stringer 5451 5210** or **Donna Doyle 5451 5282** to find out more about volunteering. We would love to hear from you and have the chance to talk with you about Volunteerism.



DISTRICT NURSING SERVICES AND COMMUNITY REFERRALS @ BDH

Our District Nursing Service (DNS) can be accessed by you in your home, we are here to serve everybody. We have a very clear objective to provide the very best of care, which is directed by you.

Registered nurses will visit you at home on arrangement, reassessment and service provision are reviewed regularly. We also offer specialist advice on diabetes and asthma management as well as providing health promotion and information sessions to the community. Other services include wound management, medication management, nursing support and maintenance to the highly dependent or frail aged person, palliative care, nursing care following hospital discharge, assessment and referral to other service providers.

You can access these services through Boort District Health. Family, you, friends or your GP can make the referral to DNS. Our purpose is to help people stay in their home and local community and we can provide referrals to other relevant services and care. We place a great emphasis on health promotion and disease prevention while recognising people's rights to maintain their own independence and individuality. We practice client directed care by providing support so people can make their own informed decisions regarding their health and well-being. We work closely with all health, education, welfare and other relevant services to provide a coordinated approach to health care. This also includes referrals for Home and Community Care and Home Care Packages.

Please don't hesitate to contact us for any inquiries you have regarding your health, medical and community care needs, we are only happy to help. Please contact **Donna Doyle on 5451 5282**.

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DISTRICT HEALTH

Boort
District Health

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Bowel Screening Awareness Month

Bowel Cancer is the second most common cancer affecting Victorian men and women, and there is strong evidence that when bowel cancer is detected early, over 90% of cancers are treatable.

Cancer Council Australia recommends that Australians aged 50 and over complete a faecal occult blood test (FOBT) every two years. FOBT is the most effective population screening tool for detecting early signs of bowel cancer.

The Australian Government's National Bowel Cancer Screening Program currently provides a free FOBT kit and pathology to all Australians aged 50, 55, 60, 64, 65, 70, 72 and 74. Cancer Council urges all eligible Australians to participate.

The program will be fully implemented by 2020, inviting all Australians aged 50 to 74 to screen every two years with a home FOBT. For more program information, call the government Information Line on 1800 118 868 (9am - 5pm across Australia).

Not yet eligible for the National Bowel Cancer Screening Program?

If you are not yet eligible for the National Bowel Cancer Screening Program but aged 50 or over, you should still have an FOBT every two years. This can be arranged through your doctor.

If you have symptoms such as:

- change in bowel habit with diarrhoea, constipation or the feeling of incomplete emptying
- thin bowel movements
- blood in the stools
- abdominal bloating or cramping
- weight loss
- fatigue
- unexplained anaemia.

- Or you may have a family history or are concerned about bowel cancer, speak to your doctor about your options.

For more information on bowel cancer screening, call the Cancer Council 13 11 20 or check the National Cancer Prevention Policy.

BOWEL CANCER AWARENESS MONTH



WELCOME



Thank you to over 80 people who attended the commemoration service held at the Hostel on 3 June 2016. We know how important the Hostel has been in the lives of residents, families and staff since it opened in 1976. I would like to thank Stephen Field who led the service and the many people who agreed to share stories about their years of contact at the Hostel. The day was an important acknowledgement of all the people who have lived and worked at the Hostel.

The Hostel will gardens will live on in a smaller way. Over the next few months the back garden area will come under the management of the Men's Shed and our wonderful volunteers who care for the gardens. It will also provide an opportunity for residents living at Boort District Health to visit the gardens.

A memento of the day will be sent to everyone who requested a badge. Please contact Kathy Velleley on 54515 200 if you would like a memento.

Vicki Poxon - CEO

