

Golden Plains Shire Health Promotion Project

Creating Health and Wellbeing

Contact Details

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Dereel & Enfield News

June 2011

Community Breakfast

Our June breakfast is yummy scrambled eggs with grilled bacon

After a bowl and cereal and berries .



Bring the family or your neighbour for this fun social meal.

Breakfast is free but a donation would be much appreciated.

When: Tuesday June 7th
Where: Community Centre
Time: 7.15—8.30am
Cost: nil

Healthy Eating Programme

In conjunction with Felicity from Ballarat Community Health we have developed a Healthy Eating Programme which will consist of a folder containing a food diary, healthy eating tips, shopping list and a food pyramid to give you lots of ideas. There is a regular weighing in day at the community centre which is the first Tuesday of each month. Felicity will be on hand to give her advice and there will be an opportunity to share cooking ideas with others.

Please note this is not a short term solution but a lifetime commitment.

When: Tuesday June 7th
Where: Community Centre
Time: 10.00

'Living Longer, Living Stronger'

These classes have been running for over two years now but the number of participants remain low. It is important that small communities take advantage of all health services offered.

The classes run Tuesdays and Thursdays 11.30—12.30
Cost \$3.

Please see either Craig or Bennita during class times for further information

Rail Trail Walk

Last of these series of walks so this walk will end with lunch being provided in Skipton
BYO Snacks and water.

Comfortable shoes, hat and sunscreen are essential.

The walk this month is around 11kms but remember there is a support vehicle with you.

For further information contact Clare Beecham on 5321 1500

When: Thursday June 2nd
Walk begins at 9.45am



Walking Group

Walk at your own pace, enjoy the company and stay for a healthy morning tea afterwards.

When: Tuesdays and Thursdays
Time: 08.30- 09.30

Cuppa and Chat

Come and join the walkers for a healthy morning tea and chat.

When: Tuesdays and Thursdays
Time: 09.30

Book Swop

There are a number of books in the community centre that are free to a good home or borrow one and give us another in exchange. Every Tuesday and Thursday morning.

Visit to the Red Cross Donor Centre

Whether you are a blood donor or not you will find a visit to the brand new Red Cross Donor Centre in Ballarat very interesting. Provision of a morning tea is a part of this!

A tour of this new facility has been arranged for:

Thursday June 9th at 10.00

A bus is available at no cost but names need to be with Bennita by Tuesday June 7th to ensure your seat.



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Enfield Community Centre

The Community Nurse will perform simple health checks, weight, blood pressure and sugar levels

Where: Harrison Reserve

Next date: Thursday June 9th

Time: 1.30—2.30



WRISC

We welcome our WRISC worker to Dereel. The domestic violence worker visits monthly on the third Tuesday of each month. She will be available for one on one conversations on these days following the group discussion. To make an appointment with the WRISC worker phone: **5333 3666**

When: Tues June 21st

Time: 10am

Healthy Eating Tip

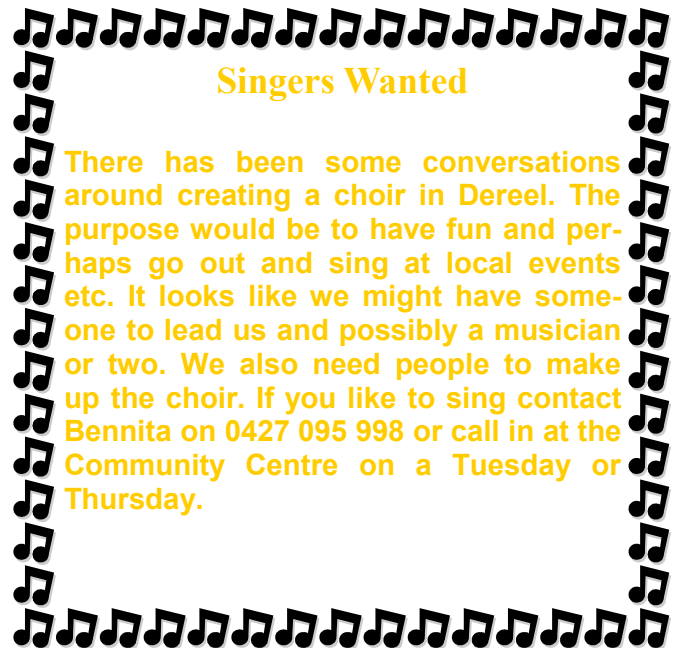
Bolognese sauce doesn't need to be mince and pasta sauce—add onions, garlic, grated carrot, mushrooms, celery, zucchini and capsicum to increase your vegetable intake. Don't forget to add some fresh or dried herbs too.

Unfinished Craft Projects

If you have an unfinished craft project that you need help with or just some encouragement to complete it bring it along to the community centre and get the help or motivation you need.

There are lots of talented women who attend the community centre regularly who will be able to help

Time: 10.00 onwards, any Tuesday or Thursday



Singers Wanted

There has been some conversations around creating a choir in Dereel. The purpose would be to have fun and perhaps go out and sing at local events etc. It looks like we might have someone to lead us and possibly a musician or two. We also need people to make up the choir. If you like to sing contact Bennita on 0427 095 998 or call in at the Community Centre on a Tuesday or Thursday.

Learn about Diabetes

Caroline, the Diabetes Educator from Ballarat District Nursing and Healthcare will be along to talk to us about the increasing number of people diagnosed with Type 2 diabetes.

Learn if you or your family are at risk of developing diabetes.

When: Tuesday June 14th

Where: Community Centre

Time: 10am



Receiving your Newsletter Online

To receive this newsletter by e-mail contact Bennita on 0427 095 998 or by e-mail commnurse@bdnh.com.au

The newsletter is also available online via www.goldenplains.vic.gov.au just follow the prompts or via Ballarat District nursing and Healthcare www.bdnh.com.au