

## north richmond community

# health centre NEWS

This newsletter is also available in Chinese and Vietnamese. Please contact the centre on 9429 5477 for a copy to be sent to you.

## New Building – We're Making Progress!!!!

### Progress

Since the last newsletter NRCHC has continued to make good progress on the new Centre. June and July were very exciting months and there is a lot of good news that we are happy to be able to share with you.

The City of Yarra and Department of Human Services have confirmed that the new Centre can be re-built on its current site at 23 Lennox Street. It was also confirmed that the Maternal and Child Health Services, currently located on Church Street, will be moving to join NRCHC in the new Centre. This is wonderful news for everyone involved.

The planning phase of the project that began in June 2006 is now complete and we moved into the design phase in June 2007. The Town Planning application for the new building was submitted to the City of Yarra at the end of July. We will be holding a community information event in August to ensure that our clients and the local community have an opportunity to see the plans for the building and discuss the project.



### Keep a look out for more details of the community information event!!

The design phase of the project will be completed by the end of August and we will be holding another information evening soon after that to share the final plans with our clients, the community and our partners. Further information about this event will be made available nearer the time.

### Interesting facts about the new centre

Although the plans are not finished, we would like to take this opportunity to tell you about the fantastic new facilities and services that will be provided in the new NRCHC.

Building a new Centre has given us a real opportunity to respond directly to community consultations and to develop our services to further meet the needs of our clients and the community. Set out below is a brief list of some of the exciting changes that you will see:

- **An increase in medical facilities.**  
The new Centre will include space for more GPs, as well as a physiotherapist and podiatrist. It will also include Maternal and Child Health Services.
- **An increase in dental facilities.**  
The new Centre will include a much larger dental clinic with up to 7 surgeries, including school dental.
- **An increase in community facilities.**  
The new Centre will include a large community room, a community group room (for use by smaller community groups) and a community café.



### North Richmond Community Health Centre

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# The Transmission Project

The Manager of the Drug Safety Program, Colin Coxhead, recently attended the 18th International Conference on Drug Related Harm which was held in Warsaw, Poland where he presented a DVD produced by NRCHC. The DVD was placed in the finals of the Conference Film Award. It was a great achievement to be placed with varied and diverse productions out of a field of thirty



one. Russia was eventually given the well deserved award.

NRCHC's Arts & Culture Program and MHSS worked in collaboration with the Drug Safety Program in bringing together a group of prisoners whom Thuy Bui had been working with for two years at Fulham Correctional Centre.

The concept was for the prisoners to write their story in relation to Hepatitis C, drug use in prison and ensuring their behaviour was committed to community safety when released.

This story was then produced into an animation on DVD by creative directors Liss Gabb and Rick Randall and will now be used nationally and in New Zealand as part of the prison induction system. It was firstly

launched by Dr Rosemary Lester, Assistant Director Public Health and Kelvin Anderson, Commissioner of Corrections at Melbourne Central Hoyts on April 4th. This was followed by John Meyer, Manager of Fulham, with a special launch for prisoners at Fulham Correctional Centre on May 8th.

Naomi Ngo from MHSS presented the DVD at Melbourne's National Hepatitis C Health Promotion Conference which was held early this June.

The DVD will also be screened again at 19th International Conference on Drug Related Harm in Barcelona 2008.

For more information contact Colin Coxhead (DSP) or Liss Gabb (Arts and Culture) on 9429 5477

## Breastfeeding rates are below average in the City of Yarra

*According to Yarra's Maternal and Child Health data, the breastfeeding rates of residents living on the North Richmond, Collingwood and Fitzroy housing estates are well below the state average.*

To address this a *Breast Feeding Committee* which meets every month at NRCHC has been established. Members include representatives from the North Richmond Community Health Centre, City of Yarra, Mercy Hospital, Royal Women's Hospital and North Yarra Community Health Centre.

The Committee has received funding to undertake a twelve month project aimed at encouraging and supporting breastfeeding for families on the North Richmond housing estates and examining the barriers of breastfeeding.

The group will be holding a focus group with mother's who live on the Richmond Housing Estate to help identify some of the barriers.

### Why is breastfeeding encouraged?

Most women, given time and support, can breastfeed. Breastfeeding is recognised as a means to protect and promote the health of infants and young children. Mother's milk has just the right amount of fat, sugar, water, and protein that



is needed for a baby's growth and development. Breast milk contains agents (called antibodies) which help protect infants from bacteria and viruses and fight off infections.

Breastfeeding saves time and money. You do not have to purchase, measure, and mix formula, and there are no bottles to warm in the middle of the night. Breastfeeding also helps a mother bond with her baby. Physical contact is important to newborns and can help them feel more secure, warm and comforted. Nursing uses up extra calories, making it easier to lose the pounds gained from pregnancy. It also helps the uterus to get back to its original size more quickly. Breastfeeding may also lower the risk of breast and ovarian cancers.

### Would you like more information on breastfeeding?

For more information on breastfeeding please speak to your Maternal and Child Health Nurse or Doctor. To make an appointment contact North Richmond Community Health Centre on 9429 5477.

# Update: Arts and Culture Program

'Wanted' - a hip hop event was held on Saturday June 30th. This event, with the help of the Arts and Culture team was developed and planned by Mixedgen - a group of community minded young people living on or associated with the Richmond Housing Estate. 'Wanted' showcased many talented young performers and attracted 400 people to North Melbourne Town Hall to watch and/or compete in high level hip hop and break dance competitions. The audience and competitors were predominantly from non English speaking backgrounds. Many competitors in their performance blended cultural styles from their country of origin, with contemporary global art forms. 'Wanted' was a fine example of the contribution young people are making to the success of multiculturalism in this country. Young, proud and exceptionally talented Asian, African, Middle Eastern and European dancers performed and competed together in an atmosphere that was exciting and full of respect.



We're gearing up for Moon Lantern Festival, to be held Saturday the 22nd September 2007! As always, the heart of the festival will be the Lantern Parade held at 6pm. This year the festival will focus on bringing together age old tradition and the age of consumerism. Lantern designs will feature all recycled materials and where possible will combine traditional designs and colours with throwaway items from everyday life. Lantern making will take place in local schools, community groups and a large scale community workshop will be held on the estate during Housing Week (September 8-16).

Local talent will make up the afternoon stage program and the multimedia hip hop finale. As always we will be looking for a diverse group of volunteers from NRCHC and the local community to help the festival team present this unique community celebration.

For further information and enquiries re performing opportunities, lantern making or volunteering please contact Liss or Mary on 9425 9329 or drop in to see the Arts and Culture team on the ground floor of 106 Elizabeth Street.



## What language do you speak?



In the past financial year (2006-2007), over 55 per cent of our contacts at North

Richmond Community Health Centre stated that their preferred language is a language other than English. Only 31 per cent of our clients stated that their preferred language is English and 14 per cent did not indicate either way.

It can be seen from the above statistics that having a Language Services Program for our clients who speak a language other than English is extremely important.

The Language Services Program has been in operation for over 11 years and is continually expanding. North Richmond is committed to providing an excellent communication system for our centre's clients and staff. There are many difficulties that one can be faced with when it comes to health issues. This service assists people when necessary by providing internal and external professional interpreters whenever one is required.

The program also provides translated materials such as letters, pamphlets, information sheets, etc. for the centre's programs and staff. The internal interpreters also provide basic cultural information and advice in order for service providers to develop culturally appropriate services and programs for NRCHC.

As the Language Services Program Coordinator, I hope to continue to provide this excellent and invaluable service to our clients with limited English. I am looking forward to a more improved program and welcome any feedback and comments from our clients.

**Rena Bahdus**  
Language Services Program Coordinator

# Volunteer Here!

**NRCHC is looking for volunteers to join our dedicated team! For only a few hours of your time each week, you can be part of a diverse and friendly Community.**

You may want to help someone with their English skills by becoming an English Tutor or perhaps you'd like to assist people face to face at Reception? If you like keeping fit, then a Walking Group Leader may be just the thing for you! How about a Language Services Administration Assistant or Client Support (Assisting with numeracy skills) Volunteer? Training, reimbursements and supervision are provided. Come along and make new friends! To find out more please contact Selma on 9420 1326 or email [selmas@nrchc.com.au](mailto:selmas@nrchc.com.au) at the centre on t. 9429 5477

## 2007 Annual General Meeting!

North Richmond Community Health Centre (NRCHC) is pleased to present our 33rd Annual General Meeting to be held at 1pm on Saturday 27th October 2007 at the North Richmond Community Health Centre, 23 Lennox Street Richmond. The NRCHC AGM will be followed by a free food and music festival.

This public event entertains and caters for over 300 people who turn up each year. The action packed day will include lots of fun interactive children's activities, a range of international cultural dishes, live music and a raffle with fantastic prizes to be drawn on the day.

All members of the Community are welcome. If you would like more information on this event please contact Tiffany Vickers on email: [tempceo@nrchc.com.au](mailto:tempceo@nrchc.com.au).

**Demos Krouskos**  
Chief Executive Officer

## Gardasil Wart virus vaccine now here – don't miss out!

Human Papilloma Virus (HPV) or genital wart virus is a major cause of cervical cancer and genital warts. The National HPV vaccination program is now targeting these preventable conditions with the new vaccine, Gardasil. It will be provided free to all girls and women aged 12-26 years.

Girls at secondary schools have already commenced this program which involves 3 injections over 6 months. In July, *Gardasil* will be available free of charge to the 18-26 year age group.

This vaccine is highly effective at protecting women against the most common forms of wart virus infection that are associated with cervical cancer (as well as common strains of genital warts) and is expected to greatly reduce the number of women diagnosed with Cervical Cancer. Women will still need to have regular PAP smears but there is less chance of finding any major abnormalities.

We would encourage all women in the 18-26 age group to make an appointment time with our Clinic Nurse: Kuan Chen to discuss and arrange vaccination.

For an appointment t. 9429 5477

## NRCHC

23 Lennox Street Richmond 3121  
Ph: 9429 5477 Fax: 9428 2269  
email: [nrchc@nrchc.com.au](mailto:nrchc@nrchc.com.au)  
website: [www.nrchc.com.au](http://www.nrchc.com.au)

### Opening Hours

Monday – Thursday 9:00am to 8:00pm  
Friday 9:00am to 5:00pm  
Saturday 9:00am to 11:00am

### NRCHC Services

- Arts and Culture Programs
- Centre for Culture, Ethnicity & Health
- Counselling & Casework/Social Work
- Dietitian
- Drug & Alcohol Counselling
- General Nursing, Midwifery & Diabetes Education
- General Practitioners
- Health Promotion Activities
- Language Services Program
- Legal Aid
- Mental Health Living Skills Program
- Mobile Drug Safety Program
- Needle & Syringe Program
- Oral Health
- Paediatrician
- Post Acute Care
- Psychiatrist
- Speech Pathology
- Volunteer Program
- Youth Program