

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.

Exciting New Building for North Richmond Community Health Centre

In May 2006 the Minister for Health, the Honorable Bronwyn Pike MP, announced that the Victorian Government had granted \$19million for a new building for North Richmond Community Health Centre (NRCHC).

This announcement marked the start of a very exciting time for NRCHC, its clients and the local community. The money will enable us to construct a brand new building from which we can deliver our programs and services; and which will provide better facilities for our clients and the local community.

Our aim is to create a great public building that clients and the local community can be proud of. We are working hard to ensure that it is:

- Interesting and wonderful to look at.
- Light and welcoming.
- Strongly linked to the local area, particularly North Richmond Housing Estate and Richmond West Primary School.
- Environmentally friendly.



The planning and design work for the new building is underway and will be completed by the end of this year. We will be sharing the exciting designs with clients, the local community and our partners as soon as they are made available.

There are still a few years of work ahead. Construction is scheduled to begin in

early 2008 and the new building will be up and running by early 2010.

We will continue to keep everyone informed of progress through news letters and information events. However, if you do have any questions or would like any further information on the new building please contact **Sally Bramwell** at NRCHC on **9420 1375**.



North Richmond Community Health Centre

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Welcome from our President!

Welcome to our first edition of the NRCHC community news, aimed at informing the North Richmond and the City of Yarra communities of the services, programs and events at the centre.

The newsletter is also available in Chinese and Vietnamese so please contact the centre on t. 9429 5477 for a copy to be sent to you.

In this edition we are featuring the New Building, a new and exciting phase for

the centre, with lots of community forums and events happening over the next few months. We look forward to working with the whole community on making sure that the centre suits the needs of the community and offers all a wonderful place to visit and participate in activities. Other articles include features on new and emerging groups such as METAC (Melbourne East Timorese Activity Centre) and celebrating 20 years of the dental program at NRCHC who have recently

expanded the practice to North Fitzroy and are now forging partnerships across the globe with Nepal!

We hope you find the first issue of the newsletter informative and interesting to read and please feel free to give feedback, as it's your newsletter supporting your community.

Stephen Kerr

President of the North Richmond Community Health Centre Board

METAC Dinners

The Melbourne East Timorese Centre (METAC) is an activity centre for the East Timorese community and friends residing in Victoria. METAC is run by a group of energetic and committed East Timorese, whom on a voluntary basis, seek to help the East Timorese community to continue growing and developing as part of the broader community.

METAC is foremost a resource centre, a hub where activities take place and where East Timorese meet and bond with one another and with members of the broader community.

The centre prides itself on its commitment to ensuring that everyone is welcome.

METAC runs a range of exciting activities for the general public as well. Some of the activities of the past few years include traditional and textile workshops, traditional East Timorese singing /dancing and Tetum classes for all levels.

METAC is currently running "Welcome Dinners" every first Friday of every month at the Blue Factory in Richmond. The Dinners have enabled METAC to become recognised nationally as well as sought out by visiting Timorese artists from East Timor, Community and Government representatives as the major centre within Australia for ET community and cultural activity.

METAC has also been able to achieve various arts and cultural activities including projects such as Answered by Fire, Laloran Choir, Welcome Dinner and Tetum Classes.

METAC is always on the look out for volunteers who can dedicate some of their time to help out at the Centre. If you have suggestions and ideas or new exciting activities, don't hesitate to contact METAC.

Fatima Almeida, email: metac75@hotmail.com



20 years of the NRCHC Dental Program



The NRCHC dental program has now been providing oral health care to the multicultural community of North Richmond for over 20 years!

Recently the practice also expanded to Fitzroy and now offers a range of oral health services on both sites covering a much broader catchment within the City of Yarra.

Recently, in February 2007, Dr Martin Hall, NRCHC's dental manager expanded the service a little further in taking an information and skill exchange trip to Nepal, bringing his expertise to this small landlocked country located between China to the north and India on all other sides. With a population of 25 million, Nepal's population are very poor with 80% living on less than \$2 a day, but it also boasts a rich and wonderful culture. With a beautiful landscape featuring the magnificent Himalayan Mountains there is a rich cultural diversity of over 50 different ethnic and caste groups. Dr Martin Hall was lucky enough to be invited to spend some time with a primary

health care centre in Banepa, about 2 hours out of the capital, Kathmandu. Mainly helping out with their dental program, he was also introduced to the other services which have a focus on women and adolescent health such as family planning, prolapsed uterus screening, safe motherhood, reproductive health, HIV and cervical cancer screening. These programs are implemented by forming partnerships with disadvantaged communities, service providers and donor agencies. In many ways it is similar to NRCHC but far less financially secure and resourced. They remind us of how far we've come, and how lucky we are, to have such great services at North Richmond.

Fundraiser Event

Martin came back with the mission to help out this struggling but effective health centre and has engaged with several other staff to organise a fund raiser evening. This will be a fun night with Nepalese food, Karaoke and more. Anyone interested in donating directly to support the centre please contact **Sandra** at the dental clinic reception or contact **Martin on 94201302**.

Well done Faye!

Congratulations to one of our Needle & Syringe Program (NSP) workers, Faye Edebohls, on receiving the new Worker of the Year Award for 2007 awarded by the City of Yarra. The award aims to recognise the work of social and community development workers within the City of Yarra. Faye has been working as a primary contact worker for many years in the field. Faye also credited North Richmond's 'Relationship Building Model'

which provides extended support and care opportunities for workers in contact with clients of the NSP for its innovation in this field, and was pleased that such an award was now being offered to herself and colleagues in recognition of the work people do in this most challenging of fields. The award also entails a fund for furthering the recipient's professional development goals, so Faye is now planning to pursue an innovative course on developing counselling skills. Brilliant job Faye!



Flu Vaccines now available

North Richmond's doctors and clinic nurses are now taking appointments for flu vaccines for clients in preparation for the winter flu season. If you need a vaccine please make an appointment at the centre on **t. 9429 5477**

Calling all volunteers!

Welcome to our new Volunteer co-ordinator Selma Sali. The NRCHC Volunteer Coordination Program aims to assist volunteers to provide support to individuals and families. Volunteering at NRCHC is a great opportunity to work with a culturally diverse community, while learning and developing your skills - all while having lots of fun! Free training is provided for most of the positions - all it takes is a bit of your spare time and an ability to relate to people in a positive, friendly way.

There are currently opportunities available within the Arts and Culture and Language Services Program; private tutoring (English Year 9), and reception.

Want to find out more?

Please contact **Selma** on either **9420 1326** or email **selmas@nrchc.com.au**. Selma is available to speak to on Tuesdays, Wednesdays and Fridays. We look forward to hearing from you.

Check out our website!

A quick reminder that we have a website with all the information about our programs and services with links to any jobs available at the centre and with our partners, and information on how to become a member. **www.nrchc.com.au**

Also, the Centre for Culture, Ethnicity and Health have now included their new training calendar available on their website at **www.ceh.org.au**



A big thank you to all

We have now completed the strategic plan for the centre for 2007-2009. We would like to thank all members of the NRCHC community who supported the development of the plan during our workshops.

The three strategic priorities that the centre is taking forward as a result of the work are as follows:

- Support innovative culturally appropriate service delivery
- Engage with, and be responsive to our community
- Create a sustainable future

If you would like a copy of the plan please contact **Tiffany** on **9342 9700**.

Or a PDF of the report can be downloaded on the website at **www.nrchc.com.au** and following the publications/reports link on the left hand side of the page.

NRCHC Services

23 Lennox Street Richmond 3121
Ph: 9429 5477 Fax: 9428 2269
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website: 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
- Health Promotion Activities
- 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