

June 2, 2020



Out and About ...



Football returns!

Men's Health Month



RECOGNISING MEN'S HEALTH - TOP LEFT: Timbo Wheeler and Chris Spicer;
TOP RIGHT: Kyal settling into his new job; BELOW: Shane Spicer at the car wash and Oscar Browne at the lake in Forbes; INSET: Peter Rawson; NEXT PAGE: Joey
loves the tyre swing.





Spotlight on men

JUNE is Men's Health Month and what better way for us all to recognise it by acknowledging the important men in our lives and encouraging them to look after their health.

Whether it be mental health or physical health, men even now continue to ignore their health or invest in proper self care. As a result, they often live shorter lives and the suicide rates among Australian men remain high.

The climax of Men's Health Month will be Men's Health Week from June 15-21. International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight men's health and what it means to be healthy.

Through a series of promotions, events and publicity around the country, Men's Health Week is designed to provoke thought and discussion about what needs to be done to improve male health.

There's always something going on at



TOP L-R: Kara and Michee at Lake Forbes; Kaz gets her check up; Sarah at Albion Park; Shane makes a cuppa; MIDDLE L-R: Timbo's happy to be back while Donna and Candice sew in the Respite Room and Bon colours a teddy bear for display. BOTTOM L-R; Pete makes his bed; Dave at the bottle exchange and Tim cooks dinner.



ALBION PARK





CORONAVIRUS (COVID-19): Looking after your Mental Health

RESPONDING TO UNCERTAINTY



COVID-19 is changing the way we work and the way we live. We are part of an evolving situation where we don't know what will happen next. Feeling uncertain, overwhelmed, scared, sad, confused or angry is common and expected.

The good news is we can learn to live with uncertainty and respond in positive and productive ways.



Practical tips

- **Be aware of your thoughts and feelings.** Check in with yourself every day and remember some days will be better than others. Recognise triggers for stress and anxiety, breathe and seek support when needed.
- **Keep informed via official sources.** Get the latest news on COVID-19 from trusted sources. Mainstream media and social media are often sensationalised. It is also important to take a break (even from trusted sources).
- **Focus on things you can control.** Let go of the things out of your control. Focus on eating and sleeping well, and exercising at home or outside while maintaining physical distancing.
- **Maintain a positive outlook.** Use positive coping statements to help you stay calm and keep perspective. For example, 'There is a lot of uncertainty in the world that makes me nervous, but I can manage it if I focus on the things in my control'.
- **Stay connected by phone and online.** Keep in touch with friends, family and colleagues by phone, email, videoconferencing or messaging applications.
- **Look after yourself and others.** Reach out to colleagues, friends, family or people in your community who may need some extra assistance. One example is people having the added pressure of extended caring responsibilities.
- **Find opportunities to tell positive stories.** Share positive images of people who are looking after others, sharing their resources or who have supported a loved one.
- **Respect those providing essential services.** Acknowledge the hard work of health care workers, truck drivers and everyone working in essential businesses to keep us safe.



Self Help Tools

- Beyond Blue Wellbeing Plan template
- My Compass Self-Help Tool
- Mindspot Online Mental Health Assessment
- Mood Gym Interactive Mental Health Program
- HeadGear Worker Mental Health Assessment



1 in 5

(18%) Australians have disability (about 4.3 million people).

47% of adults with disability have experienced violence after the age of 15, compared with 36% without disability.

1 in 3

(32%) people with disability have severe or profound disability (about 1.4 million).

32% of adults with disability experience high/very high psychological distress, compared with 8% without disability.

For 4 in 5

(79%) people with disability, their main form of disability is physical.

48% of working-age (aged 15–64) people with disability are employed, compared with 79% without disability.

24% of adults with disability experience very good or excellent health, compared with 65% of without disability.

Around 1 in 5 (18%) Australians—or about 4.3 million—have disability. This is also known as ‘disability prevalence’. Another 22% of Australians have a long-term health condition but no disability, and the remaining 60% have no disability or long-term health condition (ABS 2016).

For 1 in 5

(22%) people with disability, their main form of disability is mental or behavioural.



Free legal advice

in Forbes

Legal Aid NSW lawyers can help you with problems like these:

- Marriage breakdown
- De Facto relationships
- Parenting
- Property
- Domestic violence
- Child support
- Fines
- Centrelink
- Discrimination
- Tenancy and housing
- Credit, debt and mortgage
- Scams and unfair deals
- Complaints about how you've been treated
- Work issues
- Consumer issues
- Car Accidents

Due to coronavirus, we are providing advice by phone only



**1st Tuesday of the month
Call 6362 8022 to make an appointment**



**For free legal help at other times,
call LawAccess NSW on 1300 888 529**

FREE



Ask “R U OK?”

www.ruok.org.au

**Concerned about your
symptoms? Call the National
Coronavirus Helpline**

1800 020 080



CORONAVIRUS (COVID-19): Looking after your Mental Health



MAINTAINING A BALANCED LIFESTYLE

Everyone needs to stay at home more to help slow the spread of COVID-19. We need to make maintaining a balanced lifestyle a priority. The reality is we may be living and working with COVID-19 restrictions for some time, which makes our physical health and the positive impact that has on our mental health more important than ever. The mental health continuum can help you identify when things are out of balance and get you back on track.



Coping

- Staying active, eating well and maintaining healthy habits
- Focused, productive and able to maintain a positive routine
- **ACTION:** Keep checking in with yourself, stay positive and connected.

Reacting

- Skipping meals, not taking enough breaks or going outside
- Unable to concentrate, engage with others and/or stick to a healthy routine
- **ACTION:** Reach out to a close friend, family member, colleague or connect with the Employee Assistance Program (EAP).

Not Coping

- No physical activity, irregular sleep and lack of appetite
- Unable to maintain a routine or cope with daily life and/or disconnected from family, friends, colleagues and community
- **ACTION:** Contact your GP, a counsellor or psychologist, EAP or other support services (see below).



Self help tools

- [Beyond Blue Wellbeing Plan](#)
- [Black Dog Self-Care Planning](#)
- [My Compass Self-Help App](#)
- [Mindspot Online Mental Health Assessment](#)
- [HeadGear Worker Mental Health App](#)
- [SportAus Find your 30 minutes of activity](#)



Support services

- Beyond Blue: 1300 22 4636
- Lifeline: 13 11 14
- MensLine Australia: 1300 789 978
- Suicide Call Back Service: 1300 659 467
- [COVID-19 Telehealth Services](#)



For more information

- [Australian Government](#)
- [Victorian Health](#)
- [Health Direct](#)
- [Australian Psychological Society](#)
- [World Health Organization](#)
- [Beyond Blue](#)



ARE YOU EMPLOYED OR DO YOU VOLUNTEER MAKING OR SELLING FOOD?

SITSS00050 Statement of Attainment in Food Handling

COURSE DESCRIPTION:

If you work or volunteer preparing or selling food then you probably need hygiene skills. This short course includes the knowledge and skills you need to handle food safely during the storage, preparation, display, service and disposal of food. In just 5 hours you will complete SITXFSA001 Use hygienic practices for food safety and your Statement of Attainment in Food Handling.

WHO SHOULD DO THIS COURSE?

If you work in a kitchen environment such as cafes, restaurants, bars, hospitals or aged care facilities, volunteer at charity BBQs or work in the school canteen, this course is for you.

COURSE REQUIREMENTS:

There are no entry or course requirements to participate.

WHAT WILL I LEARN?

At the completion of the course you will be able to determine the safe temperatures for food safety, wash your hands professionally and know how to pack and label food correctly for safe storage.

Many businesses such as food stalls or charity BBQs require you to have this unit of competency for their insurance.

HOW TO GET INVOLVED:

Forbes - Tuesday 16 June; 9:00am – 2:30pm.

Enrol online or come meet the team at your local campus. To find out the eligibility criteria speak to our friendly customer service representatives.

COURSE SNAPSHOT

Location: TAFE NSW

Course: SITSS00050
Statement of Attainment Food Handling

Cost: This course is fully funded for eligible students.

TAFE NSW Government-subsidised fee (for eligible students):

Note: This course is now online. You will need an iPad, smart phone or a computer/laptop to join us from you home.

Your teacher will present live and be with you every step of the way. You will be able to ask questions and interact with course mates.

CONTACT US TODAY!

For more information

Phone: 68628100 or 68539100 or 68919000

Website: www.tafensw.edu.au

TAFENSW

RTO 90003. This document is correct at the time of printing: March 2020.
*Terms and conditions may apply.



FOOTY'S BACK!



TOP LEFT: Kyal Sauer and his Tigers might get to play in September for the first time in a decade; **TOP MIDDLE:** Jay Crouch is ecstatic to see Tommy Turbo again; **TOP RIGHT:** Jamie Cook's Parramatta Eels sit on top of the ladder after three rounds for the first time since 1986; **ABOVE LEFT:** Tommy D finally comes to his senses and changes sides; **ABOVE MIDDLE:** Doug Pout makes the transition to a winning team and the girls cheers another Parra try against the Brisbane Broncos last week.

June

- * Alzheimer's and Brain Awareness Month
- * Cataract Awareness Month
- * Hernia Awareness Month
- * Men's Health Month
- * Myasthenia Gravis Awareness Month
- * National Aphasia Awareness Month
- * National Congenital Cytomegalovirus Awareness Month
- * National Safety Month
- * National Scleroderma Awareness Month
- * Scoliosis Awareness Month
- * National Cancer Survivors Day (June 7)
- * Men's Health Week (June 10–16)
- * Family Health and Fitness Day (June 13)
- * World Sickle Cell Day (June 19)
- * PTSD Awareness Day (June 27)
- * Helen Keller Deaf-Blind Awareness Week (June 28–July 4)

