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October Community Newsletter 2020

Public Holidays

Emu Creek Health Professionals will be closed on the following Public Holidays:

Friday the 23rd of October - AFL Grand Final.

Emu Creek will close @ 6pm Thursday the 22nd of October and re-open on Monday the 26th of October @ 8am.



Wednesday the 28th of October - Bendigo Cup.

Emu Creek Health Professionals will close @ 8pm on Tuesday the 27th of October and re-open on Thursday the 29th of October @ 8am.



Breast Cancer Awareness Month

Thursday 1st October—Saturday 31st October

October, Australia's Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community. Take the time this month to find out what you need to know about [breast awareness](#) and share this important information with your family, friends and colleagues.



2020 has been a powerful reminder that we are all in this together, and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer. By working **together**, we can inspire hope and become a force for good **"to get her"** access to the care she needs.

How to get involved:

1. **Screening, Access and Treatment** : make a one-time or monthly donation to help women in need. New this year; choose exactly where your donation goes.
2. **Education:** Download a free eBook - *Breast Problems That Aren't Breast Cancer*.
3. **Support:** Volunteer to join virtually in Helping Women Now. Spread the word on Facebook, Twitter and Instagram
4. **Hope:** Share the story of how you or a loved one have been affected by breast cancer. Proudly wear a pink ribbon during October or year-round.

Consultant Gynaecologist
Dr Shobie Shobanan

Psychologists
Judy Mann
Subin Mathews
Dr Aaron Grieve
Nathan Mc Govern
Tara Byron
Kathryn Shard

Occupational Therapists
Abby Kuhne
Imogen Piper
Miriam Woods
Carly Stasiak

Paediatricians
Dr Tim Penno
Dr Tristan Pawsey
Paediatric Fellow
Katherine Hyde

Physiotherapist
Adam Gooding

Nurse Practitioner— AOD
Cameron Cail

Podiatry
Rose Gallagher
Nicole Seach— BCHS

Healthy Sleep Solutions
Jill Maruca

Geriatrician
Professor Peter Disler

Psycho-geriatrician
Dr Holly Anderson

Building Healthy Lifestyles
Aileen O'Brien

Dietitian
Lisa Larosa

Diabetic Educator
Mina Hana
Deb Butcher— BCHS

Cosmetic Tattooist
Karen Lauder

Central Victorian Cardiology

Strathfieldsaye Dental Practice

World Occupational Therapy Week

26th of October - 1st of November 2020

(information given from website below)

Given the recent onset of droughts, bushfires, and the global pandemic, in 2020 our OT Week theme is: **Resilience: Supporting our communities to rebuild, recover, and reengage.** This year the event not only shines a spotlight on the value of occupational therapy in our communities, but also serves as a call to arms to support those hardest hit.

In supporting people to participate in activities they find meaningful, occupational therapists are vital in helping our communities through disaster recovery. As disaster survivors reengage in disrupted occupations (such as daily routines, activities and employment), they can better cope with stress and be supported through their recovery.

In 2020 we are hosting an interactive online event on 27 October. The event will feature a selection of thought leaders to discuss and promote resilience in our communities. The panel will be broadcast throughout the day, followed by breakout networking sessions where attendees can connect and discuss the concepts explored amongst each other and with prominent occupational therapists. Register here: <https://otaus.com.au/cpds/ot-week-2020-panel-live-discussion>



In support of the resilience theme, we have professionally designed a poster which can be downloaded on their website. We encourage members to display the poster in offices, waiting rooms, classrooms and more to help promote the positive impact of occupational therapy in our communities.

Ways you can help out:

- Share the OT week 2020 graphics online or across social media (hang the OT Week poster in your office)
- Browse the range of exclusive OT Week 2020 merchandise
- Join the online official OT Week 2020 event on 27th October
- Holding a local OT Week event?
Email us with your event details to be included on the OTA website: info@otaus.com.au
- Start conversations with your communities about occupational therapy and fostering resilience through recent challenges
- Join the conversation on social media
Share updates and photos and tag them with #ThisIsOT and #OTWeek2020

Mental Health Week

Saturday 10th October—Saturday 17th October 2020

Mental Health Week aims to activate, educate and engage Australians around mental health and related issues through the organisation of a huge variety of events by individuals and organisations across the state.

Mental Health Week is part of a national mental health promotion campaign held in October each year, and incorporates World Mental Health Day, held globally on 10 October.

The purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and also increase understanding and reduce stigma about mental illness, and how it impacts on the lives of people in our community.

For more information: <https://www.onlymelbourne.com.au/mental-health-week#.X3F42WgzaUk>



If you have any suggestions, comments or feedback, we would love to hear from you.

Email us at emucreek@strathhealth.com.au or call 5439 4319.