

Health Matters

Ballarat Health Services
Putting your health first

P2: a gift for Day Oncology
P2: Social Club news

P3: job vacancies

P4: do you know the kidney
disease risk factors?

Welcome boost for BHS PAGs



● State Trustees Strategy and Network Development General Manager John Brennan (at back) with Planned Activity Group staff along with clients and relatives at the Eyres House walled garden.

BHS Planned Activity Groups which support people with an acquired brain injury (ABI) have been awarded a grant of \$5000 by State Trustees. BHS Senior Case Manager Dawn Veale said the program helped people with ABI reconnect with the community through supported group activities including woodwork and art. "We hope these sessions help build participants' confidence and sense of accomplishment, as well as inspire personal creativity," Ms Veale said.

"Initially there will be three activity groups with 10 participants with the view to transition participants into mainstream alternatives after they feel confident to do so," Ms Veale said. Ms Veale said some activity groups would work on projects that would help restore the historic "walled garden" in the BHS activity group facility, Eyres House, which is dedicated to patients with moderate level dementia. BHS is one of eight organisations

across Victoria to receive grants of up to \$5000 from State Trustees. The Community Grants Program supports projects which help older people, those with physical and intellectual disabilities, mental illness or people dealing with bereavement. "Now in its ninth year, the grants program has helped close to 100 community groups across Victoria continue their vital and often unsung work," State Trustees' Managing Director, Tony Fitzgerald, said.

Relay for Life donates prize to BHS



● Helen Irving, patient Bill Kelly, Anita Godfrey and Kate Hamilton.

The Ballarat Relay for Life team has donated a striking framed landscape image by Ballarat photographer, Peter Kerverac to the Day Oncology Unit.

The photograph formed part of an award won by the Relay for Life team at the recent United Way Volunteer

Awards.

Committee member Anita Godfrey said it seemed a logical move to donate the photograph, which features a rustic hayshed beneath a starlit sky, to the Oncology Unit.

The photograph was officially presented to the unit on June 2.

Oncologist Kate Hamilton was on hand to thank Anita and United Way Events and Marketing Co-ordinator Helen Irving and described the gesture and photograph as "fantastic".

Some wall space has been earmarked in one of the oncology rooms for the picture.

The BHS Foundation

The BHS Foundation is an independent and voluntary board that raises funds to invest and from the interest earned the Foundation is able to fund projects at both the Base Hospital and Queen Elizabeth Centre.

In recent years the Foundation has provided funding for paediatrics, dialysis, oncology, prosthetics, operating theatres, special care nursery, aged care and the emergency department.

You can help the Foundation by making a regular donation. Simply complete a staff payroll deduction authority and at year's end you will be provided with a statement for tax purposes. Your contribution can be as little as 50c a week

For more information contact Geoff Millar on 5320 4093.

You're invited ...

The BHS Social Club Committee is inviting you to its next Happy Hour.

Date: June 10

Time: 5.30pm to 7.30pm

Venue: The Bridge Hotel, corner of Mair and Peel streets

Come along to sit back and relax with fellow staff members.

Complimentary drinks and nibbles.

For more information call Kay, 94216, Shane, 94060 or Mark, pager 4764.

Joyous June Movie Madness

This month only BHS Social Club members can buy movie tickets for just \$8.

Tickets are available from:

- Base Hospital Kiosk
- QEC reception
- Talbot Place
- Eureka Linen, and
- Jack Lonsdale Lodge

For more information or to join the Social Club call Mark O'Brien, pager 4764.

BHS - positions vacant



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RND1

Job reference: 59067

Employment status: permanent part-time

Department: Radiology

Key contact: Margaret Grundell

Tel: 5320 4479

Closing date: 13/06/2011

Personal/Operational Assistant

Job reference: 65508

Employment status: fixed term full-time

Department: SWEP

Key contact: Jeni Burton

Tel: 5333 8100

Closing date: 13/06/2011

Enrolled Nurse – Medication Endorsed

Job reference: 65759

Employment status: full-time or part-time

Department: Gandarra Palliative Care Unit

Key contact: Maree Kewish

Tel: 5320 3895

Closing date: 13/06/2011



Kidney disease - know the risks

Three times a week, 35 people from the Ballarat region visit the Dialysis Unit at Ballarat Health Services (BHS).

During each visit they spend three to five hours connected to a dialysis machine which does the life-saving work their kidneys can no longer perform.

The oldest dialysis patient at BHS is 82, the youngest is just 29 and of the 35 patients, seven are on the national kidney transplant list.

Kidney Health Australia says one in three Australians is at an increased risk of developing kidney disease while one in nine Australians over the age of 25 has at least one clinical sign of chronic kidney disease.

BHS Pre-dialysis Co-ordinator Trish Coutts said risk factors for chronic kidney disease included:

- obesity;
- smoking;
- diabetes;
- high blood pressure;
- A family history of kidney disease;
- Aboriginal or Torres Strait Islander descent; and/or,
- Being aged over 50.

Each day 50 Australians die from kidney-related diseases, more than the number of deaths caused by breast cancer, prostate cancer or road deaths.

The only active treatments for patients with End State Kidney Disease are dialysis or a kidney transplant and the number of Australians on dialysis is currently 10,341.

The number of patients on the kidney transplant waiting list is more than 1100.

Ms Coutts said understanding the risk factors for kidney disease would help people make healthy lifestyle choices that lowered their chances of developing kidney disease.



● Trish Coutts with patient Al and his wife, Jill.

Sociable shopping

The Social Club has organised a shopping trip to DFO in Essendon on Saturday, July 23.

The trip is free for Social Club members.

For more information contact Joy Spiteri on 0419 881 126 or joysp@bhs.org.au

Biggest Morning Tea at WB Messer

WB Messer Hostel residents enjoyed a afternoon together for the Biggest Morning Tea on Thursday, May 26.

This has become an annual event for WBM residents.

The picture shows hanky dolls made by residents with Lifestyle Coordinator Julie Cox. The dolls which were sold on the day and WB Messer hostel raised \$140 towards the Cuppa for Cancer campaign. Well done.



Health Matters is emailed to all staff and printed for distribution every week, or as needed. It summarises news and events across the organisation and contributions are welcome. If you have information to include or suggestions for improvement, please contact media and communications manager Nick Higgins on 5320 4351 or nicholash@bhs.org.au