

AccessHC

Community Newsletter

Welcome to the third edition of the AccessHC Community Newsletter.

The newsletter contains information on how you can access our services. It also offers tips and tricks to stay healthy and connected with the community.





Camcare Needs Your Help!

Life is moving to a new normal now that COVID is under control in Victoria. As we move towards COVID-normal, for many within our community, a new crisis has taken its place. Many residents are struggling to pay their bills and put food on the table. Already struggling families have had their income reduced or lost their jobs altogether. Many international students have also lost their jobs and have limited access to government help. As a result, both rely on our food relief program to be able to put food on the table. These are only some of the people we are currently helping.

Unfortunately, COVID-19 has also affected donations to our food supply from our usual suppliers. As a result, our stocks are running low. If we don't find the funds to purchase more food, we won't be able to continue to meet the increasing needs of our community. We need your help!

You can help us help those in need by donating by visiting [this page](#).

Have you heard about Camcare? We're a community organisation that looks after people that need a hand. We are a part of AccessHC, and we cover Boroondara and surrounding areas. You can learn more about us and how we help the community by visiting [our website](#).



It's Thunderstorm Asthma Season – What You Need To Know

It's grass pollen season, and we've had a stormy spring so far. But what does this mean for asthma and hay fever sufferers? It means the chances of a thunderstorm asthma event is high.

Thunderstorm asthma can happen suddenly. It's serious, and in some cases, it can be life-threatening. But what is thunderstorm asthma? Thunderstorm asthma is a type of asthma that's triggered by a large amount of grass pollen mixing with a certain type of thunderstorm. Grass pollen season occurs between September and January each year.

People that are most at risk are asthma and/or hay fever sufferers. Remember, even if you are a hay fever sufferer that has never had asthma before, you are still at risk! To limit your risk, stay inside during thunderstorms this grass pollen season. Also, make sure you know the four steps of asthma first aid.

You can further protect yourself by enacting your hay fever and/or asthma action plan. If you don't have one in place, see your doctor for more information.

You can book an appointment with us on [03 9810 3000](tel:0398103000). You can also book online by clicking [here](#).

Do you know the 4 steps of asthma first aid?



Step 1

Sit the person upright



Step 2

Give 4 separate puffs of blue or grey reliever puffer



Make sure you shake the puffer, put 1 puff into the spacer and get the person to take 4 breaths from the spacer. Repeat this until the person has taken 4 puffs.

Step 3

Wait 4 minutes

If there is no improvement, give the person 4 more separate puffs as in step 2.



Step 4

If there is still no improvement dial triple zero (000) for an ambulance

Keep giving the person 4 separate puffs every 4 minutes until emergency assistance arrives.





Our Occupational Therapy Team Helped John Maintain His Independence



As we get older, we want to be independent for as long as we can. John is no different. At 90, he's still living in his home with the help of his family.

John is legally blind and has recently suffered a stroke. After a few falls, his family wanted to make sure it was safe for him to be at home.

Our occupational therapy team checked John's home. They proposed some changes to the house that would help prevent him from falling. They also provided the family with long term care planning and information on the support available to help with John's care.

Our OTs help clients remain as independent as possible. They find ways to keep them involved in activities that are meaningful to them.

To book an appointment with one of our OTs, please contact us on [03 9810 3000](tel:0398103000). You can find more information about our OT services by visiting [this page](#).



Manningham Men's Shed Offering A Place For Men To Connect

Who says that men don't like to talk? Especially while they're fixing and building things!

If this sounds like you, then the Manningham Men's Shed is the place for you. The Manningham Men's Shed is a place for men to come together to meet and chat. A sanctuary for men that may be feeling isolated or alone due to a change in their personal circumstances.

When you become a part of the Manningham Men's Shed, you can take part in a range of activities, such as:

- learning new skills
- join woodwork, mechanics, painting and electronic projects
- go on day trips in which you chose the destination
- take part in special events, such as BBQ's and grand final celebrations

The Manningham Men's Shed is open Monday to Friday, 9 am to 3 pm. We can even ferry you back and forward from your home to the shed for a small fee.

To be a part of the Manningham Men's shed, please call us on [\(03\) 8841 3000](tel:0388413000). You can learn more about the Manningham Men's Shed by visiting [this page](#).





AccessHC Is Proud To Be A Part Of The HeadtoHelp Service

Are you feeling stressed or anxious? Has the Covid-19 pandemic affected your mental health? Why not give the team at HeadtoHelp a call?

HeadtoHelp is a service that can help you find the right mental health support for your needs.

And if you can't afford services elsewhere, we have experienced mental health nurses, psychologists and peer support workers who can provide no-cost services at our Hawthorn clinic.

Call [1800 595 212](tel:1800595212) today to talk to a trained mental health professional about your concerns.

AccessHC is proud to be a part of this collaboration with Primary Health Network and the Australian Government to help improve and support mental health services for Australians.

Don't be afraid to reach out for support. You're not alone. The sooner you head to help, the better you'll feel.



Access Health and Community

☎ 03 9810 3000 🌐 accesshc.org.au

The AccessHC Family of Services Includes:

