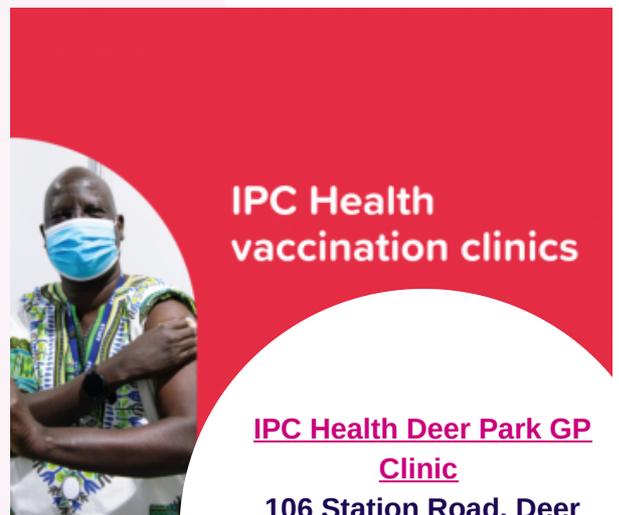


Celebrate National Reconciliation Week

- National Reconciliation Week (NRW) calls on all Australians to celebrate the accomplishments of Aboriginal and Torres Strait Islander people, remember their histories and hear their stories and culture.
- The theme "**Be A Voice For Generations**" encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives where we live, work and socialise.
- NRW includes two important dates commemorating significant milestones in the reconciliation journey:
 - **27 May: The successful [1967 referendum](#)**
 - **3 June: The [High Court Mabo decision](#)**
- Let's act to tackle the unfinished business of reconciliation.
- Find out more at <https://nrw.reconciliation.org.au/about-nrw/>

Get both your flu and COVID booster shots

- **COVID-19 Vaccinations are free for all ages.**
- Getting your COVID-19 and flu vaccinations are the most effective way to stay protected this winter.
- The flu shot is free for:
 - people aged 65 and over
 - people who are pregnant
 - Aboriginal and Torres Strait Islander people aged 6 months and older, and
 - people with medical conditions that increase their risk of severe flu.
- Both flu and COVID-19 vaccinations are available at many GP practices and local pharmacies.
- **[IPC Health Deer Park GP Clinic](#) is open every Sunday until the end of June as a walk-in vaccination hub from 10am – 2pm. No appointments or Medicare cards are needed for COVID-19 vaccination.**
- For more information, visit <https://www.health.gov.au/news/2023-national-immunisation-program-influenza-vaccination-early-advice-for-vaccination-providers>



IPC Health vaccination clinics

[IPC Health Deer Park GP Clinic](#)

106 Station Road, Deer Park is open every Sunday (May & June) from 10 am – 2pm.



The flyer for 'Daughters of the West' features a woman in a blue and red sports jersey holding a volleyball. Text on the flyer includes: 'Community Foundation', 'WorkSafe', 'WELCOMER PARTNER', 'WELCOME' with translations in Chinese, Vietnamese, Hindi, and Arabic, 'DAUGHTERS OF THE WEST', 'REGISTRATIONS ARE NOW OPEN', 'FREE', 'Free Women's Health & Wellness Program', 'Running in locations across the West of Melbourne and Victoria, the Daughters of the West program is FREE for all women over 18. Daughters of the West is a supportive space where participants will come together and support one another as they challenge themselves, learn new things and make their health a priority!', '10 WEEK Health & Wellbeing program', 'LEARN and talk about key HEALTH ISSUES', 'CONNECT with new people in your area', 'GET ACTIVE in a supportive environment', 'Open to WOMEN OVER 18', 'For more information and to register for the program, visit our website: [westernbulldogs.com.au/foundation/programs/daughters-of-the-west](https://www.westernbulldogs.com.au/foundation/programs/daughters-of-the-west)', 'Daughters of the West is an inclusive program and welcomes all ethnicity as women from all cultural backgrounds are encouraged to get involved.', 'IMPACT THAT inspires', 'Connect with us on social @WBFCFoundation', and logos for 'victoria' and 'cohealth'.

Learn more about Daughters of the West

Free Women's Health & Wellness program

- Daughters of the West is a free health promotion program for women over 18 in the west of Melbourne.
- The program provides a supportive space where participants can come together to support one another as they challenge themselves, learn new things and make their health a priority.
- **Daughters of the West starts in July across many local government areas including Brimbank, Hobsons Bay, Maribyrnong, Melton, Wyndham and in Sunbury and other places.**
- For more information and to register, visit <https://www.westernbulldogs.com.au/foundation/programs/daughters-of-the-west>

Reforms to Vaping Regulations

The Federal Government has announced significant reforms to vaping regulations with plans to work with states and territories to:

- Ban all single use, disposable vapes;
 - Stop the import of non-prescription vapes; increase the minimum quality standards for vapes including by restricting flavours, colours, allowable nicotine content, and other ingredients;
 - Require pharmaceutical-like packaging for vapes;
 - Close down the sale of vapes in retail settings while also making it easier to get a prescription for legitimate therapeutic use.
- The Federal Government has also announced measures to reduce the harms caused by tobacco products, including plans to introduce a new national lung cancer screening program.
 - For more information visit: <https://www.health.gov.au/ministers/the-hon-mark-butler-mp/media/taking-action-on-smoking-and-vaping?language=en>



We would like to hear from you !

This is your chance to give us feedback on the content you receive through this noticeboard. Scan the [QR code](#) to share your thoughts and feedback with us - it takes less than 2 minutes!



Get local access to free, high quality treatment, care and support for mental illness or psychological distress.



mental health & wellbeing local
Brimbank

Free mental health and wellbeing treatment, care and support is available for people aged 26 and over who live, work or study in Brimbank. No referral or Medicare card is needed.

 everyone is welcome at cohealth

- Cohealth in partnership with Clarity Health Care and the University of Melbourne has recently launched a **mental health and wellbeing local** in Brimbank.
- The Brimbank Local provides free services including,
 - Treatment and therapies.
 - Person-centred wellbeing supports.
 - Education, peer worker support and self-help.
 - Client-led care planning and coordination with other service providers and
 - Support with drug dependence.
- For more information visit:

<https://www.cohealth.org.au/service/brimbank-local/>



**The Cohealth Centre, Brimbank,
45 Dickson St, Sunshine.**



Monday - Friday, 8.00 - 6.00pm



Call (03) 9448 5522

Capacity Building and Networking Forum

Are you a community leader?

Community Leaders are invited to participate at the Western Public Health Unit Capacity Building and Networking forum.

The workshop and forum will cover grant applications, report writing and leadership fitness.

Event details

- Date: Saturday, 27 May
- Time: 9:30am – 3:30pm
- Location: Drill Hall. Multicultural Hub 26 Therry St, Melbourne Vic 3000
- Refreshments provided: Morning Tea, Lunch and Afternoon Tea.

Registration: Follow the link to sign up

<https://CapacityBuildingandNetworkingForum.eventbrite.com>



WESTERN Public Health Unit | Western Health

CAPACITY BUILDING AND NETWORKING FORUM

EVENT DETAILS

SATURDAY 27 MAY 2023
ARRIVE BY 9:15AM
WORKSHOP COMMENCES 9:30AM

DRILL HALL, MULTICULTURAL HUB 26 THERRY ST, MELBOURNE VIC 3000

 cohealth
centre for culture, ethnicity & health

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