



HEALTHY HERITAGE

Join us for a week of events that celebrate the progress of health programs and changes in traditional health care services over the last 100 years as part of Whitehorse City Council's annual Heritage Week.

For more information visit www.whitehorse.vic.gov.au or phone 9262 6478.

Exhibitions

Potions and Pills

When: Thursday 1 August – Saturday 30 November
Open: Saturday, Sunday 2pm–5pm
 (open Melbourne Cup Day)

Where: Schwerkolt Cottage and Museum Complex, Deep Creek Road, Mitcham

Cost: Free

This unique display in the Schwerkolt Museum will feature medical instruments such as a snake-bite kit, enema kit, breast reliever and medicine bottles from days gone by. Good health and old time advertising messages from a less regulated medicine market should provide some laughs and possibly jog some memories.



Mark Hopper

Only in Box Hill –

A Photographic journey of people and place

When: Tuesday 27 August – Sunday 15 September

Opening: Thursday 29 August, 6pm–8pm

Where: Box Hill Community Arts Centre, 470 Station Street, Box Hill

Cost: Free

Mark is an experienced portrait, travel and street photographer who has lived in Box Hill since the 1980s. He has seen the progression of Box Hill from the established and conservative suburb through to the multicultural and colourful metropolis it has become. In this exhibition he candidly captures the everyday to the bizarre, in the hectic hive that is the City of Whitehorse.



Emma Finch

This is me: Now and then, then and now

When: Tuesday 17 September – Sunday 6 October

Opening: Thursday 19 September, 6pm–8pm

Where: Box Hill Community Arts Centre, 470 Station Street, Box Hill

Cost: Free

To coincide with Mental Health Week, Box Hill Community Arts Centre will showcase the artworks of BHCAC Artist in Residence Emma Finch along with artworks from participants in Emma's art therapy workshops. Children looked at how they see themselves 'now' and depicted how they see themselves 'then', when they are over 60. Adults over 60 created images of how they saw themselves back 'then' as children compared to how they see themselves in the 'now'. This exhibition highlights identity and acceptance of oneself

What similarities and differences can be seen? What can we learn from this exciting exhibition about different generations and their perception of self?



Health and Hygiene: Then and Now

When: Friday 13 September – Saturday 14 September, 10am–4pm

Where: Box Hill Town Hall – Lower Town Hall, 1022 Whitehorse Road, Box Hill

Cost: Gold coin donation

This exhibition highlights historical displays of life in the (not so) 'good old days', when epidemics such as the Spanish Flu, diphtheria, polio and TB decimated populations. Learn about the role of Friendly Societies before a national health scheme was implemented. There will also be talks and CPR and defibrillation demonstrations, blood pressure tests and more.*



Contact Council

Telephone: 9262 6333
 Email: customer.service@whitehorse.vic.gov.au
 NRS: 133 677 and quote number (03) 9262 6333
 (for people with a hearing or speech impairment)
 Telephone Interpreter Service: 131 450

Acknowledgement of Country

In the spirit of reconciliation, Whitehorse City Council acknowledges the Wurundjeri people as the traditional custodians of the land. We pay our respects to their Elders past and present.

This publication is printed on 100% recycled paper.
 Publication no. 100712081/2019

Image Credits

- Image courtesy of Whitehorse Historical Society Inc.
- Infant Welfare Centre Box Hill c.1940s.
Image courtesy Box Hill Historical Society Inc.
- Hetherset (sic) 1994.
Image courtesy Box Hill Historical Society Inc.
- Box Hill Cemetery n.d.
Image courtesy Box Hill Historical Society Inc.
- Box Hill Hospital n.d.
Image courtesy Box Hill Historical Society Inc.
- Melbourne District Nursing Society:
Nurse and Matron with bikes, 1905.
Image courtesy RDNS History Archive
- Immunisation Day Box Hill Town Hall c.1950s.
Image courtesy Box Hill Historical Society Inc.

* *Health and Hygiene: Then and Now* display items are provided by Red Cross, St John Ambulance, Bolton Clarke (Royal District Nursing Service), Box Hill Hospital (Eastern Health). Full program available on Box Hill Historical Society's website www.boxhillhistoricalsociety.com.au/

Whitehorse City Council gratefully acknowledges our partners in Heritage Week



BOX HILL COMMUNITY ARTS CENTRE

Program of Events

Healthy Heritage – Bus Tour

When: Thursday 12 September, 10am–12 noon

Where: Departs Box Hill Town Hall Portico, 1022 Whitehorse Road, Box Hill

Cost: \$20; \$15 for Historical Society Members

Bookings essential: www.trybooking.com/BCREY or 9285 4808

This bus tour takes in the sites of former and current medical services in the Box Hill/Surrey Hills area. Also included will be a visit and refreshments at Hethersett, a former World War 1 rehabilitation hospital, now a part of the PLC Burwood campus.

This tour is run jointly by the Box Hill and Surrey Hills Historical Societies.



Tai Chi

When: Friday 13 September, 12 noon

Where: Behind the Whitehorse Civic Centre, 379–397 Whitehorse Road, Nunawading

Cost: Free

Bookings: Not required

Tai Chi is an ancient Chinese martial art form that is practised as a type of gentle exercise. It involves smooth, flowing movements to help improve the flow of life energy, or Qi (pronounced 'chee'), through your body. This is said to help create a sense of relaxation and improve or maintain health. Join Genevieve and Tang as they take you gently through this session while explaining the philosophy behind this graceful exercise form.

Please wear comfortable shoes, apply sunscreen and BYO water.



Box Hill Cemetery Tour – Medicos and Misadventures

When: Saturday 14 September, 2pm

Where: Box Hill Cemetery, please meet outside the cemetery office.

Cost: \$20; \$15 for Historical Society Members

Bookings essential: www.trybooking.com/BCQGN or 9285 4808

Join us to visit the grave of one of the first osteopaths in Australia, learn about a victim of the 1919 flu epidemic, hear about some well-loved doctors and nurses, and the details of a few deaths by misadventure!

This tour is run jointly by the Box Hill and Surrey Hills Historical Societies.



Trivia Night – What's Up Doc?

When: Saturday 14 September, 7.30pm–10pm

Where: St Peter's Church Hall, 1038 Whitehorse Road, Box Hill

Cost: \$20 per person; or book a table of 8

Bookings essential: www.trybooking.com/BCRFE or 9285 4808

Test the health of your brain cells and the extent of your trivia knowledge with our quiz master Rev Shane Hübner and help raise funds for the Box Hill Historical Society's newspaper digitisation project. Team and individual prizes to be won.

Schwerkolt Cottage Heritage Family Day

When: Sunday 15 September, 11am–4pm

Where: Schwerkolt Cottage and Museum Complex, Deep Creek Road, Mitcham

Cost: Free

Further information: Whitehorse Historical Society Inc. on 9873 4946

Join us at Schwerkolt Cottage for a day of fun. Experience what life and work held for people in the olden days. Enjoy free face painting, picnic games and races on the cottage lawn and music from Brumbies Bush Band. Food on offer includes a Devonshire tea, cake stall and sausage sizzle. Wander through the cottage and museum to see lace-making, spinning, blacksmithing, working dogs in action and much more!



History of Emergency Medicine

Box Hill Historical Society – General Meeting

When: Sunday 15 September, 2pm–4pm

Where: 1st Floor, Meeting Room 1, Box Hill Library, 1040 Whitehorse Road, Box Hill

Cost: Gold coin donation (Bookings not required)

Speaker: Dr Edward Brentnall

Dr Edward Brentnall joined Box Hill Hospital in 1975 and was a major player in the evolution of emergency medicine following the introduction of Medicare and an increase demand for hospital services.



Yarran Dheran – From Then to Now

When: Monday 16 September, 10am–12 noon

Where: Yarran Dheran Visitor Centre, Ashburton Drive, Mitcham

Cost: Free

Bookings essential: 9262 6555

Enjoy a guided walk with Council Officer Ian Moodie through Yarran Dheran and discover its transformation from a former quarry site to the beautiful bushland park it is today. On this walk through part of the Mullum Mullum Valley we will see a range of Spring wildflowers and a variety of birds that are not often seen elsewhere in Whitehorse.

Please dress suitably for the weather and wear comfortable shoes.



History of Royal District Nursing Service

When: Tuesday 17 September, 10.30am

Where: Whitehorse Room, Box Hill Town Hall, 1022 Whitehorse Road, Box Hill

Cost: Gold coin donation to the Royal District Nursing Service

Bookings essential: 9262 6555

Delving into the organisation's rich historical archive, the presenters will bring you stories of events, people, places and initiatives depicting the work and social significance of Royal District Nursing Service from 1885 to 2015. Morning tea provided.



Healthy Appetites – Cooking Demonstration

When: Wednesday 18 September 10.30am–12.30pm

Where: Box Hill Community Arts Centre, 470 Station Street, Box Hill

Cost: Free

Bookings essential (limited numbers) 9262 6555.

When it comes to nutrition, we can never put enough effort towards understanding what we put into our bodies. Jacquie Ackland, former Masterchef contestant will demonstrate two delicious dishes using the healthy pyramid model. Participants will take away recipes and healthy cooking tips that can be put into practice in their own home.



In Sickness and in Health!

When: Wednesday 18 September, 2pm–3pm

Where: Nunawading Library, 379 Whitehorse Road, Nunawading

Cost: Free

Bookings essential: 9872 8600 or www.wml.vic.gov.au

Local government has had a strong involvement in health protection to provide and maintain healthy environments across cities and regions.

This session will discuss the evolution of public health from tackling disease-causing risk factors associated with poor housing and sanitation to the broader focus on socio-economic factors contributing to poor health such as affordable housing, education and access to transport.



The Ancient Nature of Yoga

When: Thursday 19 September, 10am–12 noon

Where: Vermont South Library, Paveway Place, Vermont South

Cost: Free

Bookings Essential: 9872 8650 or www.wml.vic.gov.au

Join Lisa as she demonstrates and explains the ancient nature of yoga and the proven benefits.

