



Hi all,

At RPPS we want our families to be happy, healthy and the best versions of themselves.

Please find our resource pack that touches on a range of subjects from mental health, domestic violence to self-care.

While these topics can be difficult to discuss its important that we do.

If you would like to discuss anything in this pack then please don't

hesitate to contact the school and ask for someone from the wellbeing team or contact the parents' helpline: 13 22 89

..تحية طيبة للجميع

(RPPS) نحرص في مدرسة روكسبيرج بارك الابتدائية

على دعم طلابنا و آباؤهم أن يكونوا سعداء، و يتمتعون بصحة

جيدة.

لذلك نرجوا منكم قراءة المنشورات الأسرية التي تتطرق إلى عدة مواضيع منها الصحة العقلية ، و العنف الأسري ، و الإعتناء

الذاتي و النفسي.

. نتفهم خصوصية و صعوبة التطرق لهذه المواضيع و لكن من المهم أن نتحدث عنها

لمن يرغب في التحدث عن أي من هذه المواضيع يرجى الإتصال بالمدرسة و السؤال عن الفريق المختص بهذه الأمور



Join an 8-week health education program at your Hub!

All sessions are FREE and delivered by trained healthcare professionals. You will learn practical tips and advice to improve the health of the whole family. There will also be help available to make appointments with healthcare providers to have all your questions answered.

Cost: FREE
Where: Roxburgh Park Community Hub
Start Date: Week 3 of term
Day: Thursday
Time: 11:15am to 12:15pm
**Childminding and interpreters provided*



For more information:

Contact: your Hub Coordinator
 or
 Email: populationhealth@dpvhealth.org.au

Session Overview:

29 July 2021 — *Packs sent to families*

- Stay active as a family - Learn about the importance of moving your body and cheap ways to be active.
- Good foot health - Learn how to choose good fitting shoes and about common foot conditions for children.

5 August 2021 — *Packs sent to families*

- Looking after your mouth - Learn how to look after your children's teeth and how to make an appointment with a Dentist.

12 August 2021 — *ONLINE*

- General healthy eating - Learn about healthy portion sizes and healthy cooking tips.
- Lunchbox ideas – Learn tips to help your child eat their school lunch and pack a lunchbox that will give

19 August 2021

- Healthy relationships - Learn about supporting a healthy relationship with your family.

26 August 2021

- Stress management and mental health - Learn about types and causes of stress and some practical tips to help reduce stress.

2 September 2021

- Financial Literacy and Budgeting: Learn about good money habits and ways to manage your money

9 September 2021

- Women's Health - Learn how to look after your pelvic floor muscles and what you should do to look after your health as you age.

> Steps of vaccination



- 1 Patient screening
- 2 First vaccination dose given
- 3 Follow up information provided
- 4 Vaccination recorded in register
- 5 Post vaccination monitoring



Reminder and booking for second dose

Repeat steps for second dose

DPV Health's COVID-19 vaccination sites

> Medical Centres



Mill Park
20 Civic Drive



Broadmeadows
42-48 Coleraine Street

> Pop-up sites For current COVID-19 vaccination pop-up site location call:

1300 DPV VAX or dial 1300 378 829
www.dpvhealth.org.au

DPV Health is a not-for-profit organisation that offers exceptional health, disability and social services to people of all ages across Melbourne's north.



Your Healthcare
Your Way

COVID-19 Vaccination

Available at DPV Health

The COVID-19 vaccination is now available at DPV Health Medical Centres in Mill Park and Broadmeadows and roaming pop-up sites near you. We are taking bookings for those who are eligible.

We are dedicated to help you through the COVID-19 pandemic, offering testing to stay safe and COVID-19 vaccine to protect you, your family and the community.

To check your eligibility, location of our vaccination sites or to book for a COVID-19 vaccination call:

1300 DPV VAX
or dial 1300 378 829

Interpreter services can be arranged at no cost. Please advise during your call.



Scan QR code to visit our website for more information.



www.dpvhealth.org.au

DPV Health is an approved COVID-19 vaccination provider.



< الخطوات الخاصة بالتلقيح



1

فحص المريض

2

إعطاء جرعة اللقاح الأولى

3

توفير المعلومات الخاصة بالمتابعة

4

تسجيل اللقاح في السجل

5

المراقبة ما بعد عملية التلقيح

التذكير بالجرعة الثانية وحجز موعد لها

تكرار الخطوات للجرعة الثانية



أماكن التلقيح ضد كوفيد-19 التابعة لمؤسسة DPV Health

< المراكز الطبية

منطقة ميل بارك

20 Civic Drive



منطقة برونميدوز

42-48 Coleraine Street

< المواقع المؤقتة للحصول على المواقع المؤقتة للتحاقح الحالية لكوفيد-19، اتصل بـ:

1300 DPV VAX أو اطلب الرقم 1300 378 829

www.dpvhealth.org.au

Your Healthcare
Your Way



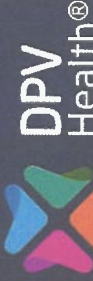
DPV Health هي مؤسسة غير ربحية تقدم خدمات صحية رندوي الاحتياجات الخاصة وخدمات اجتماعية استثنائية للأشخاص من جميع الأعمار في منطقة ملبورن الشمالية.



تلقيح

كوفيد-19

متوفر لدى مؤسسة DPV Health



Your Healthcare
Your Way

لقاح كوفيد-19 متوفر الآن في المراكز الطبية التابعة لمؤسسة DPV Health في منطقة ميل بارك وبرونميدوز والمواقع المؤقتة المتتقلة بالقرب منك. نقوم حاليًا بإعطاء المواعيد للأشخاص المؤهلين.

نحن ملتزمون بمساعدتك خلال جائحة كوفيد-19، ونوفر إمكانية إجراء الاختبارات ولقاح كوفيد-19 لتبقى بأمان ولحمائتك وحماية عائلتك ومجتمعك.

للتحقق من أهليتك أو أماكن وجود مواقع التلقيح الخاصة بنا أو لحجز موعد للحصول على تلقيح كوفيد-19، اتصل بـ:

1300 DPV VAX

أو اطلب الرقم 1300 378 829

يمكن الترتيب لاستخدام خدمات الترجمة بدون تكلفة. يرجى إبلاغنا بذلك أثناء مكالماتك.



امسح رمز الاستجابة السريعة لزيارة موقعنا الإلكتروني للحصول على مزيد من المعلومات.





www.dpvhealth.org.au

من مؤسسة DPV Health في مقدم مقدم للقاح

COVID-19
VACCINATION





 **DPV Health®**

Your Healthcare
Your Way

COVID-19 AŞISI

DPV Health'te

COVID-19 aşısı artık Mill Park ve Broadmeadows'taki DPV Health Tıp Merkezlerinde ve yakınızdaki açılacak gezer sahalarda bulunabilir. Aşı yaptırmaya koşullarını taşıyan kişiler bize ulaşarak rezervasyon yaptırabilir.

Amacımız COVID-19 salgını sırasında size yardımcı olmak. Sizi, ailenizi ve topluluğunuzu korumak ve güvende olmanızı sağlamak için test hizmetleri ve COVID-19 aşısı sunuyoruz.

Aşı olma koşullarını veya aşı olabileceğiniz adresleri öğrenmek ya da COVID-19 aşısı için rezervasyon yaptırmak üzere bizi arayın:



1300 DPV VAX
veya 1300 378 829



Sözlü çevirmen hizmetlerinden ücretsiz yararlanabilirsiniz. Lütfen telefon görüşmeniz sırasında bu hizmetten yararlanmak istediğinizi belirtin.

Daha fazla bilgi almak üzere internet sitemizi ziyaret etmek için barkodu tarayın.



www.dpvhealth.org.au

DPV Health, onaylı COVID-19
aşı sağlayıcısıdır.

**COVID-19
VACCINATION**
Safe. Effective. Free.


Australian Government



Brotherhood
of St Laurence

Working for an Australia free of poverty

Do you want to start your own business?

Applications are now open for
Stepping Stones to Small Business

**Stepping Stones to Small Business is a training program
tailored for women from refugee and migrant backgrounds**

Hume City Council 6 day Empowerment Program

Venue: Online via Zoom meetings

When: Tuesdays and Wednesdays from August 31st to September 15th from 10:00 am to 2:00 pm



The program includes:

- Introduction to small business
- Financial literacy
- Mentor support to achieve your goals
- Referral pathways for employment and education opportunities



Hume City Council 6 day Empowerment Program

Venue: Online, via Zoom meetings

Time: Tuesdays and Wednesdays: 10:00 am - 2:00 pm

Date	Topics covered
Day 1 - Tuesday 31 st August	Defining Our Strengths and Skills <ul style="list-style-type: none">• Program introduction• Exploring our Strengths• Traits helping us to thrive
Day 2 - Wednesday 1 st September	Turning Strengths into Achievements <ul style="list-style-type: none">• Our Strengths and Achievements• Setting SMART Goals that work for us
Day 3 - Tuesday 7 th September	Being MoneyMinded <ul style="list-style-type: none">• Budgeting• Financial Goals and Debt Busters• Superannuation and Tax
Day 4 - Wednesday 8 th September	Finding Our Meaning and Purpose <ul style="list-style-type: none">• Time Management• Being Assertive• Balancing our Values, Strengths and Our Passions
Day 5 - Tuesday 14 th September	Saying Out Loud Makes it Real <ul style="list-style-type: none">• Interview and Presentation Hints Tips and Practice
Day 6 - Wednesday 15 th September	Empowerment Aspirations <ul style="list-style-type: none">• Interview and Presentation Practice• Guest Speakers• Celebration Time

For more information please contact:

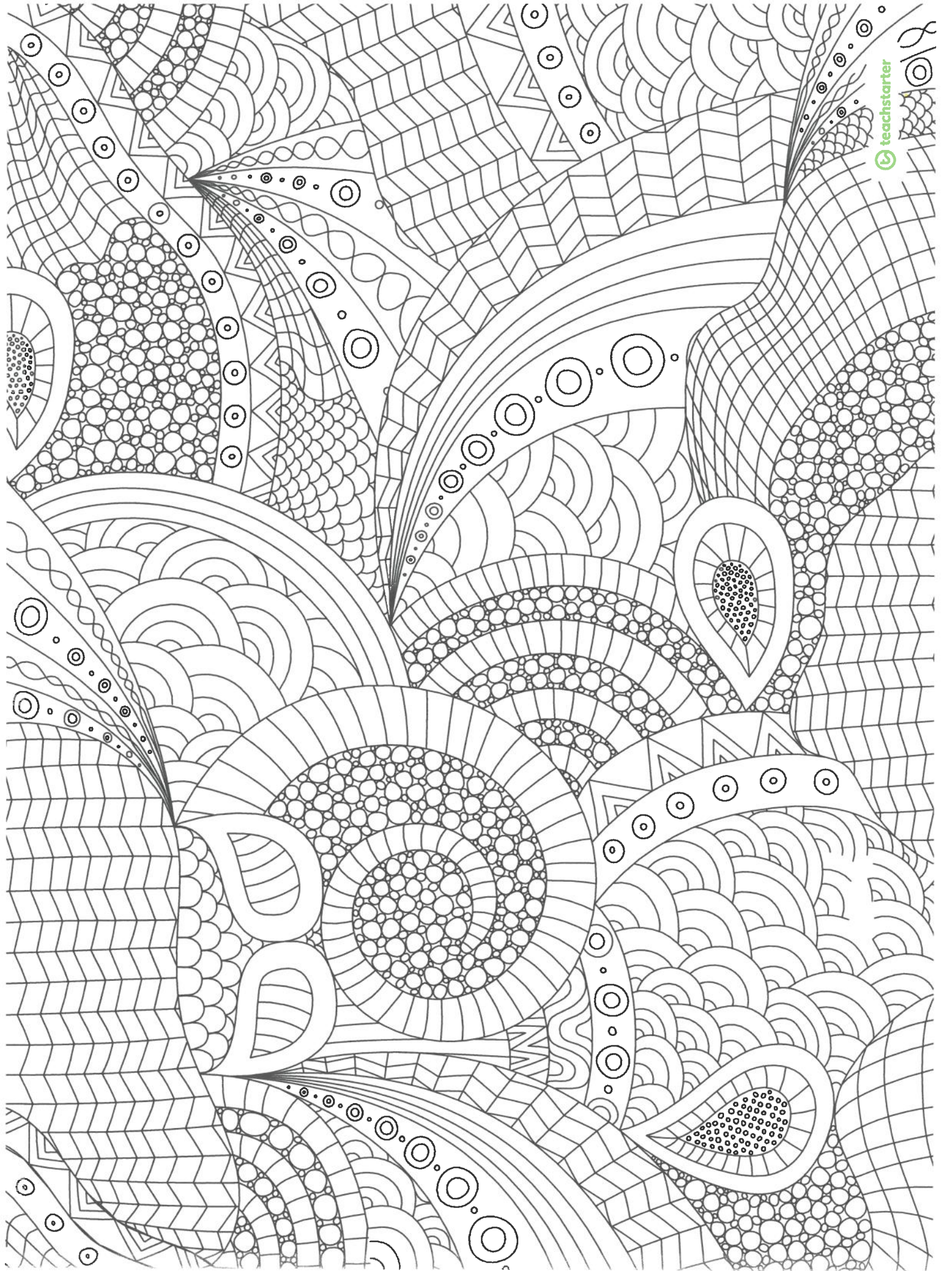
Angie Basdekis

Phone: 0427 349 017 Email: angie.basdekis@bsl.org.au

or visit our website to apply

bsl.org.au/services/stepping-stones/program-application-form





Colour By Numbers

1 = bright yellow

2 = dark green

3 = bright red

4 = blue

5 = brown

6 = light green

7 = dark yellow

8 = dark red

9 = dark brown

