

Health Promoting Northampton



Issue 4

Autumn 2006

Dates for your Diary 2006

- 14/15 October
NHS 30th Anniversary Celebrations

Exercise classes for Mums!

Every Wednesday morning at the Day Centre, a new exercise group has started for Mum's.

All Mum's are encouraged to come along (with or without children) to participate in some healthy activities and meet other Mum's in the community.

Local volunteers have been trained by the physiotherapist to facilitate a workout for Mums.

All enquiries to Mary Ash at the Hospital on 9934 0200



Medical students descend on Northampton

At the end of April, 40 first year medical and dental students descended on Northampton for rural Week. The community showed famous Northampton hospitality with yummy food, great shelter, activities and entertainment. The students gave back to the

community activity by planting trees and attending the Anzac Day Commemoration.

The students were divided into three groups focusing on aged care, farming and aboriginal health.

On the final night each group gave a

presentation to community members. Other activities included:

- meals with host families,
- health service tours
- visits to the "Never Too Old group".

The students provided an injection of youthful energy into the town and in turn they were given the warm country hospitality.

After a taste of country life, which they were shown by staying at Northbrook Farm stay, we hope that these young men and women might return to the country as doctors and dentists.



The Medical students on the steps of the Nagle Centre in Northampton

NHS Staff are running for FUN?

The staff from the Northampton Health Service will again be putting in a team to participate in the fun run and raise awareness of health promoting health services.

Last year, eight people donned our Northampton Health Service t-shirts and walked, talked, drove, carried water and cooked sausages to participate in

this community event. All had a great day and the finish line was a welcome sight.

We are looking forward to an even bigger team this year on the June long weekend. **BRING IT ON!!**

Would you like to get involved too? Go to <http://members.westnet.com.au/northamptonfunrun>



Finish line 2005

International Nurses Day - 12 May

International Nurse's Day is a great opportunity for the community to acknowledge the important role nurses play in health care - **THANK YOU!**

Chuck a fish on the barbie! . . . our Northampton blokes talk nutrition

Sharon Reynolds has been encouraging men in Northampton to participate in health promoting activities.

This group gets together once a month with an emphasis on social interaction. The men

recently enjoyed a Sundowner at Horrocks Beach overlooking the bay

This month Catherine Dumont, our dietitian, hosted a "Chuck a Fish on the BBQ" lunch at the Day Centre. Twelve men attended the event and had an enjoyable few hours with Catherine, whom presented a talk on the Top 10 best



Men's Group go to Horrocks for a Sundowner

foods for your heart.

Would you like to get involved? Call Teena or Jenny at NHS on 9934 0200 to find out more information.



Mens Group enjoying their fish BBQ.

Healthy bones exercise classes for community.

Our 'Healthy Bones' exercise group has increased in numbers in recent weeks. This exercise group runs on Thursday evenings and is facilitated by Sharon Reynolds.

Gentle weight bearing exercises have been coordinated by a physiotherapist for prevention of osteoporosis.

All community members are welcome. Please contact the Jenny or Teena at NHS for further information.

Brookview residents enjoy a day at the beach.

Belinda Box has put together a calendar of activities for the residents of Brookview. Each month they will

participate in activities, which are based on individual interests.

Last month Brookview residents took the bus to Horrocks beach and enjoyed a beautiful day

in the sunshine.

Belinda is doing a great job facilitating activities using volunteers from our local community.



Brookview residents having an enjoyable afternoon at Horrocks



The Healthy Bones exercise group doing their circuit.

NORTHAMPTON HEALTH SERVICE

Address:
Stephen Street,
Northampton WA 6535
Telephone:
(08) 9934 0200
Facsimile:
(08) 9934 0250

EDITOR

Kym Chambers, Health Promotion Officer WACHS MM
Telephone: 9956 1953
kym.chambers@health.wa.gov.au

St Mary's students get ACTIVE and cycle to school.

On Friday 17th March, the students of St. Mary's School in Northampton participated in a "Cycle to School Day" and healthy breakfast.

The promotion was organized by Mary-Kate Capp, the School Nurse and sponsored by the schools' Parents and Friends Association to coincide with Cycle Instead Bike Week.

Students were encouraged to ride their bikes to school on this day or to their bus

stop if they usually caught a bus to school. If they were unable to ride or access a bike, children were encouraged to walk to school or their bus stop. Parents were also encouraged to ride or walk with their children.

The aim of this activity was to promote the health benefits of bike riding. Over half the student population participated in the exercise and a healthy breakfast of cereal, fruit salad and toast was offered to all students once they

arrived at school. Judging by the participation rate and the fact that most of the food was devoured, it was deemed a success!



Emma and Hannah enjoying a healthy breakfast after participating in the St. Mary's Cycle to School