



## Our vision for Northampton Health Service

Northampton's Health Promoting Health Service (HPHS) Working Party came up with a VISION for Northampton Health Service. After much thinking, joking and playing, each group came up with a vision that captured the essence of HPHS in Northampton. The following is a combination of all of the visions:

*“Welcome to our healthy workplace. Together we can make a difference to your health and our community”*

In the next meeting the group will explore our team values for our health promoting health services.

If any people in the community wish to have input to health promoting health services by attending the meetings please ring Robyn on 9934 0200



*The Health Promoting Health Service Working Group testing their nursing skills on a baby joey!*

### Inside this issue:

§ Our vision for NHS	1
§ A carrot and an apple spotted at St Mary's	2
§ Purple Bra Day	2
§ Seniors learn about products to aid them in leading a functional and improved lifestyle	2
§ Men Matter head to Yuna	3
§ Never too old for pampering	3
§ Heart Foundation's Climb to the Top	3
§ Binu PS visit Northampton Health Service	4
§ Wear Wool Wednesday at Binu	4



## Purple Bra Day

---

Purple Bra Day, held in June, showed that Northampton is a really caring town, as over \$2000 was raised for the Breast Cancer Foundation.

The organising committee were inundated by entries in the best-decorated bras and jocks competition. There were over 1500 purple bras lining the streets of Northampton. Our own Maureen Drage (PCA) was successful in winning the best-decorated purse made out of a purple bra, see picture.



## A carrot & an apple spotted at St Mary's

---

On a bright June morning a carrot and apple were seen serving a healthy morning tea to the students of St Mary's.

Forty students visited the stall to crunch, bite and try healthy food as part of a nutrition awareness-raising event.

Catherine Dumont, our regional dietitian, also presented some information and gave the school some aprons to give to students.

Beware the carrot and apple might visit you too!

## Seniors learn about products to aid them in leading a functional and improved lifestyle.

---

"The Never Too Old Club" enjoyed a visit from Daily Living products recently. This company is dedicated to assisting people and health care organisations in the supply and use of rehabilitation equipment that enables people to overcome injury, disability and illness.

The members were shown a variety of items from recliners, shower chairs, walking aids, easy jar openers, tap turners, sock aids and many more items to make life easier.

The highlight of the session was our nurse manager, Robyn, hightailing it through the corridors of Brookview and the day centre on a Gopher (scooter). Life is meant to be fun!

For more information go to <http://www.ca.com.au/daily/>



## Men Matter head to Yuna

---

They're off again! On Friday the 7<sup>th</sup> August, the menfolk are taking the bus and heading to Yuna.

*First stop:* Yuna Tavern. Here a local farmer will present on the problem of "NO RAIN" in our area and the effect it is having on the crops and stock.

*Second Stop:* A visit to a farm that has recently developed a feedlot.

Some of the Men Matter members will have experienced drought in the past and it will be interesting for them to discuss the different strategies that are being

used today. Maybe it will be a case of the new teaching the old and vice versa?

Yuna here we come!!!



## Never too old for pampering!

---

What luxury! The Geraldton Regional College of TAFE invited the ladies from "Northampton Never Too Old Club" to act as models for their hair and beauty students. This offer was gratefully accepted.

The ladies received manicures, pedicures, tinting and waxing. They also had their hair washed and set.

Everyone thoroughly enjoyed the pampering and felt more self-assured as a result.

The students were delightful AND we have been invited back again . . . it's a hard life but someone's got to do it!



## Heart Foundation's "Climb to the Top"

---

A committed team of Northampton walkers are again donning their pedometers to participate in the Climb to the Top challenge.

During August, the team of ten people, led by Robyn aim to walk the equivalent of climbing Mount Everest. The challenge is a fundraiser for heart foundation.

Would you like to organise a team? Go to <http://www.heartfoundation.com.au/> to register today.



## Binnu PS visit Northampton Health Service

---

The junior class at Binnu Primary School have been learning about their community and it culminated in an excursion to Northampton Health Service on Tuesday the 27<sup>th</sup> June.

The group of 12 excited students had a tour of the hospital. They were fascinated with the X-ray machine and the washing machine! They also enjoyed some wheel chair rides up and down the corridors.

Then it was their turn to entertain. The children sang three songs for the residents of Brookview. Their uninhibited singing and dancing delighted their senior citizens, and we hope they will return soon. The children were very happy and

well behaved. They were a credit to their teacher Miss Hardy and the Binnu Primary School.



## "Wear Wool Wednesday" @ Binnu

---

Twenty ladies from "Northampton Never Too Old Group" and twelve from Kalbarri attended a Wear Wool Wednesday at Binnu, a fashion show with a wool theme.

All of the clothes modelled were from our Northampton's local Family Store in and from Pazelli's in Geraldton (owned by an ex local girl). One of the models was Northampton Health Service's Sharon Reynolds!



All the garments modelled had a wool component. There was also a display of

old and new wool garments and equipment.

The children from Binnu Primary School also entertained the audience with clever musical performances and a lovely hearty meal was served and enjoyed by all. Bring on the next outing!!!

For enquiries regarding newsletter please contact

Robyn Gibson, Nurse Clinical Manager

Northampton Health Service

Phone: (08) 9934 0200

Fax: (08) 9934 0230

Email: [Robyn.Gibson@health.wa.gov.au](mailto:Robyn.Gibson@health.wa.gov.au)