

The ISCHS receives re-accreditation!

The ISCHS undergoes a triennial quality accreditation process through QICSA (Quality Improvement and Community Service Accreditation inc). This process was finalised in June 2005 when, over three days, a quality review team delved into all aspects of the ISCHS' activities, processes and documentation. The process was both daunting and rewarding with the ISCHS passing with flying colours with no area of non-compliance. This doesn't mean there were no learnings-there were a solid hand-full, which will be fed into the new Quality Plan to continue improved service provision.

Our Rainbow Place Turns 5!

A very special birthday is fast approaching with 'Our Rainbow Place' (O.R.P.) celebrating 5 years of existence in November 2005. ORP is an indigenous community members club that operates out of the St Kilda centre. ORP has achieved so much over this time, including:

- facilitating self management
- providing a vibrant meeting place for Indigenous community members
- developing pathways into community health services such as physiotherapy, hydrotherapy, podiatry etc.
- successfully putting forward an O.R.P. community member as Port Phillip Citizen of the Year (2005)
- camps for indigenous community members and carers
- generally celebrating as a community

Pamper Day for Carers

Inner South Family and Carer Network are running a pamper day for family and friends who support someone with a mental illness. This pamper session will be held on:

Date: Monday 17th of October

Time: 10.30-1.30pm (and lunch afterwards).

Where: 86 St Vincent Place Albert Park

Contact: Heather on 9686 4900 for more information.

Men's Health Forum

On Monday October 5th the ISCHS held a Men's Health forum, entitled 'The Y Factor: Is being male a health hazard?' at a local bowling club. Guest speakers included football legend Tom Hafey along with a local GP, a psychologist, nutritionist and a Men's Responsibility Group worker. About 65 people attended (mostly men) and discussed the many and varied aspects of men's health including:

- the need for regular health checks
 - the link between good nutrition, exercise and great health
 - the right of men to seek help when they need it
- Tom Hafey was inspiring and presented fantastic, old fashioned wisdom and inspiration!

Men's Health Facts

Did you know that Australian Men:

- are more likely to get sick from serious health problems than women?
- have a higher death rate?
- shy away from medical treatment?

Some other facts:

Average death rates per 100,000 persons include:

Cancer: 238 males	vs	146 females
Heart Disease 190 males	vs	119 females
Stroke 66 males	vs	65 females
Lung Issues 47 males	vs	213 females
Accidents 36 males	vs	18 females
Suicide 22 males	vs	6 females
Diabetes 19 males	vs	14 females
Car accidents 13 males	vs	5 females
Mental disorders 9 males	vs	11 females

Food for thought!

Community Cabinet comes to City of Port Phillip

Staff and Board members met with State Parliamentarians when the Community Cabinet came to the City of Port Phillip in September and attended a total of eight meetings. It was a terrific day with plenty of access to all of the government ministers we requested to see. The issues we presented included:

- lack of funding for interpreters
- women and leadership issues
- family violence issues
- update on the ISCHS GP outreach project
- the need for increased support for Supported Residential Service
- the health needs of Street Sex Workers
- Planned activity groups for older community members
- the excellent outcomes of the Primary Care Partnership project (ISEPICH)

Volunteer Corner

The ISCHS has an active volunteer program with many wonderful volunteers providing support to essential ISCHS programs. This month we have had 41 registered volunteers at the ISCHS. In any week between 4 and 5 community members contact us to inquire about volunteering. Volunteers are currently assisting with driving, being community friends, computer and english tuition, hydrotherapy assistance, Our Rainbow Place helpers, Winter Breakfast and Reminiscence group assistants.

If you want further information on being a volunteer at the health service, please contact **Greg on 9534 0981**

We hope you enjoyed this brief snap shot of ISCHS events. Please let us know what other information would be of interest.
Warm Regards,

Robbi Chaplin CEO

