

Community Engagement Noticeboard

2023 COVID-19 booster vaccines are now available



- Most Victorians had their last COVID vaccination more than 6 months ago. Immunity will reduce over this time so your protection against the virus will be reduced.
- Recharge your immunity with a bivalent booster dose and protect yourself before winter.
- The 2023 COVID booster dose is available for everyone aged 18 and above.
- Getting your booster dose remains the best way to prevent severe illness or hospitalisation, especially in people over 65 and those at higher risk of severe illness.
- You can have your booster dose now if your last dose or COVID infection was 6 or more months ago.
- To locate your neighbourhood GP or local pharmacy visit: health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder

Priority Primary Care Centres



- Priority Primary Care Centres (PPCCs) provide care for people with conditions that require urgent attention but not an emergency response.
- PPCCs are a GP Led service, supported by nursing and admin staff, providing services to patients with or without a Medicare Card, with no out of pocket costs to patients.
- All PPCCs offer pre-booked appointments, walk-ins or you can call the clinic to determine if urgent care is required immediately.
- Priority Primary Care Centres(PPCCs) are open 16 hours a day, 7 days a week.
- For more information, visit: <https://www.betterhealth.vic.gov.au/health/servicesandsupport/priority-primary-care-centres>

Sunshine Priority Primary Care Centre (Supports Sunshine Hospital)	421 Ballarat Road, Sunshine	<ul style="list-style-type: none"> • Phone bookings: (03) 8539 2772 • www.sunshineppcc.com.au
Moonee Ponds PPCC (Supporting the Royal Melbourne Hospital)	34/46 Holmes Rd, Moonee Ponds	<ul style="list-style-type: none"> • Phone bookings: (03) 9945 7777 • mooneepondsmedicalcentre.com.au/priority-primary-care-centre
Maribyrnong Priority Primary Care Centre (supporting Footscray Hospital)	G01B/31 Edgewater Boulevard, Maribyrnong VIC 3032	<ul style="list-style-type: none"> • Phone bookings: (03) 9317 1717 • https://www.maribyrnongppcc.com.au/
Werribee Priority Primary Care Centre (supporting Werribee Mercy Hospital)	1/5 Station Place, Werribee	<ul style="list-style-type: none"> • Phone bookings: (03) 8734 0340 • www.werribeemedicalcentre.com.au/priority-primary-care-centre

Community Engagement Noticeboard

Regular Health Checks- When was your last?



- Regular health checks can identify any early signs of health issues.
- If you hardly ever visit the GP, it's worth making time for a check-up once a year.
- The purpose of these visits is to:
 - check for current or emerging medical problems
 - assess your risk of future medical issues
 - help you to maintain a healthy lifestyle
 - update [vaccinations](#).
- Having a health check is also a time to examine your lifestyle to see what improvements can be made.
- For more information visit:
www.betterhealth.vic.gov.au/health/servicesandsupport/regular-health-checks#why-regular-health-checks-are-important

FREE Mental Health and Wellbeing Services - Brimbank



- Brimbank mental health and wellbeing local services make it easier for you to access the support you need, closer to home and to your families, carers and support networks.
- The Brimbank mental health and wellbeing local is delivered by cohealth in collaboration with [Clarity Health Care](#) and [University of Melbourne](#).
- Brimbank mental health and wellbeing local services offer:
 - treatment and therapies
 - person-centred wellbeing supports
 - education, peer worker support and self-help
 - client-led care planning and coordination with other service providers
 - support with drug dependence
- For more information visit:
<https://www.cohealth.org.au/service/brimbank-local/>



Subscribe to our Noticeboard!

Send an email to: WPHU@wh.org.au with the subject 'Subscribe to Community Engagement Noticeboard' if you would like to receive this Noticeboard.

Community Engagement Noticeboard

Asthma Action Plan



- Returning to school means big changes to routines and environments that can sometimes cause children's asthma to flare up.
- Asthma action plans are a vital tool for managing asthma and ensuring a quick response to an emergency.
- There is no 'standard' asthma action plan, as everyone's asthma is different.
- Asthma symptoms should be reviewed with a doctor (GP) every 6 months for children and every year for adults, and the asthma action plan updated if necessary.
- For more information visit: www.betterhealth.vic.gov.au/health/conditionandtreatments/asthma-action-plans

FREE Masks and Rapid Antigen Test kits (RATs)



- The Department of Health has stock of N95 masks for use by the community to help prevent the spread of COVID 19 across Victoria.
- If you are a community organisation, or local council, you are invited to request an order from Department of Health healthservicetesting@health.vic.gov.au.
- Note that masks should not be used in a clinical environment but are suitable for wear in the community.
- Alternatively, you can also directly email Western Public Health Unit at wphu@wh.org.au to place an order.
- **Free RATs are available for collection from Local libraries to all persons.**
- For more details, visit <https://www.coronavirus.vic.gov.au/get-a-covid-19-test>



We would like to hear from you !

This is your chance to give us feedback on the content you receive through this noticeboard. Scan the [QR code](#) to share your thoughts and feedback with us - it takes less than 2 minutes!

Video Storytelling for Asthma



Do you or someone you care for have asthma?

We are looking for young people aged between 15-18 years who have experience managing asthma and live within Brimbank, Hobsons Bay and Maribyrnong Local Government Areas to participate in an asthma health promotion media program.

We'd like to invite you to participate in the **FREE** Video Storytelling for Asthma program. There will be 2 in-person workshops followed by a 4 week online internship.

Date: Saturday 18 March & Saturday 25 March

Time: 10.00 am – 4.00pm

Location: Phoenix Youth Centre
72 Buckley Street, Footscray, VIC 3011

Lunch and refreshments will be provided.

What is it?

A 6-8 week program with media experts to make videos for asthma.

What you will get:

- Develop your video production skills with professionals
- Positively impact the lives of young people living with asthma
- Work with health professionals to increase your knowledge of asthma management.
- Participants receive a \$200 voucher at the end of program

If you are interested, please fill this form:



**BRIMBANK
YOUTH
SERVICES**

A SERVICE PROVIDED BY
BRIMBANK CITY COUNCIL

**Hobsons Bay
Youth Services**

MARIBYRNONG
YOUTH
SERVICES

cohealth
care for all