

# HEALTHY LIVING IPSWICH



[www.ihfoundation.org.au](http://www.ihfoundation.org.au)



Reception



## *Volunteers care*

SUPPORT IS ON HAND WHEN YOU NEED IT



# SUPPORT IS ON HAND WHEN YOU MAY WORRY

YOU'VE RECEIVED A CALL BACK TO BREASTSCREEN IPSWICH SERVICE AND YOU ARE FEARING THE WORST!

You can't help wondering what chemotherapy is like and how long you might have to endure it for, and all of a sudden you've talked your way into a diagnosis. You are spiralling understandably and look up from your magazine for some support. You've got it in the Ipswich Hospital Foundation Volunteers.

The support team is at the Ipswich Service every Thursday to lend a caring ear for patients who have been called back for second appointments.

Glenda and Lorraine of the IHF Volunteer team have been working with the service for over a year now. "We love being here to support the women and the service, listening to their stories and helping them through a moment in their life that sometimes isn't so pleasant," they said.

"Volunteering really is so satisfying and varied and it is a privilege to be with the women during this process – we've made a lot of friends!

BreastScreen Queensland – Ipswich Service Nurse Unit Manager Nicola Godfrey said Glenda and Lorraine were a wonderful addition to the BreastScreen team.

"Glenda and Lorraine provide invaluable support and assistance to the West Moreton women who attend an assessment clinic, from welcoming women, making cups of tea or coffee and chatting with anxious clients to pushing babies around in strollers.

"They are ambassadors for our BreastScreen service, promoting our service to friends, family, other volunteers and the wider West Moreton community. They also prepare health promotion materials for distribution to the community which is of huge assistance to our team."

BreastScreen Queensland – Ipswich Service operates both a fixed Ipswich service site at the Community Health Plaza, Bell St and mobile van services to make appointments accessible to West Moreton women, including those living in rural and regional areas.

Ms Godfrey encouraged women to prioritise their health in 2019. "Looking after your health is one of the best things you can do for yourself and your loved ones," Ms Godfrey said.

"I encourage women over 40, particularly those aged 50 to 74 who are considered most at risk, to prioritise their health and have their routine, free screening mammogram every two years. No referral is required.

"A breast screen takes only 30 minutes. The mobile van will be at the Fernvale Visitor Information Centre, 1483 Brisbane Valley Highway Fernvale, from 31 January to 26 February.

Appointment availability ranges from 6.45am – 5pm (Monday to Friday) and some Saturdays. To book phone 13 20 50 or book at [www.breastscreen.qld.gov.au](http://www.breastscreen.qld.gov.au).

## EDITOR'S NOTE

The question on everyone's lips... Have you KonMari'd your house yet?! Healthy Living challenges you to KonMari your health and fitness in 2019.

Ask yourself as Marie Kondo does... what kind of body do you want to live in and how you want to live in it. Describe your ideal lifestyle and make changes to achieve it.

If you like drawing, sketch out what it looks like. If you prefer to write, describe it in a notebook. You can also cut out photos from magazines.

Marie says that when you imagine your ideal lifestyle, you are really clarifying why you want to tidy and envisioning your best life. The tidying process represents a turning point – so seriously consider the ideal lifestyle to which you aspire.

While I haven't watched the popular Netflix series yet for myself, I can see that the concept could very simply be applied to a lifestyle change. If you can ask yourself what your ideal lifestyle is and make changes, seeking help along the way to achieve it – you are on the money!

*Chelsea Rees*

### HEALTHY LIVING IPSWICH TEAM

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**RECRUITMENT 24/7**



# IPSWICH 100 BIKE RIDE

**Sunday 31st March 2019**

Imperial 100 Challenge

Classic 100km

Fun Filled 50km

Esprit 25km

Kids Caper



[www.ipswich100.com.au](http://www.ipswich100.com.au)

# DOES YOUR DAILY DIET REQUIRE FORTIFICATION?

❖ with Dee Taylor, Nutritionist

FORTIFICATION, BY THE ADDITION OF VITAMINS AND MINERALS TO FOODS, AIMS TO REDUCE SHORTFALLS IN EVERYDAY DIETARY INTAKES.



Some people purposely seek out these products looking for a nutritional advantage but on a general level, food fortification provides benefits to people at risk of dietary deficiencies. Vegetarians, pregnant women and people who omit whole food groups from their diet are just a few who benefit from fortified food products.

Even if you don't intentionally buy them, check the food labels on your current foods in your fridge and pantry; you may be surprised to find you already consume them.

In Australia, fortifying certain foods are mandatory to address a public health concern, such as with a population vitamin and mineral deficiency or those that affect a large proportion of the population or it can be voluntary where vitamins or minerals are added to a manufactured product. Food Standards Australia and New Zealand (FSANZ) oversee the amounts added for fortification purposes and require food manufacturers to supply evidence for health claims on their products

and they must be labelled. This is why it is always important to read your food labels – you should always know what you are eating.

Listed below are examples of vitamins and minerals used for fortification in Australia.

**Folic acid:** This is a mandatory and added to wheat flour used for making breads, bread rolls and muffins (organic breads do not require this).

**Iodine:** This is iodized salt used in bread making (again except in organic breads).

**Plant Sterols:** These can be, but not always, used in margarines, low fat milks/cheese yogurts.

**Do you need to buy non-mandatory fortified food products?** This is where you need to reflect on your own dietary intake. Do you get an adequate intake of vitamins and minerals in your existing diet or do you limit certain foods that have significant health impacts?

**Diet:** If you drink more juice than milk, you may want to consider looking for one that has added calcium. Another is iron-fortified

bread and cereal products. If you fail to eat an adequate amount of iron in your diet through sources such as red meats, lentils, beans or leafy green vegetables having a low-sugar cereal or bakery product that has iron added may help to increase low levels.

**Fatty Acids:** Omega-3's fatty acids are essential for brain development and heart health and can't be produced in the body and need to be sourced in our diet. They are commonly consumed when eating oily fish, tuna, sardines, nuts, seeds and oils such as canola, flaxseed and even olive oil.

**Vegetarians:** If, however, you are vegetarian, don't eat seafood and have a low intake of plant-based sources, omega-3 fortified eggs, yoghurt, juice and even milk are available.

These are only just a few examples to highlight that fortification is available in everyday foods and that you don't need to look hard to source them. They are becoming more expansive

with more and more products are becoming available in our supermarkets – go for a walk down the breads and cereal aisle and you will see you are not short of fortified choices!

Even though readily available, you may still question whether fortified products are right for you? Having a nutritious healthy, balanced diet from a variety of food sources is always the best way to try and meet your body's vitamin and mineral requirements but this is not always possible.

Reflect on your own diet, learn more about what nutrients your body needs and the food sources from which they are derived – and importantly, look around at the supermarket, read your labels to know what you are eating.

If you feel you are nutritionally deficient or could benefit from healthier eating habits, consult with your health practitioner or nutritionist for advice on dietary improvement strategies.

*Information Source: Food Standards Australia New Zealand.*

# PROTEIN BALLS WITH CRUNCH

❖ with Nutritionist, Sabra Manttan

WE KNOW GETTING BACK TO WORK IS TOUGH AFTER A GREAT SUMMER HOLIDAY SO LET SABRA OF FORTITUDE HEALTH AND WELLNESS HELP YOU OUT WITH HEALTHY PROTEIN BALL RECIPES TO FILL THAT LUNCH BOX OR AFTERNOON SNACK VOID!



The preparation for these different types of protein balls couldn't be simpler. For these recipes simply add all the ingredients into an electric mixer. Mix on high until all ingredients are combined, then roll into balls with the palms of your hands.

You can then roll the protein balls in desiccated coconut or crushed up nuts before placing them in the fridge overnight to harden.

## Peanut Butter and Vanilla

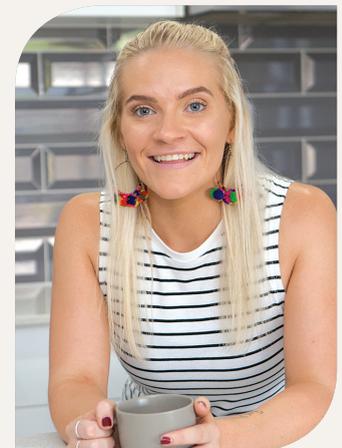
1 scoop of vanilla protein powder  
1/2 cup oats  
2 tablespoons peanut butter  
1 tablespoon honey  
1/3 cup chia seeds

## Cashew Cookie

1/2 cup oats  
1 cup cashew nuts  
1/3 cup peanut butter  
1 tablespoon peanut butter

## Choc Almond

1 cup almonds



1 scoop of chocolate protein powder

3/4 cup dates

1/4 cup cocoa

1/3 cup desiccated coconut

Add water until desired texture is reached.

# CHILDREN IN WEST MORETON ARE IN GOOD HANDS

A TEAM OF PAEDIATRICIANS FROM THE IPSWICH HOSPITAL PAEDIATRIC DEPARTMENT ARE BUSY LOOKING AFTER THE SMALLEST PATIENTS IN OUR REGION AND ARE LOOKING FORWARD TO THE PAEDIATRIC INTERAGENCY 'BIG DAY OUT' ON 27TH MARCH.

The Paediatric Service operates clinics for children with behavioural and developmental issues upon referral from general practitioners.

On 27th March the 8th Annual Paediatric Interagency 'Big Day Out' hosted by Dr Shellshear, winner of the 2018 West Moreton Health Interconnected Awards, and his colleagues, and including Education, CYMHS, paediatric therapy services in the area, GP's, and NGO's, will bring together the many agencies supporting children in the region.

Paediatrics Staff Specialist Dr Ian Shellshear says the day has been rated 4.5/5 stars by past participants! "The day is always a lot of fun and we like to enforce 'jargon is banned' and 'reading from notes', encouraging face to face interaction with colleagues.

"The challenges paediatric services and their patients face can only be solved by presenting a united multi-disciplinary team. The interagency serves to connect and share strategies for assessment and treatment.

"There are so many variables in behavioural and developmental issues in children and we know that parenting has changed, nuclear families are no longer the norm and most importantly there are no manuals for parenting a child!

"In a technology driven world, distracting elements are everywhere and electronics use in both the parents and the child can add to tricky behavioural issues.

"We do know that most children just want to play and interact

– playing teaches sharing, turn-taking, losing, gestures and tone of voice – all critical learnings for children.

For simple and practical solutions for parenting, contact:

Triple P  
123 Magic  
Circle of Security

## 'Big Day Out' Paediatric Interagency event

Supported by the Ipswich Hospital Foundation, the Ipswich City

Council, and the Darling Downs and West Moreton PHN, the Big Day Out offers a space for local networking between services supporting Paediatrics including:

- Department of Education and Training
- West Moreton Hospital and Health Service (Child Development Service, Child Youth Mental Health Service)
- Department of Communities (EVOLVE)
- SPARK Child Wellbeing Centre
- The Poppy Centre
- Private Practitioners
- Darling Downs and West Moreton PHN

Venue for the 'Big Day Out' event is the North Ipswich Reserve Function Centre, 2B Pine Street, North Ipswich.

Date: Wednesday, 27 March 2019 from 8:30 am to 4:30 pm (AEST)

Tickets for interested agencies are available on the Ipswich Hospital Foundation website at <https://www.ihfoundation.org.au/events/>



## VOLUNTEERS WRAP GIFTS AT REDBANK PLAZA

Over the 2018 Christmas period IHF Volunteers prepared beautifully wrapped gifts at Redbank Plaza Shopping Centre, and this meant shoppers could shop longer and rest easy at Christmas!

Ipswich Hospital Foundation Fundraising Coordinator Katherine Wyman said the partnership with Redbank Plaza is so valuable to the IHF.

"Thanks to Redbank Plaza Shopping Centre for their support presenting the gift wrapping station. They also supplied the beautiful paper, ribbons and the space for the volunteers to work.

"The funds raised represent a great success with over \$3500 received thanks to gift wrapping donations from shoppers.

"Our wonderful volunteers contributed a total of 276 hours performed by 46 volunteers. Champions!

"I'd also like to acknowledge Quest Apartments Ipswich for offering their lovely space to host our gift wrap tutorial ahead of the gift wrapping service," she said.

The children of West Moreton will benefit from the funds raised, ensuring IHF can continue to support patient comfort schemes and the purchase of medical equipment.



Photo: Ipswich Hospital volunteers busy at their gift wrapping at Redbank Plaza over the Christmas period, helping to raise money for Ipswich Hospital Foundation programs.



ENROL NOW FOR  
TERM 1  
KIDS COOKING  
CLASSES!

## BOOK NOW FOR KID'S KITCHEN

HANDS-ON COOKING & NUTRITION CLASSES FOR KIDS

You've got books, pencils, pens and are busily covering school books but have you considered registering your children for the popular IHF Kid's Kitchen?

Running throughout the school term (5 February - 2 April) Kid's Kitchen offers children aged 7 – 10 years with a hands-on cooking class and theory base about a healthy lifestyle and how to make healthy choices, and the cost is only \$5 per week.

Program Coordinator Kayley Taaffe said Kid's Kitchen covers food tasting, cooking skills and nutrition education.

"Our Kid's Kitchen is in good hands with Nutritionist Deidree

Taylor who I work with each week to present new, exciting recipes.

"Children go home each week armed with the healthy food they've prepared and a newsletter with recipe ideas and healthy tips for the family."

Help your children gain these critical skills with the help of a qualified nutritionist!

Book now at [www.ihfoundation.org.au/services/kids-kitchen-project/](http://www.ihfoundation.org.au/services/kids-kitchen-project/).

Details of the program:  
When: 5 February – 2 April  
Time: 4pm - 5:30pm  
Cost: \$5 per week  
Location: TAFE Southwest Bundamba Campus



## 'RIDE ON' BIKE WEEK

RECRUITMENT 24/7 'RIDE ON' 23 -31 MARCH

A celebration of cycling and fun, the second annual Recruitment 24/7 'Ride on' Bike Week is happening again in March. The week has something for everyone from novices to the well-practised and kids especially!

### BRISBANE VALLEY RAIL TRAIL USERS ASSOCIATION 'BOOMERANG' BIKE RIDE

Date: Saturday 23rd March  
Time: 7am-12pm  
Location: Fernvale

A personal challenge – See how far can you ride from Fernvale on the Brisbane Valley Rail Trail in two hours. A fully supported bike ride raising funds for the Ipswich Hospital Foundation.

### TUFFKIDZ DUATHLON

Date: Saturday 23rd March  
Time: 4:00pm  
Location: Ipswich Cycle Park  
Cost: \$10

Join us for the 2nd annual Ipswich City Rotary Club TuffKidz Duathlon – Run, Bike, Run. Distances are specific to school grade and all events are conducted within the grounds of the Ipswich Cycle Park. Come on, become a duathlete!

### RIDE TO WORK DAY

Date: Wednesday 27th March  
Location: Darcy Doyle Place Ipswich  
Cost: Free  
Ride to Work Day encourages

the community to ditch their cars and ride to work! Ride to work via Darcy Doyle Place and enjoy a post ride celebration breakfast of fresh fruit and coffee with fellow cyclists.

### IPSWICH BMX FRIDAY FUN NIGHT

Date: Friday 29th March  
Location: Willey Park, Ipswich  
5th Friday of the month means Ipswich BMX Fun Night! Open to all licensed riders.

### RECRUITMENT 24/7 IPSWICH100

Date: Sunday 31st March  
Location: USQ Ipswich  
Cost: \$5 - \$100  
The Recruitment 24/7 Ipswich100 Bike Ride on Sunday 31st March 2019 offers 100 miles, 100km, 50km, 25km and 5km courses, for experienced riders (100 miles) to families with children (Kids Capers). This year marks the 20th anniversary of the ride run by the Moggill Mt Crosby Lions Club which has raised more than \$1 million funding supporting local charity and community needs. Information and register at [www.ipswich100.com.au](http://www.ipswich100.com.au).



## FIT4LIFE IS CHANGING FOR 2019

Change is in the air! Ipswich Hospital Foundation Fit4Life Activities are enjoying some changes in 2019. Adjustments to classes, membership and venues will reward current IHF members and casual attendees for their loyalty and enhance the Fit4Life experience.

Stay tuned to the IHF Fit4Life Fitness Activities group for the detailed changes as they happen. Your trainers will also be a great source of information!

- What will things look like from Monday 4th February:
- IHF Fit4Life classes are now \$7 per session for casual attendees. Walking groups will remain unchanged at \$2
  - Monday Circuit will no longer be offered on the IHF Fit4Life timetable
  - Membership will be increased to \$21.00 per fortnight
  - Introduction of IHF loyalty card for casual attendees (6th session free)



### New FIT4LIFE Loyalty Card



# FIT4LIFE

Fitness Activities

Summer Schedule	MON	TUES	WED	THURS	FRI	SAT
Lobley Park, Churchill			Boxercise 5.30pm			
Queens Park Playground across from cafe				Mums & Bubs 9.00am		
Bundamba Swim Centre			Aqua Fitness 6.00pm		Aqua Fitness 9.30am	
Ecco Ripley Brooking Parklands, Ripley	Low Impact 5.30pm					Circuit 7.00am
Glebe Road Uniting Church		Pilates 6.00pm				
Bill Paterson Oval Limestone Park	Running 5.30pm		Running 5.30am	Running 5.30pm	Running 5.30am	parkrun 7.00am
Robelle Domain stage Springfield Lakes					Mums & Bubs 9.00am	
Amberley District State School	Energiser 5.30pm			Energiser 5.30pm		
Bundamba State Primary School		Zumba 5.30pm		Full Body Fitness 5.30pm		
Redbank Plaza Shopping Centre	\$2 Walking 7.00am				\$2 Walking 7.00am	
Riverlink Shopping Centre		\$2 Walking 7.00am		\$2 Walking 7.00am		



Join our Facebook group, search **IHF Fit4Life Fitness Activities**

**All classes cost \$7, no booking required.**  
Come along to any class with towel, water bottle & cash payment.

Pay as you go, \$7 per class OR join our IHF Membership for unlimited classes \$21 a fortnight.

[www.ihfoundation.org.au](http://www.ihfoundation.org.au) or 1300 736 428

February 2019



	MON	TUES	WED	THURS	FRI
<b>Square Dancing</b> Annex, Humanities Building \$3/\$6 call cost	12.00-1.00pm 1.00-3.00pm				
<b>Boceria</b> Annex, Humanities Building \$2 donation		9am-12.00pm			
<b>Table Tennis</b> Annex, Humanities Building \$2 donation		1.00-4.30pm			1.00-4.30pm
<b>Tai Chi for Diabetes</b> Cafeteria, Humanities Building \$5 donation			2.00-3.00pm		

60 and Better promotes healthy activities for older people 55 years and over and encourages positive community attitudes to ageing.

For further information on 60 And Better programs, please contact the Ipswich Coordinator on 3282 8644.

*You can't turn back the clock, but you can wind it up again!*





## MEMBERSHIP

Do you go to two or more Fit4Life classes a week?

Sign up to the IHF Membership and save! Visit: [www.ihfoundation.org.au](http://www.ihfoundation.org.au)



Membership cost is \$21 per fortnight for UNLIMITED Fit4Life classes.

Plus:

- Discounts on Healthy Events
- Member's prize draws
- Your own membership card
- Be part of a bigger group striving to Become the Healthiest Community in Australia

Futher info: 1300 736 428 | [info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)