

# Community Engagement Noticeboard

16 June 2022

## Men's Health Week June 13-19 shines spotlight on mental health



### It's OK to share how you're feeling

Anxiety and depression in men is more than you might think! The pandemic has certainly added to our stress, and men are not immune. If pre-pandemic research told us 'One in five Australian men will experience anxiety at some point in their lives', then it's likely to be much higher now. Good thing is, men today are more likely to talk about it than days gone by. Most who get help wonder why they waited so long!

Take the first step to taking back control of your life and health during Men's Health Week (June 13-19). [Click here](#) for information on symptoms, treatments, and tips on supporting someone with anxiety or depression.



### Mental Health & Wellbeing Hubs are available to all

You can get help with a range of different issues such as lowered mood, anxiety, substance use or addiction, financial difficulties, homelessness, loneliness, or any life stressors you might have.

Appointments are free and can be made face-to-face or via telehealth, so no matter where you live you can access the support you need. They're an important part of the plan to transform how you receive mental health care in Victoria.

To find out where your closest hub is, click visit: [coronavirus.vic.gov.au/mental-health-hub](https://coronavirus.vic.gov.au/mental-health-hub) or call **1300 375 330**

## What you can do for YOU this Winter



As winter is here, it is important that we keep doing the things that keep us all safe. Ensure you are up to date with your COVID-19 vaccines and that you get vaccinated against influenza.

### Free flu vaccinations for all Victorians during June

All Victorians aged six months and over are now eligible for the **free flu vaccinations** between 1 June and 30 June from their **GP** or **pharmacist**. Free flu vaccinations for all Victorians is a temporary measure, but some priority groups who are most at risk are eligible for free flu vaccination every year. [Please click here for more information.](#)

It's safe to get your COVID-19 and Flu vaccinations at the same time.

## Public Vaccination Pop-ups across the South East



**COVID-19:  
The pandemic  
is NOT over**

**Victorian Data updated**

**15 June 2022:**

- 8,687 new cases reported
- 39,948 current active cases
- 476 cases currently in hospital
- 24 cases in ICU
- 18 lives lost in last 24 hours
- 3663 total Victorian lives lost
- 53,937 doses given in last 7 days

Source: [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au)

<b><u>Dandenong Palm Plaza</u></b> Every Friday in June	Opposite Dandenong Market 10am-5pm
<b><u>Prahran Town Hall</u></b> Every Thursday in June Every Saturday in June	255A Chapel St Prahran 12:30pm-6:30pm 9.30am – 4.30pm
<b><u>STAR Health Flu &amp; Covid Clinic</u></b> Mondays, Thursdays, Fridays	341 Coventry St South Melbourne until June 30
<b><u>Mornington Market</u></b> Every Wednesday in June	Main Street Mornington 9am – 3pm
<b><u>Cranbourne Community Hub</u></b> Monday 20 June	4 Flicka Boulevard, Cranbourne West 12.30pm – 6.30pm
<b><u>Cornerstone Contact Centre</u></b> Tuesday 21 June	Dandenong Baptist Church 9am – 12.30pm
<b><u>Kingston Community Centre</u></b> Tuesday 21 June	58B Viney Street Clarinda 10am – 2pm
<b><u>Keysborough Learning Centre</u></b> Friday 24 June	402 Corrigan Rd Keysborough 9.30am – 1pm

## Public COVID-19 and FLU Vaccination Pop-ups in Primary Schools



**ENCHANTED**  
FOREST OF PROTECTION

COVID-19 vaccinations for children are available

**It's important to  
vaccinate your child,  
even if they have had  
COVID-19.**



**KEEP YOUR  
FAMILIES STRONG**

Vaccination boosts your kids' immunity and helps protect your families

**AVAILABLE NOW**

**VICTORIA** Department of Health

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

The Department of Education 'GPs in Schools' initiative will be delivering community clinics in the locations listed below.

- The public is welcome and there is no need to book. Just walk in.
- Pfizer vaccines for anyone aged 5 and over
- Third dose (booster) & winter dose for eligible people 16 years & over
- PLUS Influenza vaccines depending on availability
- [More info about vaccines for children here](#)
- Click on the venue to download and promote the flyer

<b><u>St Kilda Primary School</u></b> Thursday 16 June	2B Brighton Road, St Kilda 3.30pm – 6.30pm
<b><u>Port Melbourne Primary School</u></b> Friday 17 June	415 Graham Street, Port Melbourne 3.30pm – 6.30pm
<b><u>Timbarra P-9 College</u></b> Friday 17 June	159-197 Parkhill Drive, Berwick 1pm – 5pm
<b><u>Somerville Primary School</u></b> Sunday 19 June	Eramosa Rd East, Somerville 11.30am – 1.30pm
<b><u>Dromana Primary School</u></b> Sunday 19 June	50 McCulloch St, Dromana 9am – 11am

## Refugee Week (June 19-25) celebrates health & healing for all

Checkout the range of events at [www.refugeeweek.org.au](http://www.refugeeweek.org.au)



### WHISE event for Chinese Women – Springvale

Springvale Senior Citizens Centre, 3 The Crescent, Springvale

**Saturday 18 June 10.30am – 2pm**

- Includes Chinese cultural dancing, traditional Chinese music show
- Topical discussion: 'Mental health through the pandemic'
- COVID-19 vaccinations for eligible people 16 years & over
- [Download flyer here](#) [Register for this free event here](#)



### WHISE event for South Asian Women – Pakenham

Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham

**Saturday 18 June 11am – 3pm**

- Includes a Bollywood workshop, Punjabi dancing, Indian food
- Topical discussion: 'Mental health through the pandemic'
- COVID-19 vaccinations for eligible people 16 years & over
- [Download flyer here](#) [Register for this free event here](#)



### SMRC Refugee Week Celebration – Hampton Park

Arthur Wren Hall – 16-20 Stuart Ave, Hampton Park

**Sunday 26 June 11am – 4.30pm**

- A free family event for people of all ages and cultures
- Includes Halal BBQ, cultural performances, family activities
- COVID-19 vaccinations for eligible children and adults
- [Download flyer here](#)



### Friends of Refugees Drop-in Centre – Parsons Ave Springvale

**Wednesday 29 June, 9.30am – 3pm**

COVID-19 vaccinations for eligible children and adults

[Download flyer here](#) [Checkout website here](#)

## Multicultural Health Connect available to all Victorians

Need health information and advice in your language?

Call Multicultural Health Connect

**1800 186 815**

Available in Victoria  
11:30am-8pm, 7 days a week

**healthdirect**

This is a new helpline currently available only in Victoria. You can call to get health information and advice in your language from staff who understand your culture, with free access to interpreters in 160 languages.

- Find health services such as doctors, hospitals, and community health
- Get health advice from a nurse
- Better understand Australia's health system, Medicare, insurance
- Learn about COVID-19, managing the disease and getting vaccinated

Call **1800 186 815** between 11:30am to 8pm, 7 days a week, including public holidays. You can also download the app or get advice online.

[Find out more here](#)