

## Mallee Health Service Community Van Launched by Mr Adrian Pederick MP

Friday 16 June saw the new Mallee Health Service Mobile Community Van launched by Mr Adrian Pederick MP, Member for Hammond. Held on the lawns of the Lameroo CWA Hall, Mallee Health Service was pleased with the number of attendees at the launch, subsequent health checks and light luncheon.

Staff of Mallee Community Health Services manned health check points, served lunch, held activities for school children and hosted a visit from Go For 2 & 5's 'Veggie Man' and the Heart Foundation's 'Happy Heart'.



Mr Adrian Pederick MP, Member for Hammond receives a hug from 'Veggie Man'



Lameroo Regional Community School students with new friends 'Happy Heart' and 'Veggie Man'



Mr Paul Lamberts and Mr Adrian Pederick, MP, have their Blood - Pressure checked at the new Mobile Community Van



Mallee Health Service's Mobile Community Van

Ms Kathleen Greguke, Chairman, Mallee Health Service Board of Directors welcomed everyone to the proceedings with special mention of Mr. Adrian Pederick MP, new Member for Hammond, the Mayor of Southern Mallee District Council, Mr John Ramke, Mr Paul Lamberts, CEO of the Mallee Health Service and Deputy Area Manager for Mallee Coorong and representatives from Gawler Caravan Centre, responsible for the construction of the van, Michael and Ken Phillips.

Ms Greguke, before handing proceedings to Mr Pederick, MP, conveyed to the crowd that almost twelve months ago the Mallee Health Service Board agreed it needed to have a broader focus on Health Promotion and Primary Health Care.

Mr Pederick MP, congratulated Gawler Caravan Centre on the excellent workmanship shown in the construction of the van and expressed how fantastic it was for the Mallee to have a service like this introduced. He then spoke on the issue of preventative health care and the need for people to take a pro-active approach to their own health. "Another issue" said Mr Pederick, MP, "is mental health which I believe is something of a hidden danger especially in outer areas. People can get held up with their problems and not address them and then all sorts of things can eventuate. You've got to remember to talk to someone, it could be your neighbour, friend or family member; you'll find out that everyone has similar issues at different times."

Mr Pederick, MP, believes this to be fantastic venture, on the part of the local health service, as health will cost the state and country more and more money due to the fact that we are an aging population. He also echoed Ms Gregurke's statement on the need to enable the older generation to stay at home expanding on this with some personal experience he has had with his father. Ms Laura Jettner, Primary Health Care Coordinator for the Mallee Health Service, was then presented with a donation and the Mallee Community Van formally launched.

Ms Greguke thanked Mallee Community Health Services staff for the excellent work they had done designing, planning and working with the Gawler Caravan Centre on the project and for the organisation and setting up for this important day.

Narelle Sturm, Outreach Coordinator for Lameroo, invited attendees to tea, coffee and soup, to have a look at the van and talk to staff. Although Heart Week was a few weeks ago Mallee Community Health Services felt this an opportune time to show how the van could be used and so the launch was part of their Heart Week. Health checks: cholesterol, blood pressure, blood sugar level checks and health information was available. Heart Week was about healthy weight healthy life and this is what most of the information pertained to. A game for both children and adults, along with a visit from Happy Heart and Vegeman culminated proceedings.