
DHPS

NEWSLETTER

Hey members!

It is half way through trimester 2 where did the year go. We recently held our Volunteering in Health Expo where we heard from representatives from CHASE, Action for health, Stephanie Alexander Kitchen Garden Program and Big Brothers Big Sisters, we hope all our member got lots out of this evening.

Our member's dinner and annual general meeting is on the 29th of August at 6 pm in room B1.29. At this meeting we review the year so far and elect a new committee for next year. Come along to have your say in what you would like to see us do in the future.

We also will be holding a medicine walk in partnership with the Deakin Sustainable Food Movement. Come join us on the 6th September from 12-2 pm in room HE2.007

In our society we are facing a point where we would like to get involved in more health promotion action within our university, if you want to be involved please send us an email as we would love our members to get involved too.

Caitlin Legge

Treasure

Deakin Health Promotion Society





We would like to take this opportunity to thank our outgoing committee as majority of them will be graduating this year. A lot of time and effort goes into running a society

The Members of you 2018 Committee are:

President - Dani

Secretary – Sarah

Vice president – Maria

Treasure – Caitlin

Social Media Manager – Kenneth

Volunteer coordinator - Giselle

Multi Media coordinator – Ramya

General committee members – Vivienne and Rose



Volunteer Positions: Burwood Bulletin

Position

ADVERTISING AND PROMOTIONS OFFICER

Position description

They are looking for Advertising and Promotions Officer/s to liaise with local community, retail and service organisations with the objective of encouraging advertising in our community magazine. This is an opportunity to work with a dedicated and committed team who produce a high quality quarterly local news magazine.

Find out more here:

<https://www.volunteer.com.au/volunteering/opportunity/118680/>

advertising-and-promotions-officer--bvsb-6877-

About the Burwood Bulletin:

The Community run magazine for the cities of Bonroondara, Monash, Stonington and Whitehorse

Tasks and Responsibilities:

- Assisting the Bulletin Volunteer team with sourcing advertising and promoting our community news magazine in the Burwood and surrounding area.



Sustainable Gardening Australia

Where? Bullen

Position

UPDATING INFORMATION ON ENVIRONMENTAL AND HEALTH IMPACTS OF GARDENING PRODUCTS

About the role:

Sustainable Gardening Australia's database is unique in Australia and is being upgraded to a web app. As this upgrade proceeds we need someone to join the team who will continue assessing the existing products and add new products. The task is computer-based and involves checking the product ranges of manufacturers, examining the Material Data Safety Sheets produced by manufacturers, checking that current database entries are correct and making changes if needed. In addition to basic computing skills, you would need to be familiar with chemical and environmental terminology and have some understanding/appreciation of gardening.

Time Required:

Initially 6 hours per week, preferably on Wednesdays. This may be extended later.

Find out more here:

<https://www.volunteer.com.au/volunteering/opportunity/94109/updating-information-on-environmental-and-health-impacts-of-gardening-products>

**SUSTAINABLE
GARDENING
AUSTRALIA**



Hammond Care

WALKING COMPANIONS IN CAULFIELD

About the role:

Spend time in the sunshine as you stroll around the gardens of Hammond Care Caulfield as you walk alongside our elderly residents. You'll be helping people to maintain their mobility as well as their healthy wellbeing. Hammond Care is an independent Christian charity, specialising in dementia they are passionate about improving the quality of life for people in need and have a wonderful group of volunteers that they partner with to enhance the lives of our residents. Hammond Care is located at 294 Kooyong Road, Caulfield Victoria 3162.

To apply follow this link:

<https://www.volunteer.com.au/volunteering/opportunity/112176/walking-companions-in-caulfield>



Health Recipe for Students on the go:



Healthy Homemade Muesli Bars Recipe

Ingredients:

160g almond meal
100g rolled oats
2 tbsp quinoa
2 tbsp chia seeds
60g pumpkin seeds
60g sunflower seeds
2 tbsp desiccated coconut
10 Medjool dates, pitted and chopped
50g dried cranberries, chopped
2 tbsp cacao powder
½ tsp ground cinnamon
2 tbsp maple syrup
1 tbsp tahini
2 tbsp water.

Method

1. Grease a 20cm square baking pan with oil spray and line with baking paper or plastic film.
2. Place all the dry ingredients, dates and cranberries in a large bowl and mix to combine.



3. In a second bowl, whisk the maple syrup, tahini and water together until smooth. Pour over the dry ingredients and mix until well combined. Add extra water if the mixture is too dry.
4. Press the mixture into the lined baking pan, cover with plastic film and refrigerate for 1-2 hours.
5. Carefully turn the pan over onto a chopping board and remove the baking paper or plastic film. Cut into 12 bars and store in the refrigerator in an airtight container. Enjoy!

