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## *DHPS Newsletter*

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### WELCOME MEMBERS:

Hope you all have settled into uni well and are keeping on top of all your assignments. Assessments are probably starting to pop up right about now and we wish you all luck on these. But also, don't forget about work-life balance! And we have the perfect events coming up to give you a break and take your mind off studying!

#### **Review of March**

We have had a successful start to the year with our first event, The Welcome Brunch, having an excellent turn out and we enjoyed getting to know all our members and we hope to see you all at the many events we have planned for the year. Our second event the "Health Promotion for the People and Planet" masterclass was a huge success. It was an excellent interesting opportunity we had, and we hope those of you who made it took something from it.

To keep up with our events makes sure you follow us on Facebook and Instagram!

### The President

This is Viv- the 2019 DHPS President. Viv is studying a Bachelor of Biomedical Science with her major being Environmental Science. Last year Viv was a General Committee member. She loves making new friends and enjoys working with adolescents and young people, as well as advocating for social causes through various organisations.



The President's role is to oversee all of the work in the committee, run the weekly meetings we have, provide assistance and support to all committee members and be the face of the Society as well as so much more behind the scenes work. You will see Viv around at most of our events, feel free to chat to her about her role!

# Community Fundraising and Events Volunteer

Stroke Foundation

## Description:

“Your role will be focused on supporting individuals who fundraise for the Stroke Foundation through fitness events, such as Run Melbourne, City2Surf. This role would suit a volunteer with a desire to make a difference, with confident communication, customer service and administration skills.

You will also respond, via phone and email, to enquiries from participants involved in fitness events, such as Run Melbourne, City2Surf and Bridge to Brisbane. You will be supported to make these calls and emails, and you will also have strong initiative and ability to complete tasks with little supervision.

You will also assist in basic administration tasks to support the program, such as mailing fundraising kits.”

**Link:** <https://www.volunteer.com.au/volunteering/opportunity/129665/community-fundraising-and-events-volunteer>



**Type of Work:**  
Admin & Office.  
Fundraising & Events

**Time:** 4 hours per  
week. 6 month  
minimum commitment

**Where:** National  
office- Melbourne

**Suitable for:**  
Skilled volunteers.

# Support children and young adults with disabilities

Interchange Incorporated

## Description:

The Interchange agencies offer a range of volunteer-assisted recreational activities and social opportunities for children and young people living with disability.

Volunteers provide support in a range of recreational activities, such as: • school holiday programs • youth or young adult groups • camps • day outings or weekend activities • sibling activities • family activities

**Link:** <https://www.volunteer.com.au/volunteering/opportunity/young-adults-with-disabilities---recreational-activities>



Types of work:  
Companionship & Social Support  
Disability Support  
Sport & Physical Activity

Time: Flexible

Commitment:  
Regular- More than 6 Months

Requirements:  
Police Check  
Working with Children Check

Free Training provided.

# Breakfast Wrap

Cooking Time: 10 Minutes

Serves 4

Vegetarian

Vegan Option

## Method

1. Spray a non-stick fry pan lightly with canola spray. Heat the pan, add the eggs.
2. While the eggs are cooking lay the Lavash out on clean surface. Divide the cream cheese among the four pieces and spread.
3. Top with spinach, avocado, tomato and egg and season with pepper
4. Roll up, place in sandwich press and toast until crisp and heated through.

## Ingredients

Canola oil spray

4 eggs (option)

4 sheets wholemeal lavash bread

2 tbsp. reduced fat cream cheese (option)

50g baby spinach leaves

1 avocado, sliced

2 ripe tomatoes, sliced

Cracked pepper to taste



<https://www.heartfoundation.org.au/recipes/egg-avocado-spinach-and-tomato-wrap>

# Coming up Next Month

**Our Study Session!** For the rest of the trimester until week 11 we will be holding study session for our DHPS Members only! These do not resemble peer mentors or writing mentors and we cannot help with any academic work we just wanted to have a place available to our members to study in a chilled environment on uni with some snacks!

**World Health Day!** On our Facebook page you will find all the details for our screening of Period. End of Sentence. An Oscar nominated and winning documentary.

Visit our Facebook Page to register for these events!

## Study Tips

Always note down your references as you go, it is easier to do this then try to find them all/ compile them at the end. Use the note tracker available at the learning space (Level 1 Building H, reception) this is a great tool making it easier for students.

Learn how to use End Note earlier rather than later!

## Recap of Health Promotion for the People and Planet

Professor Trevor Hancock gave an inspiring and hopeful presentation about the current health of our planet. He talked about the detrimental effects if we don't make a change in the way we treat our planet. If you would like to have access to the power point please follow the link below. Prepared to be scared about the possible future. But hopefully scared enough to evoke change!

[https://drive.google.com/file/d/1K\\_CGxZdR2bWB9eTOzIFuSAC4Ga\\_LBVlh/view?fbclid=IwAR0tgM4iQIB3qWzKS3aeOdsPIKy4GlxZ3hBF13pKWJvSvtDs\\_dBsDzEYwnMY](https://drive.google.com/file/d/1K_CGxZdR2bWB9eTOzIFuSAC4Ga_LBVlh/view?fbclid=IwAR0tgM4iQIB3qWzKS3aeOdsPIKy4GlxZ3hBF13pKWJvSvtDs_dBsDzEYwnMY)