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## *DHPS Newsletter*

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### WELCOME MEMBERS:

Hope everyone is doing well, with exams looming uni can be getting quite stressful. Reminder to check your exam timetable.

#### **Review of April**

Thanks to those who came to our World Health Day event. We screened 'Period. End of Sentence.', a documentary about the struggles women face surrounding their periods. World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization, it is an important day to recognise all the health issues the world is facing. Please consider donating to the following organisations:

**Days for Girls International** is an organisation working to increase access to menstrual care and education in developing nations.

**Share the Dignity** is a local organisation which provides pads and tampons to vulnerable women in Australia.

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

### The Vice-President

I'm Sarah Spragg and I am the Vice President of DHPS. My role involves overseeing the planning of events, meeting with stakeholders and collaborators, and providing support to the President.

I have graduated with a Bachelor of Public Health and Health Promotion and am now completing an Honours research project. My research focuses on how policies about poker machine harms are made within local governments. After this year, I hope to either continue with research or find employment within a local government.



# Volunteer Live-In Youth Mentor - Lead Tenant

The Salvation Army

## Description:

'The role of the Lead Tenant is specifically to promote and support young people to successfully engage in their education pathways through to completion via the following activities:

- Encouraging good school attendance by assisting with morning routines and emotional support.
- Promote positive communication and behaviours consistent with shared living and to assist with conflict resolution.
- Establish routines and structure that ensure residents are mentally and physically fit for attending and performing well at school.
- To establish positive and meaningful relationships with the young people in the household, taking opportunities to develop the young person's social skills.
- To co-facilitate shared meals, house meetings and recreational activities with residents in partnership with the YFS youth participation worker.'

## Type of Work:

Housing & Homelessness, Social Work, Youth

**Time:** Live in position

**Where:** Melbourne

## About you:

- Applicant must be over 25yrs
- Will be subject to intensive application process.



**Australia**

**Link:** <http://www.ethicaljobs.com.au/Members/TSAVIC/volunteer-live-in-youth-mentor---lead-tenant>

# Event Support Volunteer

Proud 2 Play

## Description:

Proud 2 Play are a not for profit organisation with a vision of a world where all LGBTI+ people can lead healthy and active lifestyles through participation in sport.

### Key duties

- Assisting at Proud 2 Play events such as forums, 'come and try' LGBTI+ inclusive sporting sessions and community events
- Setting up and packing up stalls or marquees
- Talking with event attendees about our work
- Bringing a fun, inviting attitude to our events

Volunteering with Proud 2 Play allows you to see first-hand the positive impact that work in inclusion in sport can have on people's lives. You will join Proud 2 Play during an exciting time of growth and development, which will give you a sense of ownership and pride over your volunteering. Standout volunteers will be eligible to include a Proud 2 Play representative on their resume as a referee/reference.

## Types of work:

Fundraising & Events  
Sport & Physical  
Activity

**Time:** Up to 16 hours  
over the course of 12  
months.

## Commitment:

Regular- More than 6  
Months

## Requirements:

None required-  
required training will  
be provided

The logo for Proud 2 Play, featuring the word 'Proud' in a dark red, sans-serif font, '2' in a smaller dark red font, and 'Play' in a larger, bold, dark red font. A trademark symbol (TM) is located at the top right of the 'Play' text.

**Link:** <https://www.volunteer.com.au/volunteering/opportunity/132233/event-support-volunteer>

# Stuffed Capsicums

Cooking Time: 10-12 Minutes

Serves 4

Gluten free

## Method

1. Cut the tops off the capsicums and remove seeds. Bake capsicums in the oven for 30-35 minutes until they are softened
2. Meanwhile, in a large non-stick frying pan sauté onion for 2-3 minutes over medium heat. Add chicken, chilli powder, cumin and paprika, and sauté until chicken is cooked through. Add quinoa & rice mix, diced tomato and corn kernels. Bring to the boil, and then reduce heat to low and simmer for 5 minutes.
3. Combine, spinach, cucumber, cherry tomatoes, feta and balsamic glaze in a salad bowl.
4. Fill capsicums with chicken and quinoa and brown rice mix and serve with green salad.

<https://www.heartfoundation.org.au/recipes/chicken-and-two-grain-stuffed-capsicums>

## Ingredients

4 large red capsicums

1 tbsp olive oil

1 brown onion, finely chopped

500g lean chicken mince

1 tsp chilli powder

1 tsp cumin

½ tsp paprika

2 cups '90 second' quinoa and brown rice mix

400g can of no added salt diced tomato

150g can no added salt corn kernels

80g baby spinach

2 cucumbers, sliced

250g cherry tomato

20g reduced fat feta

1tsp balsamic glaze



## Change x Unzipped: Global Health Conference 2019

Are you a keen learner, listener and are internationally-minded? Are you looking to expand your horizons on global health issues and network with like-minded peers and renowned speakers? Then our global health conference Change x Unzipped is for you! All curious minds are welcome, from all disciplines!

Change x Unzipped is a collaboration, bringing together Victorian university students to engage in global health for an affordable price!

Our program aims to provide students with an inspiring line-up of speakers, workshops, panels and networking opportunities in global health, presenting attendees with tangible ways to become involved in making change.

For more info, email us or follow us on your favourite social media platform!  
Email: [changexunzipped@gmail.com](mailto:changexunzipped@gmail.com)  
Facebook: Change x Unzipped  
Instagram: [changexunzipped](https://www.instagram.com/changexunzipped)

### TICKETS

Tickets are on sale!  
Single day pass tickets are \$25, and full weekend tickets are only \$35.

# Coming up Next Month

**Australia's Biggest Morning Tea!** Collaborating with FANS to bring everyone a fundraiser to support Cancer Council! This is a catered event, gold coin donation for DHPS and FANS members, DUSA members \$2 and non-members \$4. Wednesday 8<sup>th</sup> May 10am-1pm in building B2.23 (Deakin corporate building)

**Group Volunteer Opportunity!** An exciting opportunity for DHPS members to volunteer at the Deakin Community Garden. Come along on the 13<sup>th</sup> of May for a working bee, bring along your keep cup for complimentary tea, hot chocolate and coffee. 10am-2pm, come for the whole time or just pop in for as long as you can!

Visit our Facebook Page to register for these events!

## Study Tips

Set up your study space, find a quiet area that you feel comfortable in and is free from distractions.

Find the time that suits you best, some work better in the mornings and prefer to be done with studying at night, however some are night owls. No matter what just do what is the most effective and productive for you.

## Deakin Health Ball

Reminder to head to the Deakin Annual Health Ball 2019 Facebook page for information on the night of the year and to fill out a table form. This is an event you do not want to miss so make sure you keep updated on all the information!

<https://www.facebook.com/events/2324357817888347/>

01.08.2019  
DNMS, DUPS, DUSS, DHPS and FANS  
PRESENT

# GIRIEAT GATSBIBY NIGHT

ANNUAL HEALTH BALL

7PM - 12AM SAN REMO BALLROOM

This DUSA club event finishes at 12AM at San Remo Ballroom  
COURTESY BUS PROVIDED TO PERSEVERANCE. ADDITIONAL TRANSP  
PROVIDED

TICKET SALES : Monday 20th of May, 9AM at the MEZZ  
\$120 FOR DNMS, DUPS, DUSS, DHPS AND FANS MEMBERS, \$125 FOR DUSA M  
\$130 FOR NON-MEMBERS, NO REFUNDS  
INCLUDES 3-COURSE MEAL, DRINKS, AND ENTERTAINMENT  
FOR QUESTIONS PLEASE EMAIL : HEALTHBALL2019@GMAIL.COM  
SEARCH "DEAKIN HEALTH BALL 2019" ON FACEBOOK

THIS IS AN 18+ EVENT  
WE PROMOTE THE RESPONSIBLE CONSUMPTION OF ALCOHOL

## THE Biggest MORNING TEA

A FUNDRAISER TO SUPPORT  
THOSE IMPACTED BY CANCER

WEDNESDAY 8TH MAY 2019 | 10AM TO 1PM

AT DEAKIN UNIVERSITY BURWOOD CAMPUS  
BUILDING B ROOM B2.23

DHPS/FANS MEMBERS\*  
GOLD COIN DONATIONS

DUSA MEMBERS \$2 | NON-MEMBERS \$4

PRESENTED BY...

\* EFTPOS AVAILABLE