

HEALTHY

FREE UFS MEMBER MAGAZINE

SPRING '16

community

DIABETES AND
Your Health

Fast-track Guide

SPRING
Races
READY

**ADVOCATING
FOR LOVED
ONES ON THE
SPECTRUM**

**UFS in the
Community**

'LIKE' TO
WIN!
MEMBERS
& friends
GIVEAWAY

 **UFS**
PHARMACIES



We're donating \$1 from the sale of *Pharmacy Choice* SPF 50+ sunscreen lotion (1L) and 200ml spray to schools, clubs and organisations in our *Building a Healthier Community* Program.

The best bit? The donation goes to your nominated group currently connected to your UFS membership. It's that easy!

To find out more, visit bendigoufs.com.au/shine

Competition Winner:

'Like to WIN!' \$200 Eden Voucher

Congratulations to Michelle Cummins who won a \$200 Eden Voucher!

Be in it to win it!

We often have competitions running on the UFS Facebook page, so make sure you check it out and get involved. See page 3 for your chance to win a Fitness Package!



Are you on Facebook?

'Like' our page to be one of the first to hear about competitions and promotions as they happen, as well as the latest health and beauty tips from our amazing team.

Find us at facebook.com/bendigoufs



Spring into spring.

Spring is the perfect time to shake off the winter blues, and get active!

It's not really news that regular exercise makes you feel better – it gives you more energy, improves your mood, helps you feel more relaxed and helps you sleep better too.



But, did you know that just 30 minutes a day can maintain your health and reduce your risk of health problems? That's a walk in your lunch break, a run with the dog, or maybe a walk to the local shop for milk or the paper each morning.

For most of us, it's not the actual activity we find hard, it's the motivation to get moving in the first place. So how do we make it happen? Well, now that the sun is shining, getting moving starts with a few steps – try walking or riding instead of taking the car – start small, and work your way up to a regular routine. Maybe park a few blocks from your local UFS Pharmacy, and walk in to say "hi!"

The best of health to you and yours,

Bronwyn Capewell
UFS Pharmacist

Visit us in store!

UFS Pharmacies Bendigo CBD
379 Hargreaves Street
03 5443 6430

UFS Pharmacies Bendigo
Cnr View & Barnard Streets
03 5443 4610

UFS Pharmacies Strathfieldsaye
32 Blucher Street
03 5439 3513

UFS Pharmacies Maiden Gully
Shop 2, 715 Calder Highway
03 5449 7149

UFS Optical
Suite 1, 379 Hargreaves Street
03 5441 8077

Eden Body and Soul Essentials
Suite 3, 379 Hargreaves Street
03 5443 6997

bendigoufs.com.au

*Conditions apply.

Everything contained in this magazine is intended as helpful information only and is in no way a medical recommendation. Please always consult your GP and your UFS Pharmacist or UFS Optometrist for professional advice in the first instance.

IN SEASON

Food for energy and vitality

Spring Harvest



Move over comfort food! Light spring fare is here.

You are what you eat, right? So it makes sense then that eating foods which are high in fat and calories will leave you feeling tired. Why? They take more energy to digest.

Boost your energy levels, and stay alert all day, by making smarter, lighter choices this spring.

A quick and nutritious green smoothie of baby spinach, kale, pear, apple, avocado and cucumber is so quick and easy to make, and won't weigh you down.

Some of the best foods to eat for more energy:

- Brown rice, rich in manganese for all day energy, and tasty too.
- Sweet potato: rich in vitamins A and C, and the kids will love it!
- Honey: low on the glycemic index, it sure beats an energy drink.
- Spinach: an excellent source of iron, and makes a great salad.
- Apples: high in fibre, nature's 'wake-me-up', and great with some cheese too.

Fresh is best

Bendigo has an abundance of market-fresh produce ripe for the picking! Why not make market shopping part of your regular routine? The Bendigo Showgrounds Market is on at the Bendigo Prince of Wales Showground every Sunday, 8.30am - 3pm, Holmes Road, Bendigo. Entry is free and there's plenty of free parking too. Bendigo Community Farmers' Market is on the 2nd Saturday of each month, 9am - 1pm at Sidney Myer Place, Bendigo.

www.bendigoshow.org.au/themarket
www.bcfm.org.au

'LIKE' TO
WIN!
MEMBERS
& friends
GIVEAWAY



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WORTH OVER
\$500

It's so easy to enter!

'Like' our Fitness Package
giveaway post on our Facebook
page: facebook.com/bendigoufs
and you could be our lucky winner!

It's that simple! And, don't forget to 'like' our Facebook page while you're there, to make sure you're the first to hear about promotions, sales, events and comps!

* Conditions apply. Competition open to UFS Pharmacies members, their family & friends. See in store for full competition details.

UFS
PHARMACIES

In the spotlight

Get to know...

Name: Anne Woodman

Role: Pharmacy sales assistant,
UFS Pharmacies
Hargreaves Street



When you meet Anne, you can't help but like her at once – her smile is bright and her genuine eagerness to help people is strong, and even after 17 years in the job here she's still loving her work – and it really shows.

We asked Anne a few questions about working as part of the UFS Pharmacies team:

What is it like to be a sales assistant at UFS Pharmacies?

It's really rewarding. I love being able to help people, I love the customer service side of things.

Briefly describe your role:

I'm in customer service - so mostly helping people, I do some ordering of products like Darrell Lea, plus there's always new training to do, and new products to learn. I also help out on the prescription counter from time to time. I like being busy, and this role is never boring.

How did you first get involved with UFS Pharmacies?

I was a customer, a member of UFS Pharmacies - I joined the first time I went in as a customer. It was back when the pharmacy was in King Street, opposite Target. I liked the convenience of the store, and there were always staff willing to help me when I was in a hurry.

What do you like most about your job?

The really good relationships with my customers. I love seeing the children grow up. I also enjoy the team environment – we work together, help each other, there's always someone to back you up.

'...I love seeing the children grow up. Years and years later they come in, they recognise me and they say hello Anne.'

What might our members be surprised to know about UFS Pharmacies?

Our Hargreaves Street store was opened on the 16th of August 2007, so it's almost 10 years old. Maybe we'll have a party, I'm not sure...

What might our members be surprised to know about you?

I'm a grandmother. I have three sons, 2 grandchildren: William (6) and Grace (8), in Adelaide. Recently, my husband and I celebrated our 40th wedding anniversary with a trip to England and spent our actual anniversary in Rome, Italy.

What do you do when you aren't working?

I enjoy my family. My mum. My grandchildren. I enjoy my garden too.

What did you want to be when you grew up?

I wanted to be a hairdresser. I think that's just what you wanted to be in the '70's.

What do you like to read?

Gardening books, cooking books, and holiday brochures.

What is your hidden talent?

Patience. I have a lot of patience.

In the spotlight

Get to know...



Name: Gemma Simmons

Role: Beauty Therapist,
Eden Body & Soul Essentials

Gemma is quietly spoken, with a quiet confidence that comes from experience. Despite being reasonably new to the team at Eden, she seems really comfortable in her surrounds, and more than happy to share with us.

We asked Gemma a few questions about working as part of the Eden Body & Soul Essentials team:

How long have you been a Beauty Therapist?

9 years.

What are your qualifications?

I studied a Diploma of Beauty Therapy, and further studies in makeup with a Certificate IV in Makeup Artistry.

Briefly describe your role:

I do all the day spa treatments: including manicures, pedicures, massage, facials, tanning and waxing. I don't do IPL yet, but I do consult with my clients, and refer them to one of our team for IPL.

Where did you work before coming to Eden?

I worked in the RACV City Club, in Melbourne's CBD. I was Senior Therapist there, and Head Therapist Trainer. I was there for five years. It was part of a hotel – it was quite exclusive.

What made you decide to come to Bendigo?

I'm originally from Castlemaine, so I have family close by. My partner is also in Bendigo, so it made sense to move.

How did you first get involved with Eden?

I approached them when I was thinking of moving to Bendigo. I interviewed for a position – I just happened to be in Bendigo at the time they called me – it was like it was meant to happen for me.

What was your first impression of Eden?

Eden has a nice ambience. The girls were welcoming and friendly. It's also a really clean environment, and the team seemed really helpful.

What do you enjoy most about your role?

A lot of things. It's very satisfying to make clients feel good about themselves. I really enjoy the therapeutic side of treatment. I just enjoy working with, and meeting people.

I also enjoy the work-life balance – my hours are better here, more flexible than in Melbourne.

What might our members be surprised to know about you?

I'm adventurous. I like to travel, and love being active. I back-packed around Europe for five weeks last year.

What do you do when you aren't working?

Socialise with friends. Catch up with family. I keep active: I go to the gym, or go for walks.

What did you want to be when you grew up?

It's really funny, really. I wanted to be a marine biologist! I really liked animals, especially dolphins. I swam with dolphins at Sea World once. I guess I grew out of it!

What do you like to read?

I'm reading 'A Makeup masterclass' by Rae Morris. I do a lot of interest-based reading, mostly on makeup, and I like some magazines.

What is your hidden talent?

I used to play the violin, at school. I played in the school orchestra. I still pick it up every now and then and have a play with it.



Blood sugar levels and

your health

Did you know that diabetes is the fastest-growing chronic condition in Australia? Diabetes is a condition where the body cannot maintain healthy levels of glucose in the blood. Glucose is a form of sugar that is the main energy source for the body but unhealthy levels can lead to both short and long term complications if not managed correctly.

What is glucose?

Glucose, most commonly referred to by diabetics as 'blood sugar', is the main source of energy for all the cells and organs in our bodies. It is obtained from the foods we eat such as breads, cereals, fruit and starchy vegetables. These foods are broken down by the digestive system into glucose allowing it to circulate in the bloodstream and be converted into energy to be used by your body.

The importance of insulin

Insulin is a hormone produced by specific cells in the pancreas that is essential for the conversion of glucose into energy. When not enough insulin is available, instead of glucose being turned into energy, it stays in the blood stream resulting in high blood glucose levels. In people with diabetes not enough insulin is produced to maintain healthy blood glucose levels. The complications associated with poorly controlled blood sugar levels include heart attack, stroke, kidney disease, limb amputation, vision deterioration and depression.

The difference between Type 1 and Type 2 diabetes

There are 3 main types of diabetes: Type 1, Type 2 and Gestational (develops during pregnancy). Type 1 diabetes is when no insulin is produced by the pancreas. It accounts for around 10% of diabetes and is generally diagnosed in childhood, but can occur at any age. The most common, Type 2 diabetes, is a progressive condition where the body becomes resistant to normal insulin effects and/or the pancreas slowly loses its ability to produce insulin. Type 2 diabetes develops over a long period of time and is generally diagnosed in adults over the age of 45.

What's your number?

Diabetes is diagnosed using a number of glucose level tests including 'Fasting blood glucose level test', 'HbA1C glucose test' and 'Glucose tolerance test'. These tests are all done by pathology upon your doctor's recommendation. Once diagnosed one of the main aims of diabetes treatment is to keep blood sugars within a specified range, as blood sugar levels that are too high and too low can both lead to significant complications.

Normal blood glucose levels are between 4.0-7.8mmol/L but in diabetics target levels and frequency of testing varies depending on the type of diabetes and the time of day you are testing.





Type 1 diabetics target levels:

- 4-6mmol/L before meals
- 4-8mmol/L two hours after starting a meal.

Type 2 diabetes

- 6-8mmol/L before meals
- 6-10mmol/L two hours after starting a meal

Risk of hypoglycaemia (low blood sugar levels) for both Type 1 and Type 2 diabetes:

- Less than 4mmol/L

Self-blood glucose monitoring allows you to conveniently check your levels on a regular basis enabling you and your doctor to assess the effectiveness of your treatment whether that be lifestyle changes or medication. All products for self-testing including monitors, strips and lancing devices are all conveniently available from your local UFS Pharmacy.

Managing your blood sugar levels

Effective management of diabetes is all about aiming for a careful balance between the foods you eat, how active you are and the medication you take for your diabetes.

- **Diet** - Healthy eating can help to manage your blood glucose levels, reduce fats in your blood (such as cholesterol and triglycerides) and maintain a healthy weight. It is recommended diabetics eat low glycaemic foods. The glycaemic index provides information on

how quickly glucose enters the blood stream. Low glycaemic (GI) foods are converted to glucose more slowly and can reduce fluctuations in blood sugar levels. Examples of Low GI foods include lean meats, vegetables, low fat dairy and carbohydrates such as oatmeal, beans and nuts.

- **Regular exercise** - Being physically active on a regular basis can help to reduce blood glucose levels and aid to maintain a healthy weight. It is recommended 30 minutes of exercise on most days of the week for good health. Any activity that you enjoy and gets you moving is great!
- **Medications** - If diet and exercise do not sufficiently manage diabetes your doctor may commence you on medication to reduce and manage your blood glucose levels. These medications vary from oral to injectable depending on the type and severity of diabetes and the response your body has.

Even after medication has been commenced it is still essential to continue regular exercise, healthy diet and ongoing blood glucose monitoring at home to ensure that you live a long, healthy and active life. It's also important to remember that your doctor, local pharmacist and diabetes educator are all here to help you in managing your diabetes. You are not alone!

Preventing DIABETES

Currently type 1 diabetes cannot be prevented. However, researchers are looking into the autoimmune process and environmental factors that lead to developing type 1 diabetes so that we may be able to prevent it in the future. On the other hand many cases of Type 2 diabetes can be prevented or have the onset delayed by making positive lifestyle changes. Over two million Australians are already at high risk of developing type 2 diabetes and have increased blood glucose levels, yet may not be aware of it.

It is predicted that you can reduce your risk of developing Type 2 diabetes by up to 58% by maintaining a healthy weight, being regularly physically active and following a well balanced meal plan.

Higher levels of fat found around the tummy are associated with increasing the likelihood of type 2 diabetes. A healthy diet of at least three well portion controlled meals per day is recommended. The most important meal of the day is breakfast. New research has discovered that eating two to three hours after waking up will result in a lower risk for type 2 diabetes. Without having breakfast daily, the body is vulnerable to developing higher fluctuations in blood glucose levels and an increased risk of gaining weight.

Other than maintaining a healthy weight for diabetes prevention it is also important to:

- Quit smoking
- Manage cholesterol and blood pressure (this may require medication if recommended by your doctor)
- Limiting alcohol consumption
- Get plenty of sleep
- Regularly schedule check-ups with your doctor (particularly people with high genetic and family risk factors)

Use the Diabetes Australia Risk Calculator found at <https://www.diabetesaustralia.com.au/risk-calculator> or come into store to assess your risk of diabetes today!

Over two million Australians are already at high risk of developing Type 2 diabetes and have increased blood glucose levels, yet may not be aware of it.

Changes to the NDSS scheme

The Federal Government has announced that it will implement changes to the National Diabetes Service Scheme (NDSS) from July 1, 2016.

Diabetes Australia and state and territory diabetes organizations will continue to deliver NDSS support and education services for people living with all types of diabetes.

From July 1, products such as needles, syringes, blood glucose test strips and urine test strips will continue to be available from NDSS Access Points (which include each of the four UFS Pharmacies).

A major change to the NDSS scheme is that insulin pump consumables will now be available from NDSS Access Points. Where an Access Point does not stock the product, they can be ordered and delivered to the Access Point, usually within 24 hours. People using an insulin pump are encouraged to speak to their local Access Point about their requirements.

Source: www.ndss.com.au/important-changes-to-the-ndss

For more information:

Visit: <http://www.ndss.com.au/important-changes-to-the-ndss>

Contact the NDSS Infoline on 1300 136 588, or speak to your UFS Pharmacist or diabetes educator.

STEPS TOWARDS *better health*

Did you know that every day more than 70 Victorians are diagnosed with diabetes?

"The aim of diabetes treatment is to keep your blood sugars within a specified range," UFS pharmacist Tegan Ward said. "As large fluctuations in your blood sugar can lead to significant complications with your diabetes."

Once diagnosed, self blood glucose monitoring lets you check your own levels on a regular basis allowing you and your doctor to assess the

effectiveness of your treatment whether that be lifestyle changes or medication.

"It's also important for people with diabetes to have their eyes and feet regularly reviewed to reduce risks of ulcers and vision loss," UFS diabetic consultant Sue Nielsen said.

UFS Pharmacies stock a wide selection of diabetes supplies including self testing monitors, strips and lancing devices along with a diabetes specific range of homyped® footwear at our Hargreaves Street store, open six days a week.

Drop into UFS Pharmacies today, at 379 Hargreaves Street, Bendigo or give us a call on 5443 6430, and we'll get you sorted.



Tegan Ward and Sue Nielsen from our Hargreaves Street store.
Photo by Bendigo Weekly.

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For new spring homypeds, visit us at our Hargreaves St store or call 5443 6430 and we'll get you sorted.

 **UFS**
PHARMACIES

Fast-track Guide >>

SPRING RACES READY

Looking your best this spring racing season doesn't just start on the day – maintaining a good skincare regime is key to mastering your healthy spring skin, for race day and beyond.

Take a look at these fresh tips – from bronzing up to stepping out in style with that healthy glow, you'll be sure to wow the crowds!

Book your pre-race prep at:
www.edenbody.com.au



Spring Comba Offer

Be pampered with a 1 hour Bio-Hydroderm facial,
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Bring this offer in when you have your treatment to receive 3 travel size YOUNGBLOOD products and 1 full size OPI Nail Polish!

Bookings essential. Call (03) 5443 6997 or visit edenbody.com.au

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*Conditions apply, while stocks last. See in-store for details.

Bring me in for
4 FREE GIFTS!*

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MINERAL COSMETICS


BODY & SOUL ESSENTIALS

Top Tip #1

Prep your skin for a tan that lasts!

We all want that long-lasting, even spray tan without those annoying lighter patches here and there. Here's how to make the best of your spray tan this spring:

Exfoliate with a non-oil based, gritty scrub or exfoliant prior to your spray tan. You want to remove all dead skin so when applied, your tan looks as even as possible. It is recommended that all waxing be done at least 1 day prior to your spray tan, as waxing is a form of exfoliation.

Top Tip #2

Treat your skin for a healthier, brighter look.

A big part of keeping your skin fresh and healthy is a good exfoliation routine. Use a light exfoliator, like the Daily Microfoliant from Dermalogica every day for smoother, brighter skin.

Always follow up your exfoliation with a toner and moisturiser for the most radiant skin.

Want to really shine at the races? Go all out with Eden's Spring Special treatment – call Eden on 5443 6997 to book!

WHAT TO WEAR to really impress!



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Foundation Brush,
RRP \$20.00
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Foundation, Warm Beige,
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Indulge with OPI GelColor Fingers & Toes,
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Bookings essential. Call (03) 5443 6997 or visit edenbody.com.au

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*Conditions apply, see in-store for details. Discount replaces standard 10% UFS member discount.


eden
BODY & SOUL ESSENTIALS

FIVE FOODS FOR Healthy Eyesight

You already know that regular check-ups with your optometrist can help keep your eyes in good health.

But did you know that there are also foods full of nutrients that help keep your eyes healthy too?

Here are five of the top foods for your eye health:

Kale

Kale contains lutein and zeaxanthin, which help reduce the risk of developing macular degeneration and cataracts due to aging. One cooked cup of this vegetable contains at least 20 mg of these nutrients. Other dark greens such as spinach and broccoli are also good sources.

Orange Juice

Not only are oranges loaded with vitamin C, but they also are a good source of lutein. One cup of orange juice supplies 124 mg of vitamin C. Grapefruit juice comes in second with 94 mg of vitamin C per cup.

Carrots

Carrots are already well known for maintaining good eye health. This is because they contain beta-carotene, which is good for improving night vision. Just one small carrot contains about 4,100 mg of beta-carotene.

Fish

Fish contain the fatty acids that are good for your body. Along with other well-known health benefits, these essential acids help protect the eyes as well. They can help prevent dry eyes, enable healthy retinal function, and even help with visual development.

A healthy diet is an essential part of the lifelong process of maintaining healthy vision.

The best sources of essential fatty acids are fish like tuna or salmon.

Nuts

Nuts are packed full of vitamin E, which is an essential vitamin for good cell health because it protects against free radical damage. Vitamin E also helps delay the onset of cataracts and macular degeneration caused by aging. Peanut butter is also a good source of vitamin E.

A healthy diet is an essential part of the lifelong process of maintaining healthy vision. These foods will help protect your vision from age-related vision problems while keeping your current vision in good shape.

DESIGNER FRAME AND LENS PACKAGES

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NON-MEMBERS
FROM \$187.45

*Conditions apply, limited time ends 31st October 2016.

ufsoptical.com.au

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SPRING IN FOR fashion frames

The Mersey Beat Story

Mersey Beat Eyewear is a stunning new range of leading edge optical frames.

The collection comprises 22 unique models, with a number of the styles paying homage to the signature fashion of the early 1960's music scene, combined with a fresh, contemporary twist on design and manufacturing processes. The UK inspired, avant-garde range is full of personality, created for the fashion forward and the young at heart.

As were the rock-and-roll heroes of this era, this brand is iconic in its own right. Each frame exhibits an original modernised design, represented by its individual name, material, colour tones and form.

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FRAMES

MEMBERS

\$224*

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Casbah



Rita



Jane



AlterEgo

bolle

ck
Calvin Klein

COGÁN

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Advocating for loved ones on the spectrum

Bendigo Autism Asperger Group

BAAG is a local support group run by volunteers for those interested in and affected by Autism Spectrum Disorders. Membership to BAAG is free. We have been functioning for around 20 years in Bendigo (originally as the Bendigo Autism Family Support Group). BAAG meet regularly for informal morning tea and evening coffee events and for occasional social gatherings, and provide free refreshments at all of our events – catering for special dietary requirements and the needs of both adults and children.

Each year in May we run a free BAAG Autism Awareness event that is open to anyone who would like to learn more about Autism Spectrum Disorders. This event is always very well attended. Such an event costs around \$5,000 to run but we believe the benefits far outweigh the costs as it enables those who attend to hear from world class speakers at no cost to themselves or their employers. This year we had Donna Williams coming to speak to us. Donna is an adult on the autism spectrum. Against a background of abuse, homelessness, illiteracy and innumeracy, Donna gained post graduate qualifications as a sociologist and teacher, became an author and is an accomplished public speaker, artist, singer-songwriter and performer. Donna has been an autism consultant since 1996 and brought a wealth of information to us.

In March 2015 BAAG donated \$1,500 of quality books and DVD's on ASD to the Bendigo Goldfields Central Library and supported the 2015 autism walk for Turn A Life Around, providing literature and manning an Autism information table for the duration of that event.

In 2016 and beyond, we will continue to offer informal support to those who support infants, children, teenagers and adults with autism. We continue to host a regularly updated website www.bendigoautism.org.au and Facebook page. We will continue to provide information directly to members or via our Facebook page and website, sharing resources and networking as we are able.

Donations such as the one from the UFS Building A Healthier Community program enable us to bring world renowned autism specialist guest speakers to Bendigo once a year free of charge for all who would like to learn more about autism.

Donations such as the \$1,995.80 that was presented to us by UFS Pharmacies, on behalf of their members are very much valued and enable the ongoing work of BAAG. They enable us to provide opportunities for people to meet together and to provide informal social gatherings for parents, families, adults and friends in an autism friendly environment. Donations such as the one from the UFS *Building A Healthier Community* program enable us to bring world renowned autism specialist guest speakers to Bendigo once a year free of charge for all who would like to learn more about autism. Donations also help us provide guest speakers (and yummy food) at some of our morning tea and evening coffee events, free to all those who attend. This directly benefits members and carers as many of them have challenging personal, social and financial circumstances.

We are thankful for the resources that we can get to our members and others in the community at no cost to those who need that information and support.

Thank you once again for the vital part that UFS Pharmacies' members play in helping BAAG and so many other community organisations that do what we do. Your dedication and generosity helps keep groups that are run by volunteers functioning and helping others.

Sincerely,
Sandra Burns
Secretary, BAAG

www.bendigoautism.org.au

Thank you!

Bendigo Violet Street P.S.

My name is Ciaran Noble and alongside me is Amy Cornford. We are writing on behalf of Bendigo Violet Street Primary School to thank UFS Pharmacies members for your donation of \$300 to our school as part of your Building a Healthier Community program.

We appreciate the donation and we like knowing that we have members of our school community supporting your wonderful programs.

We will ensure that the money is spent wisely – it is intended to be used to purchase a new fridge for our cooking program.

Ciaran Noble and Amy Cornford

Grade 6 Students, Bendigo Violet Street Primary School



Students helping to tend the school's garden.

Healthy School, Healthy Kids

At our school we have a number of different programs that teach and help students to stay healthy. These programs include P.E., Sport, Healthy Lunches, LARP (Leisure and Recreation Program), Gardening and Cooking activities.

Our Healthy Lunches programme involves inviting a special guest to come and have a meal made with ingredients from our school garden, cooked by the students and helped by some parents and a special Co-ordinator.

In the LARP programme the students pursue an interest of their choice. Some of these activities include Bands, Sport, Board Games, Bike Riding, Swimming, Slam Poetry, Mosaicing, Drawing, Cooking, Gardening, Sightseeing, Sewing and Blogging.

During Gardening lessons our students plant seeds, turn compost, make compost, pull out weeds, learn about different fruits and vegetables and look after the school chickens by feeding them scraps left over from our lunches.

The Grade 4's are participating in a special cooking programme this year. This is new this year. They work in the garden and cook their own lunch every Wednesday with a real Chef!

Breakfast Club is on every Wednesday morning before school. It helps kids who haven't had breakfast by giving it to them. It is completely free for the kids and the bread is freshly cooked and made locally.

These are the reasons we are a healthy school at Bendigo Violet Street Primary School.

Amanda Costello

Principal

www.benviolet.vic.edu.au

Help us in Building a Healthier Community – keep your membership up-to-date.

Call 03 5441 5590 or visit bendigoufs.com.au/membership

Protecting the Community

Maiden Gully Fire Brigade

Maiden Gully Fire Brigade is part of Victoria's Country Fire Authority (CFA), which is a volunteer and community based fire and emergency service organisation whose mission is to protect lives and property. The Brigade was formed in 1998 to service our growing residential community within the City of Greater Bendigo. Our modern fire station is located at 5 Beckhams Road in Maiden Gully.

Each year, we work to update and introduce new items of equipment to assist us in our role as an emergency provider to our community. This year, we have an ambitious program that will involve spending nearly \$45,000 so the *Building a Healthier Community* program makes a major contribution to making these happen.

Our Brigade responds to some 50 emergency calls annually and this number is growing as the community expands. Our challenge has always been to grow our infrastructure to match this expansion. A significant amount of our expenditure this year will go to expanding the fire station site with adding of extra land, constructing a new vehicle shed at the rear of the station and concreting 170m² of apron and driveway.

Other equipment and projects include:

- GPS units for vehicles
- Driving lights for vehicles



- New dispatch computer system
- A marquee for community events and operations
- 4WD tyres and rims for our Ford Ranger field command vehicle.

The UFS *Building a Healthier Community* program funds (\$1486.50) have been directed to the marquee, which will be used at a variety of events. All of our Brigade members are very grateful to UFS Pharmacies' members, and particularly the Maiden Gully staff for promoting this program.

Andrew Howlett AFSM

Treasurer

www.maidengullycfa.org.au

Tell your story!

If your organisation is part of our *Building a Healthier Community* program, and has a story to tell, why not share it with us?

Email us a short written story covering these three points:

What it is you do, how you do it, and how UFS helps.

Don't forget to include contact details and a high-quality photo which we can publish along with your story!



Building a Healthier Community

Celebrating 30 Years of Cardiac Support

Heartbeat Victoria – Bendigo branch

Our very first meeting was a public meeting held at the Bendigo Hospital on the 30th November 1986 and was attended by 32 people (many of whom are still members today). At this meeting it was decided to form a branch of Heartbeat Victoria in Bendigo. Thus, a committee was duly elected. The Bendigo Branch was therefore formed just 2 years after the first Melbourne Branch and 6 years after the foundation branch of Heartbeat was formed in Adelaide in 1980.

Aims of Heartbeat

- To assist in the further development of Cardiac Units by raising funds for additional equipment
- To offer support to patients and their family members, or a friend, who has had a cardiac event, i.e. heart attack, heart surgery, stents, angina, etc.
- To promote friendship through meetings and social events

The Bendigo Branch continues to support the Cardiology and Critical Care Units and the Rehabilitation areas of the Bendigo Hospital and the ongoing support of the Rehabilitation program at the St John of God Hospital and has raised and donated in excess of \$290,000 to hospitals in the Bendigo region. Equipment to the value of \$52,000 was funded in 2015 alone.

Heartbeat also has volunteers who are committed on a regular basis to assist in the Cardiac Rehabilitation programs at both Bendigo hospitals and also supply speakers at groups to explain what Heartbeat is and what it offers.

Whilst the emphasis is placed on the patients with cardiac problems, we must also realise it is most important that the partner and families of the patient are not overlooked, as they also endure a very stressful time during recuperation.

Heartbeat Bendigo Branch provides many social activities, which gives members the opportunity to be amongst people with similar health problems.

Our General Meetings are held bi-monthly at 2.00pm in the Uniting Church Hall, Cnr Chum and Maple Streets, Golden Square, where an average of 65 members attend, which is followed by a cuppa and friendly chat. Many other social events take place, with a variety of trips, theatre entertainment, bowls days, social day lunches, with a special Christmas function to highlight the completion of the year.

Thanks to UFS Pharmacies' members and their *Building a Healthier Community* program, \$502.20 was raised and donated to Heartbeat Victoria last year.

For further information contact:

Barbara Dellar: 0417 961 777 or Jenny Kelly: 5447 8320



Treasurer Janice Masters, President Barbara Dellar and Assistant Treasurer Betty Pysing hand over a new ECG Machine and Echo Couch valued at \$19,500 to the Cardiology Department, part of \$30,000 funding to Bendigo Health Group in 2015

All you need to know about

THE SLEEP APNOEA TAKE-HOME TEST

With **Jessica Ruedin** – Sleep Apnoea Consultant,
UFS Pharmacies Hargreaves Street

The take-home sleep apnoea test from UFS Pharmacies is a quick (just one night), inexpensive, non-intrusive test that monitors you while you sleep in your own bed at home.

It's a great alternative to having to spend the night in a sleep clinic or hospital. You simply bring the device back to the pharmacy the next day and we'll send it off to a doctor who specialises in sleep apnoea, to read and interpret the data, and come back with a diagnosis.

How much does it cost?

The take-home test will cost you \$90 (members), and that includes the analysis, results and further consultation with our staff - once the results are in, usually in up to two weeks, we'll call you and get you to come in and see us again to discuss them.

We guarantee results.

If for some reason your test doesn't work – the monitor fails, you don't sleep, or the data is inconclusive, we'll get you to do the test again, at no additional cost to you.

What if I don't sleep long?

The test only needs four hours of data for analysing. This doesn't need to be continuous, so even if you wake several times it should still work well.



Do I have to wear a mask?

No. The test is a simple one. You wear a small monitor (about the size of a mobile phone) strapped around your chest on a thick adjustable elastic strap. It's also easy to use – with an on/off switch – anyone can operate it. You also have a small monitor (an oximeter) on your finger which measures your oxygen levels, and a small tube (a canula) under your nose.

'Many clients comment on just how easy it was, and how nice it was to be able to sleep in their own bed at home.'

I'm interested. How do I get started?

A customer who suspects they may have sleep apnoea (they snore, don't sleep well, are often tired, and may get up throughout the night) can come into our store at Hargreaves Street and talk to myself or one of our other staff. We'll ask you some questions, and if we think it might work for you, we'll book you in for the take-home diagnostic test.

We'll get you sorted.

Snoring? Sorted.

If you or your partner snore and experience daytime drowsiness, you may suffer from sleep apnoea. Our friendly UFS pharmacists can help – ask about our Sleep Apnoea Program today.

Drop into our Hargreaves Street store, or call **5443 6430** and we'll get you sorted.



Hayfever & allergies, Sorted.



50 PACK
PF CETIRIZINE
(EQUIVALENT TO ZYRTEC®)
MEMBERS
\$19.96*
Normally \$24.95



50 PACK
PF LORATADINE
(EQUIVALENT TO CLARATINE®)
MEMBERS
\$23.16*
Normally \$28.95



60 PACK
PF FEXOFENDINE
(EQUIVALENT TO TELFAST®)
MEMBERS
\$23.96*
Normally \$29.95

MEMBERS SAVE
20% OFF*
HAYFEVER
RELIEF



SENSEASE NASAL
ALLERGY SPRAY
MEMBERS
\$13.96*
Normally \$16.95



ZADITEN
EYEDROPS FOR
ITCHY ALLERGY EYES
MEMBERS
\$9.56*
Normally \$11.95



Although medications do not cure allergies, they can be very effective in relieving symptoms. Antihistamines help block the production of histamine, which can reduce sneezing and itchiness.

Our friendly pharmacists are here for you. For great advice and personal service, drop in to one of our stores or call **5441 5590** and we'll get you sorted.



bendigoufs.com.au

*Conditions apply.

Thank you.



Thank you to all of our members, on behalf of:

Atisha Buddhist Centre	Golden City Football Club	Radius Disability Services
Axedale Primary School	Golden Square Football & Netball Club	Righteous Pups Australia
Bendigo & District Concert Band	Golden Square Kindergarten	Senjuns Hockey Club
Bendigo (Violet Street) Primary School	Golden Square Swimming Pool	Sing Australia Bendigo
Bendigo Amateur Radio & Electronics Club Inc.	Heartbeat Victoria - Bendigo Branch	South Bendigo Football & Netball Club
Bendigo Animal Welfare & Community Services	Holy Rosary Primary School	Specimen Hill Primary
Bendigo Autism Asperger Group	Huntly Primary School	Spring Gully Primary School
Bendigo Breast Cancer Support Services Network	Interchange - Loddon Mallee Region	St Francis of the Fields Primary School
Bendigo East Baseball Club	Junortoun Fire Brigade	St Josephs Primary School
Bendigo Foodshare	Kalianna Special School	St Kilian's Primary School
Bendigo Scleroderma Support Group	Kennington Primary School	St Liborius Primary School
Bendigo Senior Secondary College	Lightning Reef Primary School	St Luke's Anglicare
Bendigo South East Secondary College	Lockwood Primary School	St Peter's Primary School
Bendigo Special Developmental School	Lockwood South Primary School	St Therese's Primary School
Bendigo Squash Club	Maiden Gully Fire Brigade	State Emergency Service Victoria (SES) - Bendigo Unit
Bendigo Symphony Orchestra	Maiden Gully Junior Football Club	Strathfieldsaye Bowls Club
Camp Hill Primary School	Maiden Gully Neighbourhood Watch	Strathfieldsaye Dodgers Baseball Club
Campbell's Forest Hall	Maiden Gully Primary School	Strathfieldsaye Jets Cricket Club
Catholic College Bendigo	Marist College - Maiden Gully	Strathfieldsaye Junior Football Club
Creek Street Christian College	Marong Fire Brigade	Strathfieldsaye Junior Netball Club
Crusoe Secondary College	Marong Pre School	Strathfieldsaye Pre School
Dr Harry Little Memorial Pre School	Marong Primary School	Strathfieldsaye Primary School
Dragon City Derby Dolls	Mount Pleasant Football Netball Club	The Otis Foundation
Eppalock Primary School	National Seniors - Bendigo & District	Valkyrie Care Group
Furever Friends Bendigo	North Bendigo Pre School	Zodiacs Netball Club
	Quarry Hill Primary School	Zonta Club of Bendigo
	Quest Equine Welfare	

UFS Pharmacies Bendigo CBD
379 Hargreaves Street

UFS Pharmacies Bendigo
Cnr View & Barnard Streets

UFS Pharmacies Strathfieldsaye
32 Blucher Street

UFS Pharmacies Maiden Gully
Shop 2, 715 Calder Highway

UFS Optical
Suite 1, 379 Hargreaves Street

Eden Body and Soul Essentials
Suite 3, 379 Hargreaves Street

