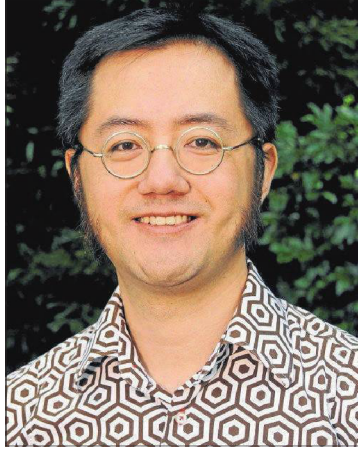


# OPINION

EMAIL THE EDITOR | IAN HORNER [ihorner@fairfaxmedia.com.au](mailto:ihorner@fairfaxmedia.com.au)

## CHAMPION COLUMN

# Simple ways to celebrate a healthy new year



**A**S a family doctor, I have observed that the holiday period is a time of overeating. I'm guilty of this myself. For many people, both eating and feeding others too much delicious food is a festive tradition.

Although far be it from me to deny tradition, healthier eating with family and friends is achievable with a little planning.

Try to include more fresh fruits and vegetables in the holiday feasts and tone down the amount of refined carbohydrates – bread, rice, sweets – and fatty meats.

Consider avoiding soft drinks and juices, which are very high in sugar, and using chilled sparkling water or soda water instead.

You know, not everyone needs to bring a dish. The typical holiday feast often begins with the worry that there isn't enough food,

and ends with the dread that the guests won't take away the (ridiculous amount of) leftovers!

Many doctors take leave during the holiday period to spend time with their loved ones.

Understandably, this can be a cause of some concern.

What if I get sick? To ensure that you and your family have access to medical care during the holiday season, try the following tips:

Firstly, most GP clinics will have a holiday plan, for instance, a deputising service (which includes phone and home-visiting doctors) for urgent health problems after hours, weekends and public holidays.

Ask your regular family doctor and your clinic for these details and keep them on your fridge door.

Secondly, the Australian Government runs the HealthDirect after-hours GP helpline, 1800 022 222, that can provide phone health and medical advice.

You can use their website to find a GP clinic or pharmacy that's open based on your location, at [healthdirect.gov.au/after-hours-gp-helpline](http://healthdirect.gov.au/after-hours-gp-helpline).

Thirdly, if you live near Fairfield Hospital, the General Practice Unit Clinic, 9616 8520, will be open most weekdays in January.

We are family doctors employed by the Local Health District, and the clinic is in Fairfield Hospital.

One of our roles is to help provide care for you and your family if your regular GP is away.

|| Dr Michael Tam, Staff Specialist, General Practice Unit, Ingham Institute and Fairfield Hospital

## COMMUNITY DIARY

### THURSDAY

**Seniors welcome:** Moorebank Happy Seniors meet every Thursday at Moorebank Community Centre, corner Maddecks Avenue and Lucas Avenue, 10am-2pm, for morning tea and games. The group welcomes senior residents to come along and meet new friends, and also offers monthly outings. Details: 9600 0600.

**Bike rides:** Held every Thursday, 9.30am-noon, from the WSCN bike shed at the back of Fairfield showground, off Moonlight Road, Prairiewood. Up to 30 kilometres of easy, slow paced social riding with a coffee stop before return. Details: Bob Ward, 9724 1520.

### FRIDAY

**Crafties Social Group:** At Westacott Cottage, 107 Railway Parade, Canley Vale. Bring your knitting, crocheting, sewing, embroidery, spinning, weaving, patchwork, paper craft, scrapbooking or beading for company, chatter, fun, coffee and to share ideas and knowledge. The group meets every Friday, 9.30am-noon, and on the first Saturday of each month (except public holiday weekends), 9.30am-noon. Cost is \$2. All welcome. Details: Nerida, 0403 270 213.

### SATURDAY

**Fairfield City Markets:** Every Saturday, 9am-4pm, at Fairfield Showground in the covered area behind the grandstands. More than 600 stalls, free entry and lots of parking. Goods range from clothing and toys to groceries and household items. Entry via Smithfield Road, Prairiewood. To find out about stall availability call 9725 2333.

### MONDAY

**Vacation care:** At Warwick Farm Community Hub, 11 Gallop Street, Warwick Farm, for school children aged 5-12 from Monday, January 16 until Friday, January 27. A range of activities and excursions are provided including arts and crafts, cooking, games, a trip to Inflatable World, a trip to Calmsley Hill City Farm and Australia Day celebrations. Details and bookings: Sarina, 0424 204 738 to make a booking.



**IN FOCUS:** The Fairfield City Camera Club welcomes shutterbugs of any skill level to join them for fellowship and photography.

**Pilates classes:** Every Monday, 7pm-8pm, and Wednesday, 9am-10am, at Community Action Services Australia, Brian Wunsch Centre, 126 Avoca Road, Wakeley, next to the Fairfield Council building. Cost \$10 (conditions apply). Details: Rossana, 0423 141 523.

### TUESDAY

**Gentle exercise:** Class meets at Casula Community Centre, 39 Ingham Drive, Casula every Tuesday, 12.30pm-1.15pm. Come and enjoy some gentle exercise and learn from a qualified instructor how to improve your balance, co-ordination and general fitness. This class is suitable for both men and women. Cost is \$5 per class. Details: 9600 0600.

**Ladies group:** Social activities, guest speakers and raising money for charity are on offer at Moorebank Evening VIEW Club, which meets on the third Tuesday of the month from 6.30pm at Moorebank Hotel. Next meeting is November 15. They also enjoy lunches twice a month on Wednesdays at various cafes. Cost of dinner is \$22. Details: Dianne, 9730 3344.

### WEDNESDAY

**Fairfield City Camera Club:** Meets at 7.30pm on the first and third Wednesday of each month at Share Care, 26 Green Valley Road, Heckenberg. Those interested in photography can join for regular lectures, competitions and workshops. Cost is \$40 per year for one or \$50 per year for a family. Details: Greg, 0433 440 569.

**Fairfield Anxiety Disorder Support Group:** meets at 7pm on the fourth Wednesday of each month at Fairfield Community Centre, 25 Barbara Street, Fairfield. The group is open to people over 18 with anxiety disorders, their friends and family. It's not suitable for people with schizophrenia or PTSD. Details: Rachel, 9339 6013 or [email-supportgroups@wayahead.org.au](mailto:email-supportgroups@wayahead.org.au).

|| Entries for this diary from community groups and non-profit organisations need to reach us nine days before anticipated publication. Because of space restrictions, there is no guarantee that entries will run. Email your details to [alison.adams@fairfaxmedia.com.au](mailto:alison.adams@fairfaxmedia.com.au).

## YOUR SAY

### THANKS FOR THE STORY

My friend sent me an email to tell me he was surprised to see my photo and read my story in the *Fairfield Champion*. He's an Australian gentleman in his 70s. I met him in the temple a year ago. After reading your story he felt the necessity to study Buddhism harder.

Some of my other friends in the temple were also very happy to read the story in the local paper, too.

I'd like to thank you for all the hard work that went into the story. It was a good story and had benefit for readers and the community.

|| Louisa Lui, Bonnyrigg

### WATCH OUT FOR FRIENDS

This New Year holiday period, Alzheimer's Australia NSW is urging anybody with a family member or friend with dementia to be mindful of their symptoms and look out for changes in their condition.

In this region of south-west Sydney there are an estimated 2550 people living with dementia. That's projected to increase to about 10,350 by 2050.

Because holiday celebrations provide a time for families and friends to come together after what can often be long periods of time, it is in these instances that changes in thinking, memory and behaviour can seem most apparent.

That's why this festive season we're encouraging families to re-assess their loved ones' conditions and situations.

This is important in identifying what extra support might be required in light of any change in behaviours or worsening of symptoms.

If you notice changes in a loved one or have concerns, I urge you to call the National Dementia Helpline, 1800 100 500 to speak to an expert.

Our dementia advisors are trained to listen to your concerns and to provide compassionate, targeted support that can empower you to make key decisions and access the local services and supports that are available in your area.

Your concerns are our concerns, so no matter how minor or major the problem, every call matters.

|| John Watkins, Chief Executive Officer, Alzheimer's Australia NSW

|| National Dementia Helpline: 1800 100 500.

## CONNECT WITH US



### EMAIL

Send letters to: [ihorner@fairfaxmedia.com.au](mailto:ihorner@fairfaxmedia.com.au)



### PHONE

Call us: (02) 9794 8082



### SOCIAL

[facebook.com/fairfield.champion/](https://www.facebook.com/fairfield.champion/)  
[twitter.com/fairfieldtoday](https://twitter.com/fairfieldtoday)



### POST

17 Longfield Street,  
Lansvale, NSW, 2166

Please keep letters to about 200 words and you must include a daytime phone number for clarifications. Letters may be cut for space, clarity or legal reasons. Preference given to emailed letters and letters which allow publication of author's name and suburb. Letters may also be published online.