Helping bridge the divide

At The Bridge we transform lives through empowerment, choice, support, advocacy and connections to home, work and community.

One example is Nabil, who graduated from high school last year and joined us at The Bridge straight away. He loves to spend time with his friends, go bowling, and use the computers. Nabil has gained confidence and practiced important life skills such as cooking and money handling. He has recently commenced supported employment at The Bridge Employment.

For more good news stories please visit our thebridgeinc.org.au or follow us on Facebook, Instagram and LinkedIn.

In 2020, The Bridge celebrated 50 years and is an NDIS, TAC and DHHS registered service provider supporting people with disabilities and disadvantage to develop life skills or find employment.

The Bridge offers a wide range of services across Dandenong, Casey, Cardinia Bayside, Mornington Peninsula including:

- Day services (group community and centre-based activities based on the choice and interests of participants).
- Individual support in-home or in the community.
- Getaways and community recreation including Friday night social groups, weeknight and weekend day outings and overnight short-stay holidays.
- School Leaver Employment Support and transition to employment services.
- Supported Employment in assembly, picking and packaging.
- NDIS Support Coordination (assisting people to find the right providers and coordinate a range of supports).

- Disability Employment Services (providing placement, training and support in the open labour market for young people and adults with disabilities, injuries or illnesses).
- Youth employment support for people who have been unemployed or out of study and need help to find employment.

The Bridge also partners with Jobs Victoria to provide mentors and advocates who offer employment support for people of all ages looking for mainstream employment.

If you want to know how The Bridge can support you, get in touch today by calling Shelley or Samantha on 8710 8535 or enquiries@thebridgeinc.org.au

FOCUS ON ... MEDICALLY SPEAKING

SunSmart targets men

As Victoria enters the summer months and COVID restrictions ease, SunSmart is reminding Victorians to use sun protection as they enjoy their new-found freedoms.

Launched on November 9, the campaign specifically targets men after a national Cancer Council study showed they are neglecting certain body parts when it comes to sun protection.

The campaign's tagline, 'when you cover things, they last longer: same goes for you,' urges men to cover themselves just as much as they protect their loved ones and belongings. The ad depicts a dad covering up his barbeque from the sun before his son points out he should be protecting himself too.

Results from the 2019 Summer Sun Protection Survey (Life in Australia™), found males who were sunburnt on summer weekends were more likely than females to report having been burnt on the following specific body parts:

- Nose (43 percent compared to females at 24 percent)
- Ears (28 percent compared to females at 7 percent)
- Legs (26 percent compared to females at 13 percent)
- Back of the knees (12 percent compared to females at 1 percent)

Despite 79 percent of men surveyed agreeing that if they regularly protect themselves from the sun then they can avoid skin cancer, less than half agreed that sun protection was part of their daily routine (49 percent).

When it comes to the five recommended forms of sun protection, it was found that when outdoors on summer weekends, less than a third of men slipped on protective clothing, slopped on sunscreen, slapped on a wide-brimmed hat, or sought out shade. However, around half of men surveyed reported they slid on a pair of sunglasses when heading outside.

Compared to women, it was found that men were worse at protecting themselves with three out of the five: sunscreen and sunglasses use, as well as seeking out shade.

Craig Sinclair, Head of Prevention Division at Cancer Council Victoria, said the new campaign served as an important reminder for men not to be complacent when it comes to protecting their skin.

"As a dad, my first instincts are to protect my family, so I understand how easy it is to forget to show myself the same level of protection," he said.

Head of SunSmart, Heather Walker, urged all Victorians to remember sun protection when venturing out and about this summer.

"71 percent of men know melanoma kills more men than women, so it's alarming to see them not heeding our advice to cover up and protect themselves," she says.

"Check your sunscreen expiry date, invest in a new broad-brimmed hat for the summer, and download the SunSmart app for daily access to the UV levels and sun protection times in your area."

Sun protection is recommended when UV levels are 3 or higher. For more information visit www.sunsmart.com.au

SunSmart is specifically targeting men in its new sun safety campaign. Picture: ISTOCK