

FOCUS ON ... YOUR HEALTH, YOUR IMAGE

Fresh to your door

Covid-19 has changed the way most people shop. As customers avoid supermarkets, delivery services like Early N Fresh have become an increasingly important part of the food supply chain.

Early N Fresh started trading in early 2017 and now happily supplies over 100 cafes, restaurants, catering business and schools. Owner Simon Javor and his team offer fresh fruit and vegetables as well as juices and eggs delivered straight to your doorstep.

Mr Javor said Covid-19 had changed the way Early N Fresh went about its business, taking him back in many ways to his roots in the fresh food business in 2000.

"Once again we went back to home deliveries, which was just how it all began in 2000. This time though, we have a website and customers are able to choose exactly what they want which was a difficult task 20 years ago," Mr Javor explained.

Mr Javor pioneered the daily home delivery of fresh fruit and vegetables. Together with a business partner he started and built The Home Fruit Supply. The business grew rapidly and started delivering to cafes and restaurants throughout Melbourne. It was the perfect platform from which to start Early N Fresh.

Early N Fresh delivers 5 days a week Monday to Friday. Customers have until 10pm to get their order in for next day delivery.

"We do not offer pre-made/mixed boxes as in our experience a lot of produce would go to waste. We give our customers the possibility to pick and choose the items that they want and need from our online store. Our minimum order is \$50 and the delivery is free of charge. All of our items/produce comes in our unique and branded Early N Fresh boxes," Mr Javor explained.

For more go to earlynfresh.com.au



Early N Fresh owner Simon Javor and marketing manager Izzy Felsmann.

Skin check advice

Don't let the Covid-19 restrictions stop you having skin cancer checks.

Unfortunately, skin cancers will not stop appearing because of the current Covid 19 restrictions or because of the onset of wintry weather.

It is important to keep having regular skin checks to detect skin cancers as early as possible. If you are worried about any changing skin lesion please don't hesitate to have this checked straight away.

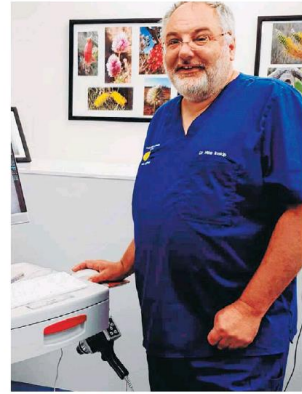
Medical appointments have always been permitted under the current Victorian Covid-19 restrictions and fortunately the rate of community transmission is very low.

Icarus Skin Cancer Clinic has stringent measures in place to minimise your Covid-19 risk.

"The risk of a neglected skin cancer is currently greater than infection risk. We look forward to seeing you," said Dr Mike Inskip.

To make an appointment phone 1800 422 787 or 5925 2000.

Icarus is located in Suite 4, Ground Floor, Hollander House, 352 Rossiter Road, Kooweerup. For more go to www.icarusskincancerclinic.com.au



Dr Mike Inskip.

Online arthritis help

Arthritis Australia, in partnership with the Australian Rheumatology Association, has launched a new online rheumatoid arthritis patient-support website. The free MyRA website provides individually tailored information designed to help people seize control and become active participants in their journey with the disease.

More than 450,000 Australians live with rheumatoid arthritis (RA), an autoimmune disease that causes pain and swelling of the joints. The disease can strike at any age, including during childhood, and can greatly impact on a person's wellbeing. However, with early diagnosis and the right treatment, most people with rheumatoid arthritis can lead full and active lives.

"Everyone's journey with rheumatoid arthritis is different. Some people are at the starting point, while others have been living with arthritis for decades," says Andrew Mills, CEO of Arthritis Australia.

"Prior to this program, we found many people were either using 'doctor Google' to make important decisions based on incorrect, irrelevant or alarming information, joining online forums without independent and trusted

moderation, or joining programs that may only be suitable at a particular point in time due to the medication they are using.

"Responding to what people living with rheumatoid arthritis were telling us, Arthritis Australia embarked on the journey to develop a gold standard patient-support website that could meet each person where they are at on their journey, providing them with relevant, tailored, evidence-based information regardless of what drug they are currently on or how long they have been diagnosed with rheumatoid arthritis," continued Mr Mills.

The MyRA website was developed in collaboration with state and territory-based arthritis organisations, informed also by respected international arthritis peers. The end result is a digital platform that provides a holistic patient-support system. It covers topics such as symptoms, risks, treatment options, diet, exercise, day to day tips, support services and how to manage pain, mental health and fatigue. It looks at how to build good relationships with healthcare teams and provides updates about COVID-19. The website also links through to the National Arthritis Infoline.

ICARUS SKIN CANCER CLINIC

EARLY DETECTION AND TREATMENT OF SKIN CANCERS IS ESSENTIAL

WE ARE OPEN

PLEASE DO NOT PUT OFF THE EARLY DIAGNOSIS OF SKIN CANCERS

95% of all skin cancers can be treated in the rooms

WE ARE LOOKING FORWARD TO SEEING YOU SOON

NO REFERRAL FROM A GP IS NECESSARY

SKIN CANCERS APPEAR ALL YEAR ROUND

QUALITY SKIN CANCER CHECKS

Dr Mike Inskip

Dr Mike Inskip is now Located at Suite 4, Ground Floor, Hollander House, 352 Rossiter Road, Koo Wee Rup

To make an appointment please call 03 5925 2000 or 1800 422 787 - Book online at icarusskincancerclinic.com.au

12406113-RC04-19

Casey Osteopathic Health Services

DO YOU SUFFER FROM:

Servicing The Beaconsfield Community for over 19 years.

Members of the Australian Osteopathic Association

For more information & professional friendly service, please contact:

Casey Osteopathic Health Services

SATURDAY & EVENING APPOINTMENTS AVAILABLE

2 STELLA ST, BEACONSFIELD OPEN 6 DAYS PH: 9769 9881

EARLY-N-FRESH

We are here to enable you to have the freshest fruit & vegetables delivered right to your doorstep, only hours after it is picked up from the market.

We want to deliver to our customers only the items that they require, not a pre-made mixed box where some items would go to waste.

See for yourself, visit us on www.earlynfresh.com.au

12449720-1B23-20

pakenham.starcommunity.com.au

Wednesday, 3 June, 2020 | PAKENHAM GAZETTE 39

pressreader PRINTED AND DISTRIBUTED BY PRESSREADER PressReader.com +1 604 278 4604 COPYRIGHT AND PROTECTED BY APPLICABLE LAW