

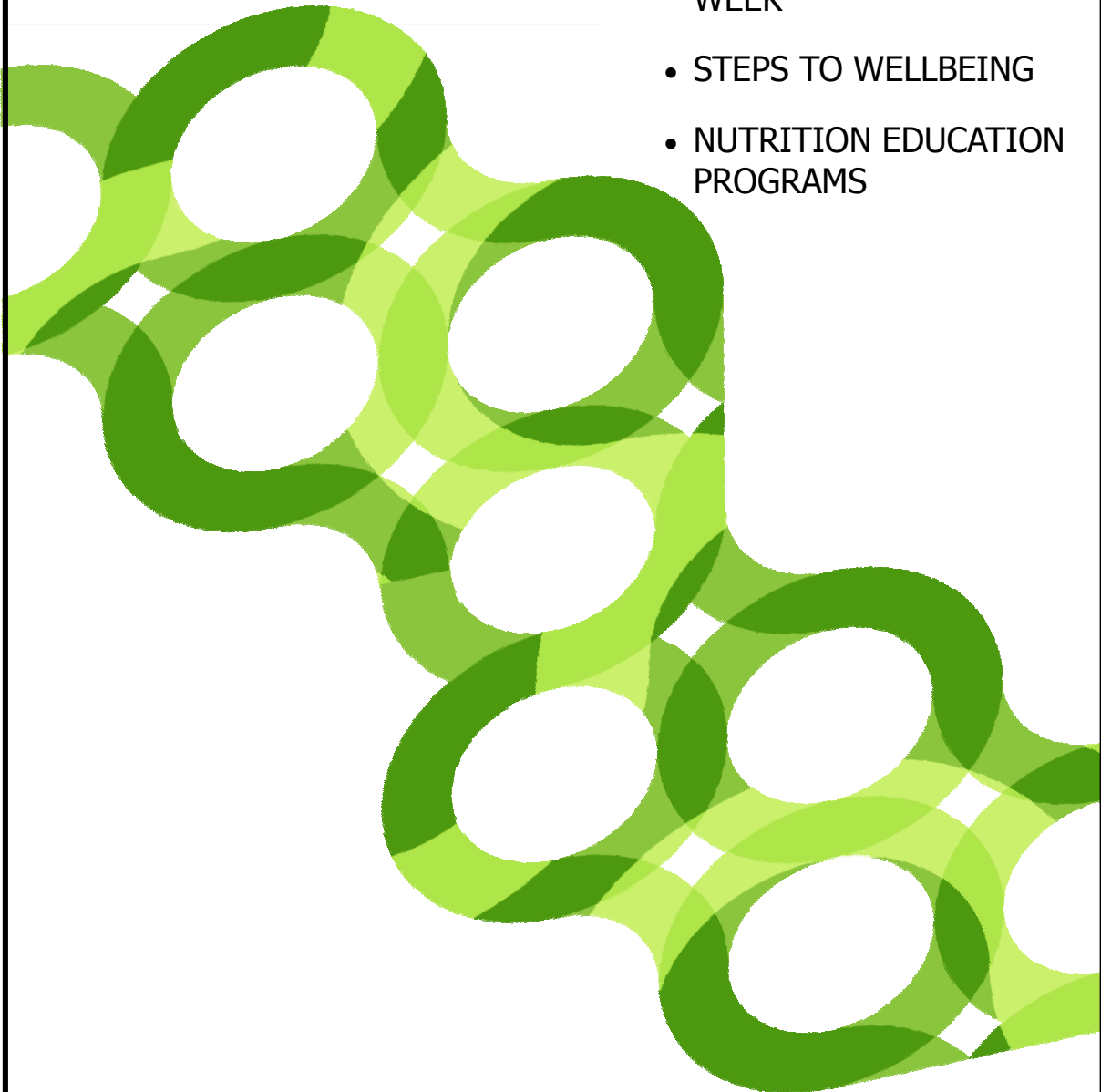
South West
Healthcare



Warrnambool
Community Health

What's On
July/August 2011

- NAIDOC DAY
- NATIONAL DIABETES WEEK
- STEPS TO WELLBEING
- NUTRITION EDUCATION PROGRAMS



Warrnambool Community Health
279 Koroit Street (Cnr Koroit & Ryot Streets), Warrnambool
Phone No. 5564 4190
Email: warrnamboolch@swh.net.au
Hours: Monday- Friday, 9am to 5pm

HISTORY OF COMMUNITY HEALTH

Warrnambool Community Health was the last Community Health Centre established in Victoria and was officially opened by the Minister for Health, The Honourable Bronwyn Pike, in June 2004.

Mrs Sharon Muldoon, SWH (South West Healthcare) Board Chair, spoke at the time about the need for the establishment of Warrnambool Community Health; key parts of her speech highlight the issues of the time.

"It is particularly pleasing to respond to our community in such a tangible way through the establishment of a Community Health Centre in Warrnambool.

South West Healthcare is a fully integrated healthcare organisation and is not simply just an acute hospital as our primary care departments are an important component of our service delivery system. In reviewing our service profile, it became apparent that there was an extended range of community health services available in surrounding areas, however there was no strong community health presence in Warrnambool itself.

In response to this situation, the Department of Human Services developed a position paper which highlighted the deficiency in community health services in Warrnambool and that this deficiency translated into increased inpatient episodes for certain medical conditions.

Following a workshop held in July 2003, attended by numerous stakeholders in the area, it was agreed that South West Healthcare would take a lead role in providing a focus for an integrated approach to community health in the Warrnambool district."

Warrnambool Community Health was established with a receptionist, part-time community health nurse, a chronic illness worker and women's health worker. Joining staff at the time was the Ostomy Association, a volunteer organisation who still remain a key part of our service.

Since June 2004 Warrnambool Community Health has grown rapidly to now include over 80 staff, funded from multiple funding sources. Key programs such as Chronic Illness Programs, Aboriginal Health programs, Health Promotion and Public Dental have all combined under the community health banner to deliver a more connected service to Warrnambool and surrounding communities.

We continue to strongly advocate for increased funding in our Community Health programs which are under funded compared to other regions of Victoria.

In 2008, the significance of the impact Primary and Community Health has on our community was recognised by SWH with the creation of a new division. The Primary and Community Services Division links the community health campuses of Lismore, Macarthur and Camperdown to provide synergies and services across all communities. The Sub-Acute Ambulatory Care program is also a crucial part of the division and ensures a connection of care between the acute and sub-acute (community) programs.

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In August 2012, a brand new, purpose built Warrnambool Community Health facility will open to provide a new level of care to Warrnambool and surrounding communities. This will house over 200 staff from a vast array of ambulatory programs and aims to provide a connection of care rarely seen in Australia. Amongst others, services we expect to see will be a new General Practice clinic, Public Dental facility, all current community health, sub-acute, primary, allied health, district nursing, palliative care and cancer services. You can watch its development on Koroit Street.

SERVICES AVAILABLE

Aboriginal Health Promotion Officer- Plans and delivers health promotion programs to support the health and well being of Aboriginal people.

Aboriginal Liaison Officer- Helps to co-ordinate the care of Indigenous people in the Warrnambool district.

Better Health Self Management- Assists people with chronic health conditions to better manage their condition and get more out of life!

Close The Gap- Assists Aboriginal families with drug and alcohol, family violence and mental health needs, by providing home and community based care co-ordination support for families to improve their health and life well-being.

Community Health Dietitian- Provides health promotion with a community focus. The dietitian will run programs including 'Appetite for Change', 'Label Reading Seminars' and 'Supermarket Tours'.

Community Health Nurse- Provides pregnancy tests and counselling, emergency contraception, STD checks and pap screening.

Counselling- Anxiety, depression, health related and bereavement.

Diabetes Nurse Educator- Includes the supply scheme and also provides support, education and guidance for people with diabetes.

Diabetes Self-Management Program- Self management program for newly diagnosed diabetics over a 12 month period.

HARP- Helps medical providers and patients work together to improve the care for people with chronic or complex medical conditions.

HARP Paediatric Asthma- Provides asthma education and support to children, adolescents and their families.

Health Promotion Officer- Aims to improve health and wellbeing and reduce the issues surrounding preventable disease by planning, developing, implementing and evaluating health promotion activities and projects using a variety of approaches.

Needle Syringe Program (NSP)- Provides clean syringes, disposable containers, disposal of used syringes. 9:00am-5:00pm Monday-Friday

Ostomy Association- Provides membership and support for people requiring Ostomy supplies. 1:00pm-4:00pm Friday

Respiratory Nurse- Aims to provide information and help people with respiratory conditions including asthma.

Smoking Cessation Clinic- The aim of this clinic is to provide support, education and interventions for nicotine dependent smokers.

For appointments and further information please contact Warrnambool Community Health on 5564 4190.

Calendar of events - July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7 • NAIDOC Day	8	9	10
11 •Diabetes Info Session	12 •Diabetes Info Session	13 •Flinders Program	14 •Healthy Eating while Quitting Smoking	15	16	17
18	19	20 •Flinders Program •Women's Pap Clinic	21 •Stanford Training	22 •Stanford Training	23	24
25	26 •Children Asthma Workshop (at Gunditjmara)	27 •Label Reading •Diabetes Management (at Kirrae)	28	29	30	31

Calendar of events - August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 •Women's Pap Clinic	4 •Steps To Wellbeing Commences	5	6	7
8	9	10 •Women's Pap Clinic	11 •Steps To Wellbeing Commences	12	13	14
15	16	17 •Healthy Lifestyle/ Healthy Eating (at Kirrae)	18 •Steps To Wellbeing Commences	19	20	21
22	23	24 •Women's Pap Clinic	25 •Steps To Wellbeing Commences	26	27	28
29 •Healthy Eating while Quitting Smoking	30	31 •Women's Pap Clinic				

NATIONAL DIABETES WEEK

Diabetes Related Information Sessions

Monday 11 July 2011, 10.00am-12.00pm

Tuesday 12 July 2011, 2.00pm to 4.00pm

Warrnambool Community Health



Are you at risk of developing Type 2 Diabetes? Are you already diagnosed with diabetes? Are you up to date with the latest information?

On **Monday 11 July, 2011** from **10.00am to 12.00pm**, and **Tuesday 12 July, 2011** from **2.00pm to 4.00pm** at Warrnambool Community Health, meet and talk with Diabetes Health Professionals, have a free risk assessment test, have your diabetes monitoring equipment checked and updated if eligible, and learn what resources and programs are available at Community Health.

Diabetes is a chronic disease with serious complications, currently affecting an estimated 1.5 million Australians. It is estimated 275 adults develop Diabetes everyday.

Type 2 Diabetes is the most common type of diabetes and can be prevented. Maintaining a healthy weight, being physically active and following a healthy eating plan can reduce a person's risk of developing Type 2 Diabetes by 60%.

NUTRITION EDUCATION PROGRAMS

Label Reading Seminar

Wednesday 27 July, 2011, 11.00am—1.00pm

Warrnambool Community Health

Come along to a seminar with the Community Health Dietitian for a practical look at food labels. Learn about the ingredient list, nutrition panel and what nutrition claims *really* mean. Cost \$3.00

Healthy Eating While Quitting Smoking

Thursday 14 July 2011, 1.00pm—2.00pm

Warrnambool Community Health

Come along and learn about the best food choices to make while quitting smoking and help prevent weight gain.

NAIDOC DAY

Thursday 7 July 2011, 10.30am to 3.30pm

To be held at the rear of Warrnambool Community Health



NAIDOC (National Aborigines and Islanders Day Observance Committee) celebrations are held around Australia in July each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people.

NAIDOC Week 2011 will be held from 3 to 10 July, the National NAIDOC Theme for the 2011 NAIDOC Week celebrations is **Change: the next step is ours.**

NAIDOC Day celebrations will be held at Warrnambool Community Health on Thursday 7 July 2011.

There will be children's activities, music featuring Lee Morgan and band 'The Last Resorts' and Skye Taikato, traditional dancing, Aboriginal artwork, kite making, a balloon release, free lunch, door prizes, gift baskets and the chance to win a \$250 Coles or a \$250 Safeway voucher.

We look forward to seeing you there.



With sponsorship from Department of Planning & Community Development Indigenous Community

ABORIGINAL HEALTH PROMOTION EVENTS

Children with Asthma workshop

Tuesday 26 July 2011, 10.00am

Gunditjmara Aboriginal Cooperative, Harris Street Reserve, Warrnambool

Facilitated by Michelle Evans, Respiratory Nurse.

Diabetes Management Session

Wednesday 27 July 2011, 12.00pm

Kirrae Aboriginal Health Service, Kirrae Avenue, Purnim

Facilitated by Rachael Gladman, Diabetes Educator, Warrnambool Community Health.

Healthy Lifestyle/Healthy Eating Session

Wednesday 17 August 2011, 12.00pm

Kirrae Aboriginal Health Service, Kirrae Avenue, Purnim

Facilitated by Michaela Murdoch, Community Health Dietitian.

STEPS TO WELLBEING

Combined Exercise and Self Management Program Commencing 4 August 2011, Thursdays, 10.00am—12.00pm

Warrnambool Community Health



Anyone living with a chronic health condition wanting to increase their physical activity but unsure how to go about it.

This program is designed to assist you to manage your health and take the steps required to include exercise into your lifestyle.

The program will assist with:

- How to make changes in your life
- Healthy eating
- Find out what physical activities are available locally that suit YOU!
- The benefits of physical activity
- How to relax
- How to set realistic goals and problem solve to achieve them

Eight week program running over consecutive Thursdays.

The program is based at Community Health however some sessions will be held at independent local venues.

There will be no charge for the program however some venues may have admission costs that you will be asked to cover.

SELF MANAGEMENT TRAINING OPPORTUNITIES FOR HEALTH PROFESSIONALS

Flinders Chronic Condition Management Program Certificate of Competence

Wednesday 13 July, 2011 , 10.00am—4.30pm

Wednesday 20 July, 2011 , 10.00am—4.30pm

Warrnambool Community Health Cost: \$250



The Flinders Program uses a generic set of tools & processes that enable health care professionals to better support clients with chronic conditions by empowering them to become active partners in their care and more effective self managers.

Stanford Chronic Condition Self Management Leader Training

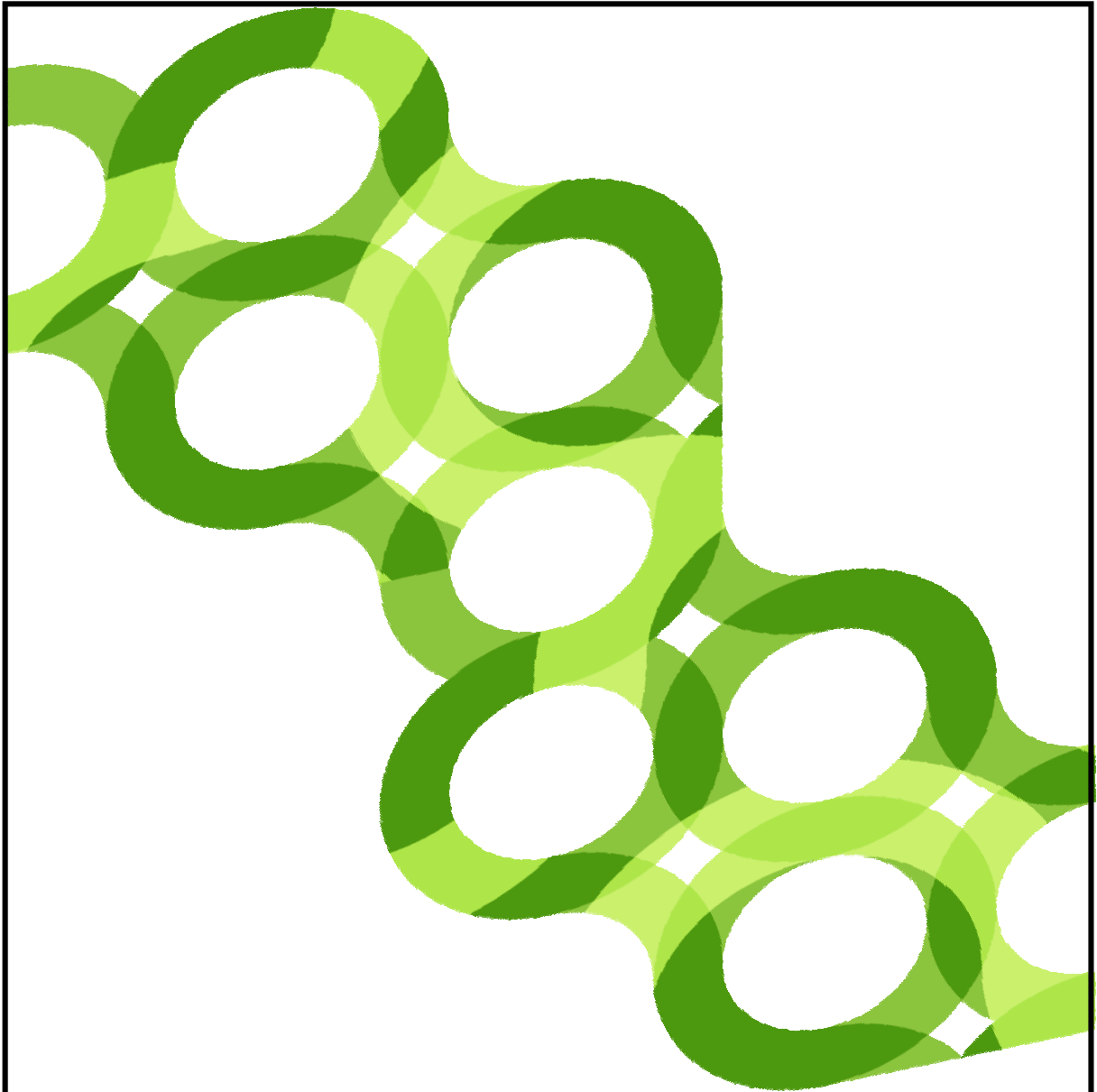
Thursday 21 - Friday 22 July & Thursday 28 - Friday 29 July 2011 (4 Day Program)
9:15am—3:30pm

Warrnambool Community Health

Cost: \$550 (this fee is waved for peer leaders)

Developed by Stanford University this four day course will enable participants to co-facilitate Better Health Self Management programs for people with chronic health conditions. This program is suited to both Health Professionals and peer leaders.

Enquiries: Karen Lenehan, Early Intervention in Chronic Conditions Coordinator
Ph: (03) 5564 4196, Email: klenehan@swh.net.au



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