

what's on



PAP TESTS. A LITTLE AWKWARD FOR A LOT OF PEACE OF MIND

Local Women's Health Nurse, Amanda Nash and PapScreen Victoria are urging all Timboon and District Women to have a Pap test every two years to reduce their risk of cervical cancer. "Cervical cancer is one of the few cancers that can be prevented, so it's vital that all women aged between 18 and 70 have regular Pap tests. They are essential, even after receiving the cervical cancer vaccine," says Amanda Nash. Currently only 55% of eligible women in the Timboon and surrounding area have had their 2 yearly Pap test. This means a substantial number of women in the area are vulnerable to undiagnosed cell changes. "Most women diagnosed with cervical cancer have not had regular Pap Tests. We know that Pap tests can be awkward, but the consequences of not having them can be so much worse". Amanda Nash has been looking after women in the Timboon and District area for over 10 years. Amanda also offers women's health consultations, which allow time to discuss sensitive issues or problems with women in detail. According to the latest statistics released by Canstat, 181 women in Victoria were diagnosed with cervical cancer in 2008, and 37 women died from the disease. Pap tests are the only way to check the cervix for abnormal cell changes. To book a FREE Pap test call Amanda on 5558 6049 or your local GP. For more information call the Cancer Council Helpline on 13 11 20



counselling service

Psychologist/ Counselling Service at Timboon Clinic.

Warrnambool based Psychologist, Andrew Gray, has commenced a visiting counselling service on Tuesdays. This is currently a fortnightly morning service but will increase to a weekly, full day service subject to demand.

Andrew provides general counselling service for adolescents and adults across a range of issues including depression, anxiety, trauma, grief, relationship, work and other personal problems.

This service is subsidised by Timboon Healthcare, and patients who obtain an appropriate referral from a GP are eligible for a full rebate for out of pocket expenses from Medicare. Patients with GP referrals under WorkSafe and TAC can also be seen at no cost.

Please contact the Timboon Clinic on 5558 6088 to make appointments.



calendar of events february

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|-------------------|--------|
| January BBWB, Rehab Walking Group SWIMMING BUS Speech 31 | Tai Chi, Gentle Ex School Dental Dietitian Public Podiatry Men's Shed Cobden Planned Activity Gp 1 | Audiology Physio Chiropractor Strength, Circuit, Rehab Cobden Planned Activity Gp 2 | BOOKWORMS Men's Shed Timboon Planned Activity Gp 3 | Physio Private Podiatry Tai Chi Strength Training Timboon Planned Activity Gp 4 | Private Dental 5 | 6 |
| BBWB, Rehab SWIMMING BUS Walking Group Speech 7 | Tai Chi, Gentle Ex Public Dental Men's Shed Cobden Planned Activity Gp 8 | Physio Chiropractor Diabetes Educator Strength, Circuit Rehab Cobden Planned Activity Gp 9 | Speech Men's Shed Timboon Planned Activity Gp 10 | Tai Chi Strength Training Physio Private Podiatry Timboon Planned Activity Gp 11 | Private Dental 12 | 13 |
| SWIMMING BUS BBWB, Rehab Walking Group Continance Nurse Speech 14 | Public Dental Public Podiatry Dietitian, Tai Chi Gentle Exercises Men's Shed Cobden Planned Activity Gp 15 | Physio, Diabetes Ed Chiropractor Strength, Circuit, Rehab Cobden Planned Activity Gp 16 | Men's Shed Timboon Planned Activity Gp 17 | Tai Chi Strength Training Physio, Dental Timboon Planned Activity Gp 18 | Private Dental 19 | 20 |
| Speech, SWIMMING BUS Walking Group BBWB, Rehab 21 | School Dental Tai Chi Gentle Exercises Men's Shed Cobden Planned Activity Gp 22 | Physio, Chiropractor Strength, Circuit, Rehab Cobden Planned Activity Gp 23 | Speech Men's Shed Timboon Planned Activity Gp 24 | Tai Chi Strength Training Physio Timboon Planned Activity Gp 25 | Private Dental 26 | 27 |
| Speech, SWIMMING BUS Walking Group BBWB, Rehab Continance Nurse 28 | Tai Chi, Gentle Ex Dietitian, Public Podiatry Public Dental Men's Shed Cobden Planned Activity Gp 1 | Physio, Diabetes Ed Chiropractor Strength, Circuit, Rehab Cobden Planned Activity Gp 2 | Bookworms Men's Shed Timboon Planned Activity Gp 3 | Tai Chi, Strength Training, Physio, Private Podiatry, Dental Timboon Planned Activity Gp 4 | Private Dental 5 | 6 |

Recreation Give it A Go Week

March



swimming bus

Get back into the **SWIM** of things and enjoy the comfort of being driven by bus to Aquazone to participate in either:



**AQUA AEROBICS
SWIM or GYM**
Children Welcome

Bus Departs for Aquazone 9.00 am sharp from bowling club car park

Return to Timboon approx 12.30

Cost - Aquazone Pool Charges Only

Bookings Essential on 5558 6049

EVERY MONDAY
BUS DOES NOT RUN
PUBLIC HOLIDAYS



well women's clinic

A nurse skilled in the area of Women's Health conducts this service.



Appointments can be made by telephoning 5558 6049

TIMBOON: Available anytime

COBDEN: Wed 9th February

Wed 30th March

This service is **FREE**. Don't just sit there. Have a Pap smear every 2 years



audiology

Tim Rayner
AUDIOLOGY



**WILL VISIT TIMBOON & DISTRICT
HEALTHCARE SERVICE MONTHLY**

2nd February 2011
30th March 2011

For Appointments call 5560 5833



community noticeboard

* Secret Boys Business*

You and your son are invited to this fun, fast moving workshop, which will explore both the physical & emotional changes that occur around the time of puberty. All sons aged 10 – 12 years & parents are encouraged to take part in this 3-hour workshop.

Friday 25th February TDHS Activities Room 6-9pm
Cost: **\$5.00 per couple**

Sandwiches & fruit platter provided. To reserve your place please phone Kirsty on 555 86 049

* Secret Girls Business*

You and your daughter are invited to this fun, fast moving workshop, which will explore both the physical & emotional changes that occur around the time of puberty. All daughters aged 10 – 12 years & parents are encouraged to take part in this 3-hour workshop.

Friday 11th February TDHS Activities Room 6-9pm
Cost: **\$5.00 per couple**

Sandwiches & fruit platter provided. To reserve your place please phone Kirsty on 555 86 049

WALKING GROUP

Every Monday at 10.30am.
Meet on the corner of Wark Street and Hospital Road.
HAIL, RAIN or SHINE. Well sheltered walk. First Monday of month meet at rail trail.



BOOKWORMS



Next Sessions
Thursday 3rd February
9.30am—10.30am
Thursday 3rd March
9.30am—10.30am
Thursday 7th April
9.30am—10.30am

Timboon Arthritis Support Group

Next Meeting
Friday 11th February,
Lunch at 'The D'main' Café
12 Midday

FOR MORE INFORMATION
Paula Steen 5598 3179 or
Robyn Drake 5598 3190

EXERCISE TO MUSIC

Timboon Hall Supper Room
From 10.00—11.30, with a cuppa in between

EVERYBODY WELCOME

SWIMMING COLAC

Every Wednesday
Departs Timboon 8.30am via
Cobden and Camperdown
Returns 1pm
\$5 plus pool costs

FEED BACK & CONTRIBUTIONS

Phone: (03) 5558 6049 Fax: (03) 5598 3565

Email: mgreen@swarh.vic.gov.au anash@swarh.vic.gov.au cjdennis@swarh.vic.gov.au

