



From the CEO

As we go to print for this, the Spring 2011, quarterly newsletter, I am pleased to be able to report on a number of exciting events and happenings at Timboon and District Healthcare Service.

I am glad to announce the appointment of Mrs Lauren Newman as the new Director of Nursing, the opening of the newly extended Physiotherapy and Exercise gym (Physiogym) and the continuing development of the new Community Services building.

At the time of writing, the roof of the new building has been fully completed and plaster and brick work are progressing at a good pace. All is on track for us to be fully functional in the new building before Christmas.

The new Emergency Department will be opened at the beginning of September and works begun on the extended staff dining room- a much need facility as our number of employees reaches 102.

On the national health scene, the Commonwealth and State governments have been working on the National Health Reform. It is of great news for us in Victoria that agreement has been reached to maintain our small rural health network, and that, local Boards of Management will continue to govern local Health Services.

Our Health Service Board has continued to respond to its important role of Clinical, Financial and Legislative governance. The Board looks forward to presenting the Annual and Quality of Care reports to the community at the up and coming Annual Meeting. The meeting is open to all interested members of the community and will be held in the new Physiogym from 7.30pm on Thursday 17th November.

I trust you enjoy this quarterly newsletter, I am looking forward to welcoming you to the Annual Meeting and to the new buildings and facilities over the coming months.

Wayne Weaire Chief Executive Officer

New Staff

Director Of Nursing



Timboon and District Healthcare Service are pleased to announce the appointment of Lauren Newman as Director of Nursing.

Lauren has had extensive experience as a Registered Nurse, Registered Midwife and has most recently been the Clinical Midwife Consultant for South West Victoria and Project Manager with South West Area Midwife Initiative (SWAMI). Previous to her work with SWAMI, she has undertaken project work on the Northeast Maternity project, had extensive experience as Unit Manager at Mercy in Werribee and has worked on a number of projects with the Department of Health.

Highly skilled, Lauren has recently qualified as a Life Coach with a speciality in workplace coaching, has a certificate IV in Workplace Training and Assessment and an Advanced Certificate in Business Management.

Lauren is originally from Warrnambool and returned to the South West region two years ago with her husband. She has three grown children and enjoys an active lifestyle.

Lauren will commence her duties with us on Monday, September 5th.

Executive Assistant

Sabine McKenzie joined Timboon and District Healthcare Service on 4th July as the Executive Assistant to the Chief Executive Officer Wayne Weaire. Living with her husband in Newfield she previously worked at Deakin University Warrnambool as an Administrative Officer and periodically acted as the Executive Assistant for the Pro Vice-Chancellor Rural and Regional.

Home and Community Care Administration Assistant

Nikki Beaver has come on board as our new HACC Administration Assistant and is working with Fiona Hanel our HACC Assessment Officer. Currently residing with her family in Cobden, Nikki has come to us with a vast and varied background in Administration and Customer Service. She has spent the last 4 years working at the NAB in Cobden as a Customer Advisor, and is now the friendly voice at the end of the phone.

Home and Community Care

Fourteen Home and Community Care (HACC) workers from Corangamite Shire have joined the Timboon and District Healthcare Service team under an employment agreement to improve efficiency in the southern part of the Shire. HACC staff deliver over 7000 hours of service to clients and the new arrangement improves the efficiency of the service by bringing the assessments and service delivery under one operational umbrella.

Clients still receive the same high quality service - mostly from the same friendly staff they already know.

Inside...

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Message of Thanks

After 44 years working at Timboon & District Healthcare Service, I would like to express my appreciation and thanks to all the Staff and Doctors I have worked with over these years who have become lasting friends.

I would also like to thank the many staff at other hospitals in the area that I have had phone contact with, yet never met in person.

Thank you to all members of the general public who have passed by my desk, it has been a privilege to meet and help you.

To present and past Auxiliary members and all community organizations, thank you for your dedication and support. I would also like to thank all who have helped with fundraising and donations.

Please remember that Timboon and District Healthcare Service was put here by your predecessors for your use, so please keep up your support, as you and your family may need this service one day, hopefully only in some small way.

With regards and thanks
Barbara Fraser



Timboon and District Healthcare Service Exercise Classes 2011



Monday	10.30-12md	Bounce Back with Babes
	1-2pm	Rehab/Individual
Tuesday	10-12md	Gentle Exercise
	12-1pm	Tai Chi beginners
	1-2:30	Tai Chi advanced
Wednesday	9-10am	Strength Training
	10-11am	Rehab/Individual
	11-12:30	Balance Plus
	1-2:15pm	Strong Women (Circuit)
Friday	10-11:00am	Strength Training
	11-12md	Tai Chi
	2 – 3.15pm	Mens' Strength

Current from 15th August, 2011



Building Update

THE ROOF IS ON!

The new Community Services Department extension are now under the protection of new roofs, windows and bricks. This should ensure the weather can no longer wreak havoc on the building timeline and allow our trades people to remain slightly drier and warmer than usual.

The Activities Room extension was handed over on August 1st. Exercise Coordinator, Tracey

Heeps, was very excited as she busily unpacked new exercise equipment and brought back her other equipment and goods from the several venues she has been working from over the past six months. We are looking forward to providing the community with high quality exercise programs in our new facility for many years to come.

Social support

NEW AND EXPECTING YOUNG MOTHERS GROUP

Come along for a chance to meet and chat with other young expecting or new mothers in a warm and supportive environment.

Friday's 10am – 12.30pm in the Small Meeting Room

Please contact Natasha Neal (Youth Worker) on 0437 173 623 or Steffi Persson (Social Worker) on 5558 6064 for more information or to register your interest.

FOOD BANK

Donations of groceries are available to those who are under financial hardship and require help and support to make ends meet.

Please contact Natasha Neal (Youth Worker) on 0437 173 623 or Steffi Persson (Social Worker) on 5558 6064 for more information.

Want to take control of your chronic (long-term) condition instead of it controlling you??

The Chronic Disease Independence Program will be conducting a Better Health Self Management course in COBDEN beginning Monday 12th September, 2011 at 10.30 a.m.

The six week course will run for 2 & 1/2 hours each week and cover

- How to manage symptoms, lessen frustration & deal with emotions
- How to communicate more effectively with your Doctor / Health Professional
- Problem solving and goal setting for motivation
- How to get MORE OUT OF LIFE

The course will be held in the Education Room at Cobden District Health Services. Refreshments will be provided for all participants. Please call 5558 6000 for any further enquiries and to register.

It is with enthusiasm that the Physiogym opens its doors



The 8th of August was the official first day of exercise classes being held in the newly refurbished Physiogym at Timboon and District Healthcare Service.

There were big smiles, laughter and long chats when the gentle exercise group was reunited after six months of being separated into two smaller groups due to the construction of the new facility. The happy participants were one of the first groups to utilise the new facility and were in awe of its grandeur and new equipment. "The first thing I had to do upon entering the room was pick my jaw up off the floor" one participant stated.

Thank you to those in the community who provided generous donations to ensure the new facility was well equipped and ready for use:

- Conneq
- BHP
- Timboon Cruisers
- Hospital Appeal

Intrigued by the Physiogym? Want to know what all the fuss is about? The Health Service would like to invite the community to celebrate the opening of the Physiogym with a lunch on Friday September 9th from 12.30 – 2.00pm. Come and see for yourself, the beautiful facilities on offer and meet and greet with staff. For catering purposes please register your attendance by phoning 5558 6000 by Monday September 5th



Invite:

***All members of the community are invited to the Timboon and District Healthcare Service Annual General Meeting.
17th November 2011, 7.30pm, at the new Physiogym, 21 Hospital Rd Timboon.***

Planned Activity Group

There is a buzz of excitement in the air at the Planned Activity Group, with plans for a mystery trip and a bridge day to be opened up to interested community members in the near future. Watch upcoming newsletters for further information.

What is the Planned Activity Group we hear you ask?

The Planned Activity Groups are held at Cobden Tuesday/Wednesday and Timboon Thursday/Friday. We provide the opportunity for everyone to come together in a warm, friendly environment. The activities and outings are planned taking into account the interests of all participants, providing physical, emotional and social stimulation. Friday in Timboon is our respite for carers program. Anyone requiring a break from their caring role for appointments, time out, in emergencies or on a regular basis are encouraged to contact the Health Service on 5558 6000.

Planned Activity Group/ National Respite for Carers Program

Cobden: Tuesday and Wednesday 9am – 3pm

***Co-ordinator:
Helen Langely***

Assistant: Gaye McVilly

Timboon: Thursday and Friday 9am – 3pm

***Co-ordinator:
Denise Adams***

Assistant: Gaye McVilly

Physiotherapy Services

... are offered at Timboon and District Healthcare Service on Tuesday's and Thursday's. Public service no referral required.

***Health Care Card holders – \$8.50
and non Health Care Card holders – \$13.10***

**Phone 5558 6000
to make an appointment.**

Calendar of events – September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Bookworms 1 Speech Physio School dental Men's Shed Adult Planned Activity Group Timboon ChIPS	Young Mum's group 2 Dietitian Tai Chi, Strength Training Men's Private Podiatry Adult Planned Activity Group Timboon	3	4
5 SWIMMING CAR Walking Group Bounce Back with Babes Rehab	Tai Chi 6 Gentle Exercise Physio Public Dental Public Podiatry Men's Shed Adult Planned Activity Group Cobden	Chiropractor 7 Strength Training Rehab Balance Plus Strong Women (Circuit) Diabetes Education Adult Planned Activity Group Cobden	8 Physio Speech Men's Shed Adult Planned Activity Group Timboon ChIPS	Audiology 9 Young Mum's group Tai Chi, Strength Training Men's Strength Private Podiatry Adult Planned Activity Group Timboon	10	11 Dental
12 SWIMMING CAR Walking Group Bounce Back with Babes Rehab Continence Nurse	Tai Chi 13 Gentle Exercise Physio Public Dental Men's Shed Adult Planned Activity Group Cobden	Chiropractor 14 Strength Training Rehab Balance Plus Strong Women (Circuit) Friendlies Adult Planned Activity Group Cobden	15 Speech Physio Men's Shed Adult Planned Activity Group Timboon ChIPS	Young Mum's group 16 Dietitian Tai Chi, Strength Training Men's Strength Private Podiatry Adult planned Activity Group Timboon	17	18
19 SWIMMING CAR Walking Group Bounce Back with Babes Rehab	Tai Chi 20 Gentle Exercise Physio Public Podiatry Public Dental Men's Shed Adult Planned Activity Group Cobden	Chiropractor 21 Strength Training Balance Plus Strong Women (Circuit) Diabetes Education Adult Planned Activity Group Cobden	Physio 22 Speech School Dental Men's Shed Adult Planned Activity Group Timboon ChIPS	Young Mum's group 23 Tai Chi, Strength Training Men's Strength Adult Planned Activity Group Timboon	24	25 Dental
26 SWIMMING CAR Walking Group Bounce Back with Babes Rehab	Tai Chi 27 Gentle Exercise Physio Public Podiatry Adult Planned Activity Group Cobden	Chiropractor 28 Strength Training Balance Plus Strong Women (Circuit) Friendlies Adult Planned Activity Group Cobden	Speech 29 Physio Adult Planned Activity Group Timboon	Young Mum's group 30 Tai Chi, Strength Training Men's Strength Private Podiatry Adult Planned Activity Group Timboon		

Community Noticeboard

Timboon Arthritis Support Group

New President Val Bentley welcomes you to attend the next Meeting on Friday 9th September

For those wanting to go to the Cobden Pool before Cobden Golf Club for lunch, Leaving Railway at 9.30am. Contact Alison on 5598 3988

For those not wanting to go to the pool - Cobden Golf Club for lunch, leaving railway at 11.30am. Contact

FOR MORE INFORMATION CONTACT
Robyn on 5598 3190

NEW MEMBERS ALWAYS WELCOME

Walking Group

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

Everybody welcome!

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: 7th September
and 20th October

This service is FREE. Don't just sit there.

Have a Pap smear every 2 years

Diabetes Support Group

Next Meeting

12 Noon Wednesday 14th September 2011

Mrs Loxley's house – 27 Leahy's Lane,
Timboon

Come along and enjoy a light lunch
(supplied) and stimulating conversation

FOR MORE INFORMATION CONTACT

Hilary Loxley – 5598 3656

Ingrid Rial – 5558 6000

Bookworms

Next Sessions

Thurs 1st Sep 9.30am – 10.30am

Thurs 6th Oct 9.30am – 10.30am

Thurs 3rd Nov 9.30am – 10.30am

Exercise to music

Timboon Hall Supper Room

From 10.00 – 11.30, with a cuppa in between

Everybody welcome!

ChIPS

(Chronic Illness Peer Support)

Open to young people who have a chronic illness or have a parent of sibling with a chronic illness.

A fun and supportive program, ChIPS re-installs a young person's confidence, making them feel accepted and breaking down the barriers that are raised for protection when a foreign circumstance arises.

Thursday's 4.30-6pm at Timboon Baptist Hall