



Timboon and District Healthcare

quarterly

winter 2011

An insight into the various activities taking place at Timboon and District Healthcare Service



From the CEO

Services continue to grow at Timboon Health

Over the past month the health service has celebrated the announcement of \$1 million dollars of Federal Government funding to assist with the building of the new Community Services Facility.

The Federal Government announced the funding in the Federal budget, as part of the Governments support of Integrated Primary Care Services within regional health.

The new facility will bring together all of our Community Health, visiting Allied Health, Home and Community Care, Youth Services and so together with the Medical Services offered by Timboon and District Healthcare Service, provide a one stop environment for healthcare for Timboon and District.

New GP for Timboon and District Community

The Health Service is happy to announce the appointment of Dr Raja Maddikunta as a General Practitioner within the Timboon Medical Clinic.

Dr Raja and his family come to us, having spent time in Ealing Hospital in London and more recently in Tasmania for the past two years.

Dr Raja brings with him a wealth of experience and solid background in community medicine. He will practise three days per week at the Timboon Clinic and two days per week in Cobden. He will also assist with the after hours and on-call rosters at Timboon Hospital.

We look forward to welcoming Dr Raja who begins on the 27th June.

The announcement of Federal funding, the appointment of a third doctor, the availability of excellent dental services, and the broad variety of other continuing services, demonstrates the high quality of services available to the Timboon and District Community, of which we can all be proud.

Wayne Weaire – Chief Executive Officer

Timboon and District Healthcare Service Building Works Update

The building works for the new community services facility are well underway with a completion date still set for November 2011.

The new Community Services Facility will enable a greater range of services to be facilitated from Timboon and District Healthcare Service. Some of these services will include a Youth Drop in Centre, Adult Planned Activity Group, Education and Health Promotion Program space, Exercise Facility, Expanded Physiotherapy room, Breastfeeding area and Consultation rooms for Chronic Disease, Women's Health, Maternal and Child Health, Diabetes Education, Speech Pathology and Counselling. The new Community Service Facility will be a valuable service extension for the Timboon and District community.

Further to the Community Services Facility, the healthcare services Emergency Department began a major renovation on the 2nd May. These works are having a substantial impact on traffic flow into the hospital. The rear entrance which includes access for deliveries and the Emergency Department is

blocked for up to 3 months due to it being a secure worksite. All healthcare service consumers will be required to use the main entrance off Wark Street.

A delivery drop off area has been designated and is well sign posted. All services provided by Timboon and District Healthcare Service have been maintained. The Accident and Emergency Department has been relocated to another part of the healthcare service facility. Ambulance, all patient drop offs and medical clinic referrals are to enter through the main entrance.

A regular notice will be placed in the Cobden Timboon Coast Times to keep the community aware of any new changes.



Building works are well underway.

Inside...

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New Staff

Social Worker

Steffi Persson has been appointed the new Social Worker at the Timboon and District Healthcare Service. This position will provide inpatient and community based services to the Timboon and District communities.

Social work for inpatients at Timboon and District Healthcare Service aims to make the transition from hospital to home a well-organised process. Steffi's

key responsibilities will be to address the psychological and practical impacts of hospitalisation of patients and their families through the provision of a variety of services. Her services will include counselling, discharge planning, crisis intervention, bereavement counselling, family support, care coordination and referrals to other services.

Another key component of the position is to provide a Social Work service to the wider local communities being; Peterborough, Princetown, Port Campbell, Nullawarre, Timboon, Simpson and Cobden. This service offers free and confidential counselling to individuals and families. The main focus will be to provide a range of effective strategies to overcome difficult circumstances. Whether it is an individual or family situation Steffi will be able to provide information, education and counselling regarding a specific issue.

This service is available from Monday to Friday. To make a referral please call Timboon and District Healthcare Service on Ph: 5558 6049.

Youth Worker

Natasha Neal, Timboon Youth Worker has been directly appointed by Timboon and District Healthcare Service. Natasha works with young people between the ages 12-25, on a one to one basis or groups. This can be outreach or hospital based. Under her role, Natasha assists Timboon P12 School with welfare support (counselling) for the secondary students, and is a strong advocate for young people with other service

providers. Natasha also assists with preventative education helping to run health and wellbeing and leadership programs to school students and works in conjunction with other health workers with regard to youth programs.

A future aim for the Youth Worker will be to manage the Youth Drop in Centre when the Timboon and District Healthcare Service Building works are completed, this will be a space designated solely for the young people of our region.

Women's Health Night



One hundred and twenty five local women attended the annual Women's Health Night held on 11th May which was made possible by generous sponsorship from BHP Billiton.

Humorist and best selling author Kerry Cue headlined the night, entertaining the women with her humorous yet serious insights into life, allowing the audience to embrace their imperfections and most importantly laugh at themselves.

The night, held at Timboon Golf Club, gives local women a chance to let their hair down and socialise, as one attendee put it "I so look forward to the Women's Night each year, someone cooks for me and cleans up after me and I can just kick back and enjoy myself". With another attendee stating,

"I think its just great that you/we have a womens night that brings together so many local women. Keeping the focus different for each night is great - keeps us guessing- and if some are not so good as others then that's the way it goes. Keep up the fantastic work".

The Regal Warrnambool and local resident Marg Gay were responsible for providing the delicious three course meal that left smiles on many faces.

A big thank you to Wannan Water, Dove, Divas and Dudes, Timboon Pharmacy, Timboon Hairitage, Milk and Honey and Bullen's Wholesale Nursery who donated the raffle prizes and gifts for the audience and to Marg Morris for donating the beautiful flowers that decorated the venue.

Diabetes Support Group

Next Meeting
12 Noon Wednesday 8th June 2011
Mrs Loxley's house - 27 Leahy's Lane, Timboon
Guest Speaker Steffi Persson Timboon and District Healthcare Service Social Worker

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

For more information please contact
Hilary Loxley - 5598 3656
Ingrid Rial - 5558 6049

Course in First Aid Level 2

Apply First Aid HLTA301B
Level 2 Full Course \$165
Refresher \$100
CPR Update \$50

Location: Timboon Healthcare Activities Room

Date: Sat 25th June, 2011

Time: 9am-5pm (BYO Lunch)

Bookings: 5558 6049



Congratulations to our volunteers

Two of our volunteers recognised during volunteer week 2011



Peter Murphy

Peter Murphy was one of the 105 nominees for the Inaugural Minister for Health Volunteer Awards 2011, held on Wednesday 11th May in the Olympic Room at the MCG. The awards were hosted by the Victorian Minister for Health The Hon. David Davis, MLC.

Peter was recognised for his significant community role as convenor of Timboon Red Cross Patient Transport Service. Peter has been a Red Cross volunteer since December 2003 and has held the coordinating position since July 2004.

At the end of June 2011, Peter will be retiring from the Red Cross Patient Transport Service. During his time he has demonstrated his commitment to the Red Cross by giving up his time to help others to attend their medical appointments in such places as Melbourne, Ballarat and Geelong.

On behalf of Timboon and District Healthcare Service and the local community we wish Peter all the best in his future endeavours and thank him for his volunteer efforts.

Nancy Guy

Congratulations to Nancy Guy who has been a key volunteer at the Timboon Friendlies Group over the past 28 years and was recognised during Volunteers week 2011 for her considerable assistance to this program.

Timboon Friendlies meets twice a month and provides recreational and social activities for vision impaired people led by Enid O'Connor Timboon and District Healthcares Diversional Therapist.

Timboon and District Healthcare Service thanks all its very valuable volunteers.

Timboon Dental Services

PRIVATE DENTAL CLINIC

A private clinic is provided by Dr. Donna Mercado. Dr Mercado is currently Director of Dental Services at South West Healthcare and will continue to work in Warrnambool. Dentists will be available on every second Saturday.

The Dental Clinic will provide general restorative work, crown and bridge work, full and partial dentures, extractions, minor surgery, implant restorations and root canal treatment. To make an appointment contact, Timboon and District Healthcare Service on 5558 6049.

PUBLIC SCHOOL DENTAL CLINIC

Available to preschool aged children, primary school aged children and teenagers up to 18 who are enrolled in full time studies.

The clinic operates every second Tuesday from 9am to 4pm.

Who is eligible to utilise the service and fees involved

1. All preschool aged children

2. All school aged children (Grade Prep to 6)

3. Year 7 to 12 and teenagers up to 18 years

(Only Health Care Card holders)

Bookings essential

Phone South West Healthcare Dental Clinic on 5564 4250

TEEN DENTAL PROGRAM

Dr Mercado also can provide services under the 'teen dental program' which is an incentive by Medicare to offer every teen with preventative dental care. Local teens are eligible for basic dental care, including cleaning and x-rays which will be reimbursed by Medicare. To make an appointment contact, Timboon and District Healthcare Service on 5558 6049

PUBLIC DENTAL

Anyone with a Healthcare Card or Pension Card is eligible to receive this service.

Minimum cost of \$26 to a maximum cost of \$96

The clinic operates every second Tuesday from 9am to 4pm.

Bookings essential

Phone South West Healthcare Dental Clinic on 5564 4250.



Calendar of events – June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 30 SWIMMING BUS Walking Group BBWB	May 31 Physio Gentle Ex Tai Chi Public Dental Timboon Men's Shed Cobden Planned Activity Group	1 No Chiropractor Strength Training Rehab/Individual Balance Circuit Cobden Planned Activity Group	2 Speech Bookworms Physio Timboon Men's Shed Timboon Planned Activity Group	3 Tai Chi Strength Training Speech Men's Strengths Timboon Planned Activity Group	4 Dental	5
6 SWIMMING BUS Walking Group BBWB	7 Physio Public Podiatry Dietitian School Dental Gentle Ex Tai Chi Timboon Men's Shed Cobden Planned Activity Group	8 Chiropractor Diabetes Educator Friendlies Strength Training Rehab Balance Circuit Cobden Planned Activity Group	9 Physio Speech Timboon Men's Shed Timboon Planned Activity Group	10 Private Podiatry Tai Chi Strength Training Audiology Men's Strengths Timboon Planned Activity Group	11	12
13 PUBLIC HOLIDAY	14 Continence Nurse Physio Public Dental Gentle Ex Tai Chi Timboon Men's Shed Cobden Planned Activity Group	15 Chiropractor Strength Training Rehab Balance Circuit Cobden Planned Activity Group	16 Physio Speech Womens Health – Cobden Timboon Men's Shed Timboon Planned Activity Group	17 Speech Private Podiatry Tai Chi Strength Training Men's Strengths Timboon Planned Activity Group	18 Dental	19
20 SWIMMING BUS Walking Group BBWB	21 Physio Public Podiatry Dietitian Public Dental Gentle Ex Tai Chi Timboon Men's Shed Cobden Planned Activity Group	22 Chiropractor Diabetes Educator Friendlies Strength Training Rehab Balance Circuit Cobden Planned Activity Group	23 Physio Speech Timboon Men's Shed Timboon Planned Activity Group	24 Tai Chi Strength Training Men's Strengths Timboon Planned Activity Group	25	26
27 SWIMMING BUS Walking Group Continence Nurse BBWB	28 Physio Gentle Ex Tai Chi School Dental Timboon Men's Shed Cobden Planned Activity Group	29 Chiropractor Strength Training Rehab Balance Circuit Cobden Planned Activity Group	30 Physio Speech Timboon Men's Shed Timboon Planned Activity Group	July 1 Speech Tai Chi Strength Training Men's Strengths Timboon Planned Activity Group	July 2	July 3

Community Noticeboard

Timboon Arthritis Support Group

Next Meeting on Friday 10th June
LUNCH at 12 Rocks Pt Campbell
Cars leave at 11.30am from Rail Yard

FOR MORE INFORMATION CONTACT

Paula Steen 5598 3179 or
Robyn Drake 5598 3190

NEW MEMBERS ALWAYS WELCOME

Exercise to music

FRIDAY'S Timboon Hall Supper Room
From 10.00 – 11.30,
with a cuppa in between

Everybody welcome!

Swimming in Colac Every Wednesday

Departs Timboon 8.30am via Cobden and
Camperdown

Returns 1pm \$5 plus pool costs

Timboon & District Healthcare Service

Swimming Bus to Aquazone every Monday

AQUA AEROBICS, SWIM or GYM

Bus Departs for Aquazone 9.00am sharp
from Bowling Club car park.

Return to Timboon approx 12.30

Cost - Aquazone Pool Charges

Bookings Essential on 5558 6049

BUS DOES NOT RUN PUBLIC HOLIDAYS

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.

Well Women's Clinic

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

TIMBOON – **available anytime**

COBDEN – **Thurs 16th June / 27th July**

Appointments can be made by
telephoning 5558 6049

Bookworms next session at Timboon Library

Parent Child Mother Goose Program
Using Books, Nursery Rhymes, Singing
and story telling with your baby and
toddler.

1st Thursday of every month 9.30am
morning tea supplied.

June 2nd, July 7th, August 4th,
September 1st

Community Hub

**Due to construction beginning,
the Community Hub will not
be accessible to the community until
November 2011.**

**Timboon Library provides access to
the internet for community members
between 11.30am and 4.30pm daily.**

Osteopath

Timboon Osteopathic Clinic
Bobbie French is working on Tuesdays
**For appointments call Timboon Clinic
5558 6088**