

what's on



health matters

Do you have Ambulance Cover?

Being a member means you can call an ambulance without fear of the costs you may incur. Membership will also cover you if someone rings an ambulance on your behalf if you are unable too. Approximately 65 percent of calls to the triple zero call centre are from bystanders at the scene, not the patient.



Being responsible for your own health means informing your friends that you are a member. Don't put them in a compromising position by having to decide over your health or your wallet, if the need to call an ambulance arises.

If you like to travel throughout Australia, you will receive reciprocal rights to free ambulance transport in all other states and territories.

Your children are covered under a family membership until they finish their education. If, in any year your family doesn't use your ambulance membership fees go towards supporting the education and equipping of Victoria's paramedics.

Call Ambulance Victoria or your health fund to make sure you are covered today. Don't get caught out.



Call for photo's



TDHS and Timboon P-12 year 10 students are undertaking a community project focussed on social connection and what it means to our community. The project will involve collecting photo's from across the community and creating a display which will be showcased across the Shire early next year.

To be successful **WE NEED YOUR HELP!** If you have photo's that you believe represent what it means to be socially inclusive and all involved in the photo have given permission to have them displayed, send them in.

It could be a day out with friends, a local sporting group, a birthday party or family outing, the opportunities are endless. Whatever speaks to you about being valued, respected, cared about and included.

Photo's can be dropped in to the front desk or mailed to Carly Dennis, Timboon and District Healthcare Service, 21 Hospital Rd or sent by email to cjdennis@swarh.vic.gov.au



calendar of events November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Speech, SWIMMING BUS, BBWB, Rehab, Walking Group, ANNUAL MEETING 1	Melbourne Cup Day 2 Public Holiday	Chiropractor Strength, Circuit, Cobden Planned Activity Gp 3	Bookworms Speech, Public Podiatry, Men's Shed, Timboon Planned Activity Gp 4	Tai Chi, Circuit Strength Training, Private Podiatry, Dental, Diabetes Education, Timboon Planned Activity Gp 5	6	7
Speech, SWIMMING BUS, BBWB, Rehab, Walking Group, Continence Nurse 8	Tai Chi, Gentle Exercises, Dietitian, Men's Shed, Cobden Planned Activity Gp 9	Chiropractor, Circuit, Rehab, Strength, Physio, Friendlies, Cobden Planned Activity Gp 10	Men's Shed, Timboon Planned Activity Gp 11	Tai Chi, Circuit Strength Training, Physio, Dental, Timboon Planned Activity Gp 12	13	14
Speech, SWIMMING BUS, BBWB, Rehab, Walking Group 15	Physio, Tai Chi, Gentle Exercises, Public Podiatry, School Dental, Men's Shed, Cobden Planned Activity Gp 16	Chiropractor Strength, Circuit, Rehab, Cobden Planned Activity Gp 17	Speech, Men's Shed, Timboon Planned Activity Gp 18	Tai Chi, Circuit Strength Training, Physio, Dental, Private Podiatry, Timboon Planned Activity Gp 19	20	21
Speech, SWIMMING BUS, Walking Group, BBWB, Rehab, Continence Nurse 22	Dietitian, Tai Chi, Gentle Exercises, Men's Shed, Cobden Planned Activity Gp 23	Chiropractor, Physio, Friendlies, Strength, Circuit, Rehab, Cobden Planned Activity Gp 24	Men's Shed, Timboon Planned Activity Gp 25	Tai Chi, Circuit Strength Training, Rehab, Physio, Timboon Planned Activity Gp 26	Dental 27	28
Speech, SWIMMING BUS, Walking Group, BBWB, Rehab 29	Physio, Tai Chi, Gentle Exercises, Public Podiatry, School Dental, Men's Shed, Cobden Planned Activity Gp 30	Chiropractor Strength, Circuit, Rehab, Cobden Planned Activity Gp 1	Bookworms Speech, Men's Shed, Timboon Planned Activity Gp 2	Tai Chi, Strength Training, Rehab, Physio, Private Podiatry, Dental, Timboon Planned Activity Gp 3	4	5

DECEMBER



world diabetes day

World diabetes day was created in 1991 by the International Diabetes Federation and the World Health Organisation in response to growing concerns about the escalating health threat that diabetes now poses.

Each year World Diabetes Day features a new theme to address issues facing the global diabetes community. The theme is campaigned all year and celebrated on the 14th November. This date came about because it is the birthday of Frederick Banting who along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922.

The theme for 2009-2013 is **Diabetes Education and Prevention**. Diabetes imposes life long demands on the 250 million people now living with the disease, and their families. People with diabetes must deliver 95% of their own care, so it is paramount that they receive ongoing, high quality diabetes education that is tailored to their need and delivered by skilled health professionals.

To highlight the day Timboon and District Healthcare Service with The Cobden Diabetes Group are hosting a walk for diabetes. We are having a walk on Monday 15th November around the Cobden lake. We will meet at 10.30am at the park opposite the lake—finishing back at the park with a free picnic lunch provided.

**So put on your walking shoes and a big smile to walk for diabetes.
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: THUR 24th Nov 2010

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



fashion parade

Timboon Hospital Auxiliary are holding a fashion parade with clothes by Blumes Fashions; suppliers and wholesalers of Ladies Wear.

When: Friday 12th November at 1:30pm
Where: Timboon Bowling Club
Admission \$2.00

For Enquires contact
(03) 95256196—
(03) 95317395



community noticeboard

SWIMMING BUS

TO AQUAZONE EVERY MONDAY

AQUA AEROBICS, SWIM or GYM

Bus Departs for Aquazone 9.00 am 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.



BOOKWORMS



Next Sessions

Thursday 4th November

9.30am—10.30am

Thursday 2nd December

9.30am—10.30am

Thursday 3rd February

9.30am—10.30am

Cobden Walk & Talk

A weekly walking group ideal for those who wish to start exercise, or for those who are already exercising but who would like some company.

Where: Cobden Kindergarten

When: Fridays 10am—12pm Starting 12th November

Cost: FREE

Contact: Eleanor Marshall 5558 6049



Timboon Arthritis Support Group

Next Meeting Friday 12th November,
Lunch at Timboon Hotel 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

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