



## From the CEO

The release of our Annual Report and Quality of Care report has provided an opportunity to review the activities and achievements of the past year.

Key achievements have been the recruitment of various health professionals to build upon our range of services.

**For example:**

- Steffi Persson has extended our role in Family Support and has worked closely with our Youth Worker, Natasha Neal
- Ingrid Rial has provided Diabetes Education and together with Health Promotion Officer Carly Dennis has reached out to youth with a chronic illness and established a youth support group
- Our rehabilitation and general exercise programs to maintain health and fitness continue to grow under Tracey Heeps
- Carly Dennis has together with Amanda Nash and Melanie Green extended our role in health promotion.
- The number of older persons and those with disabilities being supported to remain in their own home has grown over the past two years as has our role in chronic disease management.

These services, together with our established hospital and emergency care, and new building works form the strong foundation for staff to continue to respond to the health needs of the community in 2011 and beyond.

Wishing you all a Merry Christmas and a Happy New Year.

*Janine M. Collier*

## Funding for a new Men's Shed

**\$50,000 funding to help with the construction of a new Men's Shed in Timboon is sure to go a long way.**

Member for Western Victoria Gayle Tierney announced \$50,000 funding to help with the construction of a new Men's Shed in Timboon from the Men's Shed Program, an initiative of the Government's long term social policy action plan "A Fairer Victoria". The Men's Shed Program provides infrastructure funding to support participation and volunteering in their community to enable men's sheds to deliver better services.

**The Shed operates Tuesdays 9.30a.m. to 3.00p.m. and Thursdays 9.30a.m. to 12.30p.m.**

Ms Tierney made the announcement during a visit to the Timboon Men's Shed, which is currently operating temporarily from the Old Baptist Church in Timboon.

Timboon Men's Shed is a community based men's health initiative. It's a haven where blokes of all ages and all abilities can get together to take part in a wide range of activities, from simply socialising, to working on community projects or whatever else the group or individual member decides.

Men enjoying the Men's shed program. Gayle Tierney with Men's shed project coordinator Sheryl O'Connor



## Inside...

- Don't be a Rock Lobster – be SunSmart this festival season
- Looking after yourself at Christmas
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- Calendar of events - December

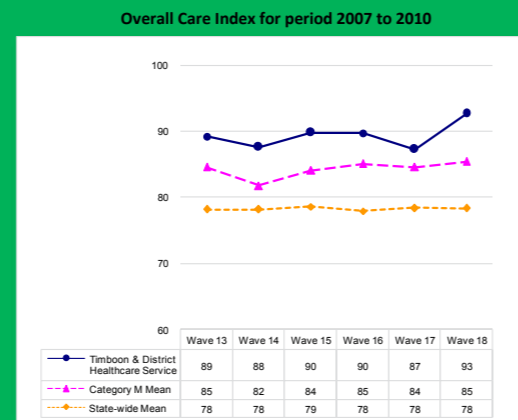
# Timboon Top of its class in Victorian Patient Satisfaction Survey

Patients are randomly sent surveys after their hospital stay and asked to rate as well as provide comments about their stay.

Timboon and District Healthcare Service has topped not only its peers (Category M Mean) but also the state wide average (statewide mean) in all areas of the recent Victorian Patient Satisfaction survey. This graph ( on right) covers the period between 2007-2010.

This is a huge achievement for the

healthcare service. Patients made comments about their stay in hospital such as “a very friendly welcome which meant a lot, beautiful caring nurses, just a wonderful stay” or “ the staff were all very friendly and helpful, the care and treatment I received was exceptional, food was great too, very peaceful.”



## Don't be a Rock Lobster – be SunSmart this festival season

As people across Victoria are dusting off their festival hot pants and searching for their sunnies, SunSmart is urging everyone to think about sun protection before heading out to see a gig.

UV radiation will reach extreme levels over the next few months and it takes only 11 minutes in the sun to get burnt at this time of year. If you're going to a festival, remember sunscreen and apply it 20 minutes before leaving the house. Bring a lightweight jacket with you to cover up, a hat that covers the face, neck and eyes and sunnies to protect your eyes.

Melanoma is the most common cancer in young people aged 15 - 39 years. Ironically skin cancer is one of Australia's most preventable cancers. With a bit of forward planning, you can significantly reduce your risk of skin and eye damage, signs of ageing and ultimately skin cancer.

Any UV exposure that causes your skin to tan or burn adds to your total lifetime dose of UV and increases your skin cancer risk. Sunburn and tanning are signs that your skin cells are in trauma.

Recent research by Cancer Council Victoria shows that tanning is still popular among young people with 53 percent of 13-34 year olds desiring a tan.

If you must have a tan, use a fake tanning product rather than

sunbaking or using a solarium. In fact, using a solarium just once before the age of 35 increases your risk of melanoma by between 75- 98 percent. If using fake tan, you must also wear sunscreen as fake tan doesn't offer any sun protection.

So as festival season gets into full swing, think ahead and stay safe by following our festival survival top tips!

### SunSmart survival tips:

Check the SunSmart UV Alert before heading to the gig to check the time of the day that sun protection is required. When the UV reaches 3 and above remember to:

**Slip** on a long sleeved, lightweight jacket that covers as much of your skin as possible.

**Slop** on 30+ broad spectrum sunscreen and reapply every two hours. Don't use sunscreen to extend your time in the sun.

**Slap** on a wide brimmed hat that provides good protection for your face and neck.

**Seek** shade indoors, under an umbrella or marquee especially during peak UV times (10am to 3pm).

**Slide** on sunglasses - they are a great festival fashion accessory and protect your eyes from sun damage. Make sure they meet Australian Standards.

## Looking after yourself at Christmas

Christmas is typically one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness can all combine to undermine our best intentions. Some practical suggestions can help you reduce your 'Christmas stress'.

### Budgeting for Christmas

For many of us, the Christmas aftermath includes massive credit card bills that can take months to clear. Christmas doesn't have to be a financial headache if you plan ahead. Stress reduction strategies include:

- As early as you can in the New Year, work out a rough budget of expected Christmas costs. Don't forget 'hidden' expenses such as food bills and overseas telephone charges.
- If your nest egg isn't enough to cover your estimated expenses, perhaps you may need to refigure your Christmas budget to a more realistic amount.

### Presents

If you have a large circle of extended family or friends to buy gifts for, it can be very costly. You might be able to reduce the stress and cost of Christmas for everyone if you suggest a change in the way your family and friends give presents. For example, you could suggest that your group:

- Buy presents only for the children.
- Have a Kris Kringle, where everyone draws a name out of a hat and buys a present only for that person.
- Set a limit on the cost of presents.

### Christmas shopping

According to a recent study by Roy Morgan Research, around 60 per cent of Australians dislike Christmas shopping, just 20 per cent plan their shopping expeditions, and the majority of us (nearly 75 per cent) often come home without a single purchase for our efforts. Stress reduction strategies for successful Christmas shopping include:

- Make a list of all the gifts you wish to buy before you go shopping. If you wait for inspiration to strike, you could be wandering aimlessly around the shopping centre for hours.
- Buy a few extras, such as chocolates, just in case you forget somebody or you have unexpected guests bearing gifts.
- If possible, do your Christmas shopping early - in the first week of December or even in November. Some well-organised people do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.
- Buy your gifts by mail catalogue or over the Internet. Some companies will also gift-wrap and post your presents for a small additional fee.

### The Christmas lunch (or dinner)

Stress reduction strategies include:

- If you are cooking lunch at home, delegate tasks. You don't need to do everything yourself.
- Consider keeping it simple - for instance, you could always arrange for a 'buffet' lunch, where everybody brings a platter.
- Buy as many non-perishable food items as you can in advance - supermarkets on Christmas Eve are generally extremely busy.
- You may need to order particular food items (such as turkeys) from your supermarket by a certain date.

### Relationships

Stress, anxiety and depression are common during the festive season. If nothing else, reassure yourself that these feelings are normal. Stress reduction strategies include:

- Don't expect miracles. If you and certain family members bicker all year long, you can be sure there'll be tension at Christmas lunch.
- Avoid known triggers. For example, if politics is a touchy subject in your family, don't talk about it.
- Use relaxation techniques, such as deep breathing or focusing on your breath, to cope with anxiety or tension.
- Family members involved in after-lunch activities (such as cricket on the back lawn) are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- People under stress tend to 'self-medicate' with alcohol, cigarettes and other drugs. Try to remember that drugs can't solve problems or alleviate stress in the long term.

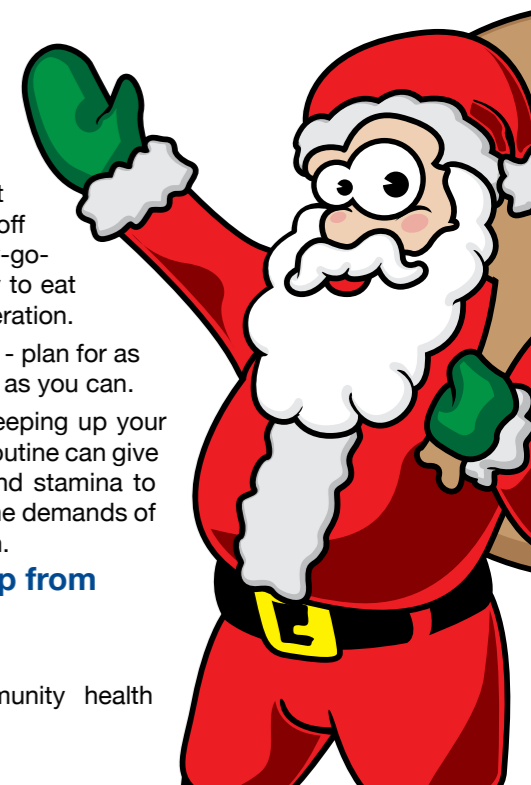
### General health and wellbeing

Some other ways to keep your stress levels down include:

- Try to be moderate - it may be the season to be jolly, but too much food and alcohol is harmful, and drink driving is a real danger and illegal. If you can't (or don't want to) step off the social merry-go-round, at least try to eat and drink in moderation.
- Get enough sleep - plan for as many early nights as you can.
- Keep moving - keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.

### You can get help from

- Your doctor
- Financial planner
- Your local community health centre.



**Wanted**

## Red Cross patient transport drivers

For transport for eligible persons to "essential" hospital and/or doctors appointments. For further information on how to help with this important service contact:

Bernard Leavold  
Acting Team Leader  
49 Mercer Street, GEELONG VIC 3220

Tel +61 3 5223 8700 | Mob +61 (0) 419 107 748 | Fax +61 3 5223 8777 | Email [bleavold@redcross.org.au](mailto:bleavold@redcross.org.au)  
[www.redcross.org.au](http://www.redcross.org.au)

# Calendar of events - December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov 29 Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab	30 Tai Chi Gentle Exercise Physio School Dental Adult planned Activity Group Cobden	1 Chiropractor Strength Training Rehab Better Balance Circuit Adult planned Activity Group Cobden	2 Bookworms Speech Adult planned Activity Group Timboon	3 Tai Chi, Circuit Strength Training Rehab Physio Private Podiatry Dental Adult Respite Program Timboon	4	5
6 Speech, SWIMMING BUS Walking Group Rehab	7 Tai Chi Gentle Exercise Dietitian Public Podiatry Adult planned Activity Group Cobden	8 Chiropractor Physio Strength Training Rehab Better Balance Circuit Friendlies Adult planned Activity Group Cobden	9 Adult planned Activity Group Timboon	10 Tai Chi, Circuit Strength Training Rehab Physio Dental Adult Respite Program Timboon	11	12
13 SWIMMING BUS Walking Group Rehab Continence Nurse	14 Tai Chi Gentle Exercise Physio School Dental Timboon and Cobden Planned Activity Group Christmas breakup - Timboon Golf Club	15 Chiropractor Strength Training Rehab Better Balance Circuit	16 Chronic Disease Independence Program Christmas Lunch	17 Tai Chi, Circuit Strength Training Rehab Physio Dental Private Podiatry Diabetes Education	18	19
20 SWIMMING BUS Walking Group Rehab	21 Tai Chi Gentle Exercise Dietitian Public Podiatry	22 Chiropractor Physio Strength Training Rehab Better Balance Circuit	23 <b>CHRISTMAS CLOSURES</b> <ul style="list-style-type: none"> <li>Planned Activity Group Christmas breakup at Timboon Golf club Tuesday 14th December</li> <li>Planned Activity Group Resumes on Tuesday 11th January 2011 in Cobden and Thursday 13th January 2011 in Timboon</li> <li>No Falls Exercise Program CHRISTMAS CLOSURES finish 22nd December and recommence Monday 17th January 2011</li> </ul>		24 <ul style="list-style-type: none"> <li>Swimming Bus finish up on 20th December recommence 10th January 2011</li> <li>Physiotherapy resumes 5th January</li> <li>Chiropractor resumes 5th January</li> </ul>	25
27	28	29	30	31 <ul style="list-style-type: none"> <li>Private Podiatry resumes 7th January</li> <li>Dietitian resumes 1st February</li> <li>Speech Pathology resumes end January</li> <li>Continence Nurse resumes 10th January</li> </ul>	1	2

## Community Noticeboard

### Timboon Arthritis Support Group

Next Meeting on Friday 11th February

More details to follow in January.

#### FOR MORE INFORMATION CONTACT

Paula Steen 5598 3179 or  
Robyn Drake 5598 3190

### 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!*

### Bookworms

#### Next Sessions

Thursday 2nd December 9.30am - 10.30am

Thursday 3rd February 9.30am - 10.30am

Thursday 3rd March 9.30am - 10.30am

### Timboon Action Santa in the Street

To be held on Friday 3rd December 2010 from 3-7pm Main Street Timboon

Rides for children, colouring competition, photos with Santa, street stalls, music and entertainment, BBQ, ice creams, Cudjee Wildlife Park Petting Zoo and lots more....

Come and support this community event, all proceeds go towards a new playground for Timboon.



### Exercise to music

Timboon Hall Supper Room

From 10.00 - 11.30,

with a cuppa in between

*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: Wednesday 2nd February 2011

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



South West Community Legal Centre is a 'generalist' community legal service and is able to provide free legal advice on many issues.

We can answer questions on; Neighbourhood disputes, divorce and family issues, wills, powers of attorney, deceased estates, motor accidents & workplace issues etc

If you need to ask a question or make an appointment to talk with a solicitor, please call 1300 361 680 and ask for the legal centre.