

FROM THE CEO

MR GERRY SHEEHAN



At the heart of all that we do at Timboon and District Healthcare Service (TDHS) are the people we serve – patients, consumers, clients, families, visitors, and community members. We have a strong commitment to partner with our consumers and work together to build consumer and community understanding, trust and respect and to create new opportunities for sharing information.

The Board of Governance advocates we strive for excellence and continually try to improve so that TDHS provides the best possible consumer driven services, with the understanding that we are not there yet. In order for us to achieve optimum health and wellbeing for our communities we acknowledge and enthusiastically embrace consumer participation and community engagement strategies.

Consumer participation occurs when consumers are meaningfully involved in decision making about their care and treatment, or provide input into decision making about service delivery, health policy and planning, or about broader wellbeing of themselves and the community (Department of Human Services, 2006).

Our patients and clients are supported to make informed decisions about their health and wellbeing, and we have a loyal team of dedicated volunteers who help us in a multitude of ways, including the TOPS shop, Meals on Wheels, and PAGs. Some consumers are also involved in the planning, delivery and evaluation of our services by providing feedback on our publications and staff training

packages, being a member of a group or committee, and participating in meetings and conferences.

On Friday 7 August 2015 three TDHS representatives – a consumer representative, a Board member and a member of staff – attended a consumer participation forum in Camperdown that was run by the Department of Health and Human Services. The attendees reported this provided an excellent opportunity to gain knowledge, network and build relationships.

The key initiative that was agreed at the forum was to develop a consistent approach to consumer representative training across the Barwon South Western region. Forum attendees have been invited to assist in the project that will be implemented by June 2016.

Our consumer representatives come from a variety of backgrounds, have different experiences of health services and are diversely motivated to participate at varying levels of activity. They represent the interests of our communities, present consumer opinion and contribute to consumer experience by ensuring our organisation recognises consumer concerns and interests.

A key focus for us over the next year or so is improving the health literacy of our communities. Health literacy is about how people understand and use information about health and health care to make effective decisions and take appropriate action. Engagement by our consumer representatives and volunteers will be integral to this process.

Consumer perspective gives us critical information about how our services are perceived and received as well as the impact they have and how quality can be improved. We welcome enquiries from anyone who is interested in becoming involved with our organisation.

*Gerry Sheehan
Chief Executive Officer*

Inside...

- **The Hospital Ball is back for 2015!**
- **Men's Night**
- **Tradies Health Day**
- **Years Ahead: Road Safety for Seniors**
- **VHA Conference**

LITTLE TACKERS

Little Tackers is a program which has previously been run by TDHS, regenerated following community requests. and is Coordinated by Holly Rentsch (Speech Pathologist), Tracey Heeps (Exercise Physiologist), Laura Anderson (Social Worker), and Amanda Nash (Community Health Nurse).



The Little Tackers program is a program designed for parents of children aged 0-kindergarten age, key features of the program include:

- 1.5 hour sessions at a cost of \$5 each
- 6 weekly sessions covering what is normal child development, speech & language, Children's play skills, eating and nutrition, sleep, behaviour management and parenting, first aid for children, child safety, toileting and bed wetting, kinder readiness.
- Great attendance and interest thus far
- Partnership with Corangamite Shire, including links with the local kindergartens
- Relationships with external services: Terang Day Stay, Geelong Regional Parenting, Sharon Homburg (Continence – SWHC), local Paramedics, and Maternal Child Health Nurse.
- Linked with kindergarten presentation on “resilience” also presented by Geelong Regional Parenting, Little Tackers behaviour management and parenting session to complement
- Promoting parent networking and support
- Educating families about services available in Timboon and surrounding areas
- Focus on building parent capacity and health literacy

MEN'S NIGHT

Guest Speakers:

- John McGrath, former MP and founding Board Director of Beyond Blue
- Simon Hogan, Headspace Community Engagement Officer and Wellbeing Consultant

Will be appearing at the TDHS Men's Night to be held at the Timboon Golf Cub on Wednesday 21st October. For more information or to register your interest, please contact TDHS Reception on 5558-6000.

YEARS AHEAD: ROAD SAFETY FOR SENIORS:

Years Ahead is RACV's road safety awareness program especially designed for older road users.

The program involves a one hour discussion based presentation covering the areas of:

- Driving and road safety
- Choosing a safe vehicle
- The impact of health and medications on driving
- Alternative transport options
- How to plan for future mobility

Wednesday 2nd September, from 2-3pm in the TDHS Health Education Centre *Light Afternoon Tea served afterwards*

This event has been cancelled but will be rescheduled at a later date.

If you are interested please contact Tania Leishman 5558-6047 or email tleishman.tdhs@swarh.vic.gov.au



TIMBOON COMMUNITY GARDEN NEW MEMBERS WELCOME!



Lots of work has been completed by our devoted community garden members, the next exciting phase is about to begin.

We are planning a pond and pergola area and would like input from new members.

Or, just bring the family and plant out your favourite vegetables.

Next meeting 15th September in the Activities Room upstairs at the hospital

For more information call Tania Leishman 5558-6047

TRADIES HEALTH DAY @ TDHS

**Are you a tradie who is interested in your health?
TDHS are seeking Expressions of Interest for a 'Tradies Health Day'.**

A range of checks will be on offer during late October including:

- Skin checks (Performed by a Plastic Surgeon)
- Glucose
- Cholesterol
- Blood Pressure
- General Health and Wellbeing

For more information or to register your interest, please contact TDHS Reception on 5558-6000 or Tania Leishman on 5558-6047



TRADIES NATIONAL HEALTH MONTH

THE HOSPITAL BALL IS BACK FOR 2015!

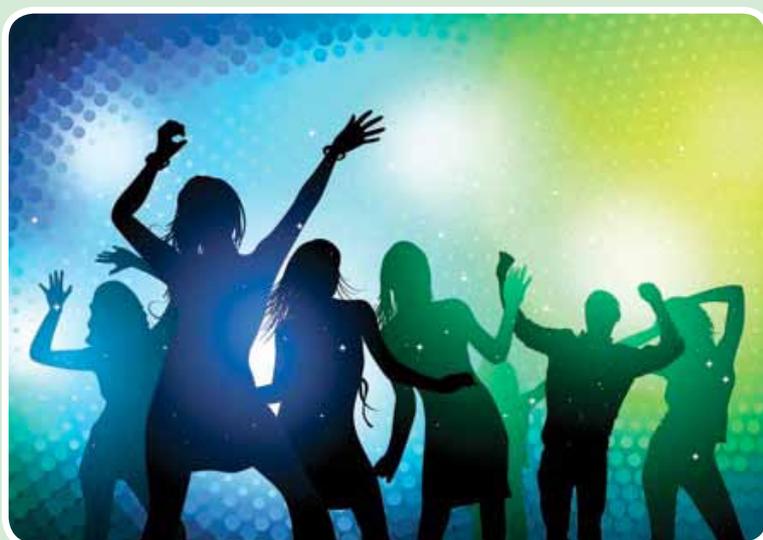
Timboon and District Healthcare Service invite you to the 2015 TDHS Hospital Ball.

28th November - 8pm – 12pm

This year's band is Michelle's Velocitys – back by popular demand.

BYO Drinks and Nibbles

**Tickets available at TDHS Reception 5558-6000
\$25 per ticket**



Community Noticeboard

Spring 2015

Timboon Arthritis Support Group

Our next meeting will be on Friday 11th of September 2015 at the Peterborough Hotel at 12 p.m.

Pool cars at Timboon Railway Yard at 11.30 am

EVERYBODY WELCOME

Friendlyes Vision Impaired Support

Come and enjoy craft, outings and special guests amongst likeminded people in our Community Health Building

2nd and 4th Wednesday of the month

September 14th – Craft Day

September 28th – Footy/Games Day

For more information or to register please phone Enid 5598 3296

Timboon Men's Shed

Tuesday 9.30am – 2.30pm
Thursday 9.30am – 12.30pm
Bailey St, Timboon.

ALL WELCOME

Exercise To Music

Timboon Hall Supper Room

Fridays from 10am-11.30am
With a cuppa afterwards

EVERYBODY WELCOME

Planned Activity Groups

Cobden

every Tuesday and Wednesday

Timboon

every Thursday and Friday

For more information, please contact TDHS Reception on 5558 6000

Well Women's Clinic

A nurse skilled in the area of women's health conducts this FREE clinic:

TIMBOON: By appointment

COBDEN: Monday 7th September,

Wednesday 30th September,

Monday 19th October &

Wednesday 11th November

For appointments call 5558 6000.

* Don't just sit there; have a pap test every 2 years.

No doctor's referral required

Swimming Car To Aquazone

Aqua Aerobics, Swim or Gym! To Aquazone, Every Monday

Car departs for Aquazone 9.00 am sharp from Timboon Bowling Club carpark (Fox St)

Return to Timboon approx 12.30 pm

Cost - Aquazone Pool Charges

Bookings Essential on 5558 6000

CAR WILL NOT RUN ON PUBLIC HOLIDAYS

Timboon Osteopathic Clinic

Appointments available with Dr Bobbie French on Monday, Wednesday and Friday.

For appointments call Timboon Medical Clinic on 5558 6088.

TDHS Exercise Classes

For more information please call Reception TDHS 5558 6000

Private Dental Clinic

Saturday 5th September 2015

Saturday 12th September 2015

Saturday 19th September 2015

Saturday 26th September 2015

To make an appointment please contact:

TDHS Reception on 5558 6000

Private Podiatry Clinic

Thursday 3rd September

Thursday 17th September

Wednesday 30th September

To make an appointment please contact:

TDHS Reception on 5558 6000

Heart Foundation Walking

Every Monday at 10.30am
- RAIN, HAIL or SHINE!

First Monday of the Month, Meet at Rail Trail, Every other Monday meet at the corner of Wark St and Hospital Rd - Well Sheltered Walk

NEW WALKERS VERY WELCOME!