FROM THE CEO
MR GERRY SHEEHAN

You may have noticed in the news the announcements by the Commonwealth Government regarding the transition from Medicare Locals (MLs) to the new Primary Health Networks (PHNs).

The Federal Government has announced the entities that will operate 28 of the 31 PHNs. The remaining three - Country SA, Western NSW, and the recently added Murrumbidgee PHN - are expected to be announced soon.

There will be 31 PHNs nationally, with 10 in NSW, 7 in Queensland, 6 in Victoria, 3 in WA, 2 in SA, and 1 in Tasmania, the NT and the ACT. PHNs will begin operations from 1 July 2015.

Primary Health Networks must be local and multidisciplinary and adhere to four principles in their governance and function to be successful in rural and remote communities. PHNs must be:
- tailored to regional circumstances by involving people with well-grounded experience of the challenges facing local communities;
- strongly multi-professional;
- culturally and attitudinally equipped to work in close partnership with local rural/remote organisations; and
- have the contacts, will and capacity to collaborate effectively with Aboriginal and Torres Strait Islander people and their community controlled health services.

The Barwon Medicare local was the successful tenderer for our region and TDHS looks forward to a strong relationship to enhance primary care services for our communities. It is a significant challenge for the PHN’s but we hope that their service coordination will lead to improved health outcomes for our population.

Gerry

WOMEN’S NIGHT
TDHS AND BHP BILLITON PARTNER TO BRING
Cyndi Darnell – Holistic Sex Counsellor, therapist and educator to Timboon

Timboon and District Healthcare Service and BHP Billiton joined forces once again for the annual Women’s Night on May 25th 2015 at the Timboon Gold Club.

Guest speaker, Cyndi Darnell, holistic sex counsellor, therapist and educator had the crowd spellbound as she spoke about a wide range of issues relating to sexuality and wellbeing and understanding that sexual pleasure is an integral part of sexual health. Cyndi’s vast experience and education ensured sexual health information was embedded in her presentation in a tasteful compassionate and intelligent way. Cyndi presentation was both empowering and thought provoking.

Ladies travelled from all over the district to attend the night, once again catered for by The Fat Cow Co.

The menu for the night consisted of slow braised lamb shoulder with tomato and olive served with potato gnocchi or Middle Eastern spiced chicken breast served with haloumi, lentil and herb salad.

Ladies finished the meal with a mouth-watering trio of desserts, rhubarb panacotta, passionfruit tart and chocolate fudge.

Timboon and District Healthcare Service would like to thank BHP Billiton once again for their generous sponsorship, as well as our raffle sponsors whom without their support the night would not be possible.
After 6 months away being a mum, helping out on the farm and completing a proposal for a PhD in psychology Laura Anderson is back on board at Timboon and District Healthcare Services.

Laura will be providing the same service expertise and high standard of care for families and individuals aged from 0 to 100.

**COUNSELLING AND PROBLEM SOLVING:**
Talking to someone about a situation or problem may help you to see another perspective and manage difficult situations.

**ADVOCACY:**
Assisting you in identifying and advocating for your needs to negotiate the best possible outcome for you

**CRISIS AND TRAUMA INTERVENTION:**
Offer emotional support to assist you and your family to cope in difficult and unexpected circumstances.

**INFORMATION:**
Provide information, resources and referrals to specialised support services.

If you would like to make an appointment to see Laura call reception on 555 86000

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NEW STAFF

**Executive Assistant – Moya Zunker**
I joined TDHS as Executive Assistant on Monday 6 September 2014 after having arrived in the region (for the first time) on the preceding Friday from the Wide Bay in Queensland. A whirlwind decision to accept a change in career path was precipitated by news that my father, a Warrnambool retiree, had been diagnosed as palliative. So in the company of my husband and Tonkinese cat, and the helpful hands of my adult son, we packed up and ventured south… Already 8 months on and we’re loving it here! (Well, maybe not the weather all the time, but…)

My professional background is in inclusive education and consumer engagement; I was previously employed at Queensland Health in a senior Clinical Governance role, where I worked closely with local community members, politicians and organisations to establish partnerships, identify strategies, and collaboratively improve healthcare services and consumer experiences. My TDHS role gives me diverse opportunities to work with a fabulous group of talented people and to frequently interact with members of our great community.

I enjoy every day and continue to learn and be inspired by the activity and innovation within our TDHS community.

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**Jemma Gale**
**Registered Nurse**
Jemma grew up in Timboon and is now living in Warrnambool.
Jemma completed a Bachelor of Nursing in 2013 at Deakin University Warrnambool.
Jemma then went on to complete her Grad Year in Hamilton at Western District Health Service, and is now happy to be back in Timboon.
TDHS would like to welcome Jemma to the nursing team.

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**Sharon Savage**
**Administrative Health Officer**
Sharon lives in Cobden, and is married with two adult children.
Sharon was previously employed at Manifold Place Community Health and Dental in Camperdown as an Administration Assistant.
Sharon is very happy to be given the opportunity to be a part of the TDHS team for the next 12 months and wishes to thank everyone for their warm welcome.
Sharon will be working Monday to Friday.

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**TOPS COME OUT ON TOP**
CONGRATULATIONS TO OUR FANTASTIC TOPS VOLUNTEERS WHO HAVE HELPED RAISE $37,447.20 this year to date.
The revenue raised at TOPS goes toward essential service needs within our community and provides funding for special equipment within the hospital.

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**COMMUNITY GARDEN**
new members welcome

The Timboon Community Garden is now ready for interested community members to plant out their favourite herbs and vegetables.
The garden site (behind the Men’s Shed) is looking amazing after many weekends of hard work by our enthusiastic team and TDHS Maintenance Officer Daryl Spencer.
If you would like to become part of the Community Garden Team contact Tania 555 86047 or email tleishman.tdhs@swarh.vic.gov.au to be included on the mailing list

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**CLINICAL COUNSELLING - LAURA ANDERSON**

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**COOKING FOR ONE – COME JOIN THE FUN!!**

Classes include a supermarket tour to teach you how to interpret food and drink labels to assist you in making a more informed food choice.
The program runs for 8 weeks and includes a luncheon in the final week where participants are welcome to bring a friend and enjoy a satisfying meal together.
The cooking classes are fun and are designed to give you quick, easy and tasty food preparation ideas that can easily be replicated.
Please call 55586000 to put your name on our waiting list and Diana will get back in touch with you to secure your place.

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If you would like to make an appointment to see Laura call reception on 555 86000
**Community Noticeboard**  
**June and July 2015**

### Timboon Arthritis Support Group

Our next meeting will be on the 12th of June at the Timboon Hotel at 12 p.m.  
Meeting will follow at Timboon and District Healthcare Service  
**FOR MORE INFORMATION:**  
Alison Gebert: 5598 3988  
Paula Steen: 5598 3179  
EVERYBODY WELCOME

### Swimming Car To Aquazone

AQUA AEROBICS, SWIM or GYM on MONDAYS  
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

### Planned Activity Groups

**Cobden**  
every Tuesday and Wednesday  
**Timboon**  
every Thursday and Friday  
**For more information, please contact TDHS reception on 5558 6000**

### Exercise To Music

Timboon Hall Supper Room  
Fridays from 10am-11.30am  
With a cuppa afterwards  
EVERYBODY WELCOME

### Heart Foundation Walking

Every Monday from 10.30am – rain, hail or shine!  
1st Monday of the month meet at the railway trail, every other Monday meet at the corner of Wark St and Hospital Rd.  
New walkers very welcome!

### Well Women’s Clinic

A nurse skilled in the area of women’s health conducts this FREE clinic:  
**TIMBOON:** By appointment  
**COBDEN:** Monday 15th June and Wednesday July 8th.  
Please note no appointments in July  
**For appointments call 5558 6000.**  
*Don’t just sit there; have a pap test every 2 years. No doctor’s referral required*

### Timboon Osteopathic Clinic

Appointments available with Dr Bobbie French on Mondays, Wednesdays and Fridays.  
**For appointments call Timboon Medical Clinic on 5558 6088.**

### Friendlies 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  
June 10th Games day  
June 22nd Craft day  
July 8th July Craft  
July 22th Craft  
**For more information or to register please phone Enid 55 983 296**

### Timboon Men’s Shed

Timboon Men’s Shed  
Tuesday 9.30am – 2.30pm  
Thursday 9.30am – 12.30pm  
Bailey St, Timboon.  
ALL WELCOME

### TDHS Exercise Classes

**For more information please call reception TDHS 55586000**

### Private Dental Clinic

Saturday 6th June, 2015  
Saturday 13th June, 2015  
Saturday 20th June, 2015  
Saturday 27th June, 2015  
Saturday 11th July, 2015  
Saturday 18th July, 2015  
**To make an appointment please contact:**  
TDHS Reception on 5558 6000

### Private Podiatry Clinic

Thursday 11th June, 2015  
Thursday 25th June, 2015  
Wednesday 22nd July, 2015  
Thursday 23rd July, 2015  
**To make an appointment please contact:**  
TDHS Reception on 5558 6000

### Secret Girls Business

Mothers & daughters aged 10 – 12 years are encouraged to take part in this 3-hour workshop.  
Friday 31st June at Cobden Primary School  
6.00 – 9.00pm  
Cost: $7.00 per couple  
Sandwiches & fruit platter provided.  
**To reserve your place please phone 55951087**