TIMBOON AND DISTRICT HEALTHCARE SERVICE

Timboon and District Healthcare

quarterly

June 2016

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

FROM THE CEO

MR GERRY SHEEHAN

Things are tough in rural Victoria at the moment

Living and working in regional, rural or remote Australia can be a very rewarding and challenging way of life. People living in regional, rural and remote areas are known for being down-to-earth, practical and resilient. But, living away from metropolitan areas can be difficult and it's important to ask for help during tough times. There are many in our communities that are currently going through just that at the moment; but help and support or just someone to have a yarn with are always available.

Why is it harder to seek and find help in regional, rural or remote areas?

- *In some towns there can be a lack of local services and professionals (e.g. doctors, mental health professionals, financial advisers, government agencies). Support services are too far away or too expensive*
- *Thinking you can manage your problems by yourself*
- *Feeling embarrassed or afraid to ask help, in case loved ones find out, or you're worried that people will judge you for seeking help*
- *Not knowing where to go to find help*

Timboon and District Healthcare Service and the Timboon Medical Clinic provide a range of services but may not have everything people need. We do know how to help though and can arrange referrals to people who can provide assistance if we don't have the specialist services in town. We are a great first point of contact and our range of services - particularly in mental health - is expanding. So if you are not sure where to go or who to see give us a call.

Tips for getting help in regional, rural or remote Australia

When things become overwhelming support from other people can really help. It might be difficult to ask for help or you might not even realise that you need help. But getting help when you need it doesn't have to be difficult. Don't be afraid to try different types of support until you find what works best for you.

1. ***Recognise when things are getting too much -*** *Sometimes we're so busy we don't even realise we need a break. Look out for any changes in your behavior, thoughts or physical health that might indicate you need some help. Listen to concerns of your friends and family and talk to them, rather than brushing them off. If you have thoughts about suicide or harming yourself, call Lifeline immediately on 13 11 14.*
2. ***Visit your doctor or local health service -*** *Your GP or local health service can help you understand your situation and point you in the right direction to find more support. If you don't feel comfortable going to the doctor alone take a family member or friend with you. Be honest about all the symptoms you are experiencing, including how you've been feeling.*
3. ***Look online -*** *There are a range of resources, information and support available online to anyone who does not have access to services close by. Try seek out resources that have been referred by a website or service you trust.*
4. ***Talk about it -*** *It can be hard to talk about your problems. But, having the support of family and friends can really help you cope with difficult situations. If you don't want to talk to family or friends, you can try a counsellor, health professional, community worker, minister or call a helpline like Lifeline.*
5. ***Be positive and proactive -*** *It can be helpful to focus on what you can do, rather than what's out of your control. A good way to get started is to write down your issues, brainstorm possible solutions and identify small steps on how to achieve them. You can also make a list of where to go for different types of help and advice (e.g. emotional support, financial advice) and keep it in a handy place. This makes it easier to seek help when you need it.*
6. ***Get professional help if you need it -*** *Your GP can refer you to a counsellor or psychologist.*

Where to go for Help

- *Your GP – TDHS Medical Clinic 5558 6088*
- *Call Lifeline (13 11 14) or use our online crisis support chat service*
- *Contact beyondblue*
- *Visit or contact TDHS for referrals to services 5558 6000*
- *Check online for additional resources and information*

Whatever it takes PLEASE MAKE THE EFFORT to contact someone if you need some support even if it seems like a small issue.

Gerry Sheehan - Chief Executive Officer

Inside...

TIMBOON COMMUNITY GARDEN OPEN DAY

On Saturday 4 May several local community members took advantage of the sunshine and attended the Community Garden Open Morning.

Guest speaker, Donna Ellis, a local horticulturalist, author, radio presenter and educator gave a presentation about soil health in your vegie garden. There were new plantings and the launch of plans for a sensory garden.

Pictured: Emily and Toni-Anne McLennan, Donna Ellis, Lorraine Norton, Kate Lesky and Bobbie French display the plans for a sensory garden at the Timboon Community Garden site.

FLU VACCINE AVAILABLE

Flu season is upon us!

Don't forget to get you Flu injection from either the Medical Clinic 55586088 or Timboon and District Healthcare Service 55586000. Please phone for an appointment.

Remember if you are over 65 years of age or have a chronic condition you are eligible for free vaccine. All others are $15

DIABETES EDUCATOR – ANITA SINGH

Do you have diabetes? Do you need someone to help to manage Diabetes?

Regular testing, juggling, insulin, counting carbs and keeping on top of life with diabetes can all seem a bit overwhelming.

It is normal to feel overwhelmed however its not necessary.

A Credentialed diabetes educator can help to keep you on track, keep you on top of the latest and greatest technology, and can educate guide and support you while you manage your diabetes care. The Timboon diabetes service is available on a Wednesday.

Anita Singh says, "I offer friendly non-judgmental support and can answer all your diabetes treatment and technology questions."

ARE YOU AGED BETWEEN 15-25 YEARS?

Do you work, live or study in Corangamite Shire? If YES, we need your help!!

Corangamite Shire, local health services and VicHealth invite you to complete a survey. This survey will provide insight in to young people's mental health and wellbeing in Corangamite Shire. The results of this survey will help us to identify solutions with young people, for young people.

Please visit the link below to complete the brief, 10 minute survey;
https://www.surveymonkey.com/r/CamperdownYP

BIGGEST MORNING TEA

On Thursday 28 May 83 TDHS was proud to host this year's Biggest Morning Tea.

83 people enjoyed a scrumptious morning tea as well as great entertainment from Andrea Weel.

There was a lucky door prize, raffles, and a cake baking competition.

$644.85 was raised for the Timboon Anti-Cancer Unit.

Pictured (Top Right): Dr Harshad Naik was also introduced and welcomed to our community.

(Far Right): First prize winner was cake #6 baked by McKenzie James.

(Right): Gerry Sheehan, CEO, with Gaye McVilly, organiser of the event.

QUICKBEDS GRASSROOTS FUNDRAISING PROGRAM

Help raise funds for Timboon and District Healthcare.

Next time you are booking accommodation, go to www.quickbeds.com

Enter our unique Grassroots ID: 1863 and you will be helping our community.

TOPS - OPPORTUNITY SHOP

Come and pick up a bargain or two!

Curdievale Road Timboon
Opening Hours:
Monday – Friday 10am-4pm, Saturday 10am-1pm.

An assortment of preloved furniture, household goods, clothing and much, much more!!

In March we received $3631.00 & April an additional $3372.35.

All proceeds fund vital services and equipment @ TDHS

Are you interesting in becoming a Volunteer with TDHS? Please phone 5558 6000 for more information.

LIKE US ON FACEBOOK!

You can now keep up to date with all that's happening in and around Timboon and District Healthcare Service.

Simply search Facebook for "Timboon and District Healthcare" and click on LIKE at the top of the page to receive the latest news and comments.

We also have a website crammed with information about the services and people involved with our multi purpose service.

Go to: www.timboonhealthcare.com.au to find out more.

You can check for the latest news or browse the photos of recent events.

Why not let us know what you think of the new website? We'd love to hear from you.

Community Noticeboard

Winter 2016

Timboon Arthritis Support Group

Our next meeting will be on Friday the 10th June.

Lunch Timboon Hotel for – 1200

Meeting Small Meeting Room at Timboon Healthcare 1.15

EVERYBODY WELCOME

Planned Activity Groups

COBDEN
Every Tuesday and Wednesday

TIMBOON
Every Thursday and Friday
(Carer respite day)

For more information contact TDHS Reception on 5558 6000

Exercise to Music

Timboon Hall Supper room

Fridays from 10am-11.30am with a cuppa afterwards

EVERYBODY WELCOME

Well Women's Clinic

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

TIMBOON: By Appointment Monday - Thursday

COBDEN:

Wednesday 15th June & Monday 11th July

For Appointments Call 5558 6000

Don't just sit there, have a pap test every two years

No Doctor's Referral Needed

Timboon Men's Shed

Tuesdays 9.30-2.30pm
Thursdays 9.30-12.30 pm

Bailey Street, Timboon

ALL WELCOME

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 8th is Games Day and on June 22nd let's do craft

For more information or to register, please phone Enid on 5598 3296

Swimming Car to Aquazone

Aqua Aerobics, Swim or Gym!

To Aquazone, Every Monday

Car departs for Aquazone at 9am sharp from Timboon Bowling Club Car Park (Fox St)

Return to Timboon approximately 12.30pm

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

Please contact Timboon Medical Clinic 5558-6088

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!

McMahon & Owen Optometry

Jayson Watt is visiting Timboon Medical Clinic monthly.
Please phone 5562 2244 for Appointments.

Camperdown Mental Health Service.
Rachel Kealley - Mental Health Clinician now regularly visits TDHS.

Please phone Reception 5558 6000 for more information.

TDHS Exercise Classes

Please call TDHS Reception on 5558 6000

Private Dental Clinic

Every Saturday

Podiatry Clinics

PUBLIC - Tuesday 7th
PUBLIC - 14th June

PRIVATE - Thursday 9 June
PRIVATE - Thursday 23 June

To make an appointment, please contact TDHS Reception on 5558 6000

p: (03) 5558 6000 / f: (03) 5598 3565 / e: timboon@swarh.vic.gov.au / **www.timboonhealthcare.com.au**