

# Timboon & District Healthcare Quarterly



◆ Biggest Morning Tea ◆ Cooking Class ◆ Speech Pathology Week

WINTER 2018

## Timboon & District Healthcare Service are hosting a Women's Health Night and the keynote speaker will be Moana Hope, a Collingwood AFL Football Player.

Moana Hope is a powerhouse of football who plays for Collingwood in the women's AFL League. She is also a household name in Australia having been featured on Australian Story, alongside former Vice President of the Western Bulldogs and AFLW founder Susan Alberti. As a high profile sportswoman, Moana has attracted numerous corporate sponsorships and has been the face of Harness Racing Victoria as well as the 2016 Star Wars movie. In 2017 she published her autobiography, My Way. Moana Hope was just 16 when she first pulled on the jumper for Victoria in a Senior Representative game, which culminated in All Australian selection.

Moana's story is quite overwhelming – she is one of fourteen children, she has a severely disabled sister with whom she is very close. Moana was the primary carer for her father at an early age. He has since died and her mother also has multiple health issues. After reading her book it would appear that she has had a hard life, but through it all she never gave up and has achieved far more than she would ever have imagined.

The 2018 TDHS Women's Health Night will be held on **Wednesday 5th September** at the Timboon Golf Club. We are very fortunate to have Beach Energy fund this event.

### Bookings are essential

so call **5558 6000** to register your spot.  
**Tickets are \$30 which covers entry and a meal from Fat Cow Catering.**

Save the date for  
**TDHS**  
Annual  
Women's  
Health  
Night  
**Timboon**  
**Golf Club**  
**Wednesday**  
**5th**  
**September**



## Competition to capture health and wellness

### Local photographers of all ages and abilities are being offered the chance to have their shots displayed in Timboon and District Healthcare Service publications.

The organisation has launched a new Health and Wellness Photography Competition and acting chief executive officer Nancy Johnson is urging people to get snapping.

She said publications like their annual report and quality of care calendar were widely circulated in the region, in addition to a number of state government departments.

**"Having your art recognised in this way is a wonderful exposure opportunity and something quite special for any budding artist's portfolio,"** she said.

Health & Wellness is the theme for the photography competition, which opened on Monday, June 4 and **closes on Monday, July 16.**

Ms Johnson said the competition was open to anyone currently residing within the Timboon and District Healthcare Service region.

**"All entries must attempt to capture Timboon and District Healthcare Service's Vision Statement, which is 'enabling optimum health and wellness for our communities' and also show locations or aspects of the local area,"** she said.

Competition entry forms and terms and conditions are available from Timboon and District Healthcare Service's website: [www.timboon-healthcare.com.au/competition-to-capture-health-and-wellness/](http://www.timboon-healthcare.com.au/competition-to-capture-health-and-wellness/)

or directly from the organisation's front reception area.

**"We look forward to seeing what our community believes health and wellness looks like in 2018,"**

Ms Johnson said.



# Board Chair Report

by **Maryanne Puli Vogels**

We live in a great community with great people. There are so many examples of how this has been played out over the years but more recently with the St Patricks day fires we have seen so many people come to the fore to rebuild where damage has been done and support those who were victims of the disaster. We see volunteers give back tirelessly and the effort has not gone unnoticed. We appreciate everyone's contribution and thank them deeply.

The values we share at TDHS are summarised in this acronym – ICARE – Integrity, Compassion, Accountability, Respect and Excellence. These values are demonstrated daily by our staff with the community they serve, the patients they look after, the residents who live with us and those who need TDHS in times of need – at times like the most recent fires where we saw clinicians involved with organising practical support and counselling for those affected.

Our very own CEO Gerry Sheehan leads from the front when it comes down to the values we share. A few months ago, Gerry was unfortunately in the wrong place at the wrong time when a number of individuals robbed a convenience store in Melbourne, where he had just stopped to make a purchase.

Gerry, went to the assistance of the shop assistant, but was injured in the process. He is still suffering from the impact of this and has recently had an operation to relieve the pain and start his journey back to work. Gerry, I want to publicly thank you on behalf of us all for your bravery and showing us that you live your values and care! We wish you a speedy recovery.

I also want to take this opportunity this quarter to thank the community for caring and communicating their needs to us through the recent community survey and conversation caravans we set up in Timboon's main street, at the football/netball club and at the school. Your input and comments will all contribute to the planning about to take place by the Board of Governance as we draft our 5 Year Strategic Plan. We're working hard to make sure our plan for the future is proactive, that our provision of services is appropriate and that we operate in a way that ensures our sustainability.



## CEO Update

by **acting CEO Nancy Johnson**

### Welcome to our Winter Quarterly.

Our photography competition has just been launched, offering community members the chance to enter and the possibility to have their work displayed in our Annual Report or Quality of Care Calendar. The theme of the competition is "Capturing health and wellness in the community". This is an exciting new initiative for TDHS and I urge all budding photographers, regardless of age, to grab their cameras, smart phones or iPads and enter. Entry forms and details are on our website, or available from TDHS reception. Our Annual Appeal is being delivered to all householders in our region in June and we are hoping to raise enough money to improve the emergency set up and equipment in urgent care, allowing us to rapidly respond to emergencies. One aspect of this is to upgrade our emergency trolleys to allow for quick, easy access to vital equipment in an emergency. If for some reason you don't receive our letter, we have also included it in this edition of the Quarterly. A big thank you in advance to all those who are able to contribute.

With the strong community response to the "Timboon Tomorrow – Priorities for a Healthier Future" survey and consumer engagement, the TDHS Board is heading into a two day planning workshop at the end of June, to plan the priorities for the next five years. The Board will be using data from a number of sources, including the community feedback, to identify how TDHS can better service our community into the future. Our plan for the future will then be incorporated into the service and financial plans for the next five years. I think it will be a busy and exciting time and I look forward to seeing how services we provide, can be improved in the future and enhance health and wellbeing outcomes for our community.

**WINTER 2018**

The annual budgeting process is also underway so this is an ideal time to explain how funding at TDHS works. TDHS is one of seven multipurpose services (MPS) in Victoria. TDHS was designated as an MPS around 20 years ago. MPS's were created to allow smaller health services, which don't have high demand, the ability to receive block funding rather than funding based on throughput. This allows us flexibility to choose the services that best suit our community's needs.

Each year we receive a small increase in funding to cover increases in both CPI and wages. However the cost of compliance required to run a health service has changed greatly over the last twenty years due to changing government and society expectations and regulations. Increasingly it is becoming more difficult to maintain financial viability in the current environment. Going forward, we will continue to generate budgets that ensure our community receives all services that the Board agrees are essential for the health and wellbeing of the community.

For those of you who enjoy the online world, our website has been given a much needed makeover. Please visit <http://www.timboon-healthcare.com.au/> and see what we have done. You will find a variety of items including copies of past Quarterlies to view, information on what services we offer and exercise class timetables. We are also very active on our Facebook page, so if you want to know about upcoming events in the community and at TDHS, please like our Facebook page.

On a final note, our HICAPs machine now enables clients to pay for community health visits through their private health insurance. Please ask our friendly reception staff for assistance. I hope you enjoy reading this edition of the Quarterly and thank you for your continued support and patronage of our health service.



## 2018 Flu Season is shaping up to be a bad one.

Influenza is a viral disease that causes widespread illness and life threatening complications including pneumonia every year. TDHS has seen a rise in the number of both Private and Government funded vaccines administered over the last couple of months. Not only are the over 65 year old's choosing to be vaccinated but younger members of the community as well. Many organisations including, local schools, grain and fertilizer companies, The Vet Group, ambulance and SES members and also a local energy company have also taken the positive step not only urging their staff but also funding them to be vaccinated against the Flu. They have recognised the cost benefits of having their staff vaccinated against the cost of the vaccine.

Vaccine is now in short supply but if you have not been vaccinated as yet your local GP clinic may still have some in stock. It's never too late to be vaccinated. The peak flu season is said to be from June through to September each year.



On the 25 May we hosted a **Biggest Morning Tea** to raise funds for the Cancer Council. Guests were treated to a delicious spread including cakes, slices and scones.

Lara Falk, a Paralympian guide for a visually impaired skier at the recent Winter Olympics in Pyeongchang was the guest speaker. Lara talked about her experience being a guide for Paralympian Patrick Jensen.

**Over \$375 was raised for the Cancer Council.**



## Volunteer profile

### Pam Robb



As a kid volunteering was a way of life, be it Meals on Wheels, Church, or Institute for the Blind, and Dad was always volunteering his opinion whether required or not!

Volunteering was a natural progression for me when I left work. I had to do something to stimulate me mentally, so I guess in a way maybe volunteering is considered to be a selfish move in some regards.

I was aware of the strong band of volunteers available to me in my past occupation as a Registered Nurse/Midwife at Timboon and District Healthcare Service (TDHS); there was always someone available to run bloods to pathology out of hours or transport patients over to Warrnambool for an x-ray when other transport options were unavailable. Sometimes a volunteer was needed to take a newly discharged patient home via the supermarket and or pharmacy, because they lived alone and didn't have a family member to call upon. So I was aware of the uniqueness of volunteering and also the fragility of this uniqueness if the numbers decreased.

When I applied to become a volunteer at TDHS I really had only one thing I thought I could do and that was delivering Meals on Wheels. So off I went into the world of volunteering.

The first things I learnt were 'don't be a wee bit late or the troops get restless, must have something to carry meals with as they are hot and don't give the 'monitor meal' to anyone, try to find them in the book and swear to yourself you have never heard of this person so they must be new! Always remember to close your boot before you take off and most of all take a couple of straws in case the perforated lids on the soup containers break.'

I 'survived' 2 years (and so did the clients) and then I applied for the Meals on Wheels Volunteer Coordinator role. Having a coordinator gives the volunteers a sense of ownership and very rarely have we been unable to fill the roster by swapping volunteer days. But if and when this occurs, the wonderful staff at TDHS - domestic, nursing or administration - have jumped in to save the day, for which I am truly grateful.

I have only been a volunteer for a relatively short time compared to many others on the famous roster. I really appreciate the dedication displayed by these volunteers who strive to get the meals out hot and on time to those that rely on them every day.

I personally enjoy delivering meals in the community. It has enhanced my life and I hope that I do the same by just saying G'day, how's the family, did your team win? The Meals on Wheels volunteers help break up what can be a very long lonely day for many in our community.

Consider volunteering for the Meals on Wheels Roster! You will be amazed at what you gain from it. Your commitment is only 3-4 times per year, a couple of hours each time.

TDHS always needs the assistance of more volunteers for Community driving, Meals on Wheels and Social Support Group so if you feel inspired by Pam's story and you can spare some time to join our valuable volunteer team, please contact **Julie-Ann Stewart** on **5558 6000**.

## National Volunteer Week

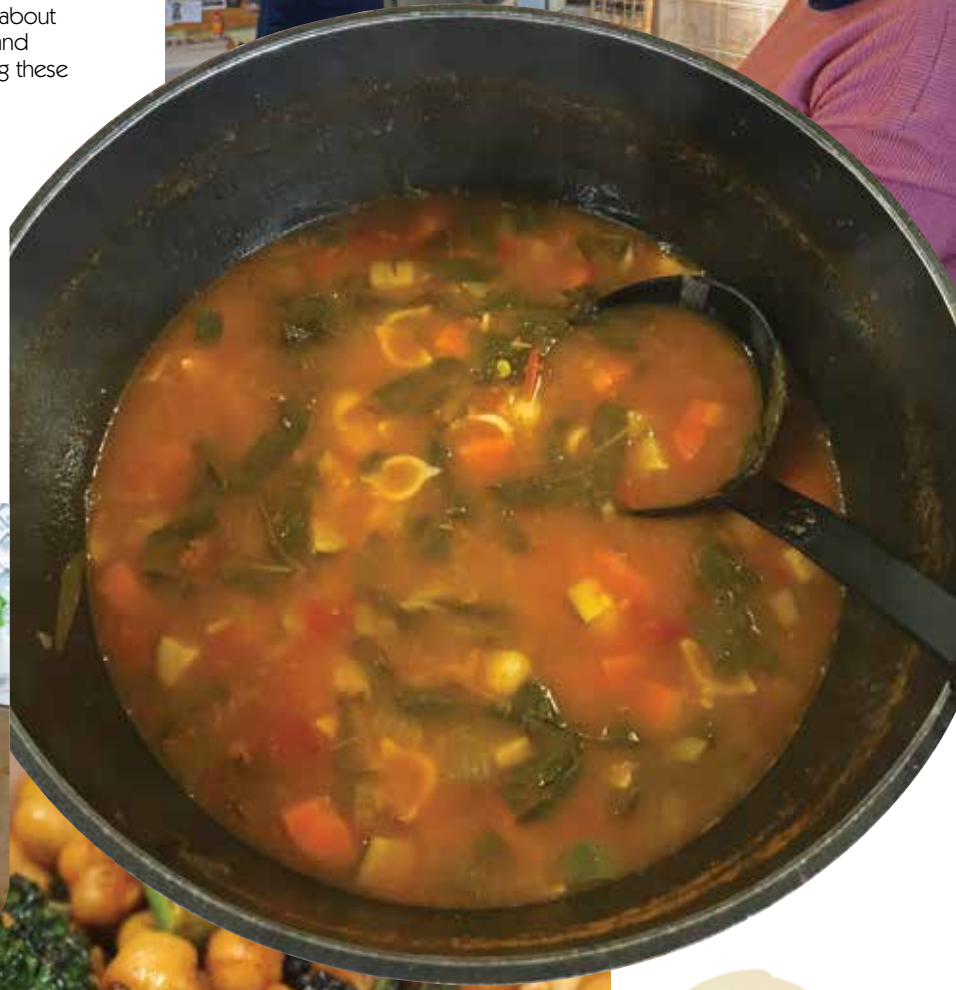


We celebrated our TDHS volunteers as part of National Volunteer Week on 24th May by hosting an afternoon tea. We provided entertainment provided by Pete Sharp and Tamara Hookway from local band Avalon - Cobden. They were awesome to listen to, and some of the volunteers got up and danced as well!

We had 3 door prizes kindly donated by **Gorge Chocolates**. **Winners were Pam Robb, Terry O'Connor and Roy Parfett.**

# Cooking Classes for Living Longer, Better!

Timboon and District Healthcare Service (TDHS) and Simpson and District Community Centre have come together to give Simpson community members an opportunity to expand their cooking skills thanks to funds received from the Corangamite Shire Live Well Project. The cooking classes were held at the Simpson Men's Shed and led by Diana D'Auria (TDHS Dietitian and Food Enthusiast). This was an 8-week program that included nutritional insights and special tips from Diana's Mediterranean background. Diana believes what made these sessions extra special was the home grown organic produce that came from the Men's Shed garden beds. The participants themselves chose the recipes they wanted to learn and then Diana adapted them to also serve a functional purpose. The Mediterranean diet has strong scientific evidence that is linked to improving heart, brain and gut health. Diana strongly feels that food and eating is more than just about nutrients, it is also about social connectedness, pleasure and enjoyment. She designs the program so it is encompassing these very important aspects and improving our overall health. Community members who participated in the program include Joe Wetemans, Pam Gibson, Ken Unwin, Pieta Van Donk and John Morris. Some recipes included minestrone, salmon patties and gourmet pizzas. Ken Unwin who is the main cook at Simpson Men's Shed has already implemented some of the recipes he has learnt from the program. The program aims to expand on current cooking skills, improve social interaction and reinvigorate the members so they feel more confident in the kitchen and enthusiastic about their own self-care. If you are interested in participating in future programs around the Timboon, Simpson and Cobden areas please call Diana on **5558 6043**.



WINTER 2018



# Diabetes Awareness Week July 10th - July 14th

Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system. Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).

## Understanding diabetes and its seriousness is important.

- If you are living with diabetes, you need to learn how to manage your diabetes
- If you have a family member or friend with diabetes, you can learn how to support them
- If you are a teacher or employer, you have a duty of care to provide a safe environment
- Importantly, if you are at risk of developing type 2 diabetes, you can take steps to prevent or slow down diabetes.

## Facts about diabetes

- 280 Australians develop diabetes every day. That's one person every five minutes

- It is the fastest growing chronic condition in Australia
- More than 100,000 Australians have developed diabetes in the past year
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day
- In 2013, diabetes caused 5.1 million deaths globally

## Prevention

There are different types of diabetes; the three most common types of diabetes are type 1, type 2 and gestational diabetes. Strong international evidence shows diabetes prevention programs can help prevent type 2 diabetes in up to 58 per cent of cases. You can do a lot to reduce your risk of type 2 diabetes.



## People at risk of type 2 diabetes can delay and even prevent the condition by:

- **Maintaining a healthy weight**
- **Regular physical activity**
- **Making healthy food choices**
- **Managing blood pressure**
- **Managing cholesterol levels**
- **Not smoking.**

Many people don't know they are at risk of developing type 2 diabetes. Assess your risk using the Diabetes Australia risk calculator. TDHS offers the Life! Program which is a Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Run by expert health professionals, the program is delivered as a Group Course or a Telephone Health Coaching service. Funded by the Victorian Government and managed by Diabetes Victoria it is the biggest prevention program of its type in Australia. For more information contact Ingrid or Amanda on **5558 6000**.

Our Diabetes Educator is available fortnightly on Wednesday at Cobden & Timboon. For appointments phone **5558 6000**.

The Cobden Diabetes Support Group meets 1st Wednesday of every month, 10.30 am at Cobden District Health Service to learn more about living with Diabetes.

## Free Morning Tea Wellness Session

**Celebrating Diabetes Awareness Week 2018**  
**Wednesday 18th July**



TDHS Health Education Room  
**FEATURING:** Cooking Demo  
Aromatherapy Intro to Meditation  
Tai Chi Strength Training  
**ALL ARE WELCOME**

<b>10.30 am</b> Morning tea Cooking demo Diabetes info	<b>11.30-11.45 am</b> Tai Chi and Strength Training
<b>11.00 am</b> Aromatherapy by Petra LeReve	<b>12.00 pm</b> Intro to mindfulness

**Enabling optimum health & wellness for our communities**

# Speech Pathology Week 2018 – August 19th -25th

Speech Pathology Week in 2018 is August 19th – 25th, with this year's theme being **"Communication access is communication for all!"**

Communication is a basic human right that we often take for granted; more than 1.1 million Australian's have a communication or swallowing problem that impacts on their quality of life. Speech pathologists work with these people to ensure that they can communicate in a way that is best for them, either through verbal means (speaking), writing, using a device (such as an iPad) and sign language.

A speech pathologist (speechie) is an allied health professional who works with people across all ages of the lifespan; from babies to those in end of life care. Speech pathologists work in a wide range of settings – schools, hospitals, nursing homes, universities, kindergartens, rehabilitation centres, community health centres, private practice and mental health services.

## Speech Pathologists work in six main areas, they are:

**Speech:** We can help children who are hard to understand speak with clear sounds, or help adults whose speech is slurred after a stroke or due to progressive disease (such as Parkinson's Disease or Multiple Sclerosis).

**Language:** Includes using and understanding language in speaking, reading and writing. 20% of children across Australia receive speech therapy for language before entering primary school, and 30% of stroke survivors see a speech therapist for language therapy.

**Voice:** We can help someone who often loses their voice to use their voice in an effective and safe way. Some speech pathologists also specialise in transgender voice therapy, so that a person can learn to use their voice safely in a way that sounds female or male.

**Swallowing:** Swallowing difficulties affect 1 in 5 Australians, from babies to adults. We provide recommendations to help people swallow safely and can help reduce risks of choking and other complications.

**Multimodal Communication:** This refers to people who require a different mode of communication from autistic children who are non-verbal, to people who have lost their speech from a stroke. Some modes of communication include gesture and sign language, picture cards and devices such as an iPad that allow participation and communication in the world around them. A speech pathologist can help individuals learn to use these different methods of communication and personalise the mode or device that suits their communicative needs.

**Fluency (stuttering):** Around 200,000 Australian's are affected by stuttering. Speech Pathologists can help those who stutter to speak more fluently and confidently using evidence based approaches.

## Barriers to communication still exist in our society – These few simple tips can make a great difference to a person who has a communication difficulty, give them a go!

- Always treat the person with the communication disability with dignity and respect
- Be welcoming and friendly
- Understand there are many ways to communicate
- Ask the person with the disability what will help with communication
- Avoid loud locations, find a quiet place
- Listen carefully
- When you don't understand, let them know you are having difficulty understanding
- If you think the person has not understood, repeat what you have said or say it a different way
- Try asking the person yes or no questions if you are having difficulty understanding them
- Ask the person to repeat or try another approach if you don't understand
- To make sure you understand, check with the person that you have understood them correctly
- If you ask a question, wait for the person to reply
- Allow the person time to respond, so always be patient
- Speak directly to the person and make eye contact. (Though be mindful that there are some people who may not want you to look at them, e.g. some people with autism spectrum disorder)
- Speak normally. There is no need for you to raise your voice or slow your speech.

(Speech Pathology Australia, 2018)

**If you'd like to learn more about speech pathology please feel free to make an appointment to see me, I'd love to have a chat.**

Happy Speech Pathology week!

**Narelle Jukes**  
TDHS Speechie



# STAFF PROFILE

**Sarah Brebner** Graduate Nurse



## What inspires your work?

I have always liked to care for others and my mother and grandmothers were nurses so I guess it must be in my blood.

## Tell us about your role.

I aim to provide quality patient-centred care for the lovely residents and patients of the Timboon district.

## What was the attraction about coming to TDHS?

The rural setting and being in a smaller hospital were definitely what attracted me. The urgent care and outpatients make it a varied and interesting workplace.

## Tell us a bit about yourself?

I love my yoga and swimming and going camping with family and friends. I also love catching up with friends for coffee and a chat. And of course I love my kids and really enjoy the cuddles when I get home from work.

## Well Women's Clinic

This Cervical Screening Clinic is conducted by a skilled nurse in the area of Women's Health

**No doctor's referral required**

**A fee is now required for this service**

HCC: \$9.90 & Non HCC: \$20.00

**New clinic coming to Simpson**

– watch out for dates

**Timboon**

By appointment **Monday - Thursday**

**Cobden**

**Monday 23rd July & 13th August**

To make an appointment please phone **5558 6000**

Enabling optimum health & wellness for our communities



## Healthy Bones Week 6th-12th August

### Chia Seed Pudding Recipe

**Serves 1**

3 tablespoons chia seeds

1 cup of milk (your choice but make sure it's calcium enriched)

1 tablespoon pure maple syrup

1/8 teaspoon pure vanilla extract

### Instructions

Add all ingredients to a small bowl or cup & whisk. Let it sit for a few minutes & whisk again to prevent clumping.

Repeat 1-2 more times, cover & place in the refrigerator overnight.

**Eat as is or serve with fresh fruit, enjoy!**

This meal can potentially give you 16 grams of fibre and just over 600mg of calcium. Women require 1000-1300 mg/day and men require 800mg/day of calcium for optimal bone health. Don't forget to get your daily dose of Vitamin D by getting out into the sunshine as it plays a key role in the absorption of calcium.

**Did you know chia seeds are high in calcium?**

They are also a very good source of polyunsaturated fats! So you can reap the benefits for not just bone health but heart health.

Chia seeds are also extremely high in fibre and their liquid-binding ability are perfect for helping you reduce your snacking. Other ways to use chia seeds are as a topping by sprinkling them over oats or breakfast cereals, or even baked in muffins and breads.

HEALTHY  
**BONES**  
ACTION WEEK

**Stronger Bones,  
Stronger You**



## Lamb Shank & Barley Soup

### Ingredients:

2 tbsp olive oil

2 lamb shanks, trimmed

1 onion, finely diced

2 carrots, diced

1 celery stick, chopped

2-3 garlic cloves, finely chopped

1 litre chicken stock

1 litre water

1 bay leaf

1 thyme sprig

3/4 cup Pearl Barley, rinsed

2 potatoes, diced

To taste, Natural Sea Salt

To taste, Whole Black Peppercorns

### Method:

#### Step 1

Heat half the oil in a large pot and add lamb shanks, cooking until seared all over. Remove from pot. Pour in remaining oil and cook onion and cook onion, carrot, celery and garlic.

Cook until onion is just tender.

#### Step 2

Return shanks to the pot with the stock, water and herbs. Bring to the boil and simmer covered for approximately 1 1/2 hours until meat is tender and falling away from the bone. Add barley and potatoes to soup halfway through cooking time.

#### Step 3

Take shanks from the pot and remove meat from the bones. Shred or dice and return to the pot.

#### Step 4

Season to taste and serve with parsley and crusty bread.

**For serving, flat leaf parsley and crusty bread**

## Affected by the Dairy Industry Downturn?

**Your dairy community support worker can:**

- Maintain confidentiality
- Provide counselling and support
- Assist in obtaining grants
- Parenting and Relationship support
- Make referrals to more specialist services

### Who to Call?

**Ann-Marie:** (03) 5232 5244  
(M) 0447 321 599

**Helen:** (03) 5564 4269  
(M) 0466 429 326

### How much will it Cost?

\*free of charge at a time and place that suits you; Voluntary so you can stop at any time

SouthWest  
Healthcare





# Timboon and District Healthcare Service 2018 Annual Appeal



## We seek your support to upgrade our Emergency trolleys in Urgent Care.

### Dear Community Members,

Your donation will make a difference to the lives of our patients and to the countless number of people who can benefit from our work. We are asking you to contribute to the 2018 Timboon and District Healthcare Service Annual Appeal. Your contribution will help purchase vital medical equipment as well as help Timboon District Healthcare continue to deliver the best care. Your support will help make a difference in the lives of others who are often facing life-threatening medical conditions or injuries. It takes considerable resources to remain at the forefront of modern medicine and we are thankful to have you by our side, sharing our dedication to patient care and medical advancement, providing our community with expert health care.

With your support our focus is to improve our emergency set up and equipment in urgent care so that we can respond to emergencies quickly. We would like to upgrade our emergency trolleys to allow for quick, easy access to vital equipment in an emergency.

We thank you for your support through our past appeals and we look forward to your continued support as we enable optimum health and wellbeing options for our community. Together we can make a difference to people's lives and work towards a healthier future for all.

Yours Sincerely,

**Maryanne Puli Vogels**  
Board President

**Gerry Sheehan**  
Chief Executive Officer



# ANNUAL EQUIPMENT APPEAL

2018

Name: Mr, Mrs, Miss, Ms .....

Address: .....

..... Postcode: .....

Donation: ..... Date: .....

Donation type  Cash  Cheque  Direct Deposit

To donate via direct deposit use BSB 083-928 A/c 516 067871 (use 'Appeal' & 1st 3 letters of surname as reference)

**Note: Full name and address would be appreciated to enable us to forward a receipt to you, please return in reply paid envelope provided.** All donations of \$2.00 and over are tax deductible.

21 Hospital Road  
Timboon, VIC 3268  
p: (03) 5558 6000  
f: (03) 5598 3565  
e: timboon@swarh.vic.gov.au  
www.timboonhealthcare.com.au

**WINTER 2018**



Abuse can happen to any older person. If you, your client or someone you know is experiencing elder abuse contact the Seniors Rights Victoria **FREE** confidential Helpline - Phone: **1300 368 821**  
10.00 am - 5.00 pm Monday – Friday  
[www.seniorsrights.org.au](http://www.seniorsrights.org.au)



## UPCOMING EVENTS THIS QUARTER

### July 2018

2. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
3. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
4. Cobden SSG
5. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
6. Timboon Care Respite SSG, Speech Pathology
8. National Diabetes Week
9. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
10. Men's Shed, Cobden SSG, Dietitian
11. Cobden SSG, Friendlies
12. Men's Shed, Timboon SSG, Occupational therapy
13. Timboon Care Respite SSG
16. Walking Group, Swimming Car, Bounce Back with Babes
17. Men's Shed, Cobden SSG
16. Walking Group
17. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
18. Cobden SSG, Diabetes Educator, Life Program - Session 3, Dietitian
19. Men's Shed, Timboon SSG, Occupational therapy
20. Timboon Care Respite SSG
23. Well Women's Clinic – Cobden Walking Group, Swimming Car, Bounce Back with Babes
24. Stress Down Day – Lifeline, Men's Shed, Cobden SSG, Dietitian
25. Cobden SSG, Friendlies, Dietitian
26. Men's Shed, Timboon SSG, Continence Clinic, Occupational therapy
27. Timboon Care Respite SSG
28. World Hepatitis Day
30. Walking Group
31. Men's Shed / Cobden SSG

### August 2018

1. Cobden SSG, Diabetes Educator, Cobden Diabetes Support Group, Life Program – Session 4
2. Men's Shed, Timboon SSG, Occupational therapy
3. Timboon Care Respite SSG, Jeans 4 genes Day
6. Walking Group, Swimming Car, Bounce Back with Babes, Dietitian, Healthy Bones Week, Dental Health Week
7. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
8. Cobden SSG, Friendlies
9. Men's Shed, Timboon SSG, Occupational therapy
10. Timboon Care Respite SSG
12. Speech Pathology Week
13. Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic – Cobden, Dietitian
14. Men's Shed, Cobden SSG, Dietitian
15. Men's Shed, Cobden SSG
16. Men's Shed, Timboon SSG, Occupational therapy
17. Timboon Care Respite SSG
20. Well Women's Clinic – Cobden, Walking Group, Swimming Car, Bounce Back with Babes, Dietitian
21. Men's Shed, Cobden SSG, Dietitian
22. Cobden SSG, Friendlies
23. Men's Shed, Timboon SSG, Continence Clinic, Occupational therapy
24. Daffodil Day
27. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
29. Meals on Wheels Day
30. Men's Shed, Timboon SSG
31. Timboon Care Respite SSG, Speech Pathology, Dietitian

**8.00 am every Saturday in Timboon.**  
Meet at the Timboon rail trail  
Remember to register before you take part.  
<http://www.parkrun.com.au/register/>  
For more info contact Event Director:  
**Donna Ellis: 0408 529 543**

**FREE EVENT**  
Registrations Essential

## Great Ocean Road Walk

**Monday 16th July 2018**

Meet at the Timboon senior citizens centre car park at 10.00am sharp, or the 12 Apostles car park at 10.30am

Enquiries & RSVP:  
**5558 6043** or  
**5558 6000**

Walking

Great Ocean Road National Park

12 Apostles

Great Ocean Road

Timboon

Map showing route from Timboon to 12 Apostles.