

Timboon & District Healthcare Quarterly



◆ Sleep Awareness Month ◆ R U OK ◆ Defibrillator Awareness Month

SPRING 2018

Timboon Hospital Auxiliary 1947-2018



The Timboon Auxiliary was formed in 1947 at the request of the Provisional Hospital Committee to form Auxiliaries in the community to raise funds for the building and furnishing of a planned future hospital. Foundation members were made up of local residents, a mix of farmers and business people. Many of who still have descendants living in the surrounding district.

◀ Gwen Barr, Betty O'Brien, Hazel Bullen, Joan Hortin, Margaret Bacon, Fran Thompson, Gwendra Gunn, Wendy Mason, Barbara Fraser. (Catering for Day Centre Christmas Luncheon at the Golf Club)

Over several years seven Auxiliaries were formed, the first was Cowleys Creek / Scotts Creek in 1945-1995 followed by Timboon 1947-2018, Princetown 1954-2000, Brucknell 1955-1989, Curdies River 1955-1974, Paaratte 1956-1965, Coorimungle 1965-1983 and a Port Campbell Social Committee 1957-1961.

As recorded in the minutes of the first meeting, the original members included – Mesdames, T Currell, A Gale, Jefferies, Russell, Blain, A Cowley, J Doolan, E Athorn and Miss Le Couteur.

The Hospital Provisional Committee had requested that weekly street stalls be held in the main street of Timboon and that one of the Timboon Auxiliary members be in charge of the rosters for the other district Auxiliaries. One of the first fundraisers was a stall and catering at the annual Heytesbury Show. The Secretary wrote to the Provisional Committee requesting them to assist by arranging for the supply of three coppers, wood and attendants to look after the coppers – this was for the supply of hot water.

In those early years great support was given from the Prison Camp Authorities – (Camp Coorimungle) with the supply of market goods to all stalls. Those years were also quite exceptional due to the lack of personal finances of most of the auxiliary members who worked towards the end goal of building a Hospital as most of the fundraising was actually done in the family home.

Some examples of the events for fundraising were regular street stalls, catering for weddings, organisational dinners, meetings, local dances, balls, card and bingo nights, that were mostly in private homes and three-day Art and Craft events, held over three years in the Timboon and District Hall. Garden parties, garden walks, Melbourne Cup Days at the Timboon Golf Club, and many other events raised much appreciated funds over the years.

Over the 71 years, the dedication of Auxiliary members and friends donating their time and personal contributions of produce, was the reason that fundraising

always proved to be so successful. All funds raised were used for Capital items – furnishing of wards, purchasing of medical and kitchen equipment and has continued over the years to fund items such as chairs for the hospital ward, wheelchairs, and even a chair day-bed for the maternity ward, just to name a few.

Many members have joined and retired from the Timboon Auxiliary over the years and the facility known as the Timboon and District Healthcare Service stands as a lasting reminder of the dedication of all the District Auxiliary members, their families and friends and the descendants of the original Provisional Hospital Committee.

Timboon and District Healthcare would like to take the opportunity to thank all members past and present for their tireless efforts over the past 71 years. Donations that have been raised have contributed to enhancing the health and wellbeing of our community.

Competition inspires health & wellness focus

A frosty morning in Coorimungle provided the setting for an inspired photo by **Rachel Newey** that has been judged the winner of Timboon and District Healthcare Service's 2018 photography competition. **Ms Newey** also secured third prize with another image featuring Gibson Steps, while **Diana D'Auria** clinched second place with her Gobbling Galahs. (continue next page)

Board Chair Report

Maryanne Puli Vogels



Watching how the drought is affecting most regional communities, we are fortunate to live in part of the country where rainfall is currently not an issue. If it is, it's because we've had too much. It's the glass half-empty vs glass half-full scenario. We can apply the glass half-full scenario across so many things happening in our community but I do see some of us actually seeing the glass half-empty view on life.

Over the last few months Timboon and District Healthcare Service has had change due to Gerry being impacted by his injuries. This change though wasn't to the detriment of the Service. Gerry continued to be there for us as our trusted mentor with our General Manager of Corporate Services, Nancy Johnson, stepping up to the Acting CEO role. We would like to thank Nancy for the extra work she has put in as Acting CEO. Sadly, Nancy has resigned from TDHS and is moving on to new opportunities with her family in Adelaide. Nancy will be missed but we do have an opportunity to bring in new views, new outlooks and fresh approaches. Jeannine Creely, the Project Manager of the Corangamite Health Collaborative, has joined us as Acting CEO whilst Nancy prepares to leave. Jeannine will be with us whilst Gerry returns to work on a part-time basis for a few weeks. We are really fortunate to have the opportunity of so much experience at TDHS.

We have had changes at the Board level too. We said goodbye to two members, Jason Chuck and John Renyard at the end of the Board term on June 30. Jason Chuck worked very hard for TDHS over the last two years and was a very vocal member of the Board serving on both the Audit Committee and the Timboon Medical Clinic Committee. We thank Jason for all he has done over the last two years and his ongoing commitment to the Audit Committee as a community member. Former Chair, John Renyard has also left having reached the maximum term allowed by the Department to serve on a Board, which is nine years. John's departure and knowledge will be missed.

John served on various committees during his time at TDHS and was the Chair of the Audit Committee in recent years. He has also mentored others over the years to make sure we had Board members ready to step up. We thank John for his leadership and contribution over those nine years.

Sticking with the theme of the glass half-full, we welcome a new member to the Board, Toinette Hutchins. Toinette joins us with extensive clinical experience and lives close by in Warrnambool. She currently works at South West Healthcare as a Clinical Nurse Teacher for SWH Campus staff (approximately 540 nurses) and as a clinical nurse specialist in Emergency. Toinette has extensive experience and knowledge within the clinical and educational roles in the medical, nursing and paramedics fields and also works as an Advanced Life Support paramedic for Ambulance Victoria.

Our new round of Board applications will be coming soon and I hope that you consider the value of applying for a position with the TDHS Board. If you are interested in this sort of position please visit www.getonboard.vic.gov.au to learn more about the roles and duties of a Board member and find out what skills and experience are required. If you would then like to find out more about the TDHS Board applications, please contact Sabine on **5558 6000**.

Lastly, as you are all aware, the Board has been working hard on our strategic planning. We spent two full days together reviewing the feedback from the community. Thanks to all of you who contributed, it was great to receive so much feedback which we have been analysing and applying to the strategic plan where we can. We are now finalising the Strategic Plan which will then be forwarded to the Minister of Health for endorsement before being released back into the community for information and feedback.



(Continued from page one)

This year's entries had images ranging from spectacular vistas of the natural beauty of this region to positive images of aging and various activities available in the area.



We would like to congratulate this year's winners for their outstanding work and also acknowledge that the quality and creativity of all the entries was such that many of the images will receive valuable exposure in our 2018 annual report.



Volunteer profile Monica Norman

Monica has lived in the Timboon area most of her life. She was born in the Cobden Bush Nursing Hospital and went to school in Timboon. She had a short stint in Melbourne where she completed her nursing training. Back then, Monica enjoyed Ten Pin Bowling – this is where she met the man of her dreams. They married and went on to be blessed with six lovely children who have given her many grandchildren and two great-grandchildren.

In 1980 the family moved back to Timboon after a few years in Sydney. Within two months tragedy struck. Monica was left with six children under ten to support. She found employment at the Shire working as a Home Care worker. She loved every minute of it.

At the same time she also started to volunteer at the Day Centre and as a Community Driver. She remembers driving the visually impaired to attend a regular group that was specifically for them. Over the past 38 years Monica has continued to volunteer in many areas. Meals on Wheels, The Op Shop, Exercise Classes and the Visually Impaired group (Friendlies) to name a few.

When asked the question: 'Why volunteer?' She replied:
"Because it's just plain good fun, everybody is lovely and they appreciate the time you give. They all have their own story to tell, and I'm happy to listen. You have a friend for the day. Volunteering has enabled me to remain connected to my community. It has both mental and social benefits, not only for the client but also for the volunteer."

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

Social Support Group

The social support groups in both Timboon and Cobden provide opportunities for social interaction as well as respite and support for carers. They provide physical, intellectual and emotional stimulation to clients. The activities are individualised and conducted in small groups.

The daily fee of **\$7.70** covers morning tea and a two-course hot home-cooked lunch, afternoon tea and the activity offered for the day. Additional costs are incurred if there is an outing or a particular craft activity.

Some of the activities offered, but not limited to, include: music and entertainment, gentle chair-based exercises, day outings, games, reminiscence, art and craft, fun quizzes, guest speakers, armchair travel, movies, educational sessions, interaction with local school students and kinder kids and much, much more!!

The centre opening times are 10.00am - 3.00pm.

Cobden: Tuesday and Wednesday

Timboon: Thursday and Friday

Transport to and from the centres is available. If you are not already registered with My Aged Care phone **1800 200 422** to apply. If you are already registered, please call the Community Care Manager **Ann-Maree** direct on **5558 6065**.

DID YOU KNOW

Timboon and District Healthcare Service receives funding from the Commonwealth Government to help you live independently in your own home.

If you are over 65, or a Aboriginal/Torres Strait Islander over 50, Timboon and District Healthcare Service can assist with the following services:

Domestic Assistance

Lawn Mowing

Personal Care

Minor Home Modifications

Delivered Meals

Social Support

Community Transport

In Home Respite

Home Nursing

Allied Health

To be Eligible:

A phone call to My Aged Care is required on **1800 200 422** or visit the website: **www.myagedcare.gov.au**

This will register you for a home support assessment from a Timboon & District Healthcare Service regional assessment officer.



You will be contacted by phone to arrange a home visit. The officer will complete an assessment that will provide a holistic approach to your health and wellbeing.

Information will be provided about the services including applicable fees and charges. A support plan will then be developed including an occupational health and safety assessment.

From there referrals will be made to your provider of choice.

Staff Profile

Katrina Boyd Community Care Worker / Activities Assistant with the Social Support Group



What inspires you about your work?

Definitely the clients I work with every day. They all have so many stories to tell coming from varied backgrounds within our community. They all have so much to give. I love coming to work.

Tell us about your role?

Within my Community Care Worker role I have the privilege to be welcomed into the homes of mostly aging clients where I assist them with the tasks of daily living, enabling them to remain at home and be more independent. My Activities Assistant role is thoroughly enjoyable. I have so much fun, it doesn't feel like work. Being client-focused is so important and planning activities with the client is very satisfying. Overall both of my roles are very rewarding.

What was the attraction of coming to TDHS?

The role was advertised, it was not something that I had previously done so the challenge of something new was the lure. I'm glad that I took up the challenge.

Tell us a bit about yourself?

I am a dairy farmer from Pomorie North. When I am not working for TDHS I rear calves and help out around the farm. I have four children and have recently experienced the joy of becoming a grandmother. I also enjoy gardening, knitting and travel.

Help start conversations every day

R U OK? Day – September 13, 2018

Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert - just a good friend and a great listener. So, if you notice someone who might be struggling - start a conversation.

Conversations need to happen every day. Encourage more people to ask R U OK? People in your school, workplace or community.

R U OK? Rural & Remote Mateship Manual

There are a lot of good things about living and working outside Australia's bigger towns and cities, but it also has its unique challenges. Fewer services, natural disasters, isolation and loneliness are just a few of the things that can be harder to deal with in rural communities. There can also be a 'toughen up' culture where it's not always easy to talk about the things that keep us awake at night, or give us the confidence to ask a mate if everything is ok.

If someone you know – a family member, mate, neighbour or workmate - is doing it tough, chances are they won't always tell you. Sometimes it's up to us to trust our gut instinct and ask someone who may be struggling with life "are you ok?". By asking and listening, we can help our mates and loved ones feel more supported and connected long before they even think about suicide. It's something we can all do by following a few simple steps.

R U OK? is pleased to provide the R U OK? Mateship Manual free of charge and can offer up to three **free** physical copies when you fill in the online form. To order a greater quantity; visit <https://www.ruok.org.au/every-day-resources>

And it's OK to say you're not

Affected by the Dairy Industry Downturn?

Your dairy community support worker can:

- Maintain confidentiality
- Provide counselling and support
- Provide Parenting and Relationship support
- Assist in obtaining grants
- 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



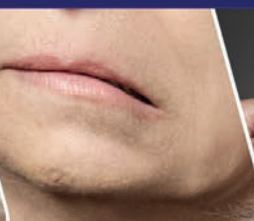
Recognise STROKE Think F.A.S.T.



F
Has their
FACE
drooped?



A
Can they lift both
ARMS?



S
Is their
SPEECH
slurred and do they
understand you?



T
Call 000,
TIME
is critical



If you see any of
these symptoms
Act FAST
call 000

Defibrillator Awareness Month

Cardiac arrest claims more than 27,000 Australian lives annually. Without defibrillation a victim's chance of survival decreases by 10% every minute.

October is the official month for Defibrillator Awareness, also known as Shoctober. In the event of cardiac arrest, a defibrillator on hand can mean the difference between life and death. Cardiac arrest has a survival rate of less than 5% and is one of the leading causes of death in Australia. Defibrillator Awareness Month is an excellent time to understand the difference between a heart attack and sudden cardiac arrest. The two terms are often used interchangeably, however they are very different.

A heart attack occurs when an artery becomes blocked preventing blood from reaching a section of the heart, which will then begin to die. Unlike a heart attack sudden cardiac arrest is triggered by an electrical malfunction in the heart, which causes the heart to stop. With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs. Within seconds a person will lose consciousness and if the victim does not receive treatment, death can occur within minutes. The time-sensitive nature of a sudden cardiac arrest highlights just how important having a defibrillator close by can be. The chance of surviving a sudden cardiac arrest increases from 5% up to 70% when CPR is combined with defibrillation. Defibrillators are easy to use, maintain and will only administer a shock when it is needed - they will never shock someone who does not need it.

Shoctober is Defibrillator Awareness Month



An AED could save a life



Cardiac arrest claims more than 27,000 Australian lives annually
Without defibrillation a victim's chance of survival decreases by 10% every minute.

FREE Community Training in Port Campbell
AEDs are designed to be simple to use by the general public.

You do not need to be a health professional!

- Do you know where the nearest AED is located in Timboon & Port Campbell?
- Is your AED registered?
- Who checks your AED?



Port Campbell: Wed 24 October - Arts Space 7.30pm

To register for this training please phone **5558 6000**

Enabling optimum health & wellness for our communities

Gut Health & Fermented Foods

Venue: **Health Education Room**

Date & Time: **Tuesday 16th October 2018, 10.00am**

Cost: **\$10** Enquiries: **5558 6043** Nibbles provided

RSVP: (Bookings Essential): **5558 6000** or **5558 6043**

Presented by **Diana D'Auria** (Dietitian & Food Enthusiast)

This presentation is for you if you:

- Have gut-related issues or food intolerances
- Suffer with anxiety/depression
- Have diabetes or any other chronic disease
- Just happen to be curious about this topic
- Want to know more about fermented foods

Topics include:

- The microbiome
- The gut/brain connection
- How gut health is linked to disease & immunity
- How what we eat directly influences our microbiome
- Fermented foods – a practical demonstration of sauerkraut, water & milk kefir



Enabling optimum health & wellness for our communities

Supermarket Tour

Held at: **Ritchies IGA, 27 Main Street, Timboon**

Date & Time: **Monday 15th October 2018, 10.00am**

Cost: **FREE** Enquiries: **5558 6043**

RSVP (Bookings Essential): 5558 6000 or 5558 6043

Presented by **Diana our Accredited Practicing Dietitian**

This session is for you if you are wanting:

- To eat better
- General health advice
- To improve your blood sugar levels or diabetes
- To improve your blood pressure and cholesterol
- To choose better options for your family
- To make reading food labels easy

Friendly, Fun & FREE!



Interpreting food labels on top of our already busy schedules and food shopping can be overwhelming. Let our Supermarket Tour take the confusion away and give you the skills and knowledge to make more informed food choices. The Supermarket Tour will help to make better sense of nutrition labels, ingredient lists and nutrition health claims. As a result, you will be able to achieve your dietary goals.



Celebrating National Nutrition Week!

October is Walk to School month

Walk to School is a fun and easy way for Victorian primary school kids to build healthy habits for life. It runs from the **8th of October through to 2nd November.**

Every year, VicHealth's Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day. It also encourages primary schools, local councils and communities to make active travel easy, safe and accessible.

Last year, 759 primary schools across Victoria took part in Walk to School, with 140,303 primary school kids walking more than 1.6 million kilometres during October, the equivalent of walking two return trips to the moon.

We want to encourage all Victorian primary school kid's and their families to get involved with Walk to School 2018 by visiting the Walk to School website.

Timboon & District Healthcare Service supports our local primary schools during October in becoming more active.

A healthy breakfast is also provided to celebrate Walk to School. The healthy habits learnt during this promotion, will hopefully be taken home and become part of the student's day not only for the month of October but every day.

A healthy habit for life!



My Health Record is an online summary of your key health information

When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

Whether you're visiting a GP for a check-up, or in an emergency room following an accident and are unable to talk, healthcare providers involved in your care can access important health information, such as:

- allergies
- medicines you are taking
- medical conditions you have been diagnosed with
- pathology test results like blood tests.

This can help you get the right treatment. You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time. This year, you will get a My Health Record unless you opt out. If you don't want a My Health Record, complete the online process by **15 October 2018**. You will need your Medicare card and driver licence (or other identification) to complete the opt-out process.

Visit: www.myhealthrecord.gov.au for more information.



My Health Record



**WOMEN'S
HEALTH WEEK**
3-7 September 2018

Jean Hailes Women's Health Week is a week dedicated to all women across Australia. It's a week to focus on your health, learn more and take action.

When it comes to health, many women are excellent at caring for others but they often put themselves last. This year's campaign and new look website features real women, led by one of Jean Hailes' Ambassadors, Shelley Ware. Each of the women have their own unique journey but are united in the same message that 'It's time to put yourself first'.

Take part in this FREE online event with a host of women's health experts and celebrity ambassadors.

Each day discover different articles, videos, podcasts, recipes, tools and more.

Sign up today - it's free

and find out more about the week on

womenshealthweek.com.au



Well Women's Clinic

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



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 3 & 24 Sept, 15 Oct & 12 Nov

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

No doctor's referral required

International Day for the Elimination of
Violence Against Women

25 November

Fish Tacos

Serves 4

INGREDIENTS:

2 x 150g white fish fillets such as snapper or barramundi
Juice of 2 limes
1 ½ teaspoons ground cumin
2 tablespoons extra virgin olive oil
2 Lebanese cucumbers, halved, seeds scraped out
1 red chilli, deseeded and finely chopped
¼ bunch coriander, leaves picked
3 spring onions, finely sliced
1 punnet cherry tomatoes, halved
1 avocado
4 wholemeal tortillas

METHOD:

In a shallow bowl or plate combine fish with juice of 1 lime, cumin and 1 tablespoon olive oil. Allow to marinate for 15 minutes. Combine cucumber, chilli, coriander, spring onions, cherry tomatoes, ½ tablespoon of olive oil and juice of half a lime. Preheat a non-stick frying pan over high heat. Add fish and cook for 2-3 minutes each side or until just cooked. Meanwhile, halve the avocado and remove the seed. Scrape out the flesh into a small food processor. Add remaining ½ tablespoon olive oil and juice of half a lime and blend to combine. Alternatively, mash avocado with a fork. Remove fish from pan, flake with a fork or tongs. Warm tortillas if desired. Spread with guacamole, top with flaked fish and salsa. Serve immediately.

"The key to healthy home cooking is being prepared. Plan meals for the week, make a shopping list and you're ready to go".



October is Sleep Awareness Month

Improve your sleeping environment

Good sleep is more likely if your bedroom feels restful and comfortable.

Suggestions include:

- Invest in a mattress that is neither too hard nor too soft.
- Make sure the room is at the right temperature.
- Ensure the room is dark enough.
- If you can't control noise (such as barking dogs or loud neighbours), buy a pair of earplugs.
- Use your bedroom only for sleeping and intimacy. If you treat your bed like a second lounge room – for watching television or talking to friends on the phone, for example – your mind will associate your bedroom with activity.

Relax your mind

Insomnia is often caused by worrying.

Suggestions include:

If you are a chronic bedtime worrier, try scheduling a half hour of 'worry time' well before bed. Once you retire, remind yourself that you've already done your worrying for the day.

Try relaxation exercises. You could consciously relax every part of your body, starting with your toes and working up to your scalp. Or you could think of a restful scene, concentrate on the rhythmic rise and fall of your breathing, or focus on a mantra (repeating a word or phrase constantly).

for further information: <https://www.sleephealthfoundation.org.au/>

WHAT HAPPENS WHEN YOU DON'T SLEEP



Great Ocean Road Walk

FREE EVENT
Registrations Essential

19 November 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

EAT WELL MOVE WELL BE WELL

a walk in the park

WALK TALL FOR TEN

SUNDAY 16 SEPTEMBER
Timboon Football Club Rec Reserve
TIMBOON

CHOICES4CHANGE

Timboon update

We were so pleased with the attendance at our recent workshop in Timboon with 20 people attending.

We had a number of new actions suggested that will be worked on by local members of the community.

If you missed the workshop, but would still like to be involved, please get in contact with us using the details below.

The more people out in the community working towards making the healthy choice the easy choice, the greater the impact we will have.

Next we will be pulling together all of the great actions from all four workshops. Once we have done this, we will be in touch with the next steps.

Stay tuned!

Laura Stevenson

Project Officer

0466 005 801

laura.stevenson@swh.net.au

Show your support and take A Walk in the Park

A Walk in the Park is the one day in the year where you can help improve the lives of people with Parkinson's.

The 1km walk takes off at 11.00am.

Registration opens at 10.30am.

\$10 Entry includes food.

Every dollar raised through A Walk in the Park supports Parkinsons Victoria to improve the quality of life for people with Parkinson's.

CONTACT: PAM ROBB 0427 983 637

parkinson's
VICTORIA

UPCOMING EVENTS THIS QUARTER

September 2018

3. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy, Women's Health Week, Stroke Awareness Week
4. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
5. Cobden SSG, Women's Health Night, Friendlies
6. Timboon SSG, Occupational therapy, Men's Shed, Speech Pathology
7. Timboon Care Respite SSG, Speech Pathology
8. World Physiotherapy Day
10. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy
11. Men's Shed, Cobden SSG, Dietitian, Physiotherapy
12. Cobden SSG, Friendlies
13. R U OK Day?, Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
14. Timboon Care Respite SSG
16. Parkinson's Walk
17. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy
18. Men's Shed, Cobden SSG, Public Podiatry
19. Cobden SSG, Friendlies,
20. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
21. Timboon Care Respite SSG, Speech Pathology
24. Sleep Awareness Week, Cobden Well Women's Clinic, Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy
25. Men's Shed, Cobden SSG, Dietitian,
26. Cobden SSG
27. Men's Shed, Timboon SSG, Occupational therapy
28. **Public Holiday**

October 2018

1. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
2. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
3. Cobden SSG
4. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
5. Timboon Care Respite SSG, Speech Pathology
8. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
9. Men's Shed, Cobden SSG, Dietitian, Continence Clinic
10. Cobden SSG, Friendlies
11. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
12. Timboon Care Respite SSG
15. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Well Women's Clinic
16. Men's Shed, Cobden SSG, Dietitian
17. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
18. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
19. Timboon Care Respite SSG, Speech Pathology
22. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
23. Men's Shed, Cobden SSG, Dietitian
24. Cobden SSG, Friendlies, Dietitian
25. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
26. Timboon Care Respite SSG
29. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
30. Men's Shed / Cobden SSG, Continence Clinic
31. Cobden SSG

November 2018

November – Men's Health, Epilepsy Awareness Month

1. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
2. Timboon Care Respite SSG, Speech Pathology
5. Walking Group, Swimming Car, Bounce Back with Babes, Dietitian, Speech Pathology
6. **Public Holiday** – Melbourne Cup
7. Cobden SSG
8. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
12. Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic – Cobden, Dietitian, Speech Pathology
13. Men's Shed, Cobden SSG, Dietitian, Continence Clinic,
14. World Diabetes Day, Cobden SSG, Friendlies
15. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
16. Timboon Care Respite SSG
19. Walking Group, Swimming Car, Bounce Back with Babes, Dietitian, Speech Pathology
20. Men's Shed, Cobden SSG, Dietitian
21. Cobden SSG
22. Men's Shed, Timboon SSG, Continence Clinic, Occupational therapy, Speech Pathology
23. Timboon Care Respite SSG, Speech Pathology, Dietitian
25. White Ribbon Day
26. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
27. Men's Shed, Cobden SSG
28. Cobden SSG
29. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
30. Timboon Care Respite SSG, Speech Pathology

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**

