

Timboon & District Healthcare Quarterly



◆ Bushfire Tips ◆ Ovarian Cancer Month ◆ Hearing Awareness Week

SUMMER 2018/19



Annual General Meeting 15 November 2018

Timboon and District Healthcare Service's (TDHS) Annual General Meeting (AGM) was held on 15 November and we were thrilled to see so many attend. We had over 50 attendees with representation from local community members, other healthcare services, emergency services and the Department of Health and Human Services among others.

Operational, financial and clinical highlights and achievements of our Annual Report were presented at the AGM and our Chief Executive Officer, Gerry Sheehan, commenced proceedings by welcoming those present. He noted that our Annual Report shows how committed TDHS is in providing services enabling optimum health and wellness for our communities and how committed we are to continue this for the next 15 to 20 years.

The Board Chair report, presented by Maryanne Puli Vogels, highlighted the range of TDHS services, our major achievements during 2017/2018 and the plans for the year ahead. She also thanked everybody involved with the healthcare service for their commitment to TDHS, including staff and volunteers.

Gerry Keely, Clinical Governance, Quality and Credentialing Committee Chair, followed with a presentation about how important Clinical Governance is to ensure quality patient care within TDHS and highlighted some of our clinical achievements in 2017/2018, including passing our 2018 – 2021 accreditation on all 10 Healthcare Standards, some even with merit.

Our Audit Committee Chair, Josh McKenzie, reviewed our 2017/2018 financials and emphasised that TDHS delivered a balanced budget again this year. He also thanked our generous community, who so far have donated over \$18,000 to our 2018 Annual Appeal, which means we can purchase two Emergency trolleys for our Urgent Care Centre.

Donna Ellis, Chair of our Community Advisory Committee, emphasised the importance of local community participation within our healthcare service and the need for more members to join.

TDHS values their staff and acknowledged 2017/2018 long service recipients: Kristen Hain (10 years), Karen Kennett (10 years), Vickie Stevens (15 years) and Amanda Nash (35 years). Due to other commitments Kristen, Karen and Vickie were unable to attend.

AGM Guest Speaker – Stephen Griffin

Our guest speaker this year was Stephen Griffin, Chief Executive Officer of the Victorian State Emergency Services (SES). His presentation focussed on the role SES plays when disasters occur and the importance of having volunteers, which further highlighted the value of community and volunteering. The fact that Gerry and Stephen are long-time friends provided some very entertaining anecdotes and questions.

At the meeting copies of our Annual Report 2017/2018 and our 2019 Quality of Account calendar were handed out. Copies of both publications are now available at the TDHS front reception desk.





BOARD CHAIR/ CEO REPORT

Gerry Sheehan & Maryanne Puli Vogels



We only have three weeks left of 2018 and it has been a full agenda for the Board and the staff. The Board has completed the first

phase of the strategy for the next 5 years and will be getting together again on the 17th December to further define the services we need to provide our community. Once we complete this and approvals have been received from the Department of Health, our executives will start to develop the operational plans.

The timing is perfect as we look to welcome our new Director of Clinical Services, Bek Van Wollingen and Chief Operating Officer, Sharon Rees to help us implement the services that are clearly needed by our community as we lead TDHS into this new phase. We are delighted that our two new executives live within the local area and are totally committed to the sustainability of our Multi-Purpose Service. We would like to acknowledge and thank Graeme McDonald who continues to act as General Manager Corporate Services and Michelle Selten who is stepping in as interim Director of Clinical Services with Heather Power stepping up into the Nursing Unit Manager role. It is great that our staff have the opportunity to move into these roles and keep everything on track for TDHS. Thank you.

As a community member who uses TDHS for a number of services, Maryanne feels so thankful for the wonderful and caring people at TDHS – the staff, volunteers and Board – we are truly fortunate.

On 15th November we held our Annual General meeting. We had around 50 people attend to hear our review of the 2017/18 financial year. Presentations were heard from Gerry Keely on our clinical governance, Josh McKenzie on our finance and audit and Maryanne Puli Vogels as Board Chair. Gerry Sheehan gave an overview of our health systems policy environment and how we relate to our regional health services to provide highest quality and safety. Our guest speaker Stephen Griffin, CEO of the Victorian State Emergency Service gave an inside view of how our State Emergency Service functions and answered questions from the audience.

At the meeting we released our annual Quality of Care report in the form of a calendar for 2019. This is always well received and provides evidence of our achievements, standards and local news stories of how TDHS helps and supports people in the community and maintains high levels of quality and safety.

Board appointments will take up most of our time over the next couple of months but we are pleased to say that we have some great mix of local candidates who have expressed an interest in joining us and we look forward to meeting them all.

On behalf of the Board and Executive staff we want to thank everyone for all their great efforts over the last 12 months and wish you all a safe and happy Christmas. We look forward to a successful 2019.



Our generous community Our donors

Fundraising for Timboon and District Healthcare Service (TDHS) continues to attract significant community support and this quarter has been no exception. Generous benefactors have done so much to help develop TDHS over many years remaining an inspiration to us all and we extend a very sincere and warm thank you for the continued support from individuals, local groups, and organisations like Lochard Energy and local contractors, who presented TDHS with a very generous cheque of \$26,000 raised from safe days during their recent plant shutdown.

All community donations and fundraisers are extremely important for enabling TDHS to procure vital equipment and infrastructure that enables us to sustain high quality service provision and optimum health and wellness for our communities. Our Annual Appeal 2018 has raised over \$18,000 which enables us to purchase two emergency trolleys for our Urgent Care Centre.

VISION AUSTRALIA CALENDARS

Vision Australia Calendars are now available.

To purchase visit the website:

<https://www.visionaustralia.org/community/news/2019-large-print-calendar-diary-on-sale>

Large and Extra Large are available at \$15 per calendar.



Volunteer profile

Sue Lyons

– Community Driver



Sue was born in Port Fairy but has spent the last 60 years in Cobden. She attended Cobden Primary School, then Camperdown High School followed by a short stint in Melbourne studying at Stotts Business College. She is married with three children, and is the proud grandmother of seven grandchildren, whom she takes great delight in supporting in their many sporting pursuits.

Sue has previously been a Home Care worker for the Shire of Heytesbury and in more recent years TDHS. Not long after retiring Sue was approached regarding the possibility of volunteering as a community driver. At first she was a little reluctant but thought she would give it a go as she had nothing to lose.

When asked 'What do you like about volunteering?' Sue was quick to reply – 'I just love it. I have learnt so much from my clients. They are so interesting. Many have been past Home Care clients, so it was easy to pick up where I left off after I retired. The clients also gain in some cases, with much needed social interaction from the driver'.

Sue's interests revolve around her grandchildren; she also maintains a relationship with some of her past clients and visits patients in Heytesbury Lodge regularly. She also enjoys cooking and gardening in her spare time. There are also some future plans to travel with her husband.

Sue would like to encourage others to take up the challenge of volunteering at TDHS.

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

Hearing Awareness Week

Hearing impairment, or deafness, is when your hearing is affected by a condition or injury. Some people are born with a hearing loss while others may develop it as they get older.

Most commonly, hearing loss happens with age or is caused by loud noises.

One in six Australians is hearing impaired, deaf or has an ear disorder. Damage to your hearing is often a gradual process - the effects of noise exposure are permanent.

What is excessive noise?: When you must raise your voice to be able to speak to someone at an arm's length.

Some early warning signs: you can hear but not understand; you find it hard to hear in noisy situations or groups of people; you think people mumble; you need to turn the TV up louder than others or, you don't always hear the doorbell or the phone.

Types of hearing loss

There are three main types of hearing loss:

- conductive hearing loss – where sounds are unable to pass from your outer ear to your inner ear, often as the result of a blockage such as earwax, glue ear or a build-up of fluid due to an ear infection, a perforated ear drum or a disorder of the hearing bones
- sensorineural hearing loss – the sensitive hair cells either inside the cochlea or the auditory nerve are damaged, either naturally through ageing, or as a result of injury
- mixed hearing loss – it is possible to get both types of hearing loss at the same time

Levels of hearing loss

The level of hearing loss can be defined as mild, moderate, severe or profound. The level of hearing loss in an individual is determined by performing a hearing test to discover the quietest sound the person can hear.

Some ear problems may not necessarily cause hearing loss, such as tinnitus, which is the sensation of a ringing or buzzing sound in the ear.

How can I check if I have a hearing problem?

If you think that you or your child may have hearing problems, see your GP. They will check your ear for any problems, such as earwax or a perforated eardrum. Your GP may refer you to an audiologist (hearing specialist) or an ENT surgeon for further tests. Hearing tests are routinely carried out on newborn babies within the first few weeks to try and identify any hearing problems.

For more information visit: <https://www.deafnessforum.org.au/>



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

Affected by the Dairy Industry Downturn?

Your dairy community support worker can:

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



Staff Profile



Tell us about your role?

My position here at TDHS will be to provide leadership and support for the Quality and Clinical Health Governance Program in conjunction with the Executive Leadership team. With the aim of driving a culture of continuous quality improvement across the organisation the focus of my role will be:

- To prepare TDHS for accreditation activities
- Quality monitoring and Clinical Risk Management

- Maintain audit databases, reporting systems and processes
- Initiate strategies to minimise identified areas of clinical risk
- Maintain TDHS' compliance with relevant regulatory and statutory bodies
- To Audit, collect data, and develop performance indicators
- Quality reports and outcomes
- Management of complaints and feedback and the reporting of the same in RiskMan
- Management of Consumer participation
- To provide leadership in the evaluation of and implementation of clinical practice improvement projects and strategies
- The management of SOLLE Learning Management System, education of employees in the use of RiskMan
- The management/coordination of TDHS' mandatory training program

EMMA HAY

Quality and Education Manager

What was the attraction about coming to TDHS?

I wanted to build on my quality experience within a smaller organisation in a rural setting. All of my previous experience has been in large acute care facilities within the metropolitan area with a focus on service redevelopment, design of risk management systems and implementation of audit tools for healthcare.

Tell us a little bit about yourself.

Originally I was born in Devonport, Tasmania but lived most of my life until my late 20's in Perth, Western Australia. From there I moved to Victoria to be with my husband and it is in Geelong that we married, settled and raised our son. I play the piano, enjoy travelling, camping, cooking and entertaining. I am a little different in that I like to be early to see a movie.... I don't like missing the previews!. I guess you could say that overall, punctuality is important to me! I love chocolate, cheese, wine and a good Netflix binge. My favourite all-time series is Seinfeld. Can never get sick of those re-runs.

YOUTH MENTAL HEALTH FIRST AID COURSE

Learn skills and gain confidence to assist young people experiencing mental health problems.

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

When: Monday 11th and Monday 18th February, 2019

Where: Timboon & District Healthcare Service, 21 Hospital Road, Timboon

Cost: FREE

If you're interested in attending this course, please use contact details below to enrol.

Hurry limited spots available!

RSVP to Nikita Wheaton via email; nikita@realisticwellbeing.com.au or phone; **0422 089 435**

Realistic
WELLBEING



Mango Salad with Toasted Almonds & Sweet Chilli Dressing

Ingredients

1/3 cup slivered almonds
1 tablespoon extra-virgin olive oil, for cooking
2 bunches broccolini, sliced diagonally
2 cucumbers, sliced into ribbons
1 teaspoon chilli flakes
4 cups baby spinach leaves
2 large mangoes, cubed
2 large, ripe avocados
1/2 red onion, sliced
1/2 cup extra virgin olive oil
1/4 cup sweet chilli sauce
1/4 cup of lemon juice (ie. Juice of 1 lemon)
Pinch of salt

Instructions

Heat large fry pan to med-high and toast almonds for 2-3 minutes, or until brown. Remove almonds and return pan to heat. Add 1 tablespoon of extra virgin olive oil to the pan. Once hot, add broccolini, salt and chilli flakes. Sauté for 5 minutes, or until cooked. In a large salad platter/bowl, layer the ingredients starting with the spinach, broccolini, cucumber, red onion, avocado and mango. Mix up the dressing (oil, sweet chilli sauce, lemon juice & salt). Add the almonds and dress the salad just before serving for the best result.

Details

Prep time: 10 mins, Cook time: 10 mins, Total time: 20 mins



February is Ovarian Cancer Awareness Month

It is encouraged for women to Know, Ask and Act:

KNOW the signs and symptoms of ovarian cancer

Every woman needs to know the symptoms of ovarian cancer. Make sure you do.

It can be difficult to diagnose ovarian cancer because the symptoms are ones that many women will have from time to time, and they are often symptoms of less serious and more common health problems. But we do know that ovarian cancer is NOT a silent disease.

Women who are diagnosed with ovarian cancer report four types of symptoms most frequently:

- Abdominal or pelvic pain.
- Increased abdominal size or persistent abdominal bloating.
- Needing to urinate often or urgently.
- Feeling full after eating a small amount.

ASK for help if you have symptoms or ask others if they know the symptoms of ovarian cancer

If you have any of these symptoms, they are new for you and you have experienced them multiple times during a 4-week period, go to your GP. To help track these symptoms, download our Symptom diary now. Ovarian Cancer Australia's Symptom Diary helps you to monitor your symptoms. You can then take the completed diary to your doctor to assist with diagnosis.

Other symptoms to be aware of:

The Symptom diary will also help you to track any other symptoms that are not usual for you. These may include:

- Changes in your bowel habits.
- Unexplained weight gain or weight loss.
- Bleeding in-between periods or after menopause.
- Back pain.
- Indigestion or nausea.
- Excessive fatigue.
- Pain during intercourse.

BE AWARE — but don't make yourself sick with worry

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 11th February

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

No doctor's referral required



OvarianCancerAustralia
www.ovariancancer.net.au

Every woman needs to know the symptoms of ovarian cancer.

Make sure you do.

It is important to remember that most women with these symptoms will not have ovarian cancer. Your doctor should first rule out more common causes of these symptoms, but if there is no clear reason for your symptoms, your doctor needs to consider the possibility of ovarian cancer.

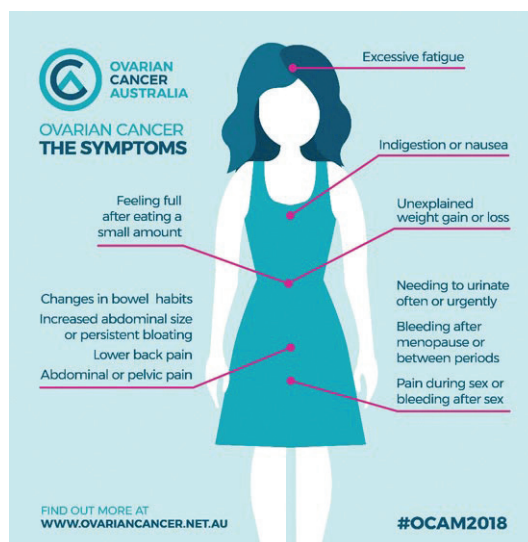
If you are not comfortable with your doctor's diagnosis or you are still concerned about unexplained persistent symptoms, you should seek a second opinion.

You know your body better than anyone else, so always listen to what your body is saying and trust your instincts.

ACT by hosting an Afternoon Teal or donating so we can continue to support women with ovarian cancer.

To help raise awareness of ovarian cancer this Awareness Month we will host a variety of activities.

For more information please go to:
<https://ovariancancer.net.au/>



The Pap test has changed – more accurate, less often - Women need to have the new test to gain entry into the five year regime.

ARE YOU UP TO DATE?

In 2017, the National Cervical Screening Program changed for Australian women. Since 1 December 2017, the Pap test has been replaced by a Cervical Screening Test.

90% of women die from cervical cancer have not had regular cervical screening. Early detection by having a Cervical Screening Test is the best form of cervical cancer prevention.

Almost 45% of Australian women aren't up-to-date with their cervical screening – a simple test that could save your life.

The Australian Cervical Cancer Foundation (ACCF), want to reduce the number of Australian women who don't screen regularly. All you need to do is register with www.accf.org.au to get your personal SMS reminder in the month you nominate so you can keep up to date with your cervical screening.

Make an appointment today at TDHS Well Women's Health Clinic for the new Cervical Screening Test.
Phone: **5558 6000**.

For more information: visit - cancerscreening.gov.au/cervical or call **13 15 56**

LOOKING AFTER YOURSELF AT CHRISTMAS

Christmas is typically one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness can all combine to undermine our best intentions.

Some practical suggestions can help you reduce your 'Christmas stress'.

Budgeting for Christmas

For many of us, the Christmas aftermath includes massive credit card bills that can take months to clear. Christmas doesn't have to be a financial headache if you plan ahead.

Stress reduction strategies include:

- ◆ As early as you can in the New Year, work out a rough budget of expected Christmas costs. Don't forget 'hidden' expenses such as food bills and overseas telephone charges.
- ◆ If your nest egg isn't enough to cover your estimated expenses, perhaps you may need to refigure your Christmas budget to a more realistic amount.

Presents

If you have a large circle of extended family or friends to buy gifts for, it can be very costly. You might be able to reduce the stress and cost of Christmas for everyone if you suggest a change in the way your family and friends give presents.

For example, you could suggest that your group:

- ◆ Buy presents only for the children.
- ◆ Have a Kris Kringle, where everyone draws a name out of a hat and buys a present only for that person.
- ◆ Set a limit on the cost of presents.

Christmas shopping

According to a recent study by Roy Morgan Research, around 60 per cent of Australians dislike Christmas shopping, just 20 per cent plan their shopping expeditions, and the majority of us (nearly 75 per cent) often come home without a single purchase for our efforts.

Stress reduction strategies for successful Christmas shopping include:

- ◆ Make a list of all the gifts you wish to buy before you go shopping. If you wait for inspiration to strike, you could be wandering aimlessly around the shopping centre for hours.
- ◆ Buy a few extras, such as chocolates, just in case you forget somebody or you have unexpected guests bearing gifts.
- ◆ If possible, do your Christmas shopping early - in the first week of December or even in November. Some well-organised people do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.
- ◆ Buy your gifts by mail catalogue or over the Internet. Some companies will also gift-wrap and post your presents for a small additional fee.

The Christmas lunch (or dinner)

Stress reduction strategies include:

- ◆ If you are cooking lunch at home, delegate tasks. You don't need to do everything yourself.
- ◆ Consider keeping it simple - for instance, you could always arrange for a 'buffet' lunch, where everybody brings a platter.
- ◆ Buy as many non-perishable food items as you can in advance - supermarkets on Christmas Eve are generally extremely busy.
- ◆ You may need to order particular food items (such as turkeys) from your supermarket by a certain date.

Relationships

Stress, anxiety and depression are common during the festive season. If nothing else, reassure yourself that these feelings are normal.

Stress reduction strategies include:

- ◆ Don't expect miracles. If you and certain family members bicker all year long, you can be sure there'll be tension at Christmas lunch.
- ◆ Avoid known triggers. For example, if politics is a touchy subject in your family, don't talk about it.
- ◆ Use relaxation techniques, such as deep breathing or focusing on your breath, to cope with anxiety or tension.
- ◆ Family members involved in after-lunch activities (such as cricket on the back lawn) are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- ◆ People under stress tend to 'self-medicate' with alcohol, cigarettes and other drugs. Try to remember that drugs can't solve problems or alleviate stress in the long term.

General health and wellbeing

Some other ways to keep your stress levels down include:

- ◆ Try to be moderate - it may be the season to be jolly, but too much food and alcohol is harmful, and drink driving is a real danger and illegal. If you can't (or don't want to) step off the social merry-go-round, at least try to eat and drink in moderation.
- ◆ Get enough sleep - plan for as many early nights as you can.
- ◆ Keep moving - keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.

You can get help from:

- ◆ Your doctor
- ◆ Financial planner
- ◆ Your local community health centre.

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 **31 January 2019**.

You will need your Medicare card and driver licence (or other identification) to complete the opt-out process. Visit: <http://myhealthrecord.gov.au> for more information.



My Health Record

Bushfire, Extreme Heat and Heatwaves

With Summer now here, TDHS would like to encourage everyone in our community to stay safe and look out for others in respect to potential fires, extreme heat and heatwaves over the coming months.

Bushfire - What to Consider:

Your Bushfire Risk

- Are you in a high-risk bushfire area (near bush, coastal scrub)?
- Know the layout of your town, including key roads to leave by
- Know when it is a Code Red Day and what to do

Your Trigger to Act

- Know the Fire Danger Rating at your location
- The Fire Danger Rating is your 'trigger' to act
- The higher the rating the more dangerous the situation if a fire starts

WHAT TO DO

Leave Early

- When the Fire Danger Rating is Code Red, leaving early is always the safest option
- 'Leave early' destinations could include homes of families and friends who live outside the risk area, a nearby town or built-up area

For more information visit:

http://cfaonline.cfa.vic.gov.au/mycfa/Show?pagelid=publicDisplayDoc&fname=2017/CIG-BSW-Timboon-5_00_4857.pdf

Well Prepared

If leaving the high-risk area is no longer an option, there may be options close to where you are that could protect you.

These include:

- A well prepared home that you can actively defend on Severe & Extreme Fire Danger Rating days only
- Private Bushfire Shelter (bunker) that meets current regulations - **not available in Timboon**

Place of last resort

Should your Bushfire Survival Plan fail and you have nowhere else to go. Go to your designated Neighbourhood Safe Place: **Timboon & District Hall, 53 Bailey St, Timboon 3268**

All Victorian Healthcare Services including TDHS are not designated Neighbourhood Safe Places as per directive from the Department of Health & Human Services.

Insurance

Without insurance, it could take you years to get back on your feet. To find out more visit <http://www.insureit.vic.gov.au/>

Heat Health Alerts

Victoria has experienced a number of heatwaves over the years, and with the effects of climate change we are likely to experience extreme heat with greater frequency and intensity in the years ahead. Extreme heat can affect anyone but certain people are more at risk than others; people who are 65 years old or older, those who have medical conditions, and people taking certain medications are particularly vulnerable.

During days of extreme heat or heatwave*:

Look after yourself

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).

Look after others

- Keep in touch with sick or frail friends and family and check in on elderly neighbours. Call them at least once on any extreme heat day.
- Encourage them to drink plenty of water

The 2015-2016 Heat health Plan for Victoria outlines what extreme heat is, how it is monitored as well as information and education.

The Victorian Heat Health Plan can be found at:

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/heat-health-plan-for-victoria>

To register for heat health alerts: <https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat/heat-health-alerts>

* The Bureau of Meteorology's Heatwave service for Australia defines heatwave as 'three days or more of high maximum and minimum temperatures that are unusual for that location'.

If you feel unwell in the heat contact your GP or phone:

NURSE-ON-CALL on **1300 60 60 24**

For life-threatening emergencies dial **000**



Summer is here, and TDHS would like to remind our community to be SunSmart to reduce the burden of skin cancer in Victoria.

Australia has one of the highest rates of melanoma diagnoses in the world; two in three Australians will be diagnosed with skin cancer by the age of 70.

Protect yourself in 5 ways from the sun:

- Slip on Clothing
- Slop on sunscreen
- Slide on sunglasses
- Slap on a hat
- Seek shade

People at higher risk of skin cancer are those who:

- have already been diagnosed with skin cancer and/or have a family history of skin cancer
- have a large number of moles on their skin
- have a skin type that is easily damaged by UV radiation
- have a history of bad sunburns
- spend lots of time outdoors, unprotected
- suntan, use or have used solariums or sunlamps
- work outdoors

UV levels are rated on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher.

The UV level is affected by a number of factors including the time of day, time of year, cloud cover, altitude, how close you are to the equator, scattering and reflection.

Download SunSmart's free app that can tell you when sun protection is recommended for your location from the Bureau of Meteorology (BOM):

<http://www.sunsmart.com.au/>

Slip



Slop



Slap



Seek



Slide





UPCOMING EVENTS THIS QUARTER

December 2018

1. World Aids Day
3. Walking Group, Dietitian, Speech Pathology, People's Day of Disability
4. Cobden SSG, Men's Shed, Dietitian, Public Podiatry
5. Cobden SSG, Men's Shed, Dietitian
6. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
7. Speech Pathology, Timboon Care Respite SSG
10. Walking Group, Well Women's Clinic – Cobden, Dietitian, Speech pathology
11. Men's Shed, Cobden SSG, Dietitian, Continence Clinic
12. Cobden SSG, Friendlies - breakup, Men's Shed, Dietitian, National Wear Red Day – Heart Research
13. Timboon SSG, Occupational therapy, Speech Pathology
14. Timboon Care Respite SSG, Speech Pathology, World Diabetes's Day
17. Walking Group, Dietitian, Speech Pathology
18. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
19. Cobden & Timboon SSG – Christmas Break up, Men's Shed, Dietitian
20. Men's Shed, Occupational therapy, Speech Pathology
21. Speech Pathology, Last day of exercise program - 2018
25. **Christmas Day (Public Holiday)**
26. **Boxing Day (Public Holiday)**

January 2019

1. **New Year's Day (Public Holiday)**
3. Occupational therapy, Speech Pathology
4. Speech Pathology
7. Walking Group, Speech Pathology
8. Men's Shed, Continence Clinic
10. Men's Shed, Occupational therapy, Speech Pathology
11. Speech Pathology
14. Walking Group, Dietitian, Speech Pathology
15. Men's Shed, Cobden SSG Resumes, Dietitian, Public Podiatry
16. Cobden SSG
17. Men's Shed, Timboon SSG - Resumes, Occupational therapy, Speech Pathology
18. Timboon Care Respite SSG, Speech Pathology
21. Walking Group, Speech Pathology, Dietitian
22. Men's Shed, Cobden SSG, Dietitian
23. Men's Shed, Cobden SSG
24. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
25. Timboon Care Respite SSG, Speech Pathology
26. **Australia Day**
28. **Australia Day (Public Holiday)**
29. Men's Shed, Cobden SSG, Dietitian
30. Cobden SSG
31. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology

February 2019

– Ovarian Cancer Awareness Month

1. Timboon Care Respite SSG
4. Walking Group, Dietitian, Speech Pathology
5. Men's Shed, Dietitian
6. Cobden SSG
7. Men's Shed, Occupational therapy, Speech Pathology
8. Timboon Care Respite SSG
11. Walking Group, Dietitian, Speech Pathology
12. Men's Shed, Cobden SSG, Dietitian
13. Cobden SSG
14. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
15. Timboon Care Respite SSG, Speech Pathology
18. Walking Group, Speech Pathology, Dietitian
19. Men's Shed, Cobden SSG, Dietitian
20. Cobden SSG
21. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
22. Timboon Care Respite SSG, Speech Pathology
25. Walking Group, Speech Pathology, Dietitian, World Hearing Awareness Week
26. Men's Shed, Cobden SSG, Dietitian
27. Cobden SSG
28. Men's Shed, Timboon SSG, Occupational therapy, 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



FREE EVENT **Great Ocean Road Walk**
Monday 25th February 2019

Meet at the Timboon Senior Citizens Centre car park at 8.30am sharp, or outside the Princetown Post Office at 9.00am

Enquiries:
5558 6043 or 5558 6040
RSVP: essential for car pooling
5558 6043 or 5558 6000

Walking
Great Ocean Road Walk
Map showing route from Timboon to Princetown, including locations like Twelve Apostles, Gibson Steps, and Great Otway National Park.