

Timboon & District Healthcare Quarterly

◆ Heart Week ◆ National Palliative Care Week ◆ Coeliac Awareness Week

AUTUMN 2019



Dan Tehan MP drops by

During a recent visit to Timboon, Member for Wannon, Dan Tehan MP took the opportunity to meet with Timboon and District Healthcare Service (TDHS) Board representatives, staff and patients and to tour our facilities.

It was a great opportunity to discuss the work we are doing to meet community needs. Acting Director of Clinical Services, Michelle Selten facilitated the tour including the demonstration of our Telehealth system which now links patients to expert doctors online (when doctors are not on site) to diagnose symptoms and provide medical advice.

Mr Tehan was very impressed with the range of services we provide, the strategy we continue to implement and the engagement we have with the community we serve. He understood the challenges we face as a small Multi-Purpose Service and the need to attract more doctors to our service – an issue faced by other rural services.

“I was delighted to visit Timboon and meet with staff, community members and the board chair Maryanne Puli Vogels,” he said.

“TDHS is an outstanding example of a dynamic community hub that responds and provides services to the ever-changing health and well-being needs of its local community.

“I was also interested to hear about the provision of services for the growing number of tourists who visit the region and the Great Ocean Road region.”

The timing of the visit was opportune as the board continues its work to implement its Strategic Plan for the next 5 years.

New equipment to support our Procedure and Theatre services has arrived!



TDHS has taken a positive step to ensure we provide the best procedural services to our community. We have recently purchased state of the art equipment with the latest technology for our Endoscopy services.

Our visiting doctor, Dr Sony Sebastian, and our nursing staff have been looking forward to the new equipment arriving and the superior level of technology it provides. The new technology increases the ability to detect irregularities so that they can be treated early. Our staff have already received training and commenced use of the new equipment.

This has been a significant investment for the health service. The TDHS Board of Management, Executive Leadership Team and Theatre Staff are pleased to be able to continue to provide our community with a high-quality service.



Chair Report



With 2018 behind us and a new year ahead of us we all have the opportunity to take time to consider what's ahead. Some of this will be in our control and then there are things we cannot do anything about. Some things will happen which may change the course of our year. Whatever happens though, if it's health related, the people at Timboon and District Health Service (TDHS) are here for you – either at TDHS or in your home.

As a board we have much to do! Last year much time was spent considering the needs of our community and creating the Strategic Plan for the next 5 years. As part of this we have also created a robust Communications Plan which ensures that our community is aware of what our Multi-Purpose Service is doing to support community and individual needs. We will keep you updated on new initiatives we are launching and ongoing services tabled for different community groups – youth, women, men, parents, aged, children and more.

The Community Advisory Committee is also eagerly looking for new members from our community. This group represents you, ensuring there is engagement between the community and TDHS – participating positively to continuously improve all that we do.

It was great to see our Chair of the Community Advisory Committee, Donna Ellis being recognised in the Australia Day Awards as Citizen of the Year for the Corangamite Shire. Congratulations Donna! As you all know Donna works tirelessly in our community supporting many initiatives, including Park Run which she set up and continues to manage. Park Run too, which many of us are part of, was recognised during the ceremony.

Many of you will know Diana D'Auria through the work she has done as a Dietician and her wellbeing efforts for our community through TDHS. She has been involved in cooking classes, gut health, school programs, men's shed and more. Diana will be moving to Melbourne after 5 years with us at TDHS. I want to personally thank Diana for all she has done for the community and wish her every success.

As always please stop and say hello if you happen to see me in the community. I am always interested in your feedback and happy to help in any way.

Maryanne

From the CEO **Never take your own life – things will get better**

There has been much written and discussed about mental health over the last few years. Deciding the best pathway and advice to help us through this insidious and devastating illness that so many of us are touched by can be confusing and challenging.

I came across this article in the Geelong Advertiser in January written by Chris Mackey – a Clinical Psychologist. It provides perhaps the best advice I have seen written. Simple and personal. It is real, raw and relevant. I hope it has meaning for you as it did for me.

“Last year the suicide rate in Australia increased by 9%. Sorry to bring up such a down topic, but I assure you that things look up at the end. Because that's how it is with suicidal thoughts and struggling with impulses to end one's life. Resist suicidal thoughts at all costs, because things get better in the end. Do something else, anything else for the next few minutes, hour, day, week, month or longer. Just get by any way you can. Believe me – things will improve.

That's the case even if you are fully convinced things will never get better. I was acutely suicidal over several months during two episodes of depression in early adult life. By the second time I'd been working as a clinical psychologist for 10 years. Even though I'd seen first-hand how most people recover well from even the most severe depression, I thought I knew I'd never get better.

That's what depression does to you – it negatively colours your thinking. Everything gets painted black. You look back at your life and all you see is failures. You can only see your magnified shortcomings. You can't see any future. That's how it is. Depression tricks you. Severe anxiety and prolonged stress can trick you too if you can't see a way through. It distorts your thinking. You can't see how things could improve. But things inevitably do.

It also helps to recognise others' distress and to actively offer support. It's OK to ask people if they're OK – any day of the year.

Social support helps enormously.

But it firstly comes down to us as individuals if we're feeling overwhelmed. Let someone know. Draw on your supports. See a GP. Get help.

Most importantly, develop your own way of understanding that even when things seem to go from bad to worse and worse again, and it looks like they'll do so forever, there will be a turnaround, sooner or later. That's the most important thing to remember. That's what we mainly mean by resilience. Remind yourself that things will get better again. At least pretend to yourself that things will get better again. They will.

Two years ago I wrote about two people in my social sphere taking their lives – a young man and a middle-aged man. Last year it happened again. There was no obvious depression in either case. So it's not just depression that causes suicidal thoughts. It's any time that people get sucked in, for whatever reason, into thinking that things are terrible and won't get better.

People also have suicidal thoughts when they get sucked into thinking they can't stand their pain any more. I remember feeling that way after being hospitalized a second time with depression during months of hell. A timely call from an interstate friend helped disrupt my darkest thinking. I'm really glad I'm still around now. I haven't been depressed in nearly 30 years since.

People also have suicidal thoughts if they get sucked into the idea that others will be better off without them. That's virtually never the case. Others are almost certainly much worse off, and often for a very, very long time. I once felt compelled to tell a client that if someone commits suicide it can make two generations of their family worse off. I'm glad I did. He told me at our next session that my comment stopped him from following his plan to take his life that very afternoon. He's going fine now.

So find your own way of reminding yourself that things will get better. For example, are there previous times when you felt dreadful and couldn't see a way forward?

Did they improve sometime after that? If so, remember that. Then aim to make tomorrow just a little bit better than today, even in some small way. That's probably do-able.

Some people carry an extra burden. Perhaps you've had a lot of traumatic experiences. You might have suffered a massive recent loss. You might be struggling with your sexual or gender identity. You might have been raised in a family where you were made to feel shame for things that weren't your fault. You might think others have huge expectations of you that you'll never live up to. You might have a genetic susceptibility to a mental illness. Even so, never take your life. Things will get better.

Suicide is an ultimate act of avoidance. It's far better to find your own way, any way, of getting through things. When people take their lives, they are often in a dissociative state. They're not thinking straight. So it's really important to remind yourself ahead of time. Never forget it even if your frontal lobes aren't working properly. You need to tell yourself, in your own way, that things will improve. You don't even have to fully believe it. Just tell yourself. Then focus on anything else outside yourself. Because things will get better.”

If you are in need of help, please contact TDHS on 5558 6000, or your local GP.

For 24/7 crisis support or suicide prevention services, please call 13 11 14. If life is in danger, call 000.

Chris Mackey is a Fellow of the Australian Psychological Society and Principal Psychologist at Chris Mackey and Associates, Geelong



Staff Profile

Rebecca Van Wollingen

Director of Clinical Services



Tell us about your role?

As the Director of Clinical Services my role is to lead the Nursing, Allied and Community Health Teams to ensure our community gets the individualised, safe and responsive care you need and expect. My role also looks at overarching governance, quality and safety and ensuring systems to support this.

What was the attraction about coming to TDHS?

I am extremely excited about working at TDHS, I have lived in Timboon for the past 3 years and am looking forward to working in, and providing great services to, my community. I am also looking forward to walking to work.

Tell us a little bit about yourself?

My husband, Jesse, and I live on a small property with our 30 Alpacas all called "Steve"! I really like to learn new things and am studying for my Masters of Business Administration. I am a sweet tooth and am very glad that a lolly store has opened up in town.

TDHS volunteers

Our volunteers form an integral part of the services we provide and they support our paid workforce in providing improved outcomes for our residents and clients by sharing skills gained over a lifetime of experience.

We are extremely proud of all our volunteers and very grateful for the valuable contributions they make to TDHS.

We will be featuring a volunteer profile in our next Quarterly, so the community has a chance to get to know these wonderful members that donate their time and skills and might encourage others to think about joining our volunteer workforce as well.

When asked the question: Why volunteer?

A previously profiled volunteer 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 enables 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 can spare some time, even now and then, to join our valuable team, please contact **Julie Ann Stewart** on **5558 6000**



Sharon Rees

Chief Operating Officer

I have spent most of my life in the Western District growing up on a dairy farm in Kolora, as a young child, before my family moved into Terang when I was in my mid-teens.

I originally studied chemistry and computing and taught at secondary and tertiary level for a number of years including five years at Mortlake P12 College. I then went on to complete my accounting degree and in 2005 I joined SWARH as a business analyst. After spending 10 years at SWARH, the last few as information systems manager, I moved over to South West Healthcare where I took on the Kronos Implementation Project and more recently Remuneration and Workforce Systems management.

The Chief Operating Officer role has both a strategic and operational function within TDHS.

Operationally it is responsible for the financial, administrative and support service functions of TDHS and as such I will be involved with all staff.

At a strategic level my role oversees organisational, financial and statutory compliance and provides financial and business advice to the TDHS leadership group and the Board.

Staff Profile

I am now living in Terang again with my two golden retrievers in a little, old wooden house that I am renovating. I love working in my garden and when the sun is out on a weekend that is where you will generally find me. I have four children who have all left home (the youngest one still comes back every now and again), two grandchildren and another one on the way.

I have always loved coming to TDHS and always thought that if the opportunity ever arose to work here I would put my hand up. Well the opportunity did arise and now here I am. I look forward to meeting and working with everyone.

Coeliac Awareness Week

13 – 20 March

Coeliac disease is common and treatment improves outcomes

Coeliac disease is an autoimmune disorder occurring in genetically susceptible individuals that results in an abnormal immune response to dietary gluten. More than 1 in 70 Australians are affected, but the broad clinical presentation means that coeliac disease is often overlooked – 4 out of 5 Australians remain undiagnosed.

Symptoms can go unrecognised and some patients may be asymptomatic. Targeted screening of at-risk patients is the most effective way to detect coeliac disease. Untreated coeliac disease is associated with a range of complications, including nutrient deficiencies; premature osteoporosis; abnormal liver function; higher rates of other autoimmune diseases, such as thyroid disease; infertility and poorer pregnancy outcomes; sepsis; and some forms of malignancy, especially lymphoproliferative disorders such as lymphoma.

Strict removal of gluten – a protein found in wheat, rye, barley and oats – can arrest the damaging inflammatory immune response caused by gluten and is important to reduce morbidity and mortality.

Are you at risk?

1 in 70

Australians have coeliac disease



4 out of 5

remain undiagnosed

Symptoms of coeliac disease are not limited to feeling sick after eating gluten

Possible symptoms

low iron levels • tiredness
unexplained infertility • hair loss
low levels of vitamins and minerals
mouth ulcers • depression
sometimes there are no obvious symptoms

Take our online assessment to see if you may be at risk of coeliac disease.

www.coeliac.org.au/assess

consider coeliac disease

Satay Sweet Potato Curry

(gluten free)

Serves: 4

Prep time: 15 minutes

Cook time: 45 minutes

Difficulty: Easy

Ingredients

1 tbsp coconut oil
1 onion
2 garlic cloves, grated
thumb-sized piece ginger, grated
3 tbsp Thai red curry paste
1 tbsp smooth peanut butter
500g sweet potato, peeled and cut into chunks
400ml can coconut milk

200g bag spinach
1 lime, juiced
cooked basmati rice to serve (optional)
dry roasted peanuts to serve (optional)

Method

Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant. Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

Vegetarian,
Vegan, GF



Coeliac
Australia

Heart Week 29 April – 6 May provides an opportunity to shine a spotlight on the problem of heart disease and to help improve the heart health of all Australians.

Each year, almost 10,000 Australians die of a heart attack. More than 1 million Australians aged 30-65 are at high risk of having a heart attack or stroke but they may not even know they're at risk.

That's why during Heart Week this year, the Heart Foundation will be urging all Australians to learn the warning signs of a heart attack and reduce their risk of having one.

Common heart attack signs and symptoms include:

- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back.
- Nausea, indigestion, heartburn or abdominal pain.
- Shortness of breath.
- Cold sweat.
- Fatigue.
- Light headedness or sudden dizziness.

What to do if you think you are having a heart attack

If you feel any of the above symptoms we recommend following these steps:

- Stop.
- Rest immediately.
- Talk
- Tell someone how you feel.

If you take angina medicine:

Take a dose of your medicine

- Wait 5 minutes.

Still have symptoms?

Take another dose of your medicine.

Wait 5 minutes.

Call **000**

Call **000** if your symptoms are severe, getting worse or have lasted for 10 minutes.

Ask for an ambulance

Don't hang up

Wait for the operator's instructions.

While on the phone, chew 300mg aspirin, unless you have an allergy to aspirin or if your doctor has told you not to take it.

The best way to look after your heart is with a healthy lifestyle.

- Be smoke-free.
- Being smoke free is one of the best things you can do to protect your heart.

Manage your blood cholesterol

Cholesterol is a fatty substance carried in your blood. Your body needs cholesterol to be healthy, but an imbalance of cholesterol in your blood can lead to a heart attack or stroke.

Manage your blood pressure

Blood pressure isn't usually something you can feel. If it's too high, it needs to be treated.

Manage diabetes

It's important to manage your diabetes to help prevent a heart attack or stroke.

Be physically active

Regular, moderate physical activity is great for your heart health. It's never too late to start and get the benefits. It's also important to sit less during your day and break up your sitting time.

Achieve and maintain a healthy weight

Maintaining a healthy weight can reduce the risk of heart disease and other health problems. It can help to know your body mass index and waist measurements and what these mean.

Enjoy a variety of nutritious foods

Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol. There are also specific changes you can make to your diet to help prevent heart disease:

Eat less salt: Reducing your salt intake is good for your blood pressure.

Replace unhealthy fats with healthy fats:

Replacing saturated and trans fats with unsaturated fats can reduce your risk of heart disease

Limit alcohol: Read about alcohol recommendations and tips for cutting down on our alcohol consumption.

Look after your mental health

We know that there can be a greater risk of heart disease for people who have depression, are socially isolated or do not have good social support. Having a good social life with family and friends can help.

Depression is more than feeling sad or low. If you feel depressed for more than two weeks, talk to your doctor, a family member or someone you know well.

For more information about depression:

<https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

Sign up for more heart health tips:

<https://www.heartfoundation.org.au/your-heart/keep-your-heart-healthy>



Great Ocean Road Walk Monday 13 May

Come & join the Timboon Walking group

All are welcome!

Choose to stroll or power walk & join us for this spectacular walking experience with breathtaking scenery

6 km - 2.5 hours Graded: Easy/Medium



Bookings Essential for carpooling arrangements



Meet at the Timboon Senior Citizens Centre carpark 10.00 am sharp, or Gibson's Steps carpark 10.30 am

Enquiries & RSVP: 5558 6000

World Oral Health Day

is celebrated on **March 20** every year.

It is the culmination of a year-long campaign dedicated to raising global awareness of the prevention and control of oral diseases. It is an international day to promote good oral health for everyone and empower individuals to maintain a healthy mouth at all ages.

Oral health means the health of the mouth. A healthy mouth allows you to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions with confidence and without pain, discomfort and disease. No matter what your age – 5, 25, 65 or 85 years – oral health is vital to your overall general health and well-being.

Adopt good oral hygiene habits

From an early age have regular dental check-ups. This helps you maintain optimal oral health into old age and ensures you live not only a longer life, but also one free from the physical pain and often emotional suffering caused by oral disease.

Safeguard your oral health

This has a positive impact on your general health and well-being, helping you live a better quality of life into old age.

Avoid risk factors, such as tobacco, harmful use of alcohol and an unhealthy diet – especially those rich in sugar – which helps protect your oral health and prevent other conditions such as heart disease and stroke, cancer, chronic respiratory diseases and diabetes.

Understanding good oral health is much more than a nice smile; oral disease can impact every aspect of your life – including your ability to perform basic functions.

World Dental Federation.



The Flying Doctor Dentist is returning to Timboon March - April 2019

We offer check ups, treatment and oral health advice at no cost.

Who can receive treatment in the Flying Doctor Dental Clinic:

- All children 0 - 12 years
- All young people 13 - 17 years

- Adults aged 18 years and over, who have a Healthcare or Pensioner Concession card.
- All Aboriginal and Torres Strait Islander people
- All refugee and asylum seekers

Call now to book your appointment with the Flying Doctor Dental Team on (03) **8412 0444**.

Our clinic will be located at:

Timboon and District Healthcare Service, 21 Hospital Road, Timboon.

Timboon & District Healthcare Service Maternity Services

Expecting a baby in and around Timboon?

Although TDHS does't provide a birthing service anymore, it does provide a range of other care and services to support expectant families.



These include ante-natal and post-natal care, which is provided by a Community Midwife. It is what is known as a shared care model.

This is an arrangement between South West Healthcare, GP Dr Warwick Rouse and the Community Midwife. It is friendly, flexible and above all, up-to-date.

Following the birth of your baby the Community Midwife visits you in the comfort of your own home, providing care and support and avoiding unnecessary outings in the early post-natal days.

TDHS Maternity Service works collaboratively with the Maternal and Child Health Nurse and other support services and agencies as required.

Please phone Reception **5558 6000** to leave your details.

The Community Midwife will contact you to make an appointment.

Childbirth Education Program

There is a lot of myth and speculation surrounding pregnancy and childbirth and wading through it can be difficult and time consuming. Attending a Childbirth Education Program can assist you in making informed decisions about your care through every stage of pregnancy, birth and the first few months of parenthood. It is not possible to cover every topic in detail so we encourage you to not only attend our program but also do your own research on pregnancy and childbirth.

Please contact us if you have any concerns at all.

Aims of the Program

- To increase knowledge and understanding about pregnancy, childbirth and parenting
- To meet and interact with other parents who are having a baby

- To provide advice, information and support about childbirth and parenting
- To provide awareness of various support groups and birthing facilities.
- To discuss ways to help oneself during childbirth and early parenting.

Women are encouraged to book into Childbirth Education Classes when they are 20 weeks pregnant, and commence classes by 28 to 32 weeks.

The Childbirth Education Program offered at TDHS is facilitated either in a group setting or one on one as the need arises. These arrangements are flexible depending on individual circumstances.

Please phone **5558 6000** for more information.

Bounce Back with Babes (BBWB)

Life as the mum of a new babe is extraordinary!

Days (and nights) are filled with special times for getting to know a new family member, developing routines around sleeping and feeding, while juggling the demands of other people and activities that continue eg: shopping and kinder runs. It's tough for mums of bubs to find time for themselves. To support our mums, TDHS conducts a unique exercise program that offers a weekly opportunity for mothers and their babes to come together for a supervised workout.

Now in its 14th year, the BBWB program owes its success to the women who come together, not just for the physical benefits of recovery and rehabilitation, but for the social interaction and shared experiences of parenting a babe or 2, or 5!

The benefits of appropriate postnatal exercise include the physical, such as improved lumbopelvic strength and stability, but also improved wellbeing, social connectedness and maintenance of sense of self. It's also fun! The feel good factor of exercise (particularly in a group) cannot be underestimated!

The program runs for 10 weeks, concurrent with the school term with the aim of arming Mums with the confidence to join mainstream classes when they are ready! We have a new batch of Mums and their little poppets coming together on **Friday afternoons** during February, March and April.

For more information, please call **5558 6000** and ask to speak to the **BBWB** instructor **Tracey Heeps** or Physiotherapist **Sarah Rahles-Rahbula**.



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: **\$10.10** & Non HCC: **\$20.00**

New clinic coming to **Simpson** in 2019
- watch out for dates

Timboon by appointment **Monday - Thursday**
Cobden Monday 15th April & 13 May

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

No doctor's referral required

Affected by the Dairy Industry Downturn?

Your dairy community support worker can:

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

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



FIRST AID TRAINING TIMBOON

Tick off that *First Aid* course you've always intended to do

Courses Include:

(FHLTAID001)
Provide Cardiopulmonary Resuscitation
\$90

(FHLTAID003)
Provide First Aid
\$200

(FHLTAID003)
Provide First Aid (Refresher)
\$140

WHERE:

Timboon & District
Health Education Room
(BYO lunch)

WHEN:

9:30am, Saturday,
16 March 2019

Need more info?

BOOK TODAY! 1300 521 511

wdeaworks.org.au/training

National Palliative Care Week is an annual awareness raising week organised by Palliative Care Australia. The theme for National Palliative Care Week 2019 is 'What matters most?' and it will be held from the 19 - 25 May.

Support available to our community by Palliative Care Volunteers

Specially trained volunteers offer support to patients or carers in their home. Volunteers can offer up to approximately three hours of support per week to patients on a one-on-one basis.

The support offered can be physical, social or emotional.

Each placement is tailored to suit the needs of the patient or carer. This support can include respite sitting, companionship and social outings i.e. a drive in the country, a chat or coffee break and transport to medical appointments.

This program is run by South West Healthcare.

For more information contact the Palliative Care Coordinator on **5564 4171**.

AUSTRALIA'S BIGGEST MORNING TEA IS ON ITS WAY



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



UPCOMING EVENTS THIS QUARTER

March

Hearing Awareness Week 3-9 March / Coeliac Awareness Week

1. Timboon Care Respite SSG
4. Walking Group, Well Women's Clinic Cobden
5. Men's Shed, Public Podiatry
6. Cobden SSG
7. Men's Shed, Occupational therapy, Private Podiatry
8. Timboon Care Respite SSG
11. **Labour Day (Public Holiday)**
12. Men's Shed, Cobden SSG, Continence Clinic
13. Coeliac Awareness Week 13-20, Cobden SSG, Friendlies
14. World Kidney Day, Men's Shed, Timboon SSG, Occupational therapy, Private Podiatry
15. Red Nose Day, Timboon Care Respite SSG, Speech Pathology
18. Walking Group
19. Men's Shed, Cobden SSG, Public Podiatry
20. World Oral Health Day, Cobden SSG, Audiology
21. Men's Shed, Timboon SSG, Occupational therapy, Private Podiatry
22. Timboon Care Respite SSG
25. World Hearing Awareness Week, Walking Group, Cobden Well Women's Clinic
26. Purple Day for Epilepsy, Men's Shed, Cobden SSG
27. Cobden SSG, Friendlies – Port Fish & Chips
28. Men's Shed, Timboon SSG, Occupational therapy

April

Immunisation Week / Sexual Assault Awareness Month

1. Walking Group
2. Men's Shed, Cobden SSG, Public Podiatry
3. Cobden SSG
4. Men's Shed, Timboon SSG, Occupational therapy, Private Podiatry
5. Timboon Care Respite SSG.
7. World Health Day
8. Walking Group
9. Men's Shed, Continence Clinic
10. Cobden SSG, Friendlies
11. World Parkinson's Disease Day, Men's Shed, Occupational therapy
12. Timboon Care Respite SSG
14. Walking Group
15. Men's Shed
16. Cobden SSG, Public Podiatry
17. Cobden SSG, Audiology
18. Timboon SSG, Occupational therapy, Private Podiatry
- 19 – 22. **Easter (Public Holidays)**
23. World Immunisation Week 23-29, Men's Shed, Cobden SSG
24. Friendlies, Men's Shed
25. **Anzac Day (Public Holiday)**
26. Men's Shed, Timboon SSG, Occupational therapy
28. World Day for Safety & Health at Work
29. Heart Week 29 – 6 May
30. Public Podiatry

May

Lung Health Awareness Month

1. National Youth Week 1-7, Cobden SSG
2. Men's Shed, Timboon SSG, Occupational therapy, Private Podiatry
3. Timboon Care Respite SSG.
6. Walking Group
7. World Asthma Day, Men's Shed, Public Podiatry
8. Cobden SSG
9. Timboon SSG, Occupational therapy, Men's Shed
10. Timboon Care Respite SSG
12. International Nurses Day.
13. Walking Group, Well Women's clinic Cobden
14. Cobden SSG, Continence Clinic, Men's Shed
15. Cobden SSG, Audiology
16. Timboon SSG, Occupational therapy, Men's Shed, Private Podiatry
17. Timboon Care Respite SSG
19. National Palliative Care Week 19-25
20. Exercise Right Week 20-26, Walking Group
21. Men's Shed, Public Podiatry
22. Friendlies – Mystery Day
23. Australia's Biggest Morning Tea. Men's Shed, Timboon SSG, Occupational therapy
24. Timboon Care Respite SSG
27. Walking Group
28. Men's Shed, Cobden SSG
29. Cobden SSG
30. Timboon SSG, Occupational therapy, Men's Shed, Public Podiatry
31. World No Tobacco Day, Timboon Care Respite SSG



**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

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE



International Women's Day