

Quarterly

Summer 2019

Pat's **HOME AWAY
FROM HOME** PG 6



WHATELEY A GREAT ADDITION TO AGM

Nearly 100 people attended our annual general meeting on November 14 when sports broadcaster Gerard Whateley's years of interviewing experience helped communicate a clear vision for the future.

After speaking about his love of sport and his career in journalism, Whateley hosted a panel discussion with new chief executive officer (CEO) Rebecca Van Wollingen and Board members Chris Stewart, Toinette Hutchins and Ashley Nessler.

It was the first opportunity Ms Van Wollingen had to speak to the wider community since her appointment as CEO was announced in early November.

Board chair Maryanne Puli Vogels delivered her report – citing advancements in engagement and community connectedness as a major outcome of the 2018/19 financial year.

Fellow Board member Toinette Hutchins also spoke about TDHS' achievements in clinical governance throughout the year.



Gerard Whateley, Rebecca Van Wollingen, Maryanne Puli Vogels



Gerard Whateley



Board member Toinette Hutchins



Board member and accountant (CPA) Anthony DeJong

New Board member and accountant (CPA) Anthony DeJong then stepped everyone through the organisation's strong financial position and the plan for sustainable, break-even budgets over the next few years.

After speaking passionately about the community's outstanding volunteer rates, outgoing Consumer Participation Committee (CPC) chair Donna Ellis was presented with some flowers to mark the end of her involvement in the group.

Copies of TDHS's 2018/19 Annual Report and 2020 Quality Account Calendar are available from the reception area and on our website.

Please read more about Ms Van Wollingen's immediate priorities and vision for the future on page 7.

CHAIR'S Report

It has been a very busy few months and I am pleased to say that after a long and rigorous interview process the Board have appointed Rebecca Van Wollingen (Bek) to lead TDHS for the next three years. Bek is a local, having moved to Timboon four years ago and is totally committed to the community. Her diverse background and passion for patient care ensures that the service is in very capable hands. Bek has already commenced working with the board to ensure the services required by the community are implemented as soon as possible.

To begin with, you will see the expansion of Physiotherapy and Social Work over the coming months plus the continuation of positive collaborations to ensure each and every one of us living in the region receive the best care at the right time. One of Bek's first jobs is to recruit her executive team and work with the board on the implementation of the Strategic Plan.

I would also like to thank the community for the wonderful attendance at our Annual General Meeting. One hundred community members came to listen to our story over the last 12 months and where we are heading over the next 12 months. Gerard Whateley was our guest speaker. His presentation was really engaging and inspirational. We thank him for making time in his hectic schedule to present at the AGM.

We move into an exciting time at TDHS with Bek at the helm. Thank you everyone for your ongoing support.

Maryanne Puli Vogels



SUMMER IS HERE AND IT'S TIME TO TAKE YOUR SKIN SERIOUSLY!

When it comes to talking about sun safety, Princetown's Janice Lindsay has a real conversation starter that she uses to get her message across.

She calls it her 'shark bite'. It's a 6cm hole in her leg where surgeons removed a nasty stage four melanoma 13 years ago.

"It worries me a lot when I see young people, and older people for that matter, deliberately lying out in the sun," Ms Lindsay said.

"I still think lots of people don't get it – they don't understand how harmful getting sunburnt can be.

"People think it's not going to happen to them, but everyone needs to be mindful. It happened to me in my late 30s."

Now 51, Ms Lindsay remembers the Summer of 2006-2007 vividly.

"I'd always had a little lump behind my knee. It was skin colour and looked a bit like a wart," she said.

"I'd had it checked over the years and the results were always fine. In December 2006 I noticed it had changed colour – it went from skin colour to black in about six weeks.

"I went to the doctors in Timboon, they cut it out and the results came back as stage four melanoma."

Ms Lindsay went to the Peter MacCallum Cancer Centre in Melbourne and had a 3cm radius removed right around where the cancer was.

"They told me I was one of the lucky ones. It hadn't spread, I'd got it early and didn't need further treatment – but I'll always remember the waiting and praying that Christmas/New Year," she said.

"My children were little then, but we were honest with them about what was going on. It was a very anxious time."

Ms Lindsay said she was vigilant about regular skin checks for all her family and subsequently had some minor carcinomas removed.

"If you leave them, there's a chance they could turn nasty so I've had the odd one removed for peace of mind," she said.

"My children get checked as well and they certainly get growled at when they get burnt.

"I talk to everyone about it and I'm not worried about people seeing my 'shark bite' and talking about it. It's an important message to be smart, cover your skin and use sunscreen."

For an initial skin check, please call the Timboon Clinic on 5558 6088 to make an appointment.



The Shark Bite



Facts from the Melanoma Institute of Australia

- Melanoma is the third most common cancer in Australian men, after prostate and colorectal cancer
- Melanoma is the third most common cancer in Australian women, after breast and colorectal cancer
- Melanoma is the most common cancer affecting 15 to 39-year-old Australians

"WHEN ALL ELSE FAILS, THE TIMBOON AND DISTRICT HALL IS YOUR BUSHFIRE PLACE OF LAST RESORT"

Timboon Fire Brigade Captain Bryce Morden is urging everyone to spend some time now to plan what they will do in the event of a local bushfire this Summer.

Mr Morden, who is also a Board member at TDHS, said valuable resources were available at www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan to help families prepare a good plan.

"Our brigade has been working closely with the team at TDHS to prepare for when emergencies affect our communities – whether it's a bushfire, storm or other event," he said.

"Part of the work we've been doing is understanding what the health service can provide in the event of an emergency and what we can do to support the community around that.

"The health service is there to look after patients, first and foremost. It is staffed for that and doesn't have a lot of capacity to take in big numbers of people in an emergency.

"So, unless you are unwell and experiencing a health emergency yourself please try and stay away from the hospital for the sake of the people and patients that are already there and in need of help."

Mr Morden said every family should have a bushfire plan. He said not having a plan could lead to bad decisions in the spur of the moment that could have tragic consequences.

"Your plan might be to leave early, if you have the ability to - ahead of time," he said.

"There is no way you can get burnt in a bushfire if you're not where the bush fire is. So that's always the number one plan.

"If you can't leave for whatever reason, think about your other options like going to a friend's house that is in a safer position than yours. Think about pets...what if you have a visitor and all of a sudden you have another person you need to think about and care for.

"If you're on medications, you need to be thinking about making sure you have access to them during an emergency. So, prepare a bag of equipment and items that you might need if you need to leave in a hurry.

"If all else fails, then Timboon does have a Bushfire Place of Last Resort at the Timboon and District Hall. When all other plans have failed that is where you go to shelter during the worst of a fire event."

Please note, the Port Campbell Foreshore is also a Bushfire Place of Last Resort, along with the Monument Car Park in Peterborough. Other locations can be found at www.cfa.vic.gov.au/plan-prepare/neighbourhood-safer-places



Timboon Fire Brigade Captain Bryce Morden

"IF WE CAN'T SEE YOU, WE CAN'T SAVE YOU"

Port Campbell is the only patrolled beach between Apollo Bay and Warrnambool – but unfortunately for surf life savers too many people are still choosing to cool off in other locations along the coast.

Port Campbell Surf Life Saving Club president Scott McKenzie is urging locals and visitors alike to swim between the flags and make it a safe Summer in the south west.

"The country-wide message is 'please swim between the flags'. People who make bad decisions put themselves and our volunteer life savers at risk," Mr McKenzie said.

"We have very few incidents each year at the Port Campbell beach itself. The majority of our incidents involve being called out away from our patrolled beach to attend rescues at places anywhere from Moonlight Head to Childers Cove.

"Even reasonably strong swimmers can get themselves in trouble in these non-patrolled areas and with the increasing number of visitors to the coast each year it's an ongoing issue."

Mr McKenzie said enjoying the great outdoors was a wonderful thing to do when it was done safely.

"Water safety is such an important issue for us as a community and society - not just at the beach, but in pools, dams, rivers, creeks and water holes," he said.

"We're working with Timboon and District Healthcare Service to help educate our community and our visitors – it's about working together for a healthy community," he said.

"Our club is very much a part of the Timboon community as well as the Port Campbell community – the whole wider network along the coast is really important.

"Timboon is our closest ambulance station and a lot of our Nipper kids have parents who work here at the hospital.

"There are a lot of crossovers not the least of which is creating wonderful opportunities for people of all ages to be active, have fun, learn water safety and come together socially.

"We have 277 members – more than 70 of whom actively patrol the beach. I'm pleading with community members to keep everyone safe this Summer by swimming between the flags."

Last Summer in Victoria, according to Surf Lifesaving Victoria, there were 26 reported fatal drowning incidents from 1 December 2018 to 28 February 2019. This was 10 more than the 5-year average from 1 December 2013 to 28 February 2018.



"The water is a great place to stay active, to have a lot of fun with friends and to enjoy the warmer weather, but unfortunately it's also where some people make bad decisions.

VOLUNTEER

Lesley Togni

Although born in Geelong, Lesley has lived for most of her life in Timboon with her family and husband of 52 years. She attended Timboon Consolidated School and High School. She has 5 children and 8 grandchildren – who are the love of her life. Family is everything according to Lesley.

Lesley has a background in counselling and welfare before she accepted a position as an integration aide at Timboon P-12. For 25 years Lesley mentored, supervised and supported many local students. This was the perfect segue into the role of Palliative Care Volunteer with Southwest Healthcare and Timboon and District Healthcare Service (TDHS). When this opportunity presented itself, Lesley jumped at it.

The qualities that Lesley brings to the role are empathy, trust, care and a non-judgemental mindset. Confidentiality is paramount. Lesley has been providing friendship, an open ear and a shoulder to cry on, for over thirteen years to the most vulnerable and their families in our community.

She feels privileged and trusted to visit these patients and calls

them friends. Volunteering is not just about giving; you receive far more than you give according to Lesley. Time costs nothing, but giving time is most valuable to those you're looking after. In short she says Time = Love and would like to encourage others to take up the challenge of volunteering with TDHS.

"I love being a support for the family, sitting with the dying, massaging, listening; the privilege is all mine as a volunteer. Trust and connection is key".

Lesley somehow has the time to tend her garden, socialise with friends, is currently trying her hand at lawn bowls and enjoys karaoke (her favourite song is "The Gambler" by Kenny Rogers).

TDHS is extremely proud of all its volunteers and very grateful for the valuable contributions they make to TDHS. We always need the assistance of more volunteers in Community Transport, Meals on Wheels and Social Support Group. So if you feel inspired by Lesley's story and can spare some time to join our valuable team, even just now and then, please contact Sabine McKenzie on 5558 6000.



Pat's HOME AWAY FROM HOME

Two cappuccinos a day and a good book are part of Pat Couch's regular rest in respite care at TDHS.

Every two months, Pat spends two weeks at TDHS. It's a part of life the 92-year-old enjoys very much and a critical reason she is still able to live in her own home.

"My grandson lives with me in Warrnambool, but I only moved there in 2015. So, the respite care in Timboon helps me be close to my family - it's my home away from home," she said.

"I'm here again until after Christmas, but I'll join my family on the farm Christmas Day so I'm looking forward to that.

"I still know a lot of people around here and they pop in and say hello when I'm here, so that's really nice that I get to catch up with everyone here in my community."

Pat was born in Camperdown and lived in Port Campbell until marrying and farming fat lambs in Scotts Creek.

"Two of my children were born in Camperdown, one in Cobden and our two youngest here in Timboon," she said.

"Dr Fox was the family doctor then – he was the only doctor then. They've done a very good job here for a small community to have this health service. It covers a big area now."

Pat was heavily involved in the Scotts Creek auxiliary and raised a lot of money over many decades for the Timboon health service. She was appointed a Life Governor of TDHS in 1977 by the Board for her fantastic contribution over many years.

"We used to have dances all the time at the Scotts Creek Hall and even held dances in our woolshed at the farm – it was go, go, go in those days," she laughed.

"I remember back in the 50s there was a friendly competition between our auxiliary and the other auxiliaries in Princetown, Timboon and Port Campbell to raise the most money." **For more information regarding TDHS respite services, please call 5558 6000.**





TDHS CEO Rebecca Van Wollingen walking home from work

TIMBOON LOCAL LANDS TOP JOB TO LEAD TDHS

Timboon resident Rebecca Van Wollingen (Bek) was announced as TDHS' new chief executive officer in early November after acting in the role since March.

She said she was excited by the opportunity to continue to put her skills to use at her local health service – the future of which was very much in her heart.

"I am proud to be a part of the Timboon and District Healthcare Service team and look forward to contributing and leading the organisation into the future," she said.

"Naturally I am really excited about the opportunity to work in, and with, my local community.

"TDHS staff and volunteers are a hardworking and dedicated group - I am looking forward to what we can achieve together."

Ms Van Wollingen said what she loved most about TDHS was how well the organisation was connected to the community.

She said she was focused initially on filling current vacancies in her executive team, including a director of corporate services and a director of clinical services.

"Beyond that our more immediate goals are to start filling some of our clinical spaces that we promised are coming – particularly physiotherapy and social work.

"We provide a good service now but I think there's much more we could be giving our community into the future so getting the foundation ready to provide that will be great."

Ms Van Wollingen said she was focusing on making sure that the community TDHS served was engaged, that their views were valued and that their needs were met.

"I think the future is vibrant. I think the future is that we don't provide all things to all people, but we help people reach all things. We'll provide what we can safely and well and if we can't provide it safely and well, we'll help you get where you need to go," she said.

TDHS Board chair Maryanne Puli Vogels congratulated Ms Van Wollingen – saying she was a standout candidate who was appointed on her merits.

Ms Puli Vogels said the Board was delighted that someone who lived in the community was so ideally credentialled to take the organisation into the future.

"Bek lives in Timboon and walks to work. She is a local, she has been acting in the role, she has a very strong clinical background, she is well respected by her peers and is extremely passionate about her own local health service," Ms Puli Vogels said.

"She has achieved so much already as our acting CEO and is building exceptional relationships for TDHS with the Department, our community and other health services in the region.

"Bek's selection was subjected to a very tight process set by the Department. The shortlisted candidates were interviewed by Colac Area Health CEO Fiona Brew, Jenny Tumbridge from the Department, our Board's vice chair Chris Stewart and myself.

"I am excited that Bek now has the opportunity to build on her recent work, to implement our strategic plan and to lead us into a period of stability."

WE'RE WELCOMING IN 2020 WITH NEW SERVICES...

It's go, go, go at TDHS in 2020 with investments in social work, a new Community Health Manager position, increased physiotherapy hours and an upgrade to the operating theatre among the short term commitments.

Chief executive officer Rebecca Van Wollingen said the organisation was working hard to meet the needs and expectations of the community – as communicated via the Community Survey and Conversation Caravan project in 2018 which shaped TDHS' new Strategic Plan.

"Additional services are being implemented to meet the areas of identified need and their introduction will be staggered over the next 12 months," she said.

"We are really excited that social work will be added to our suite of Allied Health services in early 2020 and this decision has been driven by the community, for the community in recognition of the importance of mental health.

"At around the same time, we will introduce a three-fold increase in physiotherapy services here in Timboon when contact hours are lifted from 10 hours per week, to 32."

Ms Van Wollingen said changes in the role of the theatre will be minimised through targeted investments that ensure the asset meets quality and safety standards for

procedural services into the future.

"We are committed to ensuring we maintain a safe theatre and appropriate procedural services. We've already purchased a new scope for \$140,000 in March and we're planning to spend \$220,000 on the theatre this financial year," she said.

"The focus of our Board and management team is on maintaining and delivering the range of services that our community has identified as being most in need."

Ms Van Wollingen said providing local social work and physio appointments would benefit many people now and into the future.

She congratulated and thanked the community for sharing its vision for TDHS and providing clear direction to the organisation.

WHAT'S ON Events

DECEMBER

2. Walking Group, Physiotherapy, Speech Pathology
3. Cobden SSG, Men's Shed, Dietician
4. Cobden SSG, Dietician, Private Dentist
- 5. International Volunteer Day**, Timboon SSG, Occupational therapy, Speech Pathology, Men's Shed
6. Timboon SSG, Speech Pathology, Public Podiatry
9. Walking Group, Physiotherapy, Speech Pathology, Men's Shed
10. Cobden SSG, Men's Shed, Dietician, Continence Clinic
11. Dietician, AUDIOLOGY Clinic, Friendlies – Last Day for 2019
12. Timboon SSG, Occupational therapy, Speech Pathology, Men's Shed
13. Private Podiatry, Timboon SSG, Speech Pathology
16. Cobden Well Women's Clinic, Walking Group, Speech Pathology, Physiotherapy
17. Cobden SSG, Men's Shed, Dietician, Public Podiatry
18. Cobden SSG, Dietician, Private Dentist
19. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology, Private Podiatry
20. Timboon SSG Last Day for 2019, Speech Pathology, Public Podiatry
23. Walking Group, Physiotherapy, Speech Pathology
24. Men's Shed, Dietician

The TDHS Board and staff would like to wish you all a Merry Christmas and a safe, healthy and prosperous New Year.



SSG = Social Support Group

JANUARY

1. New Year's Day

2. Timboon SSG, Occupational therapy, Speech pathology
3. Timboon SSG, Speech Pathology
6. Walking Group, Speech Pathology, Physiotherapy
7. Cobden SSG, Men's Shed, Public Podiatry, Dietician
8. Cobden SSG, Dietician, Private Podiatry, Private Dentist
9. Men's Shed, Occupational therapy, Timboon SSG, Speech Pathology
10. Timboon SSG, Speech Pathology
13. Walking Group, Physiotherapy, Speech Pathology
14. Men's Shed, Cobden SSG, Dietician, Continence Clinic
15. Cobden SSG, Dietician
16. Timboon SSG, Occupational therapy, Speech Pathology, Private Podiatry, Men's Shed
17. Timboon SSG, Speech Pathology
20. Walking Group, Speech Pathology
21. Cobden SSG, Men's Shed, Public Podiatry, Dietician
22. Cobden SSG, Private Podiatry, Private Dentist
23. Speech Pathology, Occupational therapy, Timboon SSG, Private Podiatry
24. Timboon SSG, Speech Pathology
- 27. Australia Day Public Holiday**
28. Cobden SSG, Dietician
29. Cobden SSG, Dietician
30. Timboon SSG, Occupational therapy, Speech Pathology
31. Timboon SSG, Speech Pathology

FEBRUARY

Feb Fast & Ovarian Cancer Awareness Month

3. Walking Group, Speech Pathology, Physiotherapy
4. Cobden SSG, Men's Shed, Public Podiatry, Dietician
5. Cobden SSG, Dietician, Private Dentist
6. Men's Shed, Occupational therapy, Timboon SSG, Speech Pathology, Private Podiatry
7. Timboon SSG, Speech Pathology
10. Walking Group, Physiotherapy, Speech Pathology
11. Men's Shed, Cobden SSG, Dietician, Continence Clinic
12. Cobden SSG, Dietician
13. Timboon SSG, Occupational therapy, Speech Pathology, Men's Shed
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17. Walking Group, Speech Pathology
18. Cobden SSG, Men's Shed, Public Podiatry, Dietician
19. Cobden SSG, Private Podiatry, Dietician, Private Dentist
20. Speech Pathology, Occupational therapy, Timboon SSG, Private Podiatry
21. Timboon SSG, Speech Pathology
24. Walking Group, Speech Pathology, Physiotherapy
25. Cobden SSG, Men's Shed, Dietician
26. Cobden SSG, Dietician
27. Timboon SSG, Occupational therapy, Speech Pathology
28. Timboon SSG, Speech Pathology

parkrun
timboon

8am 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

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