

# Chainsaw Accident

**A TIMELY REMINDER  
TO FARMERS PG 4**



# Reconnecting with history

Dr. Fox was well known and well-loved within our community. He was integral to ensuring Timboon and surrounding districts secured a Healthcare Service. Dr. Fox was the first permanent General Practitioner (GP) in Timboon and he paved the way for GPs to come after him.

In 1955 through fundraising and lobbying, and a lot of dedicated hard work from Dr. Fox, Mrs Fox and the community, the Timboon and District Healthcare Service was approved. For many years the GPs and medical services worked directly from the hospital. As the services developed over time, it was recognised that a new building would be of benefit. In 2005 a stand-alone medical clinic was finalised for use.

GPs are highly skilled and highly sought after, it can be difficult to attract GPs in any rural location. Over the years TDHS has adopted many strategies to attract suitably skilled GPs. One of these strategies was to partner with the Australian Health Industry Group (AHIG), Health Financial Pty Ltd, a consultancy service specialising in the recruitment of doctors and the management of medical clinics. This

partnership saw TDHS share 50% ownership of the GP clinic with AHIG.

This partnership has worked well over the years. Aligning with the end of the partnership contract and to optimise patient centred care, TDHS took full ownership of the Timboon Medical Clinic this year. TDHS are fully committed to further integrating the services and working together to get the best health outcomes for our community. We are proud to have the Timboon Medical Clinic fully aligned within the health service, ensuring that the community is at the heart of all we do.

TDHS carries on Dr. Fox's legacy of working together for a healthy community, remaining a vitally productive element in the community, serving people's health needs and playing a role as a major employer in the district. It provides a focal point for the residents and a security that their health needs can be met across their lifespan.



## CEO & CHAIR'S Report

Strong relationships support good health. The benefits of human connection cannot be under-estimated. In a fluctuating COVID environment it's a good time to take stock of our connections.

During COVID restriction periods we had to be creative and connect in different ways, including Tai Chi via Zoom or weekly social support phone calls. Now that restrictions are decreasing we are excited to return our Exercise and Social Support Groups back to regular capacity, increasing that human connection.

We are also welcoming back our valuable volunteers (70 years and older) that had an imposed break, due to COVID restrictions. We have missed their valuable contribution to our healthcare service and are grateful for their patience and willingness to resume their important duties.

One of the positive outcomes of the pandemic is the reminder of what we do have. It has reconnected us to one another and reminded us that we are all in this together. Reconnecting as a healthcare service, within a pandemic (we are not out of the woods yet), has been a challenge and has taken time. Patient centred healthcare is of utmost importance, so we appreciate your patience and understanding as we journey through this together.

We look forward to seeing the return of all the smiling faces and we encourage everyone to continue to connect to one another, as we all work together for a healthy community.

Warm Regards,

**Board Chair**  
**Maryanne Puli Vogels**

**Chief Executive Officer**  
**Rebecca Van Wollingen**



George is  
loving life at...



**Aberlea Inc.**

TIMBOON

## AND YOU COULD TOO!

George Wiggins is all smiles and loving life at his home within the Aberlea Timboon independent living units - just a block from Timboon and District Healthcare Service (TDHS).

He along with neighbours Nola and Max (dec) Mitchell were the first residents of Aberlea Timboon in early 2015. In the ensuing years, a further three units have been completed.

Community members came together on May 19 at an Open Day to celebrate the success of the Aberlea Timboon project, which now boasts the five two-bedroom units and a new common room the residents share or host family and friends in.

One of the units is currently available and Aberlea Inc. is very keen to hear from anyone interested in taking up the opportunity and joining the Aberlea Timboon community.

TDHS chief executive officer Rebecca Van Wollingen, who attended the Open Day, said Aberlea Timboon complemented TDHS and the two organisations were working together as closely as ever to service the local community's aged care needs.

George said TDHS provided important services for him and its proximity just a

block away meant he could easily walk there and back.

**"I'm a member of the Social Support Group which, due to COVID restrictions, has only just resumed getting together again twice a week and gives me the opportunity to enjoy a cooked meal together at the hospital," he said.**

"I also go and see Tracey (Heeps) for my Exercise Classes and use the equipment in the gym to keep myself fit and well.

"Obviously the GPs are my doctors and when I need them they're at the clinic, which is just around the corner, so it all works really well for me."

While George currently prefers not to receive meals on wheels, home and community care or cleaning services, he said other residents of Aberlea Timboon did and found them extremely helpful in terms of maintaining their independence in their own home.

George said the units were a good size and he often had family members and friends come to stay in his spare bedroom.

Aberlea Timboon Advisory Committee chair Martin Van de Wouw said the

facility was an amazing community success story.

"This facility, here in Timboon, is quite special. It has materialised from the community's extraordinary fundraising over 13 years, particularly in the early years," he said.

"Certainly Aberlea in Mortlake has been central to the project, providing all the administration, insurances, compliance and things like that so that the community could concentrate on fundraising and supporting our residents.

"We have enjoyed support from Timboon and District Healthcare Service, Corangamite Shire Council, Freemasons Australia, South West Masonic Homes, the Timboon Masonic Lodge, many many local businesses and of course our wonderful, generous community."

Anyone interested in residing at Aberlea is invited to contact Aberlea CEO David Knight on 5599 2901, Mr Van de Wouw or fellow committee members Peter Pope, Owen Wallace, Gerard Vogels, Terry O'Connor, Enid O'Connor, Kath Brown, Darcy Howard, Ray Smith, Trevor Bullen or Steve Trotter.

# Chainsaw accident, a timely reminder to farmers

## **“TWO DUMB MISTAKES.”**

*That’s how Denis Horne describes a chainsaw accident on his hobby farm that has ruined his love of running forever and could very easily have claimed his life.*

*On top of the horrific and permanent physical injuries to his left leg, Denis has had to overcome flashbacks and learn to manage the psychological trauma of the event.*

*Thankfully, adrenaline helped both Denis and his wife Lyn do what was required to save his life in that frightful moment on March 2, 2012.*

*Lyn, who has always had a real fear of blood (hemophobia), swung into fight-mode and, while stoic at the time, weeks later she would pass out just talking about what happened.*

*They have shared their story to help mark National Farm Safety Week which is held in the third week of July each year, to raise awareness of farm safety issues in rural communities across Australia.*

Denis Horne, 71, retired from a long teaching career in Camperdown and Timboon at the end of last year.

He is also well known for his sporting prowess – particularly athletics. The 400 metres was his pet event. He represented Victoria and NSW in the 400 metres, but also won over 120 metres in the Ballarat Gift, Caulfield Gift and Rye Gift.

He was still running competitively in veterans races nine years ago when a tree fell down 30 metres from the couple’s house on their 15 acre hobby farm just outside Timboon.

Shortly after lunchtime on Friday, March 2nd 2012, Denis sharpened his chainsaw and went to clean up the fallen tree. Seconds later a real-life nightmare unfolded.

“I was just starting the saw and I sat it

on top of the tree to pull the starter. I made two dumb mistakes – I didn’t check the tree was stable and I didn’t check the chain break was on,” he said.

“The chainsaw started, the tree rolled off its own stump which it was resting on and pinned me on the ground.

“It was like it was in slow motion. I could see the chainsaw...the choke was still out so, so it was roaring, I couldn’t do anything and then it fell onto my left leg.”

Denis said adrenaline did its job and somehow he got out from under the tree but the damage was done.

“In that moment there wasn’t a great deal of pain. I remember thinking, oh I’ve cut my jeans,” he said.

“But once I pulled my jeans back I knew I was in trouble. It had torn away a lot of flesh...cut through everything down to the bone and through the fibula. It was pretty clear I’d cut arteries, there was... it was pretty clear.

**“I whipped my belt off and put it around my leg as tight as I possibly could, called out to Lyn and thankfully she heard me, got the car, helped me get inside and drove me up to Timboon hospital.”**

Denis said Lyn drove right up to the door, so close they opened, and he was able to get out.

“There were four nurses and they were wonderful. They grabbed a wheelchair and took me into the accident and emergency room and took turns putting pressure on it and soaking up the blood with towels,” he said.

“They got me under control and then an ambulance arrived to take me to Warrnambool. I was fortunate that reconstructive surgeon Robert Toma had just started at St John of God down there.

“Because I’d eaten lunch, it was six hours before they could operate on me. Lyn and I were both doing okay...we were joking and keeping things pretty light. I remember she brought me over a



pair of shoes and I said ‘that’s one shoe too many’.”

Denis underwent a six-hour operation to reconstruct his left leg. The surgery included removing a nerve from his arm and inserting it into his damaged leg, as well as repairing the bone, muscle and tissue.

“They said the tendon transplant was worth a try, but might not be successful and it wasn’t. I didn’t walk for six weeks after that and was in a cast for longer. When it came off I started doing physio – lots of swimming,” he said.

“Proper use of my leg will never come back though – it drags a bit and I can’t feel it. But I set myself a goal to get more serious about cycling.

“There was a 500km ride in East Timor seven months later. I got myself a stationary bike and got to work training for that...and I was able to do it.

“I can jog 10km very slowly now, but I do much more cycling now since the accident.”

Denis said farm safety was an important focus for the region and if telling his story helped one person stay safe then it would be well worth it.

“It took me a long time to use the chainsaw again. I had some flashbacks – it freaked me out a bit. I tried to get back to work too quickly as well and realised there was some psychological trauma I needed to deal with first. We dealt with that though.

“I always start the chainsaw now with

# 'I lost my finger in the blink of an eye'

John Wilson has lived nearly half his life without his left ring finger after a freak accident on the back of a cattle truck in 1983.

He said the farming community had come a long way since he was a 'young buck when it was all very gung-ho and if you got hurt, you got hurt'.

Now retired, John reflected on the loss of his finger to raise awareness of National Farm Safety week in July.

**"Like anything, accidents can still happen but as a community our farmers have improved out of sight with their farm safety over the last twenty years I think," he said.**

"There's been a big focus on keeping kids safe on farms, on not working alone, on quad bike and tractor rollbars and things like that.

"I think the fact that most farms employ workers now has made farmers more conscious of any potential dangers on their farms as well. Instead of just having to look after themselves, they need to keep their employees safe and I think that has helped enormously.

"I come from a time with no rollbars, chain guards, seatbelts, helmets... it was a different time and in terms of farm safety we could be proud of what

we've done as well as raising awareness to remain vigilant on the land."

John was moving an injured cow from one truck to another when a series of unlikely events collaborated in his finger being ripped from his hand.

"We had the two trucks backed up to each other and I climbed up the side of one to get ready to open the gate and move the beast," he said.

"The truck I was on the side of didn't have a handbrake on and was in gear. The guy backing the other one up to mine just went back too far and pushed my truck a bit and being a diesel it fired up...it roll started and headed off.

**"I let go of one hand to hang out a bit and look at the mirror – only to see nobody driving it, so I thought I better stop it. So I jumped and 'bang' went the finger.**

"I landed on my feet and had a finger that was hanging on with a single



tendon like a piece of string, so I put my finger in my hand and ran after the truck, jumped in and stopped it.

"My wedding ring had caught on the top of the mesh on the cattle truck – maybe on a bit of weld or something like that, and my weight just pulled it clean off."

John said he was raced up to the hospital, received some sedation and was referred to a plastic surgeon in Geelong to see if the finger could be saved.

"I knew it would have to come off and that was confirmed when I got to Geelong."

the chain break on, I always have my phone with me if I'm working alone now, I always wear a hardhat and I even wear kevlar chainsaw pants.

**"We're just so fortunate TDHS was there for me when I needed it. If it wasn't, I think with the blood loss I'd have been in real trouble.**

"Looking back we were both pretty stoic in the moment. For Lyn, the human body kicked in and did what it needed to look after me. Her blood phobia is very real, she was amazing. Weeks later it caught up with her and she passed out on the couch just talking about it."

Denis said his accident was one of the main reasons he became an Ambulance Community Officer in recent years – a role he now found incredibly rewarding.

The average cost of a fatality on a farm in 2019 was **\$1.95M**

The average farmer is **56 year's old** – 17 years older than the average worker

**89%** of farm fatalities are male

At least **269** Australians have died in quad bike related incidents since 2001. On average, there are 16 quad bike related deaths per year.

In the last 10 years, **15%** of fatalities were children under **15** years of age



"I live on my own and I don't drive. I don't have any family handy."

- Dorothy Bettens, aged 90



## Will you please help us buy a bus so our community can stay connected?

**A bus will cost \$160,000, but your donation today can make a priceless difference to people like Dorothy Bettens.**

### Dear Community Member,

We'd like to start with our thanks. If you come to Timboon and District Healthcare Service today, you can see people using high-quality equipment to help their rehabilitation from injury, surgery and major incidents like stroke.

Community members like you helped buy that equipment thanks to last year's Annual Appeal and the difference you have made to people's lives is wonderful.

We'd like your help again in 2021, please.

The COVID-19 lockdown gave all of us a taste of what it's like to be home for long periods, unable to see people or do all of the things we want to.

For a lot of people in our community, life's like that even when there's no COVID-19.

They are restricted because of their age, a disability, poverty, or simply because they don't have transport. Some can't easily get to medical appointments, let alone make new friends or treat themselves to a day out.

TDHS does everything it can to support people like 90-year-old Dorothy. Sadly, we know too many people are still missing out, and spend long periods without stimulation or a chance to connect with another human.

Will you consider helping them by donating towards a modestly-priced community bus?

Your gift of \$25 or \$50 would help us afford that bus this year – and give a lot of people like Dorothy a better quality of life.

Dorothy is a widower, and her children and grandchildren live interstate. She says without the occasional outing she gets through our Social Support Group, she'd "just be so isolated."

With a bus, there'd be so many more chances to take people on day trips, where they can get out of their homes for a while, meet some new people or catch up with old mates, and do things that are good for their health.

It will cost \$160,000 for a bus that's fitted with a hoist, so anyone who uses a wheelchair or walker can more easily get on and off.

Social Support Group Coordinator Ann-Maree Moloney said the bus would be a wonderful asset to many people like Dorothy.

"We've needed this bus for a long time. It would allow us to get isolated elderly people and people with a disability back into their community, and into life."

"This TDHS community bus is an investment in a better future for our whole community and we hope you can help support it with a donation today, so we can continue to work together for a healthy community."

Thank you for your care and your time.

Yours sincerely,

**Rebecca Van Wollingen**  
Chief Executive Officer

**Maryanne Puli Vogels**  
Board Chair

**Yes! I will help buy a bus so people in my community aren't lonely or isolated.**



**1 Please accept this gift of:**

\$25  \$50  \$100  My choice of \$ \_\_\_\_\_

Donations over \$2 are tax-deductible.

**2 I would like to make my gift by:**

**Credit Card**  Mastercard  Visa  American Express

Name on card

Card number

Expiry  /  Signature

**Cash/Cheque/Money Order** Payable to Timboon and District Healthcare Service

**Direct Deposit** BSB: 083-928 | ACC: 516 067871

Please use 'Bus' & the first 3 letters of your surname as reference

**Online** Please go to [www.timboonhealthcare.com.au/donate](http://www.timboonhealthcare.com.au/donate)

Scan the QR code to go to our donation page



**3 Here are my details so you can send me my receipt:**

Name: Mr / Mrs / Miss / Ms

Address:

State:  Postcode:

# SAY AAH..



Vaccination against influenza (flu) remains important again this year. Flu is a highly contagious viral infection that can cause widespread illness and deaths every year. Vaccination is our best defence against flu viruses.

We have FluVax IN STOCK and available for ALL age groups – please note - depending on your age group and medical conditions there may be a cost for the actual FluVax vaccine.

**BOOKINGS ESSENTIAL BY CALLING TIMBOON CLINIC ON 5558 6088**

Raelene Wicks receiving her COVID-19 Vaccination at the Timboon Clinic



**Timboon Clinic is a COVID-19 Vaccination Clinic – AstraZeneca vaccination is available for those 50 years or older**

Raelene said; "Having the vaccine is the best way to protect family and friends. I feel very fortunate to be living in Australia during the pandemic. I can't wait for the world to go back to normal and herd immunity is going to get us there. I am very happy to play my part in the COVID-19 vaccination rollout.

For information regarding the AstraZeneca vaccine please go to [www.health.gov.au](http://www.health.gov.au) and follow the link to patient resources.

**BOOKINGS ESSENTIAL BY CALLING TIMBOON CLINIC ON 5558 6088**



## Corry Kerr WINS COVETED ICARE DR PETER FOX STAFF AWARD

Corry Kerr has become the third annual winner of Timboon and District Healthcare Service's (TDHS) ICARE Dr Peter Fox Staff Award.

The virtual awards were held via Zoom in March and also saw John Fox, the son of the late Dr Peter Fox, recognised with the 2021 Volunteer Award.

Long serving Board Member Josh McKenzie, who finished his tenure last year, also received a Life Governor Award in recognition of his meritorious service to TDHS.

A number of long service staff awards were also presented to;

- Kath Brown – 35 Years
- Michelle Selten – 30 Years
- Lynda McKenzie – 15 years
- Enid O'Connor – 15 Years
- Tracey Heeps – 15 Years
- Sherryl Mueller – 15 Years
- Rhonda Johnstone – 10 years
- Joanne Delaney – 10 Years
- Linda Robertson – 10 Years
- Margaret Edge – 10 Years

District Nurse Corry Kerr was sitting on the couch with her husband Stephen watching the ICARE Awards on her iPad when the live stream suddenly cut to a street she recognised.

"I was watching the Zoom and last year's winner Fiona Hanel and John (Fox) were walking up the street to surprise the winner and I saw them walk around my corner," she said.

"I said to Stephen 'I think they're coming here...you knew didn't you!'. I could tell by the look on his face then, that he was in on it all.

"Then I got up and looked out the window and saw them walking up to my house. I was pretty excited...it was quite a surprise."

The award acknowledges the

outstanding contributions made by staff members who demonstrate the ICARE values to an exceptionally high level. The values include integrity, compassion, accountability, respect and excellence.

Mrs Kerr said she used to work with Dr Fox and she was honoured to win the award named in his honour and to be presented with it by his son John, who she also knew well.

"Dr Fox was a very hard-working GP – he was here when my parents arrived on our settlement farm at Princetown," she said.

"When I was nursing, I remember him arriving in the middle of the night in his dressing gown and slippers to check on a patient or deliver a baby. He was a special man and it's a real honour and privilege to get the award."

Mrs Kerr said the ICARE values at TDHS related to everything she did in her role and she prided herself in 'going the extra mile' for patients – especially during COVID-19.

"ICARE makes you think about what you're doing, how you're doing it and how you might be able to do it better," she said.

**"For me the focus on ICARE makes sure I listen, without judging, that I'm accountable and doing all the right things.**

"I'm very fortunate to work with great staff, including other District Nurses who got long service awards. I always think that if people work here for that long, it must be a great place to work, and it is.

"I love working in this area...the coastline is amazing, as are the people, and our patients have become my friends. I'm very lucky."

# WHAT'S ON Events



Please note that some activities may still be on hold due to COVID-19 restrictions. Please call us on 03 5558 6000 to check.

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

## JUNE

**Bowel Cancer Awareness Month**  
**National Burns Awareness Month**  
**Men's Health Week 13 – 19**  
**World Continence Week 21-27**

1. Cobden SSG, Men's Shed, Public Podiatry, Social Work, Exercise Physiology
2. Cobden SSG, Dietitian, Private Dentist, Exercise Physiology
3. Men's Shed, Occupational Therapy, Timboon SSG, Private Podiatry, Exercise Physiology
4. Timboon SSG, Exercise Physiology
7. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
8. Men's Shed, Social Worker, Cobden SSG, Continence Clinic, Social Worker, Exercise Physiology
9. Cobden SSG, Dietitian, Private Dental, Exercise Physiology
10. Timboon SSG, Occupational Therapy, Men's Shed, Exercise Physiology
11. Timboon SSG, Exercise Physiology
14. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
15. Cobden SSG, Men's Shed, Public Podiatry, Exercise Physiology, Social Worker
16. Cobden SSG, Dietitian, Private Dental, Exercise Physiology
17. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology
18. Timboon SSG, Exercise Physiology
21. Healthy Tuckshop Day, Walking Group, Physiotherapy, Exercise Physiology, Dietitian
22. Cobden SSG, Men's Shed, Exercise Physiology, Social Worker
23. Cobden SSG, Dietitian, Private Dental, Exercise Physiology, Audiologist
24. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology
25. Timboon SSG, Exercise Physiology
28. Walking Group, Exercise Physiology, Physiotherapy, Dietitian
29. Cobden SSG, Men's Shed, Public Podiatry, Social Worker, Exercise Physiology
30. Cobden SSG, Dietitian, Private Dental, Exercise Physiology

**SSG:** Social Support Group

## JULY

**Dry(ish) July**  
**National Diabetes Week 10 – 17**  
**NAIDOC Week 4-11**  
**National Farm Safety Week 19 – 23**

1. Men's Shed, Occupational Therapy, Timboon SSG, Private Podiatry, Exercise Physiology
3. Timboon SSG, Exercise Physiology
4. NAIDOC Week 4-11
5. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
7. Men's Shed, Cobden SSG, Social Worker, Public Podiatry
8. Cobden SSG, Dietitian, Private Dental, Exercise Physiology
9. Timboon SSG, Occupational Therapy, Men's Shed, Private Podiatry, Exercise Physiology
10. National Diabetes Week, Timboon SSG, Exercise Physiology
12. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
13. Cobden SSG, Men's Shed, Exercise Physiology, Continence Clinic, Social Worker
14. Cobden SSG, Dietitian, Private Dental, Exercise Physiology
15. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology
16. Timboon SSG, Exercise Physiology
19. National Farm Safety Week, Walking Group, Physiotherapy, Exercise Physiology, Dietitian
20. Cobden SSG, Men's Shed, Exercise Physiology, Public Podiatry, Social Worker,
21. Cobden SSG, Dietitian, Private Dental Audiologist
22. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology
24. Stress down Day (Lifeline), Timboon SSG, Exercise Physiology
26. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
27. Men's Shed, Public Podiatry, Cobden SSG, Exercise Physiology, Social Worker
28. Men's Shed, Dietitian, Private Dental, Exercise Physiology
29. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology
30. Timboon SSG, Exercise Physiology

## AUGUST

**National Tradies Health Month**  
**Dental Health Week 2 – 8**  
**National Stroke Week 2 – 8**  
**Speech Pathology Week 22 - 28**

2. Dental Health Week, National Stroke Week, Walking Group, Physiotherapy, Exercise Physiology, Dietitian
3. Men's Shed, Cobden SSG, Exercise Physiology, Social Worker, Public Podiatry
4. Cobden SSG, Dietitian, Private Dental, Exercise Physiology
5. Timboon SSG, Occupational Therapy, Exercise Physiology, Men's Shed, Private Podiatry
6. Timboon SSG, Exercise Physiology
7. Jean for Genes Day
9. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
10. Cobden SSG, Men's Shed, Continence Clinic, Social Worker, Exercise Physiology
11. Cobden SSG, Dietitian, Private Dental, Exercise Physiology
12. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology
13. Timboon SSG, Exercise Physiology
16. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
17. Cobden SSG, Men's Shed, Public Podiatry, Exercise Physiology, Social Worker
18. Cobden SSG, Dietitian, Private Dental, Audiologist
19. Healthy Bones Action Week Timboon SSG, Exercise Physiology, Occupational Therapy, Private Podiatry
20. Timboon SSG, Exercise Physiology,
22. Speech Pathology Week
23. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
24. Men's Shed, Public Podiatry, Cobden SSG, Exercise Physiology, Social Worker
25. Men's Shed, Dietitian, Private Dental, Exercise Physiology
26. Timboon SSG, Occupational Therapy, Private Podiatry, Exercise Physiology,
27. Timboon SSG, Exercise Physiology
30. Walking Group, Physiotherapy, Exercise Physiology, Dietitian,
31. Cobden SSG, Men's Shed, Social Worker, Exercise Physiology

The digital version of our Quarterly can be found on our website by visiting: [TIMBOONHEALTHCARE.COM.AU/NEWS-EVENTS/NEWSLETTERS](http://TIMBOONHEALTHCARE.COM.AU/NEWS-EVENTS/NEWSLETTERS)