

Cerebral Palsy

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CEO & CHAIR'S Report

The winter-to-spring transition is an exciting time and a great opportunity to take stock. Spring brings vibrancy and new life, a perfect time for new beginnings, renewals and creating fresh plans.

TDHS is always working to develop and improve the health service. We have recently created our draft Strategic Plan for 2023-2027. The 5-year Strategic Plan sets a promising vision for the future with the ultimate goal to make accessing care easier. We will achieve this through the expansion of care coordination, increasing access to support and specialist services and with an increase in community and allied health services. We want to partner with you, throughout your life, to ensure you have great health outcomes. We may not be able to meet every need you have but we hope to help you understand and access the services you need.

We are excited about our future directions and have appreciated all your feedback and support during the consultation period. It's not too late to give your feedback, for your opportunity to have a say please visit our website www.timboonhealthcare.com.au/yoursay/.

Recently we welcomed three new Board members to the Board, for full details please see page 3.

It is with regret that we say farewell to our CEO, Rebecca Van Wollingen. Rebecca has accepted a position as the Director of Safety Improvement at Safer Care Victoria and is looking forward to a new challenge. Having guided TDHS through very challenging times, Rebecca leaves TDHS in a fantastic position for the future.

The Board is pleased that Tanya Wines, our current Director of Community Health, has accepted the Interim CEO role while the Board undertakes a full CEO recruitment process over the next few months. Tanya will lead the organisation through this transition and will no doubt be well supported by our strong leadership team and all staff.

We look forward to continuing to work together for a healthy community.

Warm Regards,

**Board Chair
Frank Carlus**

**Chief Executive Officer
Rebecca Van Wollingen**



BEK LEAVES TDHS IN GOOD STEAD FOR THE FUTURE

Rebecca (Bek) joined TDHS in February 2019 as the Director of Clinical Services. She moved into the Interim Chief Executive Officer (CEO) position in March 2019 and was appointed CEO in November 2019.

During her tenure at TDHS, Bek has guided the service through some very challenging times, including a major cyber-incident, fire, flood and an international pandemic. Bek's background of Public Health and Communicable Disease Control put TDHS in a strong position to navigate the pandemic. Bek's expert guidance, knowledge and confidence ensured great outcomes for our community during challenging times.

"It's a wonderful team at TDHS. We have managed to achieve some amazing outcomes in spite of the circumstances," she said. "It is because of my time at TDHS, that I am able to take up this new opportunity as the Director of Safety Improvement at Safer Care Victoria. I am extremely grateful for my time at TDHS and the opportunity to serve my community."

A key achievement under Bek's leadership was ACHS Accreditation in January 2022. The lead up process and preparation involved many staff and a great number of hours in revising and setting up processes. Bek is confident that the systems that have been put in place at TDHS are robust and will hold TDHS in good stead for the future. "TDHS has a passionate and committed team. We are proud of the proposed 5-year strategic plan and are confident it will assist TDHS to adapt for the future and continue to deliver safe, high quality services to our community."

Even though Bek is moving into a different organisation, she will continue to be part of our community. "I will remain living in Timboon. As a community member I am very excited to see TDHS implement the next strategic plan. It's been a real privilege to be part of the TDHS team. I will miss everyone and want to thank the Board, all staff and volunteers for their support, hard work and dedication to ensuring great health outcomes for our community."



NEW Board Members



SIMONE RENYARD

Simone has lived in the Timboon district for over two decades and operates a dairy farm with her husband Nick. She brings extensive board experience having been the chair of Westvic Dairy for several years and is currently on the board of Emma House. Simone is also a graduate of the Australian Institute of Company Directors course. Early in her career as a counsellor (psychology) she worked out of the TDHS Community Health Centre.

Simone has been a member of the TDHS Consumer Advisory Committee (CAC) for some time and was keen to become further involved. She believes that one of Timboon & District Healthcare Service's strengths is the staff. "The staff are local and are passionate and committed to their work at the health service and want the best for the community. Everybody is invested in providing the best care and service."

Simone also sits on the Audit & Risk Committee and on the CAC as a Board Representative.



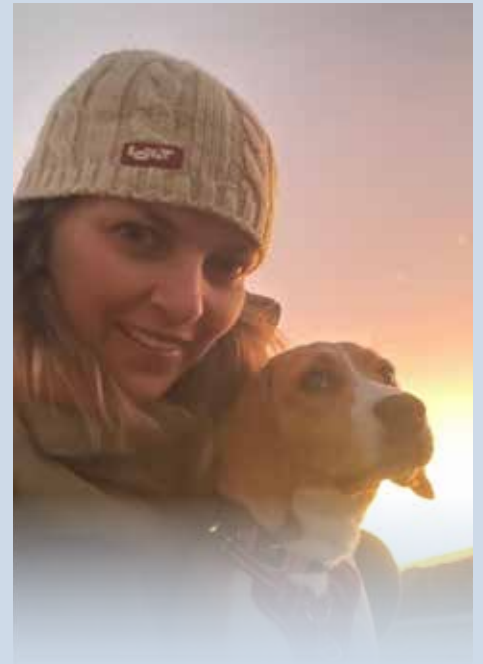
KIERAN DONOGHUE

Kieran runs a consultancy firm in the energy sector advising business and government on energy policy. Previously an experienced accountant, Kieran brings financial and audit expertise to the role. Formerly on the board of LiverWELL, including periods as treasurer and president, Kieran is currently the treasurer of the Bayside Glen Eira Kingston Local Learning & Employment Network (BGKLLN). Originally from the UK, he has lived in Australia for the past 13 years and resides in Melbourne with wife Adrienne who is a teacher.

His interests include travel, running and great food (both cooking and eating out).

Kieran cites continuity of care as one of Timboon & District Healthcare Service's strengths. "The integrated health service is very valuable and very appropriate for a regional community. The range of services provide a better experience for the people who use the service - particularly when utilising different parts of the service at different times."

Kieran also sits on the Audit & Risk Committee.



JANELLE JAKOWENKO

Janelle grew up in a country town not too dissimilar in size and rurality as Timboon and understands first-hand the barriers to health for those living far from big cities. Now an Ocean Grove resident with three kids, three chickens, three guinea pigs and one dog, Janelle joins the TDHS board with over 25 years' experience in the health sector. Her roles have included medical photography and telehealth implementation, and she is currently the Executive Director Operations at Western Victoria Primary Health Network.

Janelle's expertise in healthcare reform, financial sustainability and change management, is supplemented by her tertiary training including Master degrees in eHealthcare and Business Administration (Sustainability). Her drive is to continually improve the way complex organisations work to ensure they remain purpose-driven.

Janelle is looking forward to getting to know the community and the lands of the Eastern Maar People; please let Janelle know if you have any tips for good gravel bike riding trails.

Janelle is also a member of the Audit and Risk Committee.

Women's Health Services at our fingertips



WOMEN'S HEALTH WEEK

Jean Hailes Women's Health
Week 5-11 September 2022

Women's Health Week is a nation-wide campaign centred on improving women's health and supporting you to make healthier choices.

Every September, for one week, Women's Health Week is a reminder to set aside time for women's health and wellbeing. Make an appointment for a health check, get active, join an event or simply connect with other women. Women don't have to do it alone.

Register for Women's Health Week to receive daily updates direct into your inbox – www.womenshealthweek.com.au

During Women's Health Week Timboon and District Healthcare Service (TDHS) Women's Health Nurse Amanda Nash reminds local women to take advantage of the full range of services available at TDHS and other healthcare services and clinics in our district.

Amanda recently returned to volunteering her nursing skills internationally in Fiji after a two-year break due to COVID lockdowns. She has witnessed the challenges that women in developing countries experience in obtaining healthcare, and urges people to benefit from the resources accessible in the district, including those offered by TDHS.

Amanda volunteers for the Loloma Foundation - a California-based mission dedicated to providing sustainable medical, dental and infrastructure support to rural communities in the South Pacific.

Part of Amanda's volunteer role is to provide women's health services as well as health education. During her two weeks on the remote Taveuni Island her role alternated between providing cervical screening and delivering Days for Girls education.

"Cervical cancer is a known killer and my role for the week was, among other things, talking to young girls and

women about women's health issues including the cervical cancer vaccine," Amanda said.

The Days for Girls are events where girls receive education that helps break the taboos and stigma of menstruation. Following the education session, kits are distributed to girls and women which contain reusable menstrual items, underwear, soap and a facewasher in a beautiful drawstring bag. During this trip over 636 women and girls attended the sessions and received the kits. 123 Pap tests and 128 examinations were also carried out during Amanda's visit.

"It's a different world – many girls don't go to school when they have their period because they don't have the products to deal with it, so their education suffers and they become disadvantaged and so it goes on," she said.

"They are over the moon to get these kits – it makes such a difference to their lives and I'd encourage anyone who can to visit the Days for Girls website and donate or get involved by making the kits."

Mrs Nash took with her a box of bras that TDHS staff, Timboon Op Shop and members of the Port Campbell community had donated. In scenes

reminiscent of the Boxing Day Sales the Fijian women took great joy in receiving the underwear.

Taveuni Island is a 90-minute flight from Fiji's Nadi international airport on a small 20-seater plane. It is quite isolated. Previously the island received supplies twice weekly, but with burgeoning fuel prices this has been reduced to a single delivery by barge each week. Grocery items are quite expensive too, with tomatoes selling for \$38/kg FJD which equates to almost \$25/kg AUD.

Amanda's volunteering has taken her to countries including Fiji, Nepal and the Solomon Islands. She cannot stress enough; we have much better access to services here than the countries she has volunteered in.

"It's just a phone call away, yet people take it for granted. Sometimes it takes a bit of prompting and urging to get people to book for essential appointments including cervical screening and mammograms."

For more information or to book an appointment at our Well Women's Clinic, please phone (03) 5558 6000. Or you can contact the Timboon Clinic on (03) 5558 6088 to see one of our GPs.

Women's Health Week

**5-11
September
2022**

Women's Health Week Jean Hailes

Cerebral Palsy

HASN'T DETERRED JOHN FROM LIVING A FULL LIFE



John credits the support from Timboon and District Healthcare Service (TDHS) as one of the reasons he is still able to live independently in his hometown of Cobden. John's story is one of determination and strength through the many challenges he has faced.

We caught up with John to discuss cerebral palsy. Cerebral palsy (CP) is a physical disability that affects movement and posture. People who have CP may also have epilepsy, visual, learning, hearing, speech, and/or intellectual impairments. There are around 34,000 people living with CP in Australia.

John's medical journey has included a diagnosis of CP when he was aged two, cornea transplants, bronchitis, oesophageal cancer and melanoma, and lengthy hospital admissions. While Cobden is his hometown, John also lived and worked in Melbourne as a clerk for the State Electricity Commission for 28 years before returning to Cobden in 1988.

John credits the ongoing support of his parents for ensuring he had the resources he needed for a full life. "My parents constantly pushed for better outcomes for me," John said. This led to John's parents seeking answers when their two-year-old wasn't as active as they expected - just lying in place and not moving around much.

John's CP diagnosis was made back in 1937 by Dr Douglas Stephens, the head doctor at the Children's Hospital. CP is caused by abnormal brain development. In John's case this was attributed to a difficult birth where the umbilical cord was wrapped around his neck.

Dr Stephens advised John's parents "don't hide him." At a time when people living with CP were often institutionalised, John's parents took this advice.

From the age of two, John wore leg

splints. "I wore splints on my legs from age two to 11, day and night," John said. When he was 11, he learned to ride a bike. "When I fell off my bike, my parents made me get right back on." John added

John attended local schools including Cobden Primary and Camperdown High School. After completing school, he worked locally for a Cobden builder until moving to Melbourne in 1960.

John has never let his CP get in the way of living life to the full. He had a lengthy career umpiring for regional and metro cricket associations. John has also travelled extensively with trips to Japan, Hong Kong, USA, and Europe including the UK, Greece, Austria and Norway.

On 13 December 2013 John had a fall in his Cobden home. He praises TDHS Regional Assessment Officer Fiona Hanel with saving him. "Fiona rescued me, she rescued the old codger," he said. Between December 2013 and January 2016, John spent 758 nights in hospital fighting for his health, vision, and independence. Throughout this time, he had suffered a couple of falls resulting in hospitalisation and was diagnosed with keratitis herpes simplex which resulted in a deterioration of his eyesight.

It was during this time that his brother Hugh also passed away. Hugh had lived a couple of houses away and the two men were charged with the responsibility of looking out for each other. Prior to Hugh's death, the brothers had spent five weeks across the hallway from each other in TDHS. John says the days during that period were the darkest days of his life. His eyesight was failing, and Hugh was succumbing to prostate cancer.

"That was the hardest time for me. If it wasn't for the doctors and nurses, I couldn't have got through it - it's not just them though, it's the kitchen

staff, the community drivers, the administrators - I love them all."

During his hospital stay at TDHS John attended physiotherapy and group activities. Once John was discharged, he received daily visits from staff including the District Nurses and Community Care workers as well as being a recipient of meals on wheels from Cobdenhealth.

"Without the care from TDHS, I would not be here today, they are my lifesavers, the atmosphere is like my home away from home."

Currently aged 86, John is still a regular participant of exercise classes at TDHS. John looks forward to his weekday visits from Timboon's home and Community Care Workers who monitor his health, complete domestic chores, have a chat and take him to social events.

Recently he went to see the movie *Elvis* with community care worker Andrea Stewart. At the time of interview, they were also planning their next outing to see comedian Kitty Flanagan perform in Warrnambool.

"The Community Care Workers are fabulous, and I can't believe how lucky I am," John said. "I've been told I'm a born survivor but community care is one of the main reasons that I'm still on my own."

John's advice to young people diagnosed with cerebral palsy or other challenges is to appreciate life and don't let it stop you. "You will get knockbacks but refuse to let it deter you. Have a plan, and work towards your goals."

MILLIONS OF REASONS Oct 6
World Cerebral Palsy Day

New collaborations

Collaboration between healthcare services in the region is important to provide optimum health and wellness to our community. Timboon and District Healthcare Service has teamed up with South West Healthcare and Terang and Mortlake Health Service to bring the Hospital Admission Reduction Program (HARP) to local areas. HARP is an important service supporting streamlined care services and a holistic approach. TDHS has also joined forces with MPower Warrnambool to provide a range of one-off or short-term supports for carers.

INTRODUCING HARP

The Hospital Admission Reduction Program (HARP) was introduced to the district in June 2022, after funding was made available via the Victorian Government's Better at Home initiative.



Warrnambool's Colin O'Neill, who is employed by South West Healthcare as the HARP Care Coordinator, provides the service to Timboon and District Healthcare Service (TDHS) two days per week.

Colin's role includes the identification of clients at risk of multiple hospital presentations and working with them to develop strategies to manage their condition. Colin convenes regularly with the TDHS multi-disciplinary team who meet to discuss client needs and the various members provide input on the services that are available.

Colin has previously worked as a nurse including roles in critical care and nurse educator positions. It was through the COVID remote patient monitoring that Colin moved into a community health role at South

West Healthcare. His role includes client education and aligning client services.

Studies show that patients who are treated at home have better health outcomes because they sleep better, stay socially connected and are more active. Home treatment also reduces pressure on the hospital system, which has been a concern over the past couple of years during COVID.

No referral is required to access the Hospital Admission Reduction Program. Colin can be contacted via TDHS on 5558 6000.



HARP CONNECTING WITH ALBERT JARVIS

Albert, Lisa and Leigh credit Colin O'Neill and the HARP program for the

improvement in Albert's condition. Lisa, together with her partner Leigh Richardson, care for her father Albert who will turn 85 in December.

Albert had been hospitalised for influenza at South West Healthcare Warrnambool and was later transferred to TDHS for a few weeks where Colin and the TDHS team got involved. Albert has been living with Lisa at her Peterborough home for the past three years after his wife passed away, with Lisa and Leigh as his carers.

Lisa and Leigh cannot speak highly enough of Colin and his ability to streamline their interactions with various health services. "He is approachable and easy to work with," Lisa said. He is "efficient, punctual and a good bloke," Leigh added.

"Dad has taken a bit of a turn

in life," Lisa said. "He has improved immensely with Colin's assistance." Albert, a smoker for 40 years, has recently given the cigarettes away thanks to his stays in hospital and respite. "He couldn't smoke in hospital, now he doesn't need to use his puffer and is sick less often."

"Colin also arranged the TDHS occupational therapist to come and assess Dad, so now he is more mobile on his walker," Lisa added.

The couple are grateful for Colin's assistance. Leigh recently had surgery and Colin took the whole household situation into account when booking Albert's respite care at TDHS. "Colin keeps the communication flowing, and supports the family to make situations easier," Leigh said.

Support for Albert now includes visits from community care three times a week, meals on wheels and stays in respite care at TDHS.

HARP CONNECTING WITH WENDY DOOLAN

While the HARP service is only new, Wendy has already met with

HARP Coordinator Colin O'Neill twice and is looking forward to another catch-up this week.

"He should be a doctor," Wendy says as we sit down to chat about the service. Wendy appreciates the way that Colin explains things to her.



Wendy was suffering from shortness of breath and saw Dr Shashi at the Timboon Clinic, who referred her onto Warrnambool.

In Warrnambool they diagnosed arrhythmia and have now prescribed medication to regulate her heartbeat.

Wendy now sees a heart specialist in Warrnambool and appreciates how Colin is connecting her with other services.

Staying as healthy as she can is important for Wendy, who enjoys speedway and attended all three days of the Grand Annual Sprintcar Classic in January, and looks forward to attending again this summer.

INTRODUCING MPOWER



Caring can be a rewarding experience, but it can also be demanding, challenging and sometimes overwhelming. Recognising that all carers are different and that each care

relationship is unique, Mpower aims to provide flexible support that works for you and the person you care for.

The Support for Carers Program is funded by the Victorian Government. In addition to facilitating support groups Mpower can offer one-off or short-term funding for in home or residential respite or for goods and equipment to assist carers in their caring role. The overall aim of the program is to support carers to maximise their own health and wellbeing.

Mpower holds monthly Carer Support Group Meetings in most areas of

the Southwest and now provide this service at TDHS. Timboon Carers Group meet on the 1st Tuesday of every month at Aberlea Timboon in Baxter Street at 11am followed by a free lunch.

The Group is a peer support group for people in Timboon and district who are in a caring role and would like to connect with other carers for friendship and peer support. Being a carer can be rewarding, but it can also be frustrating, challenging, stressful and isolating. The group provides an opportunity for carers to meet others who understand what it means to be a carer, to speak openly and honestly about their experience, to increase their social connections and enjoy some time out from being a carer.

Judi Mutsaers is the Senior Carer Services Coordinator with Mpower's Carer Support Team. Judi's role is to support unpaid carers of people

who are frail, aged, have a disability, a mental illness or an ongoing medical condition. Judi loves being able to help participants navigate the challenges and celebrate the rewards of their caring journey. Outside of work Judi enjoys travelling and spending time with family and friends.

Judi has worked in community development for a long time, focusing on inclusive communities, social connectedness and on increasing access to services and supports for people in rural and regional communities. Being a carer can be challenging for anyone, living in the country often makes it even harder. Mpower is excited to be working with TDHS to improve the lives of Timboon and district carers and the people they care for.

Judi can be contacted via TDHS on 5558 6000.

Mpower connecting WITH ANNETTE COLES



Life as a carer is not new for Annette. Earlier in her life she cared for husband Bill's mother at the family farm in Glenfyne. The couple only sold the farm recently, after the sudden passing of their son Scott in 2019. Prior to Scott's death he had been their carer, taking care of the washing, making beds and other duties around the home.

Annette and Bill have been married for 55 years, having met at a kitchen tea in Ecklin. Annette proudly states that they were the first couple married in the Camperdown Courthouse.

Currently Annette and Bill receive personal care assistance three days a week, provided by Kerry Parker and Sharon Shanahan from TDHS. They are also about to start receiving home help including having their lawns mowed, as a shoulder injury is preventing Annette from continuing that upkeep. Annette will be turning 74 soon. Bill is 93.

Shortly Bill will have his first respite stay at TDHS, which will allow Annette to do things like shopping. Currently taking Bill to the shops is a challenge. He likes to wander off, which creates added stress. Bill will also enter respite care at TDHS when Annette has her upcoming shoulder surgery.

The Timboon Carer's Group has been established recently by Mpower and they meet monthly. Annette attended her second meeting the other day and really likes going. It gives her a chance to not only meet up with like-minded community members and share experiences and tips, but also gives her the opportunity to talk about subjects other than being a carer. It's a lovely group of about 5 to 6 people, but there is always room for more.

Annette finds the extra assistance she receives from Judi from Mpower very supportive.

"Being a carer can be quite overwhelming sometimes and Judi's advice provides support and takes the pressure off a bit. Judi is lovely and very helpful. Also having the opportunity for Bill to stay at TDHS for a little while on respite is really great and gives me the opportunity to have a break, including a good night sleep."



NATIONAL CARERS WEEK

Running from October 16 to 22 2022, National Carers Week is a time to recognise and celebrate the 2.65 million Australians who provide care and support to a family member or friend.

WHAT'S ON *Events*

**Please note that some activities may be subject to change
due to COVID-19 restrictions.**

Please call us on 03 5558 6000 to check.

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

SEPTEMBER

Prostate Cancer Awareness Month

1. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
2. Timboon SSG
5. Physiotherapy, Walking Group
6. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
7. Cobden SSG, Radiology, Exercise Physiologist
8. R U OK Day, Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
9. Timboon SSG
12. Physiotherapy, Walking Group
13. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental, Continence Nurse
14. Audiology, Cobden SSG, Radiology, Exercise Physiologist
15. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
16. Timboon SSG
19. Physiotherapy, Walking Group
20. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
21. Cobden SSG, Radiology, Exercise Physiologist
22. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
23. Public Holiday AFL Grand Final
26. Physiotherapy, Walking Group
27. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
28. Cobden SSG, Radiology, Exercise Physiologist
29. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
30. Timboon SSG

OCTOBER

Breast Cancer Awareness Month, Shocktober, Walktober

3. Physiotherapy, Walking Group
4. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
5. Cobden SSG, Radiology, Exercise Physiologist
6. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
7. Timboon SSG,
10. Physiotherapy, Walking Group,
11. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental, Continence Nurse
12. Audiology, Cobden SSG, Radiology, Exercise Physiologist
13. Private Podiatry Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
14. Timboon SSG
17. Physiotherapy, Walking Group
18. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
19. Cobden SSG, Radiology, Exercise Physiologist
20. Private Podiatry Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
21. Timboon SSG
24. Physiotherapy, Walking Group
25. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
26. Cobden SSG, Radiology, Exercise Physiologist
27. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed,
28. Timboon SSG
31. Physiotherapy, Walking Group

NOVEMBER

Men's Health Awareness Month

1. Public Holiday Melbourne Cup,
2. Cobden SSG,
3. Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
4. Timboon SSG
7. Physiotherapy, Walking Group
8. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental, Continence Nurse
9. Audiology, Cobden SSG, Radiology, Exercise Physiologist
10. Private Podiatry Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
11. Remembrance Day, Timboon SSG,
14. Physiotherapy, Walking Group
15. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
16. Cobden SSG, Radiology, Exercise Physiologist
17. White Ribbon Day, Private Podiatry, Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
18. Timboon SS
21. Physiotherapy, Walking Group
22. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
23. Cobden SSG, Radiology, Exercise Physiologist
24. Private Podiatry. Timboon SSG, Diabetes's Educator, Dietitian, Timboon Men's Shed
25. Timboon SSG
28. Physiotherapy, Walking Group,
29. Public Podiatry, Social Worker, Dietitian, Cobden SSG, Timboon Men's Shed, Occupational Therapist, Private Dental
30. Cobden SSG, Radiology, Exercise Physiologist

SSG = Social Support Group